

# How to Start a Kitchen Fire:



## Emory Physics Department Recipes

A Dylan Collette Endeavor

## **Dana Harvey's Baked Eggplant**

Ingredients:

For the Eggplant:

2 Large Eggplants

½ cup chickpea flour

½ cup water

2 cups Italian breadcrumbs

For the Sauce:

Garlic

Olive Oil

2 medium onions

2 lbs baby portabella mushrooms

2 bell peppers

3 medium carrots

½ cup red wine

2 28 oz canned tomatoes

Salt

For the tofu ricotta:

3 boxes firm tofu

3 Tbsp miso paste

2 Tbsp onion powder

3 Tbsp apple cider vinegar

3 Tbsp nutritional yeast

Juice of 1 lemon

Instructions:

For the eggplant:

Preheat oven to 425F

Prepare 2 baking trays with olive oil

Slice eggplant into ¼ inch pieces

Mix the chickpea flour and water (vegan eggs) in a container

Lay out bread crumbs on a plate

Dip eggplant slices into vegan eggs, toss in bread crumbs and line baking sheet with eggplant

Bake eggplant for 50 minutes, flipping over halfway through

When finished, remove from oven and set aside until last step and set oven to 350F

For the tomato sauce:

Dice garlic, onions, mushrooms, peppers, and carrots. Keep separate and set aside

Heat a few tablespoons of olive oil in a large saucepan on medium-high with chopped garlic until garlic starts to brown

Add onion and sauté until the onion is translucent (3-5 min)

Add veggies and cook until soft and most liquid has evaporated (15-20 min)

Add red wine and cook a few minutes

Add the tomato sauce and Italian seasoning. Once boiling, let simmer for 25 min

Season to taste

For the tofu Ricotta:

Quarter the tofu blocks and apply pressure to release as much water as possible before adding it to a food processor.

Add the remaining ingredients to the processor and blend the mixture until it is nice and smooth about 5 mins. Taste the mixture at this point and decide if you want it cheesier or not.

If you want a cheesier flavor add more nutritional yeast or apple cider vinegar or onion powder.

If you want it to have more salt just add more miso paste.

Set aside until the last step

Put it all together:

In a lasagna or casserole pan lay down 1/3 of your sauce

Lay down the eggplant slices and cover with the remaining sauce (if there is room in the pan)

Shake the pan to even out the sauce

In dollops place your ricotta evenly over the surface. Once evenly covered you can attempt to spread out the ricotta or leave in dollops

Bake in the 350F oven for 25 mins or until the sauce is bubbly and the ricotta has a nice golden brown color.

Remove from the oven and let cool for at least 25 mins before serving

Serve with pasta or by itself

Source: Self Made

Keywords: Vegan, Eggplant, Italian, Tomato Sauce

## **Dylan Collette's Ribs**

### **Ingredients:**

3 tsp soy sauce

1 cup pineapple juice

1 tsp dry mustard

½ tsp pepper

1 tbsp garlic salt

1 tbsp brown sugar

3 lbs pork ribs

### **Instructions:**

Mix all ingredients and marinate ribs for 1-2 hours in fridge

Cover ribs and cook at 350 F for 2.5-3 hours in oven

Cover in favorite bbq sauce and grill or broil for 15-20 mins

Source: My Aunt Debbie

Tags: BBQ, Pork

## **Justin Burton's Classic Chili**

### Ingredients:

- 1 tablespoon oil
- 1 medium yellow onion -diced
- 1 medium carrot, grated
- 1 pound 90% lean ground beef or Beyond Meat (vegetarian/vegan)
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper\* -optional
- 1 1/2 cups beef broth or vegetable broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce

### Cooking Instructions:

Add the oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion and grated carrot. Cook for 5 minutes, stirring occasionally.

Add the ground beef or Beyond Meat to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the meat is browned, stirring occasionally.

Add the chili powder, cumin, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.

Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.

Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.

Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

Sources: The Best Classic Chili - The Wholesome Dish

Keywords: soup, hearty, spicy, chili, beans

## **Calvin Jackson's Banana Pudding (Submitted by Jason Boss)**

### **Ingredients:**

1 (12 oz) container frozen whipped topping, thawed, or equal amount sweetened whipped cream

1 (14 oz) can sweetened condensed milk

1 (8 oz) package cream cheese, softened

2 cups whole milk

1.33 (5 oz) box instant French vanilla pudding mix

8-9 bananas, sliced (ripe bananas are the better choice)

2.5 bags chessmen cookies

Served in a 13x9x2-inch dish

### **Cooking Instructions:**

Get cream cheese out of the refrigerator in advance of preparation. If it is cold when mixed it will not combine well, leaving flakes of cream cheese in your vanilla pudding (yuck).

Line the bottom of a 13x9x2-inch dish with ~1 bag of cookies. Make sure the bottom is completely covered, using broken pieces and crumbs to get a complete layer.

Layer sliced bananas on top. Again, completely fill the layer, putting small pieces of banana in the gaps between slices. If the bananas are sliced thin, use two layers.

In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.

Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.

Fold the whipped topping into the cream cheese mixture. Add the pudding mixture to the cream cheese mixture and stir until well blended. Pour the mixture over the cookies and bananas. Smooth top as best as possible

Cover with the remaining cookies. Cut cookies to fill gaps. For optimal aesthetic effect, do not use broken cookies or crumbs on top, and line up the chessmen in rows.

Refrigerate overnight.

Variations:

Use Vanilla Wafers instead of Chessmen, for a more traditional banana pudding.

Use strawberries or other fruit instead of bananas.

For a fourth of July event you could leave the top layer of cookies off, and add blueberries as the field of blue, with alternating stripes of strawberry and banana if you wanted the pudding to look similar to a flag.

Sources: Calvin Jackson

Keywords: Dessert, Banana, Pudding

## **Wei Li's Fried Milk**

### Ingredients:

milk 400 g

cornstarch 60 g

granulated sugar 50 g

egg 2

low-gluten flour 70 g

breadcrumbs 20 g

baking powder 1 g

water 30 g

granulated nuts, butter (if desired)

### Cooking Instructions:

Mix milk, cornstarch, and 40 g granulated sugar

Heat to boiling over medium heat, stirring gradually and constantly, till it looks mushy

Spread evenly in ungreased square baking dish, and refrigerate uncovered 2 hours until firm

Cut custard into 2-inch squares

beat eggs with low-gluten flour, baking powder and 10 g granulated sugar (and water) to paste-like

Dip custard squares into the paste, then coat with breadcrumbs

Heat oil to 170 °C (340 °F), fry 2 or 3 squares at a time in oil 1 to 2 minutes or until light brown; drain on paper towels

## **Alissa Bans Kamish Bread**

This is a veganized version of my grandma's famous "Kamish bread" (sometimes called "Mandel Bread"... I guess I would describe it as a traditionally Jewish biscotti?). It involves patiently baking something twice, but in the end you get an extra crunchy, slightly sweetened, goes-perfect-with-coffee, treat that is highly addictive. Sometimes by request I've made these with chocolate chips instead of the slivered almonds... but I think the no chocolate version is better.

### **Ingredients:**

- 3 flax eggs (=3 tablespoons flaxseed power + 7 tablespoons water)
- ¾ cup canola oil
- ¾ cup sugar
- 2 cups all purpose flour
- ¾ cup almond flour
- 1 tsp vanilla (or almond extract if you want the almond taste to really stand out)
- 1 tsp baking power
- ½ tsp salt
- 1 tsp - 1 tbsp cinnamon powder (I always do the tbsp., the more cinnamon the better)
- optional: 1/4 cup slivered almonds
- optional: a little extra cinnamon and sugar mixed together

### **Cooking Instructions**

- preheat oven to 350 F°
- mix together ingredients for flax eggs and let sit for ~5 minutes
- stir together oil and flax egg mix in a large bowl
- in a separate bowl, stir together flours, 3/2 cup sugar, baking power, salt and tablespoon cinnamon

- mix the dry ingredients slowly into the oil/flax-egg mix. Stir until dough like consistency
- roll dough into 4-5 small rolls (like mini loaves of bread)
- Bake rolls/loaves on baking tray lined with wax paper for 40-45 minutes at 350 F°
- Remove from oven and cut loaves into ~1/2inch slices crosswise and layout slices on same baking tray, sprinkle cinnamon sugar mix over exposed area of slice
- “Toast”/bake in the oven for another 15 minutes

Sources:

Grandma (origin of non-veganized treat of my youth)

Keywords: vegan, dessert, baked goods

## Daniel Sussman's Damn Good Bagels

### Ingredients

#### Dough:

- 1.5c warm water
- 1.5t yeast
- 4c flour
- 2t salt
- 4t molasses

#### Boiling water:

- plenty of water
- 2t sugar
- 2t baking soda

### Instructions

1. Proof the active dry yeast in the water.
2. Mix together the other dough ingredients. Knead until smooth and stiff (if using a stand mixer, we do a few minutes on the lowest speed followed by a few minutes on the second-lowest speed). Let rise for roughly 1 hour.
3. Divide into 10 equal pieces, and make into bagel shape. We went with the method of... poke a hole in the middle of a dough sphere, then spin around your finger for a bit.
4. Cover and leave on a pan in the fridge overnight to develop extra flavor.
5. Boil a generous pot full of water, and add the sugar and baking soda. Boil each bagel for 1 minute, then flip and boil on the other side for 1 minute. As each bagel comes out of the water top with a sprinkle of poppy or sesame seeds, as desired.
6. Transfer to a baking pan that has been dusted with cornmeal, then bake at 450F for about 17 minutes.

Comments:

After moving to the South we were discouraged at the poor quality of bagel we were able to buy, so we decided to make our own. The title says it all: these bagels are great!

Adapted or sourced from:

- <https://www.washingtonpost.com/recipes/best-bagels/15272/>
- <http://www.sophisticatedgourmet.com/2009/10/new-york-style-bagel-recipe/>
- Alexis Mann

## Laura Finzi's sorbet

3.5-4 hg fruit

Juice from half a lemon

1.5 hg sugar (1 only if with bananas)

1 egg white

Blend well and freeze

