Harvard Physics’ Favorites
A compilation of recipes from staff, faculty, and a student

December 2012
**CHEESE STRATTA**

from Jay McNeil

Great breakfast dish for 6 to 8 people. Serve with ham, bacon, or sausage and English muffins. Recipe can be cut in half for smaller portions.

**Ingredients**

- 8 Slices White Bread (Crusted Included) Cubed
- 1 ½ Cups Grated Sharp Cheddar Cheese
- 8 Extra Large Eggs
- 2 Cups Milk
- ½ Stick Butter, Melted
- ½ Tsp. Dry Mustard
- 1 Small Onion, chopped
- 6 – 8 Slices Bacon, Cooked and Crumbled

**Directions**

In 2 quart casserole dish mix together cubed bread and cheese. In a separate bowl combine eggs, milk, butter, and dry mustard. Pour over bread mixture, set aside.

Fry bacon in frying pan, reserving grease in pan. Crumble bacon, sprinkle on top of casserole.

Fry onion in reserved bacon grease until translucent, sprinkle onion and grease over top of casserole.

Cover with plastic wrap or tin foil, let sit in refrigeration overnight.

Cook in preheated 350 degree oven for 45/60 minutes.

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**BAKED) POTATO SOUP**

from Angela Allen

**Ingredients**

- 8-10 Slices bacon
- 3 Cups chicken broth
- 4 Tbsp butter
- ½ Cup chopped onion
- ½ Cup diced celery
- 1/3 Cup flour
- 1 Tsp salt
- ¼ Tsp pepper
- 2 Cups Half & Half
- 1 Cup milk
- 8 oz shredded cheese
- 8 oz sour cream (optional)

**Directions**

Cook bacon until crisp.

Put 2 Tbsp of drippings back in pan combined with butter, chopped onion, and celery. Cook until tender.

Stir in flour until blended.

Stir in chicken broth, cover, and continue cooking stirring frequently until mixture is thickened and onions and celery are tender.

Stir in Half & Half, potatoes, salt, pepper and cheese. Continue cooking until cheese melts.

Blend about ½ of the soup in batches until smooth.

Add blended soup back to pot and add sour cream (optional). Stir until hot.

Serve with bacon sprinkled on top.
Jan’s GRILLED PORTOBELLO MUSHROOM LASAGNA
(from The Black Dog Tavern)

To prepare lasagna:

**Ingredients**

- 1 lb lasagna noodles, cooked
- 6 portobello mushroom caps, grilled & sliced
- 1 qt ricotta cheese
- 1 head garlic, finely minced
- 1 bunch fresh basil, chopped
- 3 heads of broccoli, in flowerettes
- 2 eggs, beaten
- 1 qt tomato sauce
- Olive oil
- 1 ½ lbs sliced provolone & mozzarella cheese
- Balsamic vinegar
- Salt & pepper

**Directions**

Marinate mushrooms by sprinkling lightly with balsamic vinegar, olive oil, salt and pepper. Let stand for at least an hour, then grill for about 3 minutes on each side. This can be done up to 24 hrs in advance.

Cook noodles in plenty of boiling salted water and while the noodles are cooking prepare the broccoli and ricotta mixture. Steam or boil the broccoli until bright green, but still crunchy. Mix ricotta cheese with garlic, basil, eggs, salt, and pepper. When the noodles are done, strain and cool with cold water.

Assemble the lasagna in a 9” x 13” pan. Start with a light coating of tomato sauce, then noodles, broccoli, mushroom slices, ricotta cheese, slice provolone/mozzarella, tomato sauce and repeat. There should be enough for 4 layers.

Completely cover the top with sliced cheese. Bake at 350 degrees for about 45 minutes to one hour until cheese topping is nicely browned.

To prepare tomato sauce:

**Ingredients**

- 3 onions, diced
- 1 head garlic, chopped
- 1 ½ qts crushed tomatoes
- 3 oz tomato paste
- 1 cup dry white wine
- 4 Tbsp olive oil
- Salt & pepper to taste

**Directions**

Saute onions and garlic in olive oil until translucent. Add wine and basil and simmer 5 minutes. Add tomatoes, tomato paste, salt and pepper and bring to a boil. Simmer for 45 minutes to an hour. Correct seasoning.
COUSCOUS ALFRESCO
from Jennifer Bastin

Ingredients
2 cups dry whole wheat couscous
2 ¼ cups water
1 tsp extra virgin olive oil
2 Tbsp white miso paste
juice from 1/2 lemon
¼ cup pine nuts
4 large handfuls of fresh spinach
1 package cherry tomatoes
¼ cup crumbled feta cheese* (optional)
2-3 large scallions
various spices

Directions
In a medium covered pot, bring water to a boil.

Stir in olive oil and miso paste to dissolve, add two roughly chopped scallions.

Once broth resumes boiling, remove from heat, immediately stir in couscous, cover and set aside.

While couscous is cooking, place pine nuts in a DRY skillet over medium/low heat toast until fragrant or golden brown, stirring constantly to avoid scorching. Remove from pan and set aside.

Chop tomatoes in half

In a large bowl, combine spinach and chopped tomatoes.

Fluff couscous with a fork, be sure all the liquid has been absorbed (if not, just cover and wait a bit longer).

This dish can be served immediately (hot) or refrigerated and served cold. It’s best served hot with extras as leftovers!

Notes & Tips
Once couscous has absorbed all the broth, add it to the large bowl, making sure to cover the spinach and tomatoes. Add pine nuts and crumbled feta cheese to couscous mixture.

After a few minutes, lightly toss mixture with lemon juice and freshly cracked pepper Garnish with finely chopped chives.

If you’d like to use additional spices to flavour your couscous, they must be added to the broth mixture!

I have purposely not salted the couscous water due to the saltiness of the feta. If you’re omitting the cheese, add salt (as desired) to the broth before adding couscous (keeping in mind that salted water takes longer to boil).

The magic at work here is that the heat of the couscous will wilt the spinach, heat the tomatoes, and slightly warm the cheese. Make sure your couscous is HOT when you add it to the bowl or this magic won’t be achieved.

If you’d like to cheat, you can purchase Near East brand’s boxed “Pinenut Couscous” and omit all seasonings, miso and pine nuts (since they’re there in the box). Then just make Near East’s couscous as directed and add to spinach mixture.

Squeezing your lemon into your open palm (or upside down) will prevent seeds from getting into your food.
VEGETARIAN CHILI

Recipe from Emeril Lagasse, 2003*, provided by Kathleen McCloskey

Ingredients

2 tablespoons canola oil
1 1/2 cups chopped yellow onions
1 cup chopped red bell peppers
2 tablespoons minced garlic
2 to 3 Serrano peppers, stemmed, seeded, and minced, depending upon taste
1 medium zucchini, stem ends trimmed and cut into small dice
2 cups fresh corn kernels (about 3 ears)
1 1/2 pounds Portobello mushrooms (about 5 large), stemmed, wiped clean and cubed
2 tablespoons chili powder
1 tablespoon ground cumin
1 1/4 teaspoons salt
1/4 teaspoon cayenne
4 large tomatoes, peeled, seeded and chopped
3 cups cooked black beans, or canned beans, rinsed and drained
1 (15-ounce) can tomato sauce
1 cup vegetable stock, or water
1/4 cup chopped fresh cilantro leaves
Cooked brown rice, accompaniment
Sour cream or strained plain yogurt, garnish
Diced avocado, garnish
Essence, recipe follows, garnish
Chopped green onions, garnish

Directions

In a large, heavy pot, heat the oil over medium-high heat. Add the onions, bell peppers, garlic, and serrano peppers, and cook, stirring, until soft, about 3 minutes. Add the zucchini, corn, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes. Add the chili powder, cumin, salt and cayenne, and cook, stirring, until fragrant, about 30 seconds. Add the tomatoes and stir well. Add the beans, tomato sauce, and vegetable stock, stir well, and bring to a boil.

Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.

Remove from the heat and stir in the cilantro. Adjust the seasoning, to taste.

To serve, place 1/4 cup of brown rice in the bottom of each bowl. Ladle the chili into the bowls over the rice. Top each serving with a dollop of sour cream and spoonful of avocado. Sprinkle with Essence and green onions and serve.

Emeril’s ESSENCE Creole Seasoning
(also referred to as Bayou Blast)

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme

Combine all ingredients thoroughly.

Yield: 2/3 cup.

**RED LENTIL SOUP**

Submitted by Anonymous

**Ingredients**

- 1 cup rinsed red lentils (do not soak them)
- 1 quart vegetable or chicken broth
- 2 cups water
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- ¼ teaspoon salt (as needed)
- ¼ teaspoon ground black pepper (as needed)
- Pinch of ground chili powder or cayenne (as needed)
- 1 large carrot, peeled and diced
- Juice of ½ lemon (as needed)
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons olive oil

**Directions**

In a large pot, first heat oil then sauté onion and garlic until golden (about 4 minutes).

Stir in tomato paste, cumin, salt, pepper, cayenne, and sauté for about 2 minutes.

Add broth, water, lentils and carrot. Bring to a simmer, then partially cover and heat at medium-low. Simmer until lentils are soft, about 30 minutes. Add salt if necessary.

Puree half the soup in a blender or food processor, then add it back to the pot with the rest of the soup. Soup should be somewhat chunky. Stir in lemon juice and cilantro.

Serve drizzled with olive oil and dusted with a little chili powder if desired.

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**BAKED CHICKEN TERIYAKI**

from Nancy Partridge

*Doubles easily. Make lots; there's never enough!*

**Ingredients**

- 1 tablespoon cornstarch
- 1 clove garlic, minced
- 1 tablespoon cold water
- ½ teaspoon ground ginger
- ½ cup white sugar
- ¼ teaspoon ground black pepper
- ½ cup soy sauce
- 12 skinless chicken thighs
- ¼ cup cider vinegar

**Directions**

In a small saucepan over low heat, combine the cornstarch, cold water, sugar, soy sauce, vinegar, garlic, ginger, and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.

Preheat oven to 425 degrees F (220 degrees C).

Place chicken pieces in a lightly greased 9/13 inch baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.

Bake in preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.

Enjoy! Delicious over rice.
HEARTY TURKEY CHILI from Joan Hamilton

Servings: 6, Preparation Time: 25 minutes, Cooking Time: 58 minutes, Level of Difficulty: easy

A bowl of hot chili is so satisfying on cold fall days. Ours boasts kidney beans, lean turkey, and lots of vegetables, well-seasoned and sprinkled with scallions.

Ingredients

- 1 spray – cooking spray
- 1 tsp canola oil
- 1 large onion, chopped
- 2 medium garlic cloves, minced
- 2 medium carrots, thinly sliced into rounds
- 1 pound lean ground turkey
- 2 Tbsp chili powder
- 1 Tbsp paprika
- 1 ½ tsp red pepper flakes
- 1 tsp ground cumin
- 2 medium tomatoes, chopped
- 1 cup canned tomato sauce
- 1 cup canned chicken broth
- 1 ½ Tbsp apple cider vinegar
- 1 ½ cups cooked kidney beans, rinsed and drained
- 1 medium green pepper, chopped
- ½ tsp table salt, or to taste
- 1/8 tsp black pepper or to taste
- ¼ cup scallions, chopped

Directions

Coat a large pot with cooking spray; place over medium heat. Add oil and onion; sauté onion until soft, about 5 to 7 minutes.

Add garlic and carrots; cook until garlic is softened, about 1 minute.

Add turkey; brown meat, breaking it up with a wooden spoon as it cooks, about 5 minutes. Stir to break up lumps.

Add chili powder, paprika, red pepper flakes, cumin, tomatoes, tomato sauce, broth, vinegar, beans and green pepper; bring mixture to a boil.

Cover, reduce heat and simmer until meat and vegetables are tender, about 30 to 45 minutes. Season to taste with salt and pepper; garnish with scallions.

Yields 6 one cup per servings.
REALLY YUMMY, REALLY GREEN SOUP

from Silke Exner-Su

This delicious soup adds a lot of color to a holiday dinner, or a New Year’s eve party! The following recipe is for 4 portions.

**Ingredients**

- 1 Tbsp olive oil plus more for drizzling
- 1 leek, white and green parts thinly sliced
- 4 cups of vegetable or chicken stock
- 1 bunch broccoli, chopped (6 cups)
- 6 oz baby spinach (6 cups)
- 1/3 cup freshly grated Parmesan cheese
- 2 Tbsp tahini
- Coarse salt and freshly ground black pepper
- 4 slices rustic bread, toasted
- 2 avocados, sliced
- ¼ cup radish sprouts
- 1 lemon, cut into wedges

**Directions**

Heat oil in medium sauce pan over medium-high heat. Cook leek until tender (about 5 minutes).

Add stock, bring to a boil, and add the broccoli. Cook, covered, until tender (about 3 minutes).

Remove from heat. Stir in spinach, Parmesan, and tahini. Season with salt and pepper.

Puree soup with in a blender.

Top bread with avocado slices, and sprinkle with radish sprouts. Season with salt and pepper, and drizzle with lemon juice and olive oil.

SOBA NOODLES WITH SPINACH

from Joan Hamilton

A Japanese classic that can be served hot or cold and topped with different vegetable combinations such as stir-fried carrots and broccoli, or snap peas.

**Ingredients**

- 8 oz uncooked soba noodles
- 2 Tbsp rice wine vinegar
- 2 Tbsp low-sodium soy sauce
- 2 tsp honey
- 2 Tbsp scallions, finely sliced
- 8 cups spinach
- 1 spray – cooking spray
- 1 tsp dark sesame oil, or toasted sesame oil
- 1 large garlic clove, minced

**Directions**

Cook noodles according to package directions (do not boil or overcook, or noodles will be gummy). Drain and place in a large bowl. While noodles are still warm, add vinegar, soy sauce, honey and scallions; toss well to coat.

Wash spinach but do not dry it; set aside.

Coat a large nonstick skillet or pot with cooking spray; add oil and place over medium-high heat.

When oil is hot, add garlic; cook, stirring until fragrant, about 30 seconds.

Add spinach to pan; cover and cook until spinach wilts, about 3 to 5 minutes.

Toss spinach with noodle mixture and serve. Yields about four one-cup per servings.
GARLIC POTATO SOUP from Dayle Maynard

Ingredients

- 2 heads of garlic
- 1 scallion
- butter
- shallots
- 2 cups chicken stock
- 4 or 5 potatoes
- 1 cup heavy cream
- 1 cup milk
- ¼ tsp salt
- white pepper
- Italian parsley

Directions

First you want to get 2 pans of boiling water ready because you are going to use two to poach the garlic. Peel the paper only off of the two heads of garlic. Do not peel off their skins, nor should you cut any of the ends off. Just hand peel.

Then remove the cloves from the mother stem by hand until they are all loose. Take all of the cloves and place them into the first pan of hot water and then cover and remove from the stove. Let them sit in the water for 5 minutes.

After the 5 minutes are up, you should pour the cloves into a strainer and place them into the other pan of hot water for 5 more minutes off the stove. After the last 5 minutes, pour those through the strainer and place to the side to cool a little so that you can handle them.

After they are touchable, begin to cut the flat ends off of all of them and then squeeze each one from the other ends to that they will pop out of their little skin.

Put a little butter in the bottom of a saucepan, add one minced scallion and one minced shallot and sauté for 1 to 3 minutes. Put all of the garlic cloves in (don't mince them up) whole and sauté for 3 more minutes. Pour in 2 cups of chicken broth, 4 or 5 potatoes cubed, 1 cup heavy cream, 1 cup milk, ⅛ tsp salt, white pepper, and a heaping of Italian parsley. Let the soup cook until the potatoes are done. Then take it off of the heat and allow it to cool. After it is cooled place it all in your blender and puree it until it is smooth.

It can be placed back into a pan for re-heating. Heats up well in the microwave, too. Also add what vegetables or bacon bits or shavings of meat to it that you would like to your taste.
Marina’s FIGS IN CHOCOLATE

Ingredients

- 1 plastic container of medium-sized plump dried figs (make sure they are not deformed or stuck together)
- Walnut halves, toasted (small bag)
- 1 cup sugar
- 2/3 cup water
- 1/3 cup Grand Marnier or orange liqueur
- Juice of half lemon (more if necessary)
- Valrhona or other good quality semi-sweet baking chocolate (8-10oz)

Directions

Cover a couple of large flat plates with foil and put in the refrigerator while preparing the figs. If you don’t have large flat plates, cover a couple of cutting boards with foil.

With a small knife or your finger, make a small opening in the bottom of each fig.

Dissolve sugar in water, add liqueur and lemon and bring to a boil in a heavy-bottomed saucepan.

Carefully place the figs in the saucepan, reduce the heat, and simmer for about 15 minutes. Check often to make sure the figs don’t burn. The liquid should be syrupy but not too sticky; add a few drops of water or liqueur if necessary.

When the figs plump up and become slightly translucent, remove them from syrup and set aside to cool. The more syrup runs off the figs, the better. (Don’t discard the syrup, however: you won’t need it for the rest of this recipe but it’ll be delicious on ice cream!)

When the figs have cooled down to handle, insert half walnut in each.

Cut chocolate into chunks, put in a small ceramic or glass bowl, and microwave for about 20 seconds. Stir and microwave for another 10 or more, depending on the size of the chunks. It need not become completely liquid: take the semi-melted chocolate out and give it a vigorous stir to melt the remaining chunks.

Now is the messiest and most crucial part:

Take the first chilled plate out of the refrigerator.

Hold the top of the stuffed figs with your fingers and carefully dip in the molten chocolate. Try to cover the fig about ¾ of the way up. Let some of the chocolate run off, then place the fig carefully on the chilled plate.

You will notice that some of the chocolate still runs off the figs and forms puddles around them. Wait another moment, until the chocolate is thicker, then take the second plate out of the refrigerator and transfer the figs to it. The figs will now look much neater (and the chocolate puddles which formed on the foil of the first plate are for you to nibble on in the meantime).

Put the plate back in the refrigerator for at least two hours or until the chocolate around the figs has completely solidified. At that point it is safe to handle and even transport the figs, although, whenever possible, keep them in the refrigerator. They should keep for a while in their chilled state so they are a good desert to make ahead of time.
STRAWBERRY SALAD
from Anne Trubia

Ingredients

Salad:
1 head Boston lettuce
1 head Romaine
1 package shredded Monterey Jack cheese
1 pint strawberries, sliced

Dressing:
Can be made a day in advance, just keep in refrigerator.
1/2 tsp white pepper
1/2 tsp salt
1/2 tsp paprika
1 cup vegetable oil
3/4 cup sugar
1/2 cup red wine vinegar
2 cloves minced garlic
Mix all ingredients together well

Directions
Toss dressing on salad just before serving.
You may not want to use all the dressing.

SPEKULATIUS COOKIES
from my Oma Burke, submitted by Mary McCarthy

Ingredients

1 C butter (250 gm if weighing)
1 ¼ Cup sugar (250 gm)
½ tsp salt
2 Eggs
3 ½ Cup flour (500 gm) with
2t Baking Powder (whisked together)
½ lemon grated
2/3 Cup blanched almonds (chopped fine)
1 tsp each:
cinnamon, ground cloves, ground nutmeg

Directions
Cream butter, sugar, eggs and salt until smooth. Gradually, add the flour mixed with Baking Powder in 3 or 4 additions, mixing until incorporated.

Lastly stir in the spices and the almonds and the grated lemon. This part is rather difficult for little arms so Papa may assist. At the end the dough gets stiff and your mixer may get grumpy; continue the mixing by hand.

Allow dough to chill in the refrigerator. Roll out dough to 1/3 centimeter thickness on a lightly flour dusted surface. Cut with various cookie cutter shapes or freestyle with a knife. Sprinkle with multi colored sprinkles – great task for children.

Cook in a preheated oven at 375 degrees for 10 to 12 minutes.
**PUMPKIN BREAD**

By Carol Davis

*This recipe was given to me by a Co-worker in this Department back in 1970 and I have used it for holidays every year since then, hope you enjoy it as much as I do!*

**Ingredients**

- 4 Eggs (beaten)
- 2 Cups of Sugar
- 1 ¼ Cup of Vegetable Oil
- 21 oz of Canned Pumpkin
- 3 Cups of Flour
- 1 Teaspoon of Salt
- 1 Teaspoon of Baking Powder
- 1 Teaspoon of Baking Soda
- 3 Teaspoons of Cinnamon
- Walnuts (optional)

**Directions**

Add eggs to mixing bowl and beat. Add sugar and oil and mix well. Next mix in 21 oz of canned pumpkin (about 1 ½ of two 15 ½ cans). Now add flour and mix well. Finally, add baking powder, baking soda, salt and cinnamon, mix well.

Spray baking pans with Pam or oil them.

Bake at 350° for 1 hour.

After they are baked, wait a few minutes and remove from pan. I usually wrap them in aluminum foil, this usually keeps loaves moist.

This recipe makes 3 loaves or 5 mini loaves!

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**WINTER WONDER LOG**

from Barbara Drauschke

**Ingredients**

- 1 package of Nabisco Refrigerator Chocolate Wafers
- 1 package (4 serving size) of instant pistachio pudding
- 1 cup cold milk
- 1 (12 oz) container of Cool Whip
- Sprinkles

**Directions**

Combine pudding mix with 1 cup milk. Stir to blend completely and let sit for 5 minutes.

Stir in 1 cup of Cool Whip, and mix well. Frost the pudding mixture between chocolate wafers, making stacks of 8 or 9 wafers.

Wrap each stack with plastic wrap and refrigerate for at least 3 to 4 hours or overnight.

Unwrap and place on serving dish, using the extra Cool Whip to put together the stacks, and then frost the log with the remaining Cool Whip and sprinkle with chocolate or holiday decorations.

Slice diagonally.
RASPBERRY SQUARES
from Stan Cotreau

Ingredients
- 1 box white or vanilla cake mix
- 2-1/2 cups oatmeal
- 3/4 cup melted Margarine

Directions
Cover Separately mix 1 12 OZ jar of trappist raspberry jam with 1 Tbs. of water

Spread 1/2 to 3/4 of the mix into a greased 9 x 13 pan, top with jam then crumble the remaining mix on top and press it down.

Bake it for 20 - 25 minutes, when cool, cut into squares.

COCONUT PIE
from Stan Cotreau

Ingredients
- 2 cups milk
- 4 eggs
- 3/4 cup white sugar
- 1/2 cup Bisquick
- 1/4 cup margarine
- 1 tsp. vanilla
- 1-1/3 cup shredded coconut

Directions
Combine milk, sugar, eggs, Bisquick, margarine, vanilla in a blender.

Blend on low for 3 minutes then pour it into a greased pie plate. Let it stand for 5 minutes and sprinkle with coconut.

Bake 40 minutes in a 350 degree oven.
Maggie’s GRANDMA’S BAKING POWDER BISCUITS

My grandma made the most amazing biscuits. She enlisted us all to help her at one point or another, but still no one could quite duplicate them. After she passed away my aunt and cousin tried their best to get it right but never quite got there. I think it may be because they forgot one important, but tedious, step that all the little kids ended up doing… and remembering with tired arms: Sifting the flour. Being a giant nerd, one year I decided to reverse engineer grandma’s biscuits. Even now I’m probably the only one who gets them right, but that’s not because I’m a better cook. It’s because I made so many batches trying to get it just right that I know the little quirks. I imagine they’ll get the hang of it soon. And hopefully you’ll get close by following my instructions here.

Ingredients

2 cups flour (she used Pillsbury, so you should too)
4 teaspoons of Rumford baking powder (Clabber Girl will also do)
1 teaspoon table salt
1/2 teaspoon sugar (or a good ‘pinch’)
1/2 cup of Crisco (it has to be Crisco and it should be room temperature)
3/4 cup of whole milk (don’t skimp, it needs to be whole milk)

Implements

A flour sifter
A metal or ceramic bowl (something that keeps cold)
A large cookie sheet (don’t grease it)
A rolling pin (non-stick is best, but whatever you have)
Round 3 to 4 inch across cookie/biscuit cutters (or a Mason jar lid ring)
Somewhere to make a mess
Your hands

Directions

I. Making the Dough

Sift the flour into the bowl. Then sift it again.
Add the baking powder evenly to the flour and, you guessed it, sift it again.
Add the salt and sugar and give it a few stirs to evenly distribute it.

Knead in the Crisco a little at a time until you have a floury, crumly mass.
Add the (cold) milk and massage it into a solid, sticky lump. Put the bowl in the fridge while you do the next step.

II. Cutting the Dough

Get your messy area ready by laying down some foil or wax paper (if you happen to have stone counters, use that! That’s best of all).
Take a bit of flour from the bag, put it in the sifter and spread it over your messy area.
Take a break for 5 or 10 minutes. Then get your bowl out of the fridge.
Plop your dough mass down in the messy area and sift a light coating of flour onto it so it’s not as sticky. You can wash your hands now if you want, but not before.
Begin rolling out the dough out until it’s about about 1/2 inch thick (sometimes I’ll go as thick as 3/4” if I’m feeling confident of my dough’s consistency).
Preheat your oven to 450 while you get ready to cut the biscuits.
Cut out your biscuits from your dough, clump and re-roll the dough as needed (add some flour to your messy area if it starts getting sticky, but not too much!)
III. Cooking the Dough

Your cookie sheet should be ungreased, but sometimes I’ll lay down a layer of foil if it’s a well-worn cookie sheet.

OK, here’s the counter-intuitive part. We’re making flaky golden-topped biscuits. DON’T spread them out. Place your biscuit cutouts so that the sides touch. Start in a corner and work your way out until your sheet is full. If you run out before it’s full, that’s OK. you’ll have a few with side-crusts.

If you have leftovers and want to cook them later, wrap each biscuit in plastic wrap and then wrap them together and put them in the fridge.

Bake on the center rack of your oven for around 10 minutes or until the tops are a light golden brown. My oven takes around 12 minutes, give or take. If you have a big electric oven, you will get the best results of all.

When done, remove the biscuits from the sheet (you don’t want the bottoms to get hard) and serve warm.

Praise my Grandma Helen for her wisdom.

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Kelly’s CANDY BARK

by Kelly Colbourn

Ingredients

12 ounces (2 cups) dark chocolate, chopped or you can use semi-sweet chocolate chips
12 ounces (2 cups) of white chocolate, chopped or you can use white chocolate chips
8 candy canes (or you can use chopped Heath Bars or any other crunchy candy - roughly 2.5 cups)

Directions

1. Put the crunchy candy item in a food processor and pulse it on and off several times for about 5 seconds, multiple times until the candy is crushed in small pieces. Set aside.

2. Cover a cookie sheet with aluminum foil.

3. Melt the dark chocolate and pour onto the prepared cookie sheet and use a spatula or knife to spread it to an even thickness (approx. 1/8" thick).

4. Note that the chocolate doesn’t need to touch all sides of the sheet, you’re going to break the chocolate up later so perfection is NOT key here! Put in the refrigerator to firm up while you’re working on the white chocolate.

5. Prepare white chocolate as in STEP 3; towards the end of the melting, stir in the candy pieces.

6. Spread white chocolate on top of dark chocolate in an even layer.

7. Sprinkle remaining candy pieces on top of white chocolate.

8. Place in fridge for 30 minutes minimum.

9. Once set, break into small pieces by hand and serve!
SPICY TRUFFLE COOKIES
from Joanna Behr COL’13

This recipe can be prepared entirely in one bowl.

Ingredients
- 4 Tbsp. Unsalted Butter
- ½ cup Semi-sweet or Bittersweet Chocolate (to melt)
- 2 Tsp. Cinnamon
- 1 ½ Tsp. Ancho Chili Powder
- ¼ cup plus 2 Tbsp. Granulated Sugar
- ¼ cup plus 2 Tbsp. Dark Brown Sugar
- 1 large Egg
- 1 Tbsp. Sweet Wine
- 1 Tsp. Vanilla Extract
- ¼ Tsp. Baking Powder
- ¼ Tsp. Salt
- ¼ cup Unsweetened Natural Cocoa Powder
- ¾ cup All-purpose Flour
- ½ cup Semi-sweet Chocolate Chips or 3 oz. of Dark Chocolate, chopped

Directions
Preheat oven to 350 degrees F.

Melt butter and chocolate together in a bowl in the microwave (or a pot on a hotplate).

Mix in granulated sugar and dark brown sugar until smooth, then the egg, vanilla, and wine.

Add the baking powder and salt; make sure there are no lumps.

Mix in the cocoa powder, cinnamon, and chili powder, and then stir in the flour and the chips.

Drop onto a buttered cookie sheet (or just place a piece of aluminum foil on the tray before baking).

Bake on center rack for only about 10 minutes! (Small/bite-size cookies will only need around 7 min.) They’ll still be soft when you take them out and will look underdone. But let them cool for 2-3 min and they’ll hold together enough then to be taken off the tray with a spatula.

Makes ~ 18 medium cookies.
In medium bowl, beat cream cheese, peanut butter and powdered sugar with electric mixer on medium speed until smooth. Fold in whipped topping. Spread mixture over brownie. Sprinkle with peanuts and chocolate chips. Refrigerate 30 minutes before serving. Store covered in refrigerator.

PILLSBURY MILE-HIGH PEANUT BUTTER-BROWNIE PIE RECIPE

from Jay McNeil

*This is an awesome recipe but it is very rich, so some people may prefer cutting the brownie recipe in half.*

**Ingredients**

1 Pillsbury refrigerated pie crust, softened as directed on box
1 box (15.5 oz) Pillsbury Chocolate Chunk Brownie Mix
½ cup Reese’s peanut butter chips
1/3 cup Crisco Pure Vegetable Oil
3 Tablespoons water
1 Land o Lakes Egg
1 package (8 oz) cream cheese, softened
½ cup Jif Creamy Peanut Butter
1 cup powdered sugar
1 container (8 oz) frozen whipped topping, thawed
2 tablespoons Fisher Party Peanuts, chopped
2 tablespoons Hershey’s mini chips semi-sweet chocolate

**Directions**

Heat oven to 350 degrees F. Unroll pie crust; place in ungreased 9-inch glass pie plate as directed on box for One-Crust Filled Pie; flute edge.

In medium bowl, stir brownie mix, peanut butter chips, oil, water and egg 50 strokes with spoon. Pour batter into crust-lined pie plate.

Bake 30 to 40 minutes, covering edge of crust with strips of foil after 15 to 20 minutes, until crust is golden brown and center of brownie is set. Cool slightly, about 20 minutes. Refrigerate 1 hour or until completely cooled.
LEVERETT MONKEYBREAD from Professor Howard Georgi

This treat is served at many gatherings of our physics and chemphys concentrators in the Leverett Masters Residence.

Ingredients

- a large cookie sheet or large flat pan
- 4 rolls of regular size or 2 rolls of large ("Grands") homestyle buttermilk biscuits (regular, NOT FLAKEY LAYERS!)
- 2 slightly-packed cups dark brown pure cane sugar (dark brown and pure cane are both important)
- 1/8 cup cinnamon (heaping)
- 2 sticks (1/2 lb.) of butter

Directions

Cut the pre-sliced biscuits into pieces about 1/2" in diameter. The shape is not crucial—but the size is important. For large “Grands” sized biscuits (preferred), cutting each biscuit into six pieces (three cuts) seems to work best.

Melt the butter completely (microwave for one minute or so).

While the butter is melting, distribute the biscuit pieces evenly across the bottom of the pan.

When the butter is melted, stir the brown sugar and cinnamon into it.

Pour the butter/brown sugar/cinnamon mixture over the biscuit pieces, trying (but not obsessively) to wet them evenly.

Spread the resulting mixture evenly in the pan. Do not to "bruise" the biscuit pieces in the process through excessive mixing. They should not dissolve in the butter mixture.

Bake on the middle rack of the oven at 350°F for about 15 - 20 minutes. Cooking times may vary widely depending on the oven and pan used, etc., so be sure to visually check the progress every few minutes or so after about twelve minutes of cooking have elapsed. The desired color is a beautiful golden brown.

Gently but thoroughly mix the pieces in the baking pan (best done by turning over several times with a spatula) to coat the bread with "monkey goo."

When serving the monkeybread, it is essential to pour all of the remaining monkey goo from the bottom of the cookie sheet or pan over the bread, after it has been transferred to the serving dish.

If you use a little extra cinnamon (Step 4) as the spirit moves you, it’s OK.

You can cut the biscuits into shapes (bunnies?) for a little extra elegance.

Serves 10-15 hungry Leverites. Two of these recipes go onto each of the oval trays served at Open
LONGFELLOW’S WAYSIDE INN
INDIAN PUDDING

from Professor Arthur Jaffe

Ingredients

- 6 cup milk
- 1/2 cup cornmeal
- 1 1/2 tsp. all-purpose flour
- 1/2 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground cloves
- 2 Tbsp. butter
- 1 c. molasses
- Ice cream: Vanilla or coffee flavor

Directions

About 4 hours before serving, preheat oven to 300 degrees.
In a heavy 3 quart saucepan over medium heat, heat 4 cups milk until very hot but not boiling.

Meanwhile, in a small bowl, combine cornmeal, flour, cinnamon, ginger and cloves; slowly stir into hot milk; cook, stirring constantly, until mixture is very thick, about 15 minutes. Remove from heat and with wire whisk or spoon, stir in butter until melted; beat in molasses until well blended; then beat in remaining 2 cups milk.

Pour mixture into greased 2 quart casserole. Bake 3 hours or until knife inserted in center comes out clean. Serve warm pudding with ice cream.

Makes 8 generous servings.