

DML
CULINARY
XPRESSIONS
recipes from you!



Lealtad-Suzuki Center
Department of Multicultural Life

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Bison Stew (Blackfeet)

Traditional recipe does not include amounts for ingredients, you add what you think you need.

Modern version:

- 1 lb. bison meat, cut into stew pieces
- 2 T. olive oil
- 6 cups water
- Salt and pepper to taste

Heat oil over medium heat, *brown* meat (but do not completely cook!) in oil, then put browned meat into crockpot with water and salt and pepper. Cook on low all night long.

Overnight, soak 1/2 cup hominy (dried).

The next morning, add vegetables and hominy to meat in crock pot, cook until noon.

- 1 cup diced onion
- 1 cup diced cactus pad
- 2 cups diced potato
- add more salt and pepper to taste

Double or triple recipe as needed.

This soup is a blend of old and new - though the soup uses ingredients that the Blackfeet, my mom's tribe, would have eaten, the recipe itself was created by my mom. Typically, my mom will make this and my dad will make frybread (a pan-American Indian type of bread). This is often what my parents would make when they had big groups of people coming over. I have many fond childhood memories of running around a busy house filled with people laughing, talking, and eating this soup and frybread. It takes a long time to cook, so you can smell the soup in the house for days.

Submitted by Abaki Beck

The Lane Family's Chocolate Chip Cookies

Ingredients:

- 1 cup sugar
- 1 cup brown sugar
- 1 cup butter (softened)
- 2 eggs
- 1 1/2 tsp vanilla
- 3 cups all purpose flour (best: 2 cups all purpose, 1 cup whole wheat pastry) (can also do 2 2/3 cup all purpose, 1/3 cup whole wheat)
- 1 tsp salt
- 1 tsp baking soda
- 12 ounces semisweet chocolate chips (two cups)

Blend sugar and butter for a while until really smooth and creamy. Add eggs and vanilla, blend some more. Sift flour, salt and baking soda all together then slowly add to egg/sugar/butter mixture, finally, add chocolate chips. Bake on greased cookie sheet (or use baking paper) at 375° for 10 to 12 minutes.

Eat with a large glass of milk with relish while still slightly warm...

These are the cookies my family makes for each other and to share for every occasion: celebrations, care-packages, and bake sales. They mean home and love to me-- may they warm your hearth as they do mine.

Submitted by Katherine Lane

Moroccan Chicken Tagine Recipe

Ingredients for Rub:

- Salt
- Saffron
- Paprika
- Lemon Juice
- Ginger powder (Optional)
- Chopped garlic

Step 1

Rinse your **chicken** (half a chicken for this recipe) and rub it with **coarse/ sea salt** and pour **white vinegar (say 1/3 of a cup)** and some water on it and leave it for 30 minutes minimum (or overnight if you want to prepare it for the next day). The vinegar softens the skin and salt erases microbes.

After these 30 minutes, wash thoroughly your chicken and let it drain for minute or two.

Step 2

Prepare the following mix (for half a chicken) with which you will **rub** your chicken: ½ small spoon of salt, ½ small spoon of paprika, ½ small spoon of chopped garlic, Some saffron, Some Lemon Juice

Leave the chicken to simmer for 30 minutes. In the meantime you chop your **onion (half a big one for half a chicken)**. When time comes, put your chopped onion in the pan; place your chicken with their mix and their sauce on top of the onion. Put some more salt, paprika and just a bit of ginger powder (not much salt but still) and ½ small spoon of chopped garlic again and pour 3 big spoons of olive oil. Start cooking your chicken by leaving the pan open and turn your chicken the other side to absorb the sauce. The onion will give water (liquid) so just leave the chicken cook in it for say 10 to 15 minutes but watch it. Once the water of the onion is absorbed, add hot water to the pan, practically covering the chicken (not entirely) and leave it cook for 20 minutes then check the water (if chicken needs to cook more – add water) and leave for 20 more minutes as chicken needs to be very well cooked. Reduce the sauce but make sure to have some left with the chicken to dip your bread (it is delicious this way) or just put it on the top of the chicken at the end. The sauce should not be watery...

Enjoy your meal!

Submitted by Afifa Benwahoud

Blueberry Pancake Pie

Preheat oven to 375

Sift:

2 cups flour

2T sugar

1/2 t salt in large mixing bowl

Beat in 3/4 cup milk and 2 beaten eggs

Melt 1/3 cup butter divided into two bread pans. Tilt edges to grease sides

Pour in batter and bake 45 minutes. Pancake may collapse if oven is opened during baking.

Meanwhile, mix: 1 pint (2 cups) blueberries, 3/4 cup (or less) sugar

Pour into pancake pie after the 45 minutes is up.

Bake 15 more minutes, stirring gently once at 7-8 minutes

When done pancake will be puffed with a rolled brown edge and depression in center, if you are lucky. 4 servings in each bread pan.

This recipe has been in my dads family for a long time. It is a variation on a German pancake - which is a puffy, almost crepe-like version of a pancake. We usually have this at big holidays for breakfast. The recipe calls for blueberries, but since my family lives in Montana, we usually use huckleberries instead, which we pick ourselves in the mountains near our home. It's a nice little twist on a family tradition.

Submitted by Abaki Beck

Chicken with Cumin and Paprika

Ingredients:

Salt, Cumin, Paprika, Butter, Olive Oil, Chopped garlic (desired amounts)

4 pieces of chicken thighs or mix of thighs and drumsticks

Step 1

Rinse your chicken and rub it with coarse/sea salt and pour white vinegar (say 1/3 of a cup) and some water on it and leave it for 30 minutes minimum (or the whole night if you want to prepare it for the next day). The vinegar softens the skin and salt erases microbes.

After these 30 minutes, wash thoroughly your chicken.

Step 2

Put olive oil (1 table spoon) and butter (1/8) into a pan

Add chopped garlic and stir until golden (very quick)

Add chicken pieces

Add 1 small spoon of ground paprika

Add 1 small spoon of ground cumin (for a full chicken)

Pour water enough to just cover the chicken

Cook for 20mn

Check level of water and add some more but not too much for the chicken to cook for 20 more minutes.

Serve with French Fries and Bon Appetit!

Submitted by Afifa Benwahoud

Peanut Butter Popcorn

Ingredients:

- 2/3 cup of popcorn kernels
- ¼ cup of canola oil
- 1 cup smooth peanut butter
- 1 cup corn syrup or brown rice syrup

- 1 cup sugar

Directions:

1. Put oil and popcorn in a very large pot on low-medium heat over the stove, swirling the pot around every 30 seconds or so.
2. Once kernels begin to pop swirl pot more frequently.
3. Once kernel popping sound has slowed to 2 second intervals and/or pot is overflowing turn off and remove pot from the heat. Pour popcorn in a large bowl and set aside.
4. In a new pot heat corn syrup and sugar until boiling and all the sugar has dissolved.
5. Turn off heat and stir peanut butter into corn syrup mixture.
6. Pour peanut butter sauce over popcorn and stir to coat evenly.
7. Enjoy. Hot and fresh is the best, but cold next day is great too!

This recipe was a staple in my household growing up. In the frigid Minnesota winters my family and I would make a huge bowl and curl up in front of a movie on a weekly ritual basis. It got my mom through late nights studying chemistry at college 30 years ago, and for the last two years it has gotten me and my roommates through late night study parties just the same.

Submitted by Joanne Johnson

Rita's Amazing Apple Cake

2 c. sugar	1/2 tsp. salt
1 1/2 c. oil	2 tsp. vanilla
3 eggs	3 c. apples*, peeled, cored, and chopped
3 c. flour	* add juice of 1 lemon to prevent browning
2 tsp. cinnamon	1/4 c. raisins (optional)
1 tsp. cloves	1 c. walnuts (optional)
1/2 tsp. nutmeg	
1 tsp. baking soda	

Preheat oven to 325. (Yep, just 325)

Beat together sugar and oil. Add eggs, one at a time, beating after each.

Mix together flour, cinnamon, soda, cloves, nutmeg, and salt. Add dry ingredients to egg mixture, 1/2 cup at a time.

Add vanilla, walnuts, and/or raisins to apples. Cut into batter. Spoon the batter into a greased, floured Bundt pan.

Bake at 325 for 75 minutes. Cool in pan for 15 minutes. Top with glaze while still warm.

Glaze:

3 Tbsp butter

3 Tbsp brown sugar

3 Tbsp milk or heavy cream

1/2 tsp. vanilla

Melt all ingredients together in a medium saucepan (over medium heat) while cake cools.

This apple cake is a really dense, moist cake that makes me think of family gatherings because we'd have it every Thanksgiving, along with sweet potato pie! It was my grandpa's favorite cake, and he often requested it for his birthday. I don't know where my Mom got the recipe; she's been making this cake for as long as I can remember.

Submitted by Robin Hart Ruthenbeck

Teresita Martínez Vergne's Black Beans

1 bag of black beans (soaked overnight, or you can bring them to a boil in the morning and then let them sit an hour)

2 medium onions

1 medium green pepper

1/4 head of garlic

almost an entire bunch of fresh cilantro (if you have it)

1/4 cup olive oil

(if you can find «achiote,»-good Mexican ingredient place might have them- heat the olive oil with approximately three teaspoons of the little pellets in a pan, and then sift out the shrunk pellets, so you have very red oil) or use two or three “Sason Goya” flavor packets -get at a place like Burrito Mercado in St Paul- or any good Mexican ingredient place should have them.

a little bit of of tomato sauce

salt to taste

Boil the beans separately (in enough water to cover them and still have an inch of water above the beans) until they are soft. In a pressure cooker, about 15 minutes, but maybe an hour in a regular pan. Sauté the rest of the ingredients, except for the tomato sauce, until soft. Add tomato sauce and cook a little bit longer. Mix beans and other ingredients together. Add salt to taste. Put in blender if you want a dip-like or soup-like texture.

Teresita Martínez Vergne died on July 25, 2013 at the age of 57.

Born in San Juan, Puerto Rico, she became a scholar of Caribbean history, teaching Caribbean and Latin American history for twenty years at Macalester College. She left academia to work to increase access of youth to higher education. She is remembered as a person of tremendous spirit, strength and courage. She was a capable colleague and a dear and loving friend with an infectious laugh.

This is her recipe for Black Beans that she shared with countless friends and relatives in many parts of the world.

Submitted by Herta Pitman

Moroccan Fish Tagine

Prepare 2 sets of spices mixtures

Mixture 1

Salt / Paprika / Cumin / Ginger / Cayenne Pepper (1 small spoon each)

Mixture 2

Salt / Paprika / Cumin / Chopped Parsley / Chopped Coriander (or Cilantro) / Lemon Juice / Chopped Fresh garlic / 1 spoon of water to moist the preparation

Put your fish (any kind) in a big bowl with Mixture 2 and leave it macerate for 30 to 60 minutes (you can also prepare this the eve, cover and leave in the fridge till the day after).

On the side, cut :

1 or 2 Potatoes (rounds), Half or 1 red pepper (long slices) (depending on the quantity you want), Half or 1 green pepper (long slices), 2 fresh tomatoes with skin (round slices), 1 onion, 1 carrot (round slices), 1 zucchini (round slices)

Take Pyrex and rub with a bit of oil for the vegetables not to stick

Put carrots first, then a layer of potatoes, a layer of onions, a layer of peppers, a layer of tomatoes and a layer of zucchinis.

Sprinkle the first Mixture on the vegetables, pour some olive oil

Put your fish on top of the vegetables and pour some olive oil

Put your second layer of left vegetables and sprinkle the first Mixture and pour some olive oil.

Cover your dish with foil or the Pyrex cover and put in the oven for 30 minutes. After 30 minutes, take out the dish and suck up the sauce which should be lying down and pour on the top of the dish.

Cover again and put back in the oven for 30 more minutes. Take out of the oven and take off the foil or cover and leave it reduces for 15 minutes or more if you want.

Serve hot.

Takes some time but it is delicious.

Submitted by Afifa Benwahoud

Rich Potato Soup with Herbs

¼ c butter or margarine
2 large onions, peeled and finely diced
3 tbsps parsley, chopped
3 tbsps fresh dill (1 tbsp dried)
2 tbsps chives, chopped
3 ½ tbsps flour
6 ½ c vegetable broth
salt and pepper to taste
7-8 medium potatoes, peeled and diced
2/3 c sour cream

½ c plain yogurt

Melt butter over medium heat in a soup kettle or large pot. Add onions, parsley, dill and chives and cook, stirring until limp. Stir in flour, blending until smooth. Gradually add vegetable broth, followed by salt, pepper, and potatoes. Cover and gently simmer about 20 minutes, or until potatoes are just barely tender. Remove pot from heat. If soup is to be used later, store in the refrigerator and add sour cream and yogurt at serving time. Otherwise, combine sour cream and yogurt in a medium bowl. Gradually stir in a cup of the soup broth. When mixture is smooth, return to the pot, stirring well. Reheat soup to piping hot, but not boiling, and serve. Soup should not be frozen.

This recipe is of unknown provenance. My mom found it in a stash of cut-out recipes and made it for me once I went vegetarian (after taking Karen Warren's environmental ethics class my junior year). I loved it, and it became a staple food at our apartment in the Grand-Cambridge Mac apartments. (And still is for many of us.)

Submitted by Catherine Neuschler; on behalf of herself, Anna Payden, Lissa

Bailey's Chocolate Chip Cheesecake

(Main amounts are for 9" pan. Parenthetical are for 8" pan)

Crust:

nonstick vegetable oil spray
2 cups graham cracker crumbs
1/4 cup sugar
6 tbsp butter melted

Filling:

2 1/4 lbs cream cheese room temperature
1 2/3 cup sugar
5 eggs, room temperature
1 cup Bailey's Original Irish Cream
1 tbsp
vanilla extract
1 cup chocolate chips

Coffee Cream:

1 cup chilled whipping cream,
2 tbsp sugar

1 tsp instant coffee powder

For crust: Preheat oven to 325 degrees. Coat 9-inch diameter (or 8-inch, if that's what you have) springform pan with nonstick vegetable oil spray. Combine crumbs and sugar in pan. Stir in butter. Press mixture into bottom and one inch up sides of pan. Bake until light brown, about seven minutes.

For filling: using electric mixer, beat cream cheese until smooth. Gradually mix in sugar. Beat in eggs one at a time. Blend in Baileys and vanilla. Sprinkle half of chocolate chips over crust. Spoon in filling. Sprinkle with remaining chocolate chips. Bake cake until puffed, springy in center, and golden brown, about 1 hour 20 minutes. Cool cake completely.

For coffee cream: Beat cream, sugar and coffee powder until peaks form. Spread mixture over cooled cake.

If desired, garnish with chocolate curls. Cut into thin slices to serve.

Submitted by Catherine Neuschler, Anna Payden, Lissa Miller, Laura Burrack, and Whitney Smalley. Rather than being family recipes, these are recipes that stand out for us as part of our time at Macalester. Hope you enjoy.

Ground Beef Meat Balls with Potatoes

Ingredients:

Ground beef with spices (see preparation below)

3 fresh tomatoes cut very small or half a can and more of Tomato sauce

1 small tea spoon of minced garlic,

Water

Some shredded mint leaves if available but not necessary

Half a teaspoon of salt or to taste

Half a teaspoon of pepper

1 small teaspoon of paprika

1 small teaspoon of cumin

Some cayenne pepper to taste

Some nutmeg powder

3 big potatoes cut in medium size pieces

Between 2 and 4 table spoon olive oil according to taste

Preparation for the Ground Meat

Put your ground meat in a big bowl with a small handful each of shredded cilantro and parsley, the cumin, the paprika, a bit of nutmeg powder, and salt and mix it all. Then prepare your balls and set aside.

In a wide pan, pour and warm up your oil. Add Garlic, then tomatoes with some additional paprika and cumin but just the tip of a small spoon, salt, pepper and cayenne pepper and half a cup of water, and cover for 5 mn. Add your potatoes and cook. Half cook the potatoes since they will finish cooking with the ground meat. Add half a cup of water again or a bit more as the potatoes needs to be half covered under the sauce and let cook for approximately 15mn, medium heat.

Add your ground beef balls and try not to squeeze them. If you do not have much space in your pan, you can put them on top of others but cover your pan and wait 2 min for the meat ball to tighten up and then just move/shake a bit your pan with your two hands for the upper balls to get some sauce/heat as well. Once the balls are less muchy, you can use a wooden spatula and return them to cook entirely for maybe 20mn medium heat and until the sauce thickens.

Enjoy Your Meal!

Greatest Brownies Ever

Ingredients:

- 1 cup (2 sticks) unsalted butter
- 3 1/2 ounces best quality unsweetened chocolate
- 3 tablespoons european style unsweetened cocoa powder
- 1 1/2 cups all-purpose flour (high altitude, add 2 tbsp)
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 4 eggs
- 2 cups sugar
- 1 1/2 teaspoon vanilla extract
- 1 cup good quality chocolate chips

Directions:

- 1--Preheat oven to 350 degrees (high altitude 375).
- 2--Melt butter with unsweetened chocolate in a double boiler.
- 3--Set aside to cool.
- 4--Sift together cocoa, flour, baking powder and salt.
- 5--Beat eggs until creamy, and slowly add the sugar, beating constantly.
- 6--Add vanilla and cooled chocolate/butter mixture.
- 7--Stir in dry ingredients until just combined.
- 8--Spread batter in buttered 9x13 pan.
- 9--Sprinkle chocolate chips over surface.
- 10--Bake for 30-35 minutes or until center is set.
- 11--Let cool before cutting.

Here is my mom's recipe for the greatest brownies ever. My whole family loves chocolate, so my mom and I would make these brownies together every couple of weeks when I was in high school. The original recipe is from Dying for Chocolate by Diane Mott Davidson.

Submitted by Naomi Becker

Moravian Lovefeast Buns

- 1 cup warm water
- 2 packages yeast
- 1 t salt
- 6 T sugar
- 1 t mace
- 2 T dry milk powder
- 4 C flour
- 2 eggs, beaten
- 1/2 C butter, melted

Sprinkle the yeast into the water in a large bowl. Add the salt, sugar, and dry milk, then half of the flour. Blend. Stir in the eggs, the cooled butter and the mace; beat. Stir in the additional flour to make a soft dough.

Knead for five minutes. Let rise until doubled, about 1 to 1 1/2 hours. Punch down and let rise again in the bowl if you have time, an additional 30 to 45 minutes. Punch down and let rest 5 minutes. Shape dough into buns and lay out on lightly-greased baking sheets. Take sharp scissors, knife or razor blade and cut an M into the tops. Let rise until doubled.

Bake at 350° for 15 to 20 minutes or until golden-brown. This recipe makes approximately 16 to 20 buns, depending on how large you shape them.

These buns are traditionally served at Moravian lovefeast services, accompanied by Moravian coffee (and, at Christmas Lovefeast services, with a beeswax candle).

The Moravians are the first Protestant Christians, emerging in what is now the Czech Republic in 1457. They fled persecution into Germany and thence to the New World, settling in central Pennsylvania and central North Carolina. The Moravians believe firmly in education for both men and women, sung and instrumental music in worship, and the equality of all people in God's eyes. I was baptized and raised in the Moravian church, and remember having these buns at lovefeast services. Here in Minnesota, I bake them every year for our family's breakfast on Christmas Day.

Submitted by David Sisk

Cream of Broccoli Soup

1 package Knorr-Swiss Hollandaise Sauce mix
1 cup milk
1 stick unsalted butter
1 large head fresh broccoli (for thicker soup, use 2 medium-sized heads)
1 pint heavy cream
1/2 C (or more) Parmesan cheese,
finely grated Freshly-ground nutmeg
Oregano
Savory
Salt
White pepper
Black pepper
(Optional: lemon juice)

Make the Hollandaise sauce following package directions, using the milk and the butter. You may wish to add lemon juice to this, depending on how you like your Hollandaise to taste. When the sauce is ready, cover and place on lowest heat.

Fill a large pot with cold water, salt, and bring to a boil over high heat. Cut off the bottom inch of the broccoli stalk. Remove small leaves. If the stalk is very tough, you can peel the outside using a sharp knife or vegetable peeler. Rinse broccoli.

When the water boils, plunge the broccoli into the water and boil rapidly for 6 to 8 minutes. You want the broccoli to turn a deep emerald green and have the stalk cooked, but do not overboil. Remove the broccoli from the water and cut off the tips. Chop the tips into small pieces and set aside. Cut the stalks into large chunks. In a food processor, purée the broccoli stalks and Hollandaise sauce mix in small batches until thoroughly liquefied.

Place the mixture in a double boiler over simmering water (if pots are at a premium, drain the broccoli cooking water, rinse, and re-use that pot—but lower the heat and make sure the soup does not scorch.) Stirring frequently, add the cream to the broccoli-Hollandaise mixture. Warm the mix to the desired temperature and add the broccoli tips.

As the tips warm, add the cheese and stir well into the soup. You may wish to add more cheese for a more robust taste. Season with the spices, being especially liberal with the nutmeg and white pepper.

Serve hot with bread, a semi-soft delicate white cheese (e.g. Havarti) and a smooth white wine.

This recipe serves two people as a main course (with a bit left over) or four people as a soup course.

My mom created this recipe, originally as a way of dealing with leftover steamed broccoli. It's so good, we now buy broccoli just to make soup! A bowl of hot broccoli soup will drive away the Minnesota chill right fast, believe it.

Submitted by David Sisk

The Colonel's Shrimp Salad

- 3 1/2 lbs raw popcorn shrimp, peeled
- 2 gallons cold water
- 1/4 C coarse kosher salt
- 4 fresh lemons, halved
- 1 bag Zatarain's crab & shrimp boil
- 12 oz. diced celery
- 2 T minced fresh garlic
- 1 bunch fresh curly parsley, chopped
- 1 pint mayonnaise
- 2 dashes Tabasco sauce (or to taste)

Large bowl filled with ice and water

Place a large stock pot on the stove. Add the water and salt; bring to boil over high heat. When water is boiling, squeeze the lemons' juice into the water, then add the crushed halves as well. Toss in the bag of crab boil mix. Wait about 30 seconds, then add the shrimp. When the water returns to the boil, remove the shrimp and immediately douse them in the icewater bath.

In a large non-reactive bowl, mix the mayonnaise with the garlic, parsley and Tabasco. Add the celery and mix again. Finally, drain the shrimp, toss dry and add to the mixture. Stir until the shrimp are all thoroughly coated and refrigerate in a covered, non-reactive container.

This salad will keep for about 24 hours, so plan to use it soon, best as soon as it's cold. For presentation, mound it on greens or serve with hot toast points or crackers. For the full effect, drop flour tortillas into a deep-fat fryer and use a ladle to mold them into cups; fry for only a few seconds, so the tortilla becomes crisp and starts to bubble. Remove and drain; place in a dish of greens and fill with shrimp salad. Garnish with lemon wedges and fresh parsley.

Another taste treat from Colonel Chutney's, Chapel Hill, NC.

I worked my way through graduate school as a professional chef, and shrimp salad was one of our most popular offerings, particularly in the summer.

Submitted by David Sisk

Crema de Chicharro / Pea Soup

Ingredients:

1 bag of frozen peas
4 garlic cloves
2 tablespoons milk,
Salt

1. Take out bag of frozen peas and give them time to thaw
2. Finely chop the 4 garlic cloves
3. In a pan add 2 tablespoons of butter.
4. Add chopped garlic into the pan and turn off the stove once the garlic in the pan is cooked and brown.
5. Put peas into the blender.
6. Add garlic/butter combo from the pan into the blender
7. Add milk, enough to slightly cover the peas in the blender.
8. Blend all ingredients together.
9. Put all blended ingredients into a pot.
10. Stir pot and add salt. At the slightest sight of boiling, soup is ready!

Eat it with toasted bread or Goldfish crackers!

For me, home means comfort. This pea soup is a special recipe made by my mother whenever I seek comfort from a cold or rainy day. I hope you find the same warm and cozy feeling I feel when you make it!

Submitted by Gabriella Gomez

Medallions of Pork Tenderloin in Tarragon/Mustard Sauce

Ingredients:

2 pork tenderloins (not frozen)

4 to 5 T Dijon mustard, creamy (no seeds)

1/2 cup dry white wine

2 shallots, minced

1/2 pint heavy cream

4 T fresh tarragon, minced, or 2 T dried

Fresh parsley

Olive oil

Coarse kosher salt

Freshly-ground black pepper,

1 T fresh whole tarragon, or 1 t dried, for garnish

Prep the pork

Pork tenderloins will look like long narrow cones of meat. Wipe dry and, with a very sharp knife and your fingers, cut away as much fat, membrane and tendon as you can without destroying the tenderloin. Slice tenderloins into medallions, about 1/2" thick.

Cooking

Heat 1 t olive oil in a large cast-iron skillet; you want only the thinnest layer of hot oil on the bottom of the pan. Brown the pork over medium-high heat, taking care not to work with so many medallions as to reduce the heat; three skillet-loads should do it for two tenderloins. Season lightly with salt and freshly-ground black pepper. You want to make sure that the pork is gray-brown on the outside but still tender; add more olive oil to the skillet as necessary. Remove pork to a warm serving dish and cover.

Deglaze the pan with the wine, scraping any brown bits into the mixture. Reduce heat to low. Add the shallots and stir frequently until they're tender; let the wine reduce by about half. Add the mustard, stirring it into the wine mixture. Then add the cream, stirring well. Continue stirring constantly, especially the sides of the skillet where the sauce will tend to stick. The sauce will reduce; let it go to about half of what it was, or slightly more if you prefer (as you reduce the sauce, it will get more concentrated). Correct seasoning with more tarragon and pepper if necessary.

When sauce is reduced to the consistency you like, return the pork to the sauce for a few minutes, still stirring constantly. When the pork is heated through, pour pork and sauce back into the warm serving dish.

Serve with crispy potatoes, green salad and a dry, full-bodied white wine.

This recipe makes enough for four people who are very polite and not terribly hungry, or three people who really enjoy each other's company, or two people who like to eat and are ready for something different. Since pork tenderloins are normally sold 2 to a package, it's easy to multiply the recipe.

It is not difficult to grow fresh tarragon. If you decide to try, put it in an area where there are no other plants; it will get quite large and bushy.

This is one of those recipes that let you cook and serve an elegant meal that looks (and tastes) far more difficult than it really is.

Submitted by David Sisk

Spaghetti Bolognese

Ingredients:

- 1 lb of ground beef
- 2-3 cloves garlic, minced
- 2-3 carrots, minced
- 2-3 celery stalks, minced
- 1 onion, minced
- 2 cans of crushed/cubed tomatoes
- 1 tbsp tomato paste
- 1 cup chopped cilantro (including stems)
- 2 tsp dried parsley
- 2 tsp italian seasoning
- 2 tsp dried oregano (optional)
- 1/2 chicken bouillon
- 2 tsp pepper
- 1 box of spaghetti

Pour a couple of tbsps of olive oil in a large pot. Sweat the garlic and onions, add carrots and celery after the onions have sauteed. Cook the meat, make sure it is all ground up and there are no large chunks. Add the canned tomatoes and the tomato paste, mix, let boil and simmer. Add the seasoning. Let simmer 20 minutes. The longer the better (the sauce tastes better the day after). Boil pasta and serve!

This particular recipe is one I grew up with. Whenever my mum would make “pasta” this is what we would have with garlic bread and minestrone soup. It always reminds me of home and is the perfect meal to come home to. The sauce even works with rice or just plain toast. I crave it often and can eat it every meal everyday.

Submitted by Elise Ong

Cauliflower with Bacon

Ingredients::

One head of Cauliflower cut into pieces
2 Tablespoons Vegetable Oil
5-8 stripes Bacon
2 Cloves Garlic, minced
Salt
Chili Pepper Flakes (Optional)

1. Cut the cauliflower into bite size pieces (maybe a little bigger, depending on what you are comfortable with.
2. Blanch the Cauliflower in boiling water for 2-3 minutes. Drain and set aside.
3. Heat oil in pan on medium heat, cook the bacon until it is a little crispy, but we still want the meaty texture. Transfer to a cutting board and cut into small, bite size pieces.
4. Heat the oil and remaining bacon fat in the same pan, transfer cauliflower into pan and cook for 2-3 minutes.
5. Add garlic and salt (as needed, the bacon will be salty as well!)
6. Add chopped bacon, sprinkle chili pepper flakes and cook for another minute or so.

You're done!

This is a classic dish that I remember having a lot after I moved to the United States. It is not common to put bacon in Chinese cuisine, but my mom managed to do so! This is how cauliflower became one of the only vegetables I would eat when I was younger.

Submitted by Grace Zhu

Haleem (Meat And Lentil Curry)

Ingredients

- 200 g wheat (washed and soaked for 2 hrs)
- 100 g lentils, mixed variety (soak along with the wheat)
- 300 g boneless beef/mutton
- 100 g cooking oil
- 3 onions, sliced
- 2 limes
- 2 t Garam Masala
- Salt to taste

Directions

1. Clean and marinate meat with half of ground paste of ginger, garlic, green chilies and salt for 1 hour.
2. Pressure cook the soaked wheat and marinated meat for about 45 minutes.
3. Mince and grind to a fine paste.
4. In a pan heat oil, add the finely sliced onions, fry till brown, add the garam masala.
5. Add the ground paste and keep stirring on slow flame, till the mixture leaves the sides of the pan.
6. Serve hot, with lime wedges

“My mother makes this every year for us during our holy month of Ramadan. After a long day of fasting, haleem makes the wait worthwhile!”

Submitted by Jinath Tasmin

Persian Rice with Eggplant and Beef Stew

Ingredients:

2 cups rice
1 tbs salt
1 large potato
1 large onion
1 large eggplant or 2 small eggplants
2-4 cloves garlic
1-2 pounds stew beef, medium chunks
1 can (6 oz) tomato paste
olive oil
1-2 tsp turmeric
salt and pepper to taste
water

Preparation:

Rice:

1. Soak rice in cold water with 1 tablespoon salt for at least 2 hours
2. Boil rice in its soaking water for just a couple of minutes
3. Pour rice in a colander and rinse with cold water; set aside
4. Add a little olive oil to the empty pot and lay raw potato slices (about a quarter inch in thickness) in the bottom of the pot to cover most of the surface.
5. Add rinsed rice on top
6. Make 3 holes in rice with the rounded handle of a wooden spoon so the steam can come out.
7. Place lip on pot and cook for about an hour on low - just long enough to hear the rice "hissing".
8. Rice is finished when it is soft and potato slices on the bottom are slightly browned.

Stew:

1. Chop 1 large onion and cook until golden in a little olive oil
2. Add stew beef and brown the pieces
3. Add garlic, a pinch of turmeric and salt and pepper to taste
4. Add tomato paste and some water to cover meat.
5. Let cook on low until meat is tender (1-1.5 hours)
6. You can add more water as it's cooking if needed.. Meanwhile, peel eggplant and cut in slices about a quarter inch in thickness.

7. Lay out on paper towel on a flat surface and sprinkle salt on the slices; you will notice the slices “perspire”, this is normal!
8. Shortly before stew meat is done, cook eggplant in olive oil in separate pan (use lots of oil! the eggplants will soak it up)
9. When eggplant is soft and done, transfer to fresh paper towel to soak up excess oil.
10. Add the cooked eggplant to the meat, and heat for 2 more minutes before serving.

This is an old-fashioned Persian dish. My Iranian stepfather taught me how to make it, although his version is much yummiier. Still, you can't go wrong with eggplant.

Submitted by Leah Sand

Sandy's Chocolate Cake

Ingredients:

Devils food Chocolate cake mix 18.25 oz.
1 pkg. Instant Choc. Pudding mix 3.9 oz.
4 large eggs
1 cup sour cream
½ cup Maraschino cherry juice
½ Cup vegetable oil
Maraschino Cherries

Preheat oven to 350 degrees.

Lightly mist 2 nine inch cake pans with cooking spray and dust with flour. Shake out excess flour. Mix together: cake mix, pudding, eggs, sour cream, cherry juice (if not enough cherry juice add water to make ½ cup) and vegetable oil in mixing bowl. Blend with electric mixer for 3 to 4 minutes. Should look thick and well combined. Fold in cherries and pour into prepared cake pans. Smooth out tops with spatula. Bake for 25 to 35 minutes or until toothpick comes out clean. Cool on rack for 30 minutes. Loosen cakes with sharp knife around perimeter of pans. Turn over to get cakes out of pans. Spread cooled chocolate filling over bottom cake. Then put top cake on top of the first cake (like a sandwich). Put on whip cream frosting on the day you are eating the cake.

Chocolate Filling Recipe

2T Cornstarch
½ Cup Sugar
½ Cup water
2 (1 oz) sqs. Semisweet chocolate
1 ½ T butter

Combine cornstarch, sugar and water in saucepan stirring well. Cook over medium heat, stirring constantly until thickened. Remove from heat, add butter and chocolate, stirring until melted. Let cool.

Whipped Cream Frosting

2 (8 oz.) cartons of heavy whipping cream
2 T of powdered sugar (or more to taste)

Whip the cream and powdered sugar on high until stiff peaks form.

submitted by: Daniel Bomberg

American Churro

Time: 2 minutes

Yield: 1 serving

Level: Lazy

Ingredients

1 slice of bread, preferably nutrition-less

1 pat of butter

1 tablespoon of cinnamon

1 tablespoon of sugar

Directions

Toast bread. Spread butter on bread. Sprinkle on cinnamon and sugar. Using your hands, slowly flatten bread as you roll in a cylindrical shape. (Optional) Cut and serve.

submitted by Dylan McAdam



The Lealtad-Suzuki Center is an initiative of the DML.

The mission of the Department of Multicultural Life (DML) is to provide transformative leadership in creating a Macalester community that is equitable, inclusive, and socially just for everyone.

Xpressions is a signature program by the Lealtad-Suzuki Center as an opportunity for Macalester students to express themselves through non-traditional forms.

This year, our mission was to put together a collection of recipes from across campus in an attempt to share the stories and experiences behind them with the greater Macalester community.

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