

Covid Cookbook

Recipes from the students taking

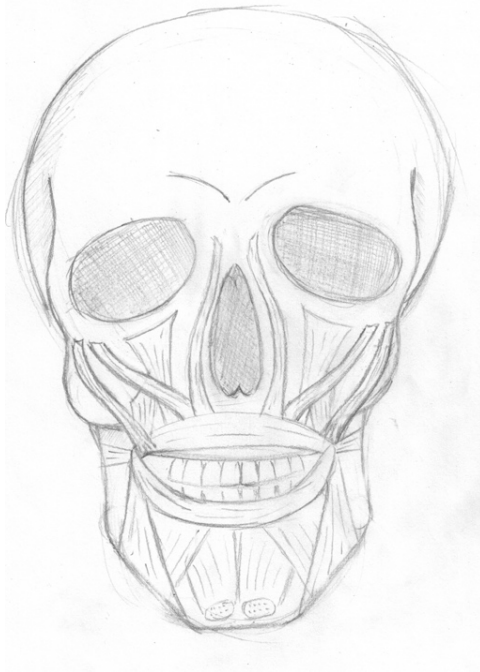
Linguistics 314
(Instrumental Phonetics)

University of British Columbia

January – April, 2020
(*During the Covid 19 pandemic*)

This cookbook arose out the Covid 19 pandemic. Social distancing has become the norm and people are being asked to stay in their homes as a way to minimize personal interaction and slow the spread of the Covid 19 virus. The University of British Columbia, like most other schools, has moved to online classes, which means that students who were used to meeting up with each other regularly in the classroom are suddenly spending all their time alone with minimal interpersonal contact. In an effort to relieve the solitude, the students of LING 314, a course covering the anatomy of speech, decided to have an online, virtual potluck party. As we are not able to actually eat the food other people might prepare, students were asked to contribute the recipe for the food they *would* have prepared, if we had actually been able to have the party in person. This cookbook is the result. (We've also included a few original anatomical illustrations to help anyone who needs to study for the course.)

Murray Schellenberg, Instructor



Facial muscles involved in speech

Galbijim: Korean Braised Beef Short Ribs

Galbijim is typically served on traditional holidays and special occasions in Korea. My mother makes these ribs for my family quite often, especially for birthdays and big family gatherings. It's definitely one of my favorites. This is usually cooked in a pressure cooker or a slow cooker. In case you don't own one of those, I will teach you how to make Galbijim the traditional way on the stovetop. When you go to a grocery store, look for short ribs with the most meat and less fat. Traditionally, this dish is made with bone-in short ribs. Although meat cooked on the bone tastes better, use boneless meat if that's all you can find. Trim off any thick layers of fat from the short rib, but do not remove the thin, tough skin that holds the ribs together. Cooking times can vary depending on the size and thickness of the ribs.

3 pounds meaty beef short ribs
1/2 onion
3 - 4 thin ginger slices (about 1-inch rounds)
5 garlic cloves
2 white parts of scallions

Vegetables

10 ounces Korean radish cut into large chunks (about 1-1/2-inch cubes)
3 - 4 dried shiitake mushrooms soaked and quartered
1 large carrot cut into large chunks (about 1 inch long)
2 scallions (green parts)

Braising Liquid

1/2 cup soy sauce
3 tablespoons sugar (2 for less sweet ribs)
2 tablespoons honey
1/4 cup rice wine or mirin
1/2 medium Asian pear grated (about 1/2 cup)
1/2 small onion grated
1 tablespoon minced garlic
1 teaspoon grated or juiced ginger
1/2 teaspoon black pepper
2 tablespoons sesame oil

Trim off any excess fat. Rinse the ribs and let them sit in cold water for about 30 minutes to draw out excess blood. Drain. In a large pot, bring 5 cups of water to a boil over high heat along with the onion, ginger, garlic and scallion white parts. Add the short ribs, and bring it to a boil, uncovered, skimming off the foam. Reduce the heat to medium high and cook for about 10 minutes. Remove the ribs to a plate, reserving the stock. Strain the stock and skim off the fat. (Refrigerating the stock will help the fat solidify for easier removal. If you have room in the freezer, the process will go faster.) Mix together all the braising liquid ingredients, except the sesame oil. Return the ribs to the pot. Pour the braising liquid over the meat and stir. (You can prepare the ribs up to this point the day before, and finish braising when you need to serve.) Meanwhile, prepare the vegetables. Add 2-1/2 cups of the reserved stock to the ribs. Cover and bring it to a boil over medium heat. Continue to boil for 20 to 30 minutes, depending on the thickness of the ribs. Stir in the radish, mushrooms, and carrots. Continue to boil, covered, for about 20 minutes. Stir in the optional garnish ingredients. Return to boil, uncovered this time, for an additional 10 minutes, or until the sauce is thicker and the meat is tender but not falling apart. Add the green parts of scallions and the sesame oil and stir gently before turning the heat off.

<https://www.koreanbapsang.com/galbijim-korean-braised-beef-short/>

A Ra Cho, Speech Sciences

Tacos al Pastor

This recipe is from an AirBnB experience I did in Mexico City a few years ago. I love to take cooking classes when I travel, and this is one of my absolute favourites! You can find the dried chiles in Mexican grocery stores around Vancouver.

| | |
|---|-----------------------------------|
| 300 gm pork shoulder, sliced | 2 medium spring onions |
| 1 chile pasilla seedless | Garnish |
| 1 guajillo chile seedless | 3 finely chopped spring onions |
| 1 clove garlic | 1/4 bunch finely chopped cilantro |
| 150 ml white vinegar | 1/2 cup diced pineapple |
| 1/4 Tbsp. ground cumin | 12 corn tortillas |
| 2 dashes ground cloves | 1 lemon, cut into segments |
| 1 Tbsp. oregano | Red salsa |
| 1 cup pineapple juice (made by scraping the skin of the pineapple with a spoon) | Green salsa |
| | Guacamole |

Wash and cook the chiles in the vinegar and pineapple juice. When they are cooked, liquefy them without draining with the garlic and other condiments until they form a smooth sauce. Taste and add more vinegar and salt, if necessary. Add some pineapple juice to the sauce if it is too thick and spread it on the meat. For better results, let the meat rest for at least 5 hours in the cooler. On a wooden stick for corn, place in the centre of a thick slice of pineapple, build the *trompo* putting the meat one over the other on the skewer. On the top, add a slice of pineapple. Place on a tray and bake at 180°C (350°F) for about one hour and a half. When ready, take it out from the oven and let it rest for five minutes. Start laminating [*sic*] the meat and place it in tortilla. Serve hot and add some of the garnish; do not forget the sauce.

Ayla Wallbank, Speech Sciences

Corn & Olive Dip for Tortilla Chips or Crackers

So yummy and always a crowd favorite! This is my mom's recipe ... apparently she used to make it all the time for my dad's-side-family-reunions before they divorced. When I go to those family reunions now, my family members always bring up 'my mom's famous chip-dip' and how much they miss it/her. It really pisses off my stepmom and it's amazing.

| | |
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| 2 packages (8 oz or 250g each) cream cheese, softened | 1 can (11 oz or 341 mL) whole kernel corn, drained |
| 1 package (1 oz or 28g) powdered ranch dressing & seasoning mix (Hidden Valley or Uncle Dan's) | 1 can (4.5 oz or 127 mL) Old El Paso chopped green chiles |
| 1 can (375 mL) sliced ripe black olives, drained | 1 red bell pepper, chopped (1 cup) Tortilla chips, bagel chips or crackers |

Soften cream cheese slightly in a microwave. In large bowl, beat cream cheese and dressing mix with electric mixer on medium speed until smooth. Stir in remaining ingredients (except chips). Cover; refrigerate 1 to 2 hours to blend flavors. Serve with chips.

Erin Marwhinney

Taco Casserole

I found this recipe on the internet a few years ago and made it for my family, and they loved it! I have made it numerous times over the last few years. It is easy to make and comforting to eat. I am celiac so another great part about this recipe is that you can sub gluten free macaroni and gluten free taco seasoning.

| | |
|---|---|
| 1 pound ground beef | 8 oz. container sour cream |
| 15-oz. can tomato sauce (you can sub spaghetti sauce if you like) | 1-1/2 cups shredded cheddar cheese, divided |
| 1-1/4 oz. package taco seasoning mix | 1/4 cup grated Parmesan cheese |
| 3 cups elbow macaroni, cooked | Garnish: chopped green onions |

Preheat oven to 350°F and lightly grease a 13"x9" baking dish. Brown beef in a skillet over medium heat; drain. Stir in tomato sauce and seasoning mix. Bring to a boil and remove from heat. Combine cooked macaroni, sour cream and 1/2 cup cheddar cheese in a large bowl. Add the beef mixture to the macaroni mixture and stir to combine. Spoon macaroni mixture into the prepared pan and sprinkle with remaining 1 cup of cheddar cheese and Parmesan cheese. Bake, uncovered at 350°F for 25-30 minutes, or until hot and bubbly. Sprinkle with chopped green onions for garnish.

<http://www.the-girl-who-ate-everything.com/2015/01/easy-tacobake.html#lyxPbyoj2qFKW5qy.99>

Karalyn Friesen, Psychology

Ultimate Creamy Baked Mac and Cheese

When I came to Canada, my first impression of Mac n' Cheese was something that only came in a blue box and anyone could whip it up within minutes. In my young mind then, KD Kraft Mac n' Cheese was the western version of instant noodles that my Caucasian friends ate in Canada. When I had my first restaurant made Mac n' Cheese, that was when I fell in love with this "western instant noodles".

| | |
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| Cheese sauce | Salt |
| Butter | Chili powder |
| All-purpose flour | Garlic powder |
| Whole milk - I recommend whole milk (3-3.5% butterfat) for the best results. 2% milk will do, in a pinch. I wouldn't go any lower in butterfat than that. | Standard topping (optional) |
| Mature/aged white cheddar | Bit more grated cheddar cheese |
| Sharp cheddar | A pinch of chipotle chili powder |
| | Crunchy topping (optional) |
| | Panko or regular breadcrumbs |
| | Butter |

Boil the pasta, drain. Make the cheese sauce by combining butter, and flour, then whisking in the milk products. Cook the sauce until it's nice and thick. Add in shredded cheeses, stir well. Combine cheese sauce with cooked pasta. Transfer half of the mac and cheese to a baking dish, sprinkle with more shredded cheese. Top with the rest of the mac and cheese, top with more shredded cheese and Panko. Bake and prepare to thoroughly enjoy!

Cooking Tip: Measuring amount is based on your mood and guesses!

Fay Yang, Linguistics

Honey Garlic Pork Chops

Me and my friend found this recipe for our cooking date! This recipe is super memorable for me because halfway throughout the cooking process, we found ourselves amidst utter chaos. My friend and I were scraping off charred bits off of one cooked pork chop and rinsing the other two under tap water like we were washing plates because we had severely over-salted all of them. Despite everything that went wrong, the recipe is actually really easy and forgiving because the final product turned out to taste great!

| | |
|------------------------------|-------------------------------------|
| 4 pork chops bone in or out | 1/4 cup honey |
| Salt and pepper, to season | 1/4 cup water (or chicken broth) |
| 1 teaspoon garlic powder | 2 tablespoons rice wine vinegar (or |
| 2 tablespoons olive oil | apple cider vinegar, or any white |
| 1 tablespoon unsalted butter | vinegar) |
| 6 cloves garlic, minced | |

Preheat oven broiler (or grill) on medium-high heat. Season chops with salt, pepper and garlic powder just before cooking. Heat oil in a pan or skillet over medium high heat until hot. Sear chops on both sides until golden and cooked through (about 4-5 minutes each side). Transfer to a plate; set aside. Reduce heat to medium. Melt butter in the same pan, scraping up any browned bits from the bottom of the pan. Sauté garlic until fragrant (about 30 seconds). Add the honey, water and vinegar. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes), while stirring occasionally. Add pork back into the pan, baste generously with the sauce and broil/grill for 1-2 minutes, or until edges are slightly charred. Garnish with parsley and serve over vegetables, rice, pasta or with a salad.

Linda Wu, Speech Sciences

Cold soba noodles ざるそば (zaru soba)

These are Japanese buckwheat noodles that my mom used to make! Very easy and delicious.

| | |
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| 10-1/2 oz. dried <i>soba</i> buckwheat noodles | Dipping sauce |
| shredded <i>nori</i> seaweed | 1/5 cup <i>mirin</i> (sweet cooking sake) |
| <i>wasabi</i> (optional) | 4/5 cup soup stock |
| <i>Naga-negi</i> (scallions) | 1/5 cup soy sauce |

Place the *mirin* in a pot, and bring it to a boil. Add the stock and soy sauce; let it boil for a minute then let it stand to cool. Slice the scallions. Bring water to a boil in a pot, and then place the soba noodles in the pot to boil until soft and chewy. Drain the noodles and place them on a plate to serve. Sprinkle the *nori* over top of the noodles. Ladle the dipping sauce into bowls and place the *wasabi* and onion on a small side dish. Then enjoy!

Sonia Peacock, Speech Sciences

The Only Grilled Cheese You Need in Your Life

Serves 4 (or 1 if you're hungry enough)

The other week I was reading this book, Gideon the Ninth by Tasmyn Muir one lovely day. It's an excellent book, full of snark and necromancers and women with swords, I highly recommend it. The main character's home is a drab and miserable place whose only form of dietary sustenance seem to be leeks and gruel. It seemed like a rather pitiful excuse for cuisine, especially compared to later when the main character is treated to a meal by a couple from a different house, something more substantial and infinitely more delicious. It was then that I decided that Gideon Nav deserved to know what a grilled cheese was, and to have a recipe so simple that even a capital J Jock like her could know it by heart, storing the instructions deep within her brain sandwiched (hah!) beside the Compendium of Sword Facts III and How to Bisect a Skeleton 427 Ways.

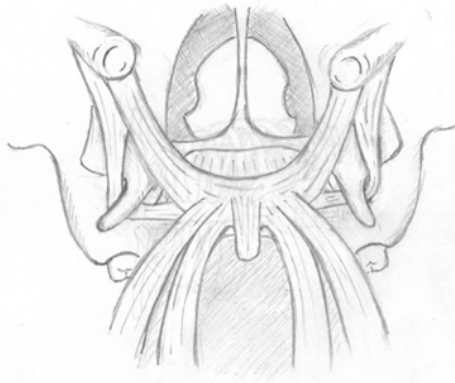
8 slices of bread (*the crappier the better*)
Butter (*or margarine or some other substitute you can't believe isn't butter*)

6 cheese slices. (*the Kraft stuff is fine, we aren't fancy*)
Soup (*optional but highly recommended*)

Butter both sides of the bread. It's not enough. Indulge a little more. Did you do both sides? It's not as good if you only do one side. Turn that stove on, medium low, and slap on a non-stick skillet. No fancy stuff here. Wait for it to get hot. Not so hot the bottom of your sandwich burns the instant it goes on; you still need to get the bread to brown slow and get the melty cheese. Once the bottoms are a minute or two out from the way you like them, drop on 1.5 slices of sliced cheese. Do them perpendicular, or diagonal, it's your sandwich after all. Diagonal gets more drippage and side ooze if that's something you're into. Slap the top on, toasty side up, and finish off both pieces of toast. Ideally, you get melty cheese and toasty bread. In unideal situations, you have cold cheese and burnt toast. Either way, we don't care that much, because bread and cheese are meant to be, no matter how inopportune their meeting was.

Optional: get some soup going. Make your own! Or use that can of Campbell's Chunky you've been using as a doorstop. The creamier the better. Nobody wants grilled cheese with vegetable broth, get the cream of mushroom out! Dip that good (hopefully) gooey, cheesy bread in there and don't forget to lick the bowl clean.

Rae Lee, Linguistics



Muscles of the velum viewed from behind

Scalloped Potatoes

Not a family recipe, but a family favourite when it comes to comfort food. Work in a pair to cut down on prep time! (Slightly adapted from "Gimme Some Oven" Blog.)

| | |
|---------------------------------------|------------------------------------|
| 3 tablespoons butter | 1 teaspoon black pepper |
| 1 white onion, peeled & thinly sliced | 1 tablespoon fresh parsley (OR 1 |
| 6 garlic cloves, minced | teaspoon dried) |
| 1/4 cup flour | 12 Yukon Gold potatoes, peeled and |
| 1 cup vegetable stock | sliced in 1/4-inch rounds |
| 2 cups milk | 2 cups grated cheddar cheese |
| 2 teaspoons salt | |

Preheat oven to 400°F. Grease a 9x13 baking dish. Slice onion, mince garlic, peel and slice potatoes. Grate cheddar. *Make sauce:* Melt butter in large sauté pan on medium heat. Add onion and sauté until translucent (about 5 minutes). Add garlic and sauté for another 2 minutes. Stir in flour and sauté for another minute. Gradually pour in stock while stirring. Add salt, pepper and parsley. Gradually stir in milk. Continue to cook while stirring, for 4-5 minutes, until the sauce begins to thicken. Don't let the sauce come to a boil. Remove from heat. Spread half the sliced potatoes in an even layer in the baking dish. This may end up being two or three layers of sliced potatoes. Top with half the sauce, spreading it evenly. Sprinkle half the grated cheese in an even layer. Repeat, layering the remaining potatoes, sauce, and cheese. Cover the pan in aluminum foil and bake for 30 minutes. Remove the foil and bake for 25-30 minutes. Remove from oven and wait for it to stop bubbling. Enjoy!

Daphne Rehnby-Martin, Speech Sciences

Spicy Black Bean Soup (or "Bean Me Up, Scotty")

My mom used to make this all the time; it's from a recipe book called Looneyspoons by Janet & Greta Podleski, hence the punny alternate title. The Christmas before I moved out of my parents' house, they gave me a big pot and all the ingredients to make this soup. It's a super easy, quarantine friendly dish that freezes well and isn't pasta.

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| 2 tsp olive oil | 1 tbsp each lemon juice and brown |
| 1 cup each chopped onions, red bell | sugar |
| pepper, and carrots | 2 tsp dried oregano |
| 1 clove garlic, minced | 1 tsp each of chili powder, ground |
| 1 jalapeno pepper, seeded and minced | cumin, and Worcestershire sauce |
| 3 cups beef broth | 1/2 tsp dried thyme |
| 1 cup tomato sauce | 1/4 tsp black pepper |
| 2 cans (19 oz each) black beans, drained and rinsed | |

Heat olive oil in a large pot over medium heat. Add onions, red pepper, carrots, garlic and jalapeno. Cook and stir for 5 minutes, or until vegetables begin to soften. Add all remaining ingredients. Bring to a boil. Reduce heat to medium-low and simmer, covered, for 10 minutes. Working in batches, transfer soup to a blender or food processor and puree until smooth. You could also use an immersion blender for this part, just be careful not to spray yourself with hot

soup. Top each bowl with a spoonful of sour cream, and a sprinkling of chopped cilantro (unless you think cilantro tastes like soap, then don't).

Hillary Smith, Psychology

Steamed Pork Chive Dumplings

12 servings, 5-6 dozen of dumplings

*It is a family tradition to come together around the table and fold dumplings together after my grandmother has made the base for the dough and the filling. However, since we are an Asian household, we don't use measurements in our cooking. So, here is one that I found from *The Woks of Life* that uses almost the same ingredients as we do.*

7 cups of all-purpose flour

2-1/4 cups water

1/4 cup oil

1-1/4 lbs ground pork

1 egg

7 cups Chinese chives (chopped finely)

3 tablespoons sesame oil

1/4 cup soy sauce

salt (to taste)

Put the flour in a large mixing bowl. Gradually add the water to the flour and knead into a smooth dough. This process should take about 10 minutes. Cover with a damp cloth and let the dough rest for an hour. While the dough is resting, prepare the filling. Start by adding the oil to a small pot over medium high heat. Heat the oil for about 7 minutes and allow it to cool. This "cooking" of the oil is supposed to bring out a nuttier flavor in the filling. (This tip comes straight to you from Willy's mother, a Beijing local, and an authority on dumpling-making!) Once the oil is cooled, add the ground pork to a large bowl, along with the egg, chives, sesame oil, soy sauce, and cooled oil. At this point, you should make and boil a test dumpling and try it to make sure the taste is to your liking. You can then adjust by adding more salt if needed. Once the filling tastes right to you, begin assembling the dumplings. The best way to do this is to divide the dough into manageable pieces and then rolling each piece into a rope. Cut them into small pieces (in a size similar to if you were cutting gnocchi, or about the size of the top part of your thumb).

Roll the pieces out into circles and add about 1-1/2 teaspoons of filling to the center (it helps if you have an assembly line going, with one person cutting out the dough pieces, one person rolling it out, and one-person filling/folding). You can then make folds like you see in our other dumpling post, or you can just fold the circle in half and press them together. Willy's method is to fold the circle in half, press it together at the top, and then make two folds on either side.

Whatever way works for you...they don't have to be pretty to taste good. Place the dumplings about a centimeter apart on a parchment-lined baking sheet.

When you're ready to cook, bring a large pot of water to a rolling boil. Carefully drop the dumplings into the water and keep them moving, so they don't stick to the bottom of the pot. Bring back to a slow boil and cook until they float to the top and the filling is cooked through (about 5 minutes). Serve with our favorite easy-to-make dumpling sauce.

<https://thewoksoflife.com/pork-chive-dumplings/>

Anonymous, Speech Sciences

Kimchi Pancakes

8 small pancakes

Three years ago, a good friend of mine came over for dinner, bringing with him a variety of delicious food from our local H-Mart. He had purchased prepared kimchi pancakes, which we only had to toss them into a skillet to heat and enjoy. Recently, I've tried to become more comfortable cooking recipes and with ingredients I usually wouldn't try, which inspired me to give making these from scratch a try. These pancakes are crispy, spicy, savory, salty, and quick to make! Plus, it's super easy to make them vegan or gluten-free if you'd like!

Pancakes

1 medium egg or for vegan, swap instead for 1 tbsp ground chia/flax seeds and 3 tbsp water whisked together
1 tbsp kimchi brine
1 tbsp soy sauce
1/4 cup water

3/4 cup + 1 tbsp flour (I use all-purpose flour, but feel free to swap for gluten-free flour)
1 tbsp sesame seeds
1-1/2 cups of kimchi*
4 green onions
Dipping Sauce
3 tbsp rice vinegar
3 tbsp soy sauce

Put your binder of choice (egg or chia mixture) into a medium mixing bowl. Add your kimchi brine, soy sauce, and water. Whisk to combine. Whisk in your flour and sesame seeds. Coarsely chop your kimchi, add to the mixing bowl, and fold in. Slice your green onions on a diagonal, adding half to the batter and setting aside half for serving. Heat 1 tbsp of neutral oil in a nonstick skillet, add your pancake batter to the pan in 1/4 cup sizes, only cooking 2 pancakes at a time on medium heat. Cook for about 3 minutes or until golden brown on each size, repeating until batter is exhausted. Place the pancakes on a paper towel or wire rack to allow excess oil to drip off. Make the dipping sauce by combining 3 tbsp of rice vinegar and 3 tbsp of soy sauce in a small bowl. Transfer your pancakes to a serving platter, topping with the reserved green onions and serving with the dipping sauce. Best enjoyed with some soju!

Alexandra Cooke; Linguistics

Spicy Peanut Noodles

In light of staying home all day every day, I've been wanting to get into cooking more, but also been extremely lazy... So I've been leaning on really simple recipes to ease myself into enjoying cooking rather than view it as a chore. This was the first one that really got me excited, mostly because of its versatility. I basically followed the recipe from Pinch of Yum, but didn't have any peanuts... But it arguably makes it easier because you can just handmix the sauce together! And the sauce is the main takeaway here— it's good with noodles, but also as a marinade and a dipping sauce for vegetables?! I usually go for tofu and soba with whatever veggies I've got in my fridge, but feel free to substitute any of the ingredients. This makes a few servings, and because of the soba, it's just as great straight from the fridge as it is heated up in the microwave; perfect for leftovers or meal prep.

* You can prepare your own kimchi if you'd like, but I'm not that cool and bought mine from the store.

| | |
|-----------------------------|---------------------------------|
| 5 tbsp smooth peanut butter | 1 clove garlic, minced |
| 5 tbsp water | Juice of 1 lime |
| 5 tbsp soy sauce | 12 oz. tofu, extra-firm |
| 2 tbsp sesame oil | 10 oz. soba (buckwheat noodles) |
| 2 tbsp honey | any vegetables you like |
| 1/4 cup sriracha | |

Make the Spicy Peanut Sauce: Whisk all the ingredients for the sauce together until combined. Taste and adjust as necessary. Tofu: Drain tofu for at least 1 hour, then wrap in a paper towel for at least 15 minutes. Preheat the oven to 400°F. Bake cubed tofu for 25 minutes. Stir tofu in a couple spoonfuls of the sauce, and marinate for at least 15 minutes. Spoon tofu onto a preheated pan with the sauce. Stir frequently. Soba: Cook noodles according to the package (typically boiling in water for 5-10 minutes). Toss the noodles with a few more spoonfuls of the sauce. Add tofu. Feel free to prepare any vegetables you want and add them in as well. Serve hot or cold!

<https://pinchofyum.com/spicy-peanut-soba-noodle-salad>

Kathleen Zaragosa, Cognitive Systems (Language)

Beet - it! (Beet and Red Onion Tarte)

Listen to the BEET! Pickled beets, baked beet, beet soup, the possibilities are endless. Here is yet another way to enjoy (as the kids these days say) “dem beets”. Recipe is not my creation, but rather from the genius that is BBC goodfood.

| | |
|--------------------------------|---------------------------------|
| 400g beetroot, cut into wedges | flour, for rolling |
| 1 red onion, cut into wedges | 500g block puff pastry (we used |
| 3 tbsp olive oil | vegan Jus-Rol) |
| 2 tbsp rice wine vinegar | 1 orange, zested |
| 2 tbsp soft brown sugar | peppery green salad, to serve |
| 2 star anise | |

Heat oven to 200C. In a bowl, toss the beetroot and onion in 2 tbsp of the oil, the vinegar and sugar. Season well and add the star anise. Heat the rest of the oil in a large, ovenproof non-stick frying pan, then nestle in the veg so that they cover the surface of the pan. Cover with foil and cook in the oven for 45 mins. On a well-floured surface, roll the pastry to a thickness of 0.5cm and cut out a circle the same size as your frying pan. Carefully take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer. Put the pastry on top, tucking it in all around the edges, then return the pan to the oven and bake for 35 mins or until the pastry has puffed up and is a deep golden brown. Slide a palate knife around the edge of the tart, then put a plate on top of the pastry, serving side down. Flip the pan over to turn the tart out onto the plate – be careful not to burn yourself with the handle. Top with the orange zest and a sprinkle of sea salt, then serve with a peppery salad on the side.

<https://www.bbcgoodfood.com/recipes/beetroot-red-onion-tarte-tatin>

Katherine Rivera, Speech Sciences

Great Aunt Katherine's Thumbprint Cookies

Great Aunt Katherine was my father's aunt. She was born in very early part of the twentieth century and married in 1933. She was the mother of 7 children and a phenomenal cook. This recipe makes its appearance regularly in my classes when I have to explain what a power spectrum is. Recipes make a good comparison to spectra because both cookies and soundwaves are wholes composed of quantifiable parts, but the parts are not distinguishable within the whole. I chose this recipe as my power spectrum example because it has a minimum of ingredients – it's also a darn good cookie!

| | |
|----------------|---------------------------------------|
| 1/2 lb. butter | 2 tsp. baking powder |
| 1 c sugar | jam (or jelly or Nutella or Hershey's |
| 2 eggs | Kisses or ...) |
| 2 1/2 c. flour | |

Cream butter and sugar. Add eggs one at a time, beating well after each addition. Add flour and baking powder. Roll into balls. Make a dent in each ball with your thumb. Drop some jam (or whatever you think might work) into the hole. Bake at 350°F for 8-10 minutes.

Murray Schellenberg, Instructor

Blueberry Muffins for People Who are Trying to be Healthy

Amidst the pandemic, I find it quite difficult to maintain my shape as I now have an additional 5-10 hours a day to rip my pantry apart for snacks. To prevent any further damage, I found this recipe online (from wholesomeyum.com) for LOW CARB blueberry muffins. Perfect if you're trying to eat muffins but not trying to get a muffin top!!!!

| | |
|---------------------------------------|--------------------------------------|
| 2-1/2 cups blanched almond flour | 1/3 cup unsweetened almond milk (or |
| 1/2 cup erythritol (or any granulated | any dairy substitute) |
| sweetener) – I recommend brown | 3 big boi eggs (i.e. large) |
| sugar! | 1/2 teaspoon vanilla extract |
| 1/2 teaspoon baking powder | 3/4 cup blueberries (You can use any |
| 1/4 teaspoon sea salt | berry you wish!) |
| 1/3 cup coconut oil | |

Preheat oven to 350°F (177°C). Line your muffin pan with silicone or parchment paper muffin cups (This recipe makes 12 mini muffins or 6-8 medium/large muffins). In a large bowl, stir together all the dry ingredients (almond flour, sweetener, baking powder, sea salt). Mix in melted coconut oil, almond milk, eggs and vanilla extract. Fold in the blueberries. Distribute the batter evenly among muffin cups. Bake for about 20-25 minutes (If you're using a bigger muffin pan, (6 muffins) I would say estimate 30 minutes at least for baking time) until top is golden. Make sure to toothpick test it!!! Let the muffins cool for 5 minutes, then eat them all at once. No regrets.

Isabel Chuong, Speech Sciences

Better than Your Local Coffee Shop's Banana Bread

Back in the good ol' days when I was a barista at Starbucks, a customer came around to order a drink while nibbling on a slice of banana bread. As I waited for the payment, I jokingly said I wished I was eating a piece as well. She laughed and proceeded into an anecdote of how she learned the recipe. Shortly after, she pulled the very same recipe out of her phone and prompted me to take a picture of it! This is the only banana bread recipe I use now – it's simple, flexible, and much better than any coffee shop's banana bread.

| | |
|--|--|
| 1-1/4 cup flour (white, brown, or a mixture) | 1 cup sugar (white, brown, or a mixture) |
| 1 tsp baking soda | 2 ripe, mashed bananas |
| 2 eggs | 1/4 cup crushed nuts, sunflower seeds, or chocolate chips (optional) |
| 1/2 cup oil or mixture of oil and applesauce | |

Preheat oven to 350°F. Mix flour and baking soda together in a large bowl. Mash bananas well in another large bowl with a fork. Add in eggs, oil, sugar, and additional ingredients (optional) to the same bowl and mix together. Combine the wet and dry ingredients. Bake for 1 hour (loaf) or 30 minutes (muffins). Enjoy!

Melissa Li, Speech Sciences

Lemon Bars

I'm really into puns but didn't have any lemon related ones in my inventory. When I searched up 'lemon jokes' the best one I came across was: "when life gives you lemons, squeeze them in people's eyes." I suggest you instead use your lemons for this recipe – it is the perfect balance between sweet and sour and is sure to add some extra zest into your life!

Crust 1/2 cup butter

1 cup flour
1/4 cup icing sugar

Mix together and press into the bottom of a 9" square pan. Bake at 350°F for 15 mins or until golden brown.

Filling

| | |
|---------------------|----------------------------------|
| 2 eggs | 2-3 tsp. grated lemon rind |
| 1 cup sugar | 1/2 tsp. baking powder |
| 2 tablespoons flour | 2 tablespoons (real) lemon juice |

Blend eggs and sugar well. Stir in remaining ingredients. Pour over crust. Bake at 350°F for 18-25 mins until the top is golden. (When poked with a toothpick it should come out clean)

Kalena Gunn, Speech Sciences

Chocolate Chip Cookies

All the women in my family baked growing up, from my sister to my mom and aunts, which meant I never really felt inclined to pick up baking. I'm a pretty active cook but it wasn't until I finally moved into my own place that I started baking. I have always been fond of really chunky cookies with a chewy interior but have not been able to find a tried and true recipe. I have been making connections with others involved in the food community online, where we have been sharing tips and experiences with each other. I got this recipe from my friend River who experimented with it by adding chunks of banana bread into it and this is going to be my first attempt at it! I'm using walnuts for this recipe but this would also work with pecans, peanuts, macadamia nuts or pistachios. I'm also using both chocolate chips and chocolate chunks.

| | |
|-------------------------------|--|
| 1/2 pound butter | 1/2 teaspoon salt |
| 1/2 cup dark brown sugar | 1/2 teaspoon baking soda |
| 1/2 cup granulated sugar | 1/2 cup chopped nuts |
| 1 egg | 6 ounces semisweet chocolate chips (1 cup) |
| 3/4 teaspoon vanilla | |
| 1 cup and 2 tablespoons flour | |

Preheat the oven to 375°F and grease some cookie sheets. Cream the butter, then gradually add the two sugars, beating until light and smooth. Beat in the egg and the vanilla. Mix the flour, salt, and baking soda together and add it to the first mixture, blending well. Stir in the nuts and the chocolate chips. Drop by teaspoonfuls onto the cookie sheets about 1 inch apart and bake for 8-10 minutes or until lightly browned.

Additional tip: This is totally optional and depends on how impatient you are but rest the cookie dough for 30 minutes before baking! On the counter or in the fridge, either works. Doing so will yield cookies that have chewy centers and crispy edges with a more concentrated flavor. This is because the flour hydrates as the batter rests and, if in the fridge, the butter solidifies making it melt slower so the cookie can better hold its shape.

Fatemeh Ghayedi, Speech Sciences

Brigadeiro

Brigadeiro is a traditional Brazilian dessert made with condensed milk. I like this dessert because it is simple, easy to make, and delicious!

(For the original version)

1 can of condensed milk
1 tablespoon of butter
Shredded coconut

(For chocolate version)

1 can of condensed milk
1 tablespoon of butter
4 tablespoons of cocoa powder
Rainbow or chocolate sprinkles

Set the stove to medium heat. On a small pan, melt the butter. Pour the condensed milk into the melted butter and stir continuously until the mixture starts to become thicker. Transfer the mixture into a container and let it cool. Take about 1 tablespoon of the mixture and roll it into a ball. Cover the outside with shredded coconut. Enjoy! ☺

Note: to make chocolate brigadeiro, follow the same steps above, just add the cocoa powder in Step 1 with the condensed milk.

Maylin Cen, Speech Sciences

Healthy Peanut Butter Cookies

I love peanut butter cookies! They are delicious. We have been talking about comfort food, needing them especially during this Pandemic. I went shopping at Urban Fare a few times to look for flour and baking soda but alas, they are out. Unbelievable. I guess everyone is thinking of baking these days. These are easy to make treats!

| | |
|---|---|
| 1-1/4 cups all-purpose flour | 1/3 cup butter, at room temperature |
| 1 cup quick-cooking rolled oats (not instant) | 1/3 cup light peanut butter |
| 1/2 tsp each baking soda and salt | 1 egg |
| 3/4 cup packed brown sugar | 1/3 cup mini semi-sweet chocolate chips |

Preheat oven to 350°F. Spray a large cookie sheet with cooking spray and set aside. In a medium bowl, combine flour, oats, baking soda and salt. Set aside. In another medium bowl, beat together brown sugar, butter, peanut butter, and egg on low speed of electric mixer until well blended. Add dry ingredients and chocolate chips and mix well using a wood spoon. Dough will be stiff. Roll dough into 1-1/2 inch balls and place 2 inches apart on prepared cookie sheet. Using a fork dipped in flour, flatten cookies to 1/4-inch thickness. Bake for 10 minutes. Be careful not to overbake, as cookies will dry out. Remove cookies from tray immediately and cool on a wire rack. Store covered with plastic wrap or in airtight container.

Recipe from *The Looneypoons Collection* by Janet and Greta Podleski

Chen Ha, Speech Sciences

Coffee Jelly Panna Cotta

Serving size: approx. 8 small containers

Panna Cotta Layer

| | |
|-------------------------------|------------------|
| 100g milk | 400g heavy cream |
| 12g gelatin (about 2 packets) | 60g sugar |
| 300g milk | 20g honey |

Rehydrate the gelatin with 100g of milk. In a saucepan, add the 300g milk, heavy cream, sugar, and honey. Over medium heat, heat up the ingredients until everything is dissolved. Stir consistently so milk does not burn. Remove pot from heat and add in the gelatin. Mix to dissolve. Pour the mixture into a bowl. Place the bowl into an ice bath. Stir the mixture to cool it. Once cool, pour the mixture into jars/containers. Leave in fridge for 3 hours

Coffee Jelly Layer

| | |
|--------------------------|--------------|
| 3/4 cup brewed coffee | 1 tbsp sugar |
| 1/4 tsp agar agar powder | |

Pour coffee, agar agar, and sugar into saucepan. Stir to dissolve the agar agar. Over medium-high heat, bring the mixture to a boil and stir occasionally. Once everything is dissolved, remove from heat. Allow mixture to cool a bit before pouring on top of panna cotta. Chill in fridge for 1-2 hours

Karen Hoang

Charlotte (cake)

| | |
|---------------------------|------------------------------------|
| 3 - 4 apples | 1 tsp cinnamon (optional) |
| 4 eggs (room temperature) | 1 tsp butter or oil (for greasing) |
| 1 cup sugar | 1 Tbsp powdered sugar OR |
| 1/2 tsp salt | marmalade OR any jam (for |
| 3/4 cup flour (sifted) | decorating/glazing) |

Mixer, spatula, round baking pan 6x2 inches (15x5 cm) OR 8x1.5 inches (20x4 cm), parchment paper

Peel apples and cut it into slices or cubs. You can use pears, cherries or plums instead. Start whisking eggs and gradually add salt and sugar. Continue to beat around 5-6 min. Slowly add flour, using spatula (or fork). Preheat oven to 160°C (325°F). Mix in 2/3 apples into batter (leave bigger pieces for decorating the top). Line your cake pan with parchment paper, then grease the parchment paper. Pour batter evenly into your baking pan. Top it with the remaining apples (try to make a pattern: snowflake, flower, etc.). Put it into preheated oven. Bake for around 10 minutes, then increase temperature to 180°C (350°F) and bake 10 more min. or until the cake is baked through. If you see that your cake is burning, put parchment paper at the top of the pan. To test for doneness, insert a toothpick into the center of the cake. If it comes out clean, it's done. Allow cake to cool in the pan on a wire rack. The cake must be completely cool before dusting it with powdered sugar, but should be warm if you putting marmalade or any jam on top.

Maria Samarskaya, Speech Sciences

Super Moist Banana Bread Recipe

I've tried many banana bread recipes in the past and they have always come out too dense, cake-like, or dry in the center. I found this recipe on a bakepedia.com a while back and decided to give it a try. It was a hit! The secret is using oil instead of butter, and brown sugar to trap the moistness. I also waited until the bananas were browned to really get the aroma out.

| | |
|------------------------|--------------------------------|
| 190g all-purpose flour | 80g brown sugar |
| 1tsp baking soda | 2 large eggs, room temperature |
| 1/2 tsp salt | 2 large bananas, mashed |
| 1pinch of cinnamon | 1tsp vanilla extract |
| 100g canola oil | |

Preheat oven to 325°F. Whisk flour, baking soda, and salt together in a large bowl. Whisk oil and brown sugar in medium bowl until thoroughly combined. Whisk eggs one at a time, until incorporated. Whisk in banana and vanilla. Pour wet ingredients over dry ingredients and whisk gently until just combined, finishing off with spatula. Bake in 9x5in pan for 50-60mins on center rack. Edges will be just pulling away from the sides of the pan. Cool pan on rack for 10mins, then turn bread over and cool completely on rack. Wrap in plastic wrap and let sit at room temperature overnight before slicing.

Amanda, Linguistics

My Sister Made Me This Mango Cobbler

We self-quarantined to help prevent the spread of COVID19 and this was one of the delicious treats my sister decided to make for my family. It tastes just as good fresh out of the oven as it does fresh out of the fridge the day after. Staying safe, staying inside, not staying without dessert.

| | |
|--|--|
| 4 mangoes (about 4 cups sliced) | 1-1/2 tbsp cinnamon-sugar (1 tbsp. granulated sugar with 1 tsp. ground cinnamon) |
| 1 cup sugar (divided into 2/3 cup and 1/3 cup) | 1 cup all-purpose flour |
| 1-1/2 tbsp cornstarch | 1-1/2 tsp baking powder |
| 1 cup water | 1/2 tsp salt |
| 1 tbsp lemon juice | 3 tbsp shortening (or butter) |
| 2 tsp butter (cut into small pieces) | 1/2 cup milk |

Preheat oven to 375°F. Spray 8-inch square baking dish with non-stick cooking spray. Peel and slice/dice the mangoes (you should get about 4 cups). In a medium saucepan, combine 2/3 cups sugar with the cornstarch. Stir to blend. Add the water and lemon juice along with the mango. Place the saucepan over medium-high heat and bring to a boil. Reduce the heat to low and simmer for about 5 minutes or until the fruit is just tender. Pour the hot mango and syrup into an 8-inch square baking dish; dot with butter and sprinkle with cinnamon sugar. In a medium bowl, combine the flour, remaining 1/3 cup of sugar, baking powder, and salt; blend well. Cut the shortening (or butter) into the flour mixture until it resembles coarse meal. Add the milk and stir to blend. Drop spoonfuls of the dough over the hot fruit mixture. Bake in the preheated oven for about 25 – 30 minutes, or until the topping is golden brown. Serve the mango cobbler warm or cold with ice cream or whipped cream.

Note: this recipe is *not* a family recipe, it comes from the Spruce family blog. <https://www.thespruceeats.com/fresh-mango-cobbler-3058208>

Galia Freiwirth, Speech Sciences

Flourless Peanut Butter Cookies

These used to be on the back of the Kraft Peanut butter jar. Easy, yummy and gluten-free! This recipe doubles really well, too.

| | |
|---------------------|---------------|
| 1 Cup peanut butter | 1 egg |
| 1 Cup flour | 1 tsp vanilla |

Preheat oven to 350°F. Mix everything together in bowl until smooth. Drop by spoonful onto cookie sheet. Push down with the tines of a fork to make crosshatch pattern on each cookie. Bake 10-12 minutes or until golden brown around the edges. Try not to eat them all at once.

Jewel Goodwin, Speech Sciences

Bem Casados (Brazilian Wedding Cookies)

Bem Casados are traditional Brazilian treats, consisting of dulce de leche sandwiched between two small disks of sponge cake! They are usually served at weddings and other special occasions. It's by far my favourite Brazilian dessert!

Sponge cake

4 eggs
1/4 cup sugar
1 teaspoon baking powder
1-1/2 cups potato starch

1 cup dulce de leche

Sugar Glaze

2 cups confectioners sugar
1/2 cup warm water

Filling

Preheat oven to 400°F. Grease and flour a large baking sheet and reserve. Combine eggs and sugar in a large bowl and, using a hand mixer, mix until pale and fluffy, about 5 minutes. Add the baking powder and continue mixing until incorporated. Using a wooden spoon or a hand whisk, carefully add the potato starch, a little at a time, being careful not to deflate the batter. Transfer the batter to the prepared baking sheet and bake until puffed and golden brown, 8 to 10 minutes. When done, remove from oven and let the cake cool slightly. Then, using a small round cookie cutter, cut about 20 discs (depending on the size of your cutter). Spread each disc with dulce de leche (about 1 tablespoon). Top with another disc, forming a sandwich cookie. Repeat with the remaining discs. In a small saucepan, bring 1/2 cup water to a boil. Once boiling, add the sugar and let it simmer until the sugar is dissolved. Remove from heat and, using a fork, dip each *bem casado* for several seconds per side in the sugar glaze, placing them immediately on a cooling rack to dry for at least 30 minutes. Serve them right away or wrap them individually to give as gifts or party favors.

Larissa Ruiz, Speech Sciences

Ginger Molasses Cookies (Vegan Option)

These cookies are an old family favourite that were always made through the holidays at my house. I figured out how to successfully “veganize” the recipe a few years ago after my own diet changed and I couldn’t give them up.

2-1/4 cups white flour

2 tsp ground ginger

1 tsp baking soda

3/4 tsp cinnamon

1/2 tsp cloves

1/4 tsp salt

3/4 cup butter or vegan butter

1 cup plus 2 tbsp white sugar

1 egg or 1 flax egg (1 tbsp ground

flax seed plus 3 tbsp water, let sit for

15 min)

1 tbsp water

1/4 cup molasses

Preheat the oven to 350°F. Sift together flour, ginger, baking soda, cinnamon, cloves and salt. Use a hand mixer to cream together butter/vegan butter and 1 cup sugar. Add in egg/flax egg. Use a wooden spoon to stir water and molasses into butter-sugar-egg mixture. Gradually stir dry into wet. Shape dough into 1-inch balls and sprinkle extra sugar on top. Place cookies on prepared baking sheet, use a fork to flatten the dough balls about halfway. Bake for 10-12 minutes or until browned.

Olivia Priestley, Psychology & Speech Sciences

Masala Chai [məsala tʃaj]

approximately 3 teacups of chai

The word ‘chai’ directly translates to tea, “chai tea” is an oxymoron, in the interests of cultural authenticity please don’t use the phrase “chai tea”, it hurts when we hear it. (‘Chai’ is a predominantly Hindi word, there’s variations of it for other Indian languages, but all similar, ex. ‘cha’). Chai is made differently by every individual/family, it was really hard to come up with a recipe because we don’t really use them and it’s very much a process of trial and error till you figure out the ratio of ingredients that suit your palate. This recipe should produce a relatively mild, but still flavourful chai. Feel free to experiment with the amount of spices, tea, milk etc!

Chai Masala – Spice mix for the tea

(You can use either whole spices or powdered, if you end up having a mix in your pantry that’s fine too; just make sure to dry roast the whole spices first)

Whole Spice version

1 medium sized cinnamon stick
3 cloves
4 cardamom pods
1/2 inch piece ginger
3 peppercorns (whole black pepper)

Powdered Spice version

1/4 tsp cinnamon powder
1/4 tsp clove powder
1/2 tsp cardamom powder
1/2 tsp ginger powder
1/4 tsp black pepper powder

To Make Chai

Whole or Powdered Spice Mix
1 tsp loose leaf black tea*
1/2 cup water

1/2 cup milk (not skim)**
Sugar to taste
A small strainer

If using the Whole Spice Mix, add the whole spices to the pot and dry roast for about 30 seconds. Add the tea (and spices, if using the Powdered Spice Mix) to the pot with the heat on medium. Add water and allow it to simmer. Once the water is simmering, add milk slowly (this is usually done by eye/to taste; I’d recommend adding milk till it’s approximately the colour of a standard Starbucks latte). Allow the tea to “cook” till it begins to boil, and is in danger of overflowing. Turn off the heat, strain into a cup and enjoy with snacks! Trust me snacks are a must; ideally plain butter cookies or savoury Indian snacks!

Shruti Asokan, Linguistics

* You don’t want to use a fancy tea for chai, this is meant to be a hearty beverage that is “cooked” with milk and spices, so cheaper black teas work better as they hold their own and are not too delicate. Any loose leaf black tea from an Indian grocery store would work, or black tea from a common brand like Lipton.

** You can use whole milk, or 2% etc., but skim milk doesn’t work because for some reason, probably the lack of fat, it doesn’t work well with spices. With regard to non-dairy options, I’m yet to find one that works, unfortunately – I’ve tried coconut milk (love it usually, but yuck!), oat milk (gets slimy), soy milk (tastes wrong), and almond milk (burns too quickly and tastes bitter). Feel free to try others and let me know.



Extrinsic Tongue Muscles

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