




A More Connected World Cookbook

Recipes from Silicon Labs Employees Around the World

Dedicated to our employees worldwide.

Table of Contents

Avocado Pasta	1	Banana Bread	48
Salmon with Roasted Grapes and Arugula Salad	3	Baked Oatmeal	49
Baked Parmesan Zucchini Rounds	5	Best Ever Pumpkin Pie	51
Shrimp Bisque	7	Belgian Sugar Waffles (Liégeois)	53
Brown Butter Lobster Rolls	9	Caramelized Apple Pie with Bonus Top Secret Pie Crust Recipe	55
Fried Chinese Wontons	11	Egg Custard Pudding	59
Spaghetti with Tomato Sauce + Lost Eggs	13	Banana Pudding	61
Hand-thrown Pizza	15	Pineapple Tarts	63
Polish-Style Stuffed Cabbage Rolls	19	Pineapple Tart	65
Seafood Sushi Cake	21	Peach Ice Cream	67
Tacos de Pollo (Chicken)	27		
Double Tomato Bruschetta	29		
Cuban Shephard’s Pie	31		
Yorkshire Bangers & Mash with Red Onion Gravy	33		
Bryndzové Halušky (Potato Dumplings with Bryndza Cheese)	35		
Barbacoa Tacos	37		
Encacahuatado Chicken (Peanut Sauce Chicken)	39		
Saag Chole (Spinach Garbanzo)	41		
Sindhi Biryani	43		
Stir-Fry Chili Crab	45		
Sarah’s Buffalo Chicken Burgers	47		



This holiday season, Silicon Labs has a lot to be cheerful for and we thank you for being part of it.

Nothing connects people quite like good food, and this year we're honored to share with you the More Connected World Cookbook, a collection of favorite recipes from your colleagues around the world.

From your extended Silicon Labs family, please enjoy some of the recipes and dishes that bring us together.

Have a favorite? Connect with us on your favorite social media networks and tell us about it!

Please note, all measurements have been kept in their native units.

Avocado Pasta

TOM N. / ESPOO, FINLAND

Really delicious, tasty and healthy pasta. Easy and fast to cook.

Serves 4

INGREDIENTS

1 garlic clove
½ chili (remove the seeds)
1 lime
2 ripe avocados
salt
black pepper
about ½ dl good quality olive oil

handful of parsley
handful of basil
30 g pecorino cheese
30 g Parmesan cheese
400 - 500 g spaghetti

INSTRUCTIONS

- 1 Cook the pasta al dente.
- 2 You can make the sauce directly in the serving dish. Dice the garlic and chili in the bowl. Squeeze the lime juice. Cut the avocados and remove the stones. Dice the avocado in its shell and carve with a spoon. Chop the herbs and grate the cheese.
- 3 Add salt, pepper, oil, herbs and cheeses. Mix with a spoon. Taste! You need enough salt in your sauce or it will be flavorless.
- 4 Add some of the water you used for boiling the pasta in the sauce and mix the pasta with the sauce. Sprinkle with grated cheese and grind some pepper on top. Serve immediately.



Salmon with Roasted Grapes and Arugula Salad

JOE BROCK / SUNNYVALE, UNITED STATES

This is my go-to recipe for special occasions. I think it goes well with an Oregon Pinot Noir.

INGREDIENTS

- 1/4 cup pine nuts
- 4 sockeye salmon fillets (each 6 oz. and about 1/2 in. thick), bones removed
- 2 cups seedless red grapes
- 6 tablespoons extra-virgin olive oil, divided
- 1 1/2 teaspoons finely chopped fresh thyme leaves, divided
- 3/4 teaspoon fine sea salt, divided
- 1/2 teaspoon pepper, divided
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 small garlic clove, minced
- 6 cups loosely packed baby arugula
- Lemon wedges (optional)

INSTRUCTIONS

- 1 Preheat broiler with a rack set about 3 inches from heat.
- 2 Toast pine nuts in a medium frying pan over medium-low heat until golden, stirring often, 4 to 7 minutes. Pour into a bowl and let cool.
- 3 Set salmon and grapes on a rimmed baking sheet, leaving some space around fish. Drizzle everything with 1 Tbsp. oil and sprinkle with 1 tsp. thyme and 1/4 tsp. each salt and pepper. Turn fish and grapes to coat, setting salmon skin side down if fillets have skin.
- 4 Broil until fish is still a bit rare in center (cut to test), 4 to 6 minutes; fillets will continue to cook as they sit. Grapes should be a bit wrinkled; if not, transfer fish to a plate and broil grapes a few minutes longer. Sprinkle fish and grapes with remaining 1/2 tsp. thyme.
- 5 In a small bowl, whisk together remaining 5 Tbsp. oil, 1/2 tsp. salt, and 1/4 tsp. pepper with the vinegar, mustard, and garlic until emulsified. In a large bowl, toss arugula



Image may not accurately reflect the recipe.

Baked Parmesan Zucchini Rounds

KAREN P. / SUNNYVALE, UNITED STATES

Easy to make; great as an appetizer or as a side dish!!
And always popular!!

INGREDIENTS

2 Medium Zucchini washed and sliced in 1/4" rounds
1-2 Tablespoon Olive Oil
1/4 cup Panko-style Breadcrumbs (a generous quarter cup!)

1/4 cup finely grated Parmesan Cheese (another generous quarter cup!)

Kosher (or Sea) Salt and Pepper to desired seasoning

INSTRUCTIONS

- 1 Preheat oven to 400°
- 2 Cover baking sheet with aluminum foil
- 3 Mix all dry ingredients in wide bowl
- 4 Dredge zucchini rounds with olive oil
- 5 Press rounds into dry seasoned breadcrumbs/ parmesan, coating both sides
- 6 Arrange coated zucchini rounds on baking sheet
- 7 Cook for 22-27 minutes, until golden brown (It is not necessary to turn them!)
- 8 Enjoy!!



Shrimp Bisque

REVILL D. / AUSTIN, UNITED STATES

What to do with a big pile of shrimp.

INGREDIENTS

2 + pounds of fresh gulf shrimp, heads on. Farmed shrimp will not taste so good.

Half an onion

Several tablespoons of finely diced onions

3 or 4 cloves

2 or 3 bay leaves

Half a stick of butter

Half a cup (more or less) flour

Two to three cups milk

Cube shrimp bullion (optional)

INSTRUCTIONS

- 1 Head and peel shrimp, reserve the shrimp.
- 2 Cover shrimp heads and peels with a quart or more of water and heat.
- 3 Add onion, cloves, and bay leaves. Boil moderately hard for fifteen minutes.
- 4 In a separate pot with a heavy bottom (to prevent scorching) melt butter and add flour, a spoonful at a time until the mixture is stiff.
- 5 Add the diced onion to the butter and flour, and cook for a couple of minutes to let the onions begin to turn translucent.
- 6 Add a cup of milk and stir with a whisk. As the milk warms, the mixture will get stiff. Add more milk and stir, until it's a thick sauce. Keep stirring, and add more milk if it gets too stiff, until it quits getting stiffer. Turn off heat.
- 7 Strain the shrimp stock, discarding the shells and heads. If you have chickens, you will have very happy chickens!
- 8 Clean out the pot and put the stock back. Bring to a boil and add shrimp. Boil shrimp for five minutes, and remove. Place shrimp in fridge to cool.



- 9 Add several cups of shrimp stock to butter and flour mixture, and stir with a whisk to thin it. Once it's thinner, pour mixture into stock and stir with a whisk. Bring back to a low boil for just a minute, stirring to remove lumps.
- 10 Taste and correct seasoning, or toss in a cube of shrimp bullion.
- 11 Serve bisque with toast. Shrimp can be iced and served as a cocktail, or hung on the sides of the soup bowls for presentation.

Brown Butter Lobster Rolls

BOB P. / BOSTON, UNITED STATES

This is an attempt at replicating the amazing lobster rolls at Eventide restaurant in Portland, Maine. This variation is very different than the typical lobster rolls found in New England which are usually served cold with a mayonnaise based dressing. The nice servers at Eventide helped with the reverse engineering, with the key being the milk solids.

INGREDIENTS

1lb of Lobster meat cut into small pieces (1"-2")

1 stick of unsalted butter

1 Tablespoon of fresh squeezed lemon juice

Milk Solids (powered milk seem to work fine) 1-2 Tablespoons

Fresh chives, chopped finely

Rolls (use a small roll, or hot dog rolls cut in half)

INSTRUCTIONS

- 1 Melt butter
- 2 Wait for butter to start to brown and turn a nutty aroma
- 3 Add fresh squeezed lemon juice
- 4 Add milk solids and stir to form a pasty consistency
- 5 Add lobster meat; stir to coat lobster
- 6 Warm rolls
- 7 Place lobster meat evenly in rolls & sprinkle with chopped fresh chive
- 8 This will make approximately 8 small rolls, or 4 larger ones. We typically served small ones as appetizers.



Fried Chinese Wontons

JALIN W / AUSTIN, UNITED STATES

This can be a great family event. As a child, I remember my mom placing the bowl of wonton filling at the center of the table, and we would sit together, wrapping these little treats while sharing countless stories. My mom would always have the best looking ones. Mine weren't so pretty, but they still tasted great!

INGREDIENTS

- 1 ground meat pork
- ½ pound of deveined, chopped shrimp
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, finely minced
- 1 stalk green onion, chopped
- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce
- 2 cups finely chopped Chinese cabbage (leaf only)
- 1/2 cup water
- 1 egg
- 50 wonton wrappers, defrosted
- cooking oil for frying

THE FILLING

- 1 In a large bowl, add the meat, shrimp, ginger, garlic, green onions, soy sauce, oyster sauce, Chinese cabbage and mix well to combine.

EGG WASH

- 2 To make the egg wash, in a small bowl, add the water and egg and whisk with a fork.

ASSEMBLY

- 3 Place a wonton wrapper flat in the palm of your hand. Add 1 teaspoon of mixture to the center of the wrapper. Dip a finger in the egg wash, and paint all 4 edges with the wash. Fold the wonton in half, corner to opposite corner to make a triangle. Seal tightly all around. Make sure there are no air pockets or holes in the wonton. Fold the longer two triangle points together and seal to make the wonton shape.

COOK

- 4 To fry wontons, add 2 inches of cooking oil to a wok or pot. Heat the oil until it reaches 375F. Add a few wontons to the oil to fry, turning occasionally until they are golden brown. Remove to a wire colander to remove excess oil.



Spaghetti with Tomato Sauce + Lost Eggs

BARBARA B. / AUSTIN, UNITED STATES

Very easy and cheap meal. My mom always cooked it on a Friday.
My favorite comfort food!

INGREDIENTS

Spaghetti
2 Tbsp butter
2 Tbsp flour
2 pints water
2 small cans tomato paste
4 eggs

INSTRUCTIONS

- 1 Cook the spaghetti in a large pot.
- 2 Put butter and flour in a sauce pan and brown the flour lightly.
- 3 Pour water into sauce pan and stir well.
- 4 Add the tomato paste to the sauce, let it cook for a little and then reduce heat to low.
- 5 Crack the eggs one by one into the sauce, but don't stir!!! Use a lid and let it simmer for at least 10 minutes. Use a cooking spoon and carefully stir in the sauce. Scrape the eggs off the bottom of the pot.
- 6 Pour sauce over cooked spaghetti.
- 7 Add salt and pepper to taste.

Serves four.



Hand-thrown Pizza

CHRIS M. / AUSTIN, UNITED STATES

This is a straightforward recipe for scratch-made pizza dough, adapted from a Central Market flier. The magic is as much in the technique as in the ingredients.



INGREDIENTS

3 1/2 C bread flour
2 1/4 tsp yeast
1 Tablespoon sugar
1 teaspoon salt
1 1/4 cup warm water, 125C
2 Tablespoons olive oil

INSTRUCTIONS

- 1 Mix all dry ingredients
- 2 Place in a bowl in a mixer with a dough hook (such as a Kitchen-Aid)
- 3 Slowly add in water and oil while mixing

Be careful with the temperature — too hot and you'll kill the yeast, too cool and the yeast won't activate. Hot tap water (110-120F) is just about the right temperature.
- 4 Knead approximately 5-7 minutes till the dough is smooth and elastic

PROOF THE DOUGH

- 5 Cover the bowl with plastic wrap to prevent the outer edge from drying

Let rise in a warm (~100F) spot. It's ideal if your oven has a proofing mode, if not, you could pre-warm the oven beforehand on the lowest setting, then turn off and proof with the residual heat. Just don't make it too hot.

Check in about an hour — the dough should double (or more) in volume.
- 6 Remove the dough and place on a floured surface

A large commercial-sized plastic cutting board works great. They're available at restaurant supply stores.

Divide the dough in to two rounds and lightly flour both sides to prevent it from sticking. Divide in to four or five if you prefer personal-sized pizzas.

Pat each round partially flat, approximately 3/4" thick, then let rest for another 10 minutes. The dough should still be warm and should continue to rise a bit more.

Continued on next page

Hand Thrown Pizza Continued

- 7** Place a pizza stone in the oven and begin preheating

As hot as possible will give the best browned, crisped crust and bubbly cheese. Try the maximum temperature your oven will go up to — 525F on mine.

Be patient in preheating the stone, perhaps 30 minutes or more. Longer will get the stone hotter and the pizza will cook more by contact with a hot stone than just from convection alone.

- 8** Hand stretch the dough

Thinner will give a crisper, less bready crust, but the risk of poking a hole is greater.

A video's worth a thousand words here. I think these guys do it well: <https://www.youtube.com/watch?v=VIJIRXMfW50>

SET THE DOUGH

- 9** Handling a dough loaded with ingredients will be easier if it's slightly-baked beforehand.

Dust a pizza peel with cornmeal to keep it from sticking.

Place the stretched dough on the peel, then slip it off on to the hot pizza stone

Bake it until it just starts to rise and bubble a little, about a minute, then remove

At this point the dough will set enough to where it's less likely to stretch apart when loaded with ingredients

Place the dough back on the cutting board, then use the pizza peel to scrape off the leftover cornmeal from the stone. This will prevent blackened cornmeal on the bottom of your pizza during the actual baking.



TOP THE DOUGH

- 10** Dust the pizza peel again with more cornmeal

Place the dough on the pizza peel

Sauce the dough with some marinara, using the back of a spoon to spread around. While it's your preference, I think it's best to use less sauce.

Dust a little dried oregano and dried basil on the layer of sauce

Top with cheese. Use good cheese, such as a fresh mozzarella or a four-cheese mixture.

Add the rest of your toppings

- 11** Bake

Slip the pizza on to the hot stone, using a flick of the wrist to pop it off. This is where the cornmeal is important to be sure it slides right off.

The pizza is done when the edges brown and the cheese is bubbly and just barely beginning to brown.

- 12** Warming up the leftovers — warm in a cast-iron skillet on a low stove or in a toaster oven. Microwave ovens - bah - never!

Polish-Style Stuffed Cabbage Rolls

DAVID S. / AUSTIN, UNITED STATES

This is from my father’s side of the family, but it was my mother who taught me how to make them. The recipe is not as hard as it looks. The great thing is it fills your house with a wonderful aroma while they cook.

Makes about 12 rolls

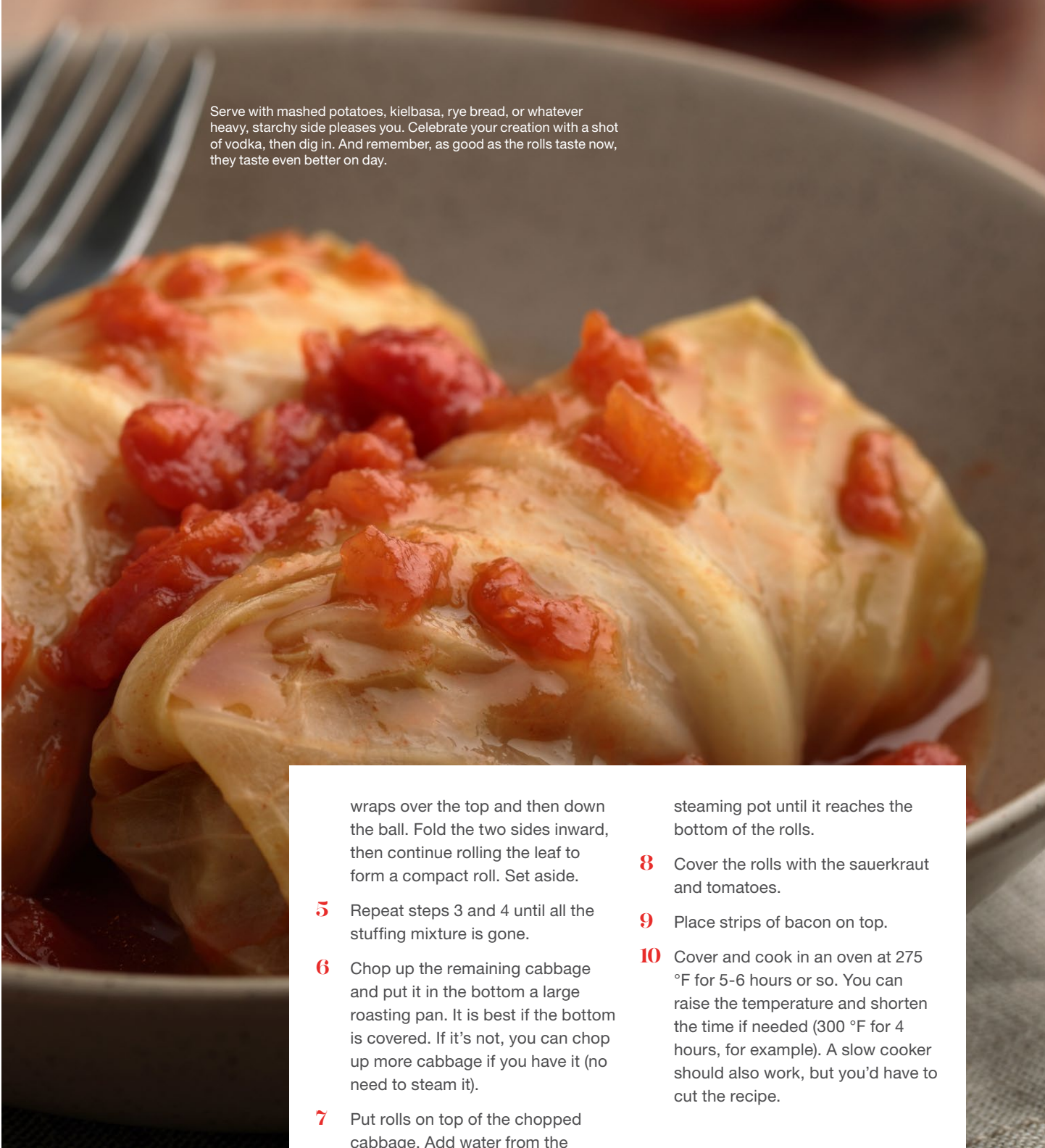
INGREDIENTS

- 1 large head of green cabbage (I buy the biggest I can find)
- 2 to 2½ lbs of ground beef
- ¾ lbs of ground pork
- 1 large onion, diced
- 1 egg
- 1 to 1½ cups of cooked rice
- 1 tsp salt
- ½ tsp pepper
- 1 large jar of sauerkraut. More is better!
- 1 large can (28 oz.) of diced or whole (cut in half) tomatoes. More is better!
- 7-8 strips of bacon, cut in half

INSTRUCTIONS

- 1 Steam the cabbage to soften the leaves and make them pliable. Bring a large pot filled with about an inch of water to a low boil. Place the cabbage in the water, core end down, cover as best you can, and steam for 10 minutes or so. Then flip it over and steam the other side for another 10 minutes.
- 2 Prepare the stuffing while the cabbage is steaming. Mix the meat, onion, rice, egg and salt and pepper thoroughly in a large bowl. I suppose it’s possible to use a large, stiff spoon to do this, but I always use my hands. Don’t worry if you don’t have the exact quantities of ingredients. The stuffing is very forgiving. Add a 2nd egg if it seems dry. Sometimes I add a little soy or Worcestershire sauce.
- 3 Cut off 2-3 softened leaves from the core. This can be a little tricky because the cabbage is pretty hot. I spear the core with a large grilling fork to hold the cabbage in place or even lift it from the water. The first 1-2 leaves might not be suitable for rolls if they have large rips in them. You want large, intact leaves. Flip the remaining head of cabbage and continue to steam.
- 4 Gather about ½ cup of stuffing, form it into a ball, and put it in the concave part of the cabbage leaf. Large leaves can accept more stuffing; use your judgment. Roll the leaf so that the core side

Serve with mashed potatoes, kielbasa, rye bread, or whatever heavy, starchy side pleases you. Celebrate your creation with a shot of vodka, then dig in. And remember, as good as the rolls taste now, they taste even better on day.



- 5 Repeat steps 3 and 4 until all the stuffing mixture is gone.
- 6 Chop up the remaining cabbage and put it in the bottom a large roasting pan. It is best if the bottom is covered. If it’s not, you can chop up more cabbage if you have it (no need to steam it).
- 7 Put rolls on top of the chopped cabbage. Add water from the

- 8 steaming pot until it reaches the bottom of the rolls.
- 8 Cover the rolls with the sauerkraut and tomatoes.
- 9 Place strips of bacon on top.
- 10 Cover and cook in an oven at 275 °F for 5-6 hours or so. You can raise the temperature and shorten the time if needed (300 °F for 4 hours, for example). A slow cooker should also work, but you’d have to cut the recipe.



Seafood Sushi Cake

DAVID F. / TOKYO, JAPAN

This Japanese family dish is great for celebrating birthdays, holiday parties, and so on. Kids love it and it always makes the family happy. And it's very easy to cook!

INGREDIENTS

- 3 cups Steamed Rice (600g)
- 4 spoons Vinegar
- 4 spoons Sugar
- 1.5 spoons Salt
- 1 Can of Tuna
- 2 spoons Mayonnaise
- 1 Cucumber
- 6 Tuna Sashimi slices
- 6 Smoked Salmon Sashimi
- 6 Avocado
- 2 spoons Salmon Eggs
- Tinsel Egg (Thin Omelet cut into strips)

INSTRUCTIONS

- 1** Making Marinated Sushi Rice
Mix vinegar with sugar and salt

Cooling down the steamed rice and mixed with the above vinegar mix (Mix very well)
- 2** Making Sushi Cake
Lay down Tinsel Egg at the bottom of Cake Pan

Stacking Marinated Sushi Rice on top of Tinsel Egg.

Marinated Can of Tuna with Mayonnaise and Sliced Cucumber

Stacking Marinated Tuna (the above) on top of Marinated Sushi Rice

Stacking Marinated Sushi Rice on top of Marinated Tuna

Flip the Cake Pan over on the big plate and take the cake pan away
- 3** Decorating the Seafood Sashimi Topping and Sliced Avocado
- 4** Placing Tuna Sashimi, Smoked Salmon Sashimi, Salmon Egg and Sliced Avocado on top of Sushi Cake. That's all, so easy!

Poblano Mac and Cheese

HOLLY A. / AUSTIN, UNITED STATES

This was really submitted by my hubby Andrew Willis. This recipe is pretty simple and after you've done it a few times you can get this down to about 30-45 minutes. Also note, this really isn't very spicy. The poblanos add a nice flavor but the milk and cheese counter the spice of the peppers creating a nice balance that's sure to please everyone at your table (except maybe small children). Variations are listed at the end for vegetarians and/or folks who do not have a rice cooker.

EQUIPMENT ESSENTIALS

Cutting board
Knife
Frying pan
Rice Cooker*
Blender or Food Processor
Wooden spoon

INGREDIENTS

One Bag/Box Penne Rigate
Dried Pasta (12-16 ounces)

32 ounces Chicken Broth*
Three medium to large Poblano
Peppers

Half a large Red Onion*
Half pound of sliced bacon*

Three bags shredded Monterrey
Jack Cheese (8-12 ounce bags)

Cup of Milk
*Optional items, see variations
at end.

*Instructions for doing this in
a pot/dutch oven at end under
variations if you don't have a rice
cooker.

INSTRUCTIONS

- 1 Heat up frying pan and cook bacon to desired
tenderness or crispiness
- 2 While bacon is cooking take care of your food
prep: Slice red onion, wash, core, and deseed the
poblano peppers. Then Dice/chop up the poblano
peppers.
- 3 When bacon is finished remove it and set it on
cutting board to cool. Save that bacon grease and
saute those onions in it.
- 4 Put the pasta in your rice cooker. Add Chicken
broth till all the pasta is completely but just under
the broth. You should have a bit of broth left over
(save the extra broth for reheating any leftovers).
Turn rice cooker on. Put lid on rice cooker.
- 5 Depending on the fanciness of your rice cooker
(auto sense/auto shut off) you may have to rig your
rice cooker to stay on.
- 6 Let noodles cook for about 15 minutes.
- 7 While noodles are cooking: Chop the cooked
bacon up. Don't be scared of it, get in there and
chop it up. Also note, it's actually a law that you
have to taste test the bacon while chopping it.

Two to three chops to each sampling. Also
note, bacon sampling calories do not count. It's
science (Ammerman and Willis 2007).

Put the cup of milk and poblano peppers in
blender and blend till smooth.

- 8 Noodles should be done in about 15 minutes.
Just take a fork and pluck one of those suckers
out and check it to make sure it's soft.
- 9 Leave whatever remaining broth is in rice cooker
in there with the noodles. Pour Poblano Milk
concoction into rice cooker. Cover those noodles
up!
- 10 Stir in bacon bits and sauteed onions.
- 11 Add two bags of the cheese slowly, one at a time.
Stir them into concoction (rice cookers are really
hot on the bottom, hence the wooden spoon - it
won't melt).
- 12 Put lid back on and set a timer for 5 minutes.

Continued on next page

NO RICE COOKER?
NO PROBLEM.

If you have a cast iron dutch
oven you can do the exact same
thing on the stove top. But after
stirring in the poblano milk
concoction and two bags of
cheese, cover the mass with that
third bag and pop in the oven at
350-400 degrees for a half hour
or so till the top layer of cheese
looks crusty.

If you do not have a cast iron
dutch oven. Just cook and add
and stir everything in like in the
above steps. Transfer to a glass
baking dish or two. Use that
third bag of cheese to cover
the savory mass in said baking
dishes, then bake at 350-400
degrees till the top is nice and
crusty.



Poblano Mac and Cheese Continued

VEGETARIAN

Replace the chicken broth with water or vegetable broth and cut out the bacon.

REHEATING

Hey, I've gotta tell you something... this stuff tastes even better after it's been in the fridge resting for a day. Reheating in a microwave is pretty simple. Put desired amount in a microwave safe bowl. Add a few splashes of the left over broth (water is fine too). Cover with a wet paper towel or dish towel. Microwave on medium or high for 2-3 min. Grab an oven mit, remove, stir, repeat splash of broth it seems dry, stir, repeat microwaving process and stirring till it's nice and hot and stirs easily.

- 13

When timer goes off remove lid stir. Use that wooden spoon and stir. Really get down to the bottom and pull the noodles from the bottom up. Make note if any of the noodles are coming up a bit darkened or in large crusted over chunks. If your mac and cheese seems watery add the third bag of cheese. If it's firming up already, no need for that third bag unless you want to just go over the top with it. Okay, wait... this is mac and cheese, of course you're going over the top, just add that third bag and be done with it already! Slowly... Stir it in.
- 14

Cover with lid and set timer for....? 8 minutes. I do 8 min on my rice cooker. Yours will depend on your rice cooker. Remember when the timer went off before adding that third bag of cheese? How much crust had you created on the bottom of your mac and cheese in 5 min? If it was already getting good and crusty down there, another 5-8 min should suffice. If not, try 10.
- 15

If you're not happy with the amount of crust coming up when you stir the mass around just keep repeating the timer process in 5 min intervals but be warned, this will go from developing a nice crust (some of it will be starting to darken) on the bottom to burnt pretty quick. If you're thinking oh that's almost perfect, I'm gonna do another 5 min, time to stop, unplug that rice cooker!
- 16

Let cool 10-15 min.
- 17

Serve.



Potatoes A la Daddy

LARRY O. / AUSTIN, UNITED STATES

My wife does most of the cooking in our household, but I am called upon to make breakfast on many Saturdays. This recipe has become a staple and my children began calling it “Potatoes a la Daddy”. The quantities vary depending upon what is available. Additional vegetables may be added as well.

INGREDIENTS

- 3 or 4 large russet potatoes
- ¼ cup onion
- ½ cup bell pepper (varied colors if available, jalapeño or other hot pepper if desired)
- 1 clove garlic
- ¼ cup celery
- ¼ cup carrot
- 1 cup baby spinach
- 2 tablespoons bacon grease
- Salt & pepper to taste
- 3 to 5 eggs (optional)

INSTRUCTIONS

- 1

Chop potatoes into approximately ¼ inch to ½ inch cubes
- 2

Mince the garlic
- 3

Dice onion, bell pepper, celery, and carrot
- 4

Saute’ onions and garlic in bacon grease until soft and translucent
- 5

Add potatoes, celery, and carrot
- 6

Cook until potatoes are soft with crispy edges (stir occasionally)
- 7

Stir in spinach
- 8

Cook until spinach wilts
- 9

Season to taste
- 10

If desired, crack eggs on top and place a lid on the pan until the eggs are cooked.

Tacos de Pollo (Chicken)

JASON R. / AUSTIN, UNITED STATES

Most of my family is from the southernmost tip of Texas bordering Mexico. Evening gatherings involve sharing memories alongside platefuls of warm chicken tacos made by our loving grandmother. I hope you enjoy!

INGREDIENTS

- ½ medium white onion, chopped
- Jalapeño, seeded & chopped
- Medium ripe tomato, chopped
- 1 tsp ground comino (cumin)
- ½ tsp salt
- ¼ tsp pepper
- 8 oz pre-cooked chicken meat, shredded
- Dozen tortillas, corn or flour
- High-heat vegetable oil for cooking and frying
- Absorbent napkins to dry off the tortillas (if quick-frying)

PREPARED TACO TOPPING EXAMPLES

- shredded cheese such as cheddar or monterey jack
- shredded lettuce
- salsa
- avocado slices
- cilantro leaves
- lime wedges

PREPARING THE TACO MEAT FILLING

- 1 Preheat a skillet to medium heat with a tablespoon of vegetable oil.
- 2 On jalapeños: if you have not cooked with them before, protect your hands with gloves. The seeds and white veins carry most of the heat.
- 3 Place onions and jalapeños into the skillet, stirring occasionally until the onions become translucent, about 5 minutes.
- 4 Lower the heat by almost half, add the tomatoes, salt, pepper and comino. Cook for at least three minutes, lightly stirring so the tomatoes soften and their liquid intermix with the other vegetables.
- 5 Stir in the shredded chicken, letting the mixture coat the meat as it warms, about a few minutes.
- 6 Set the burner to the lowest setting, cover the meat, to be later spooned into tortillas.

PREPARING THE TORTILLAS

- 7 For this sort of meal, do buy corn tortillas! To avoid that dryness texture that comes from warming them in the oven, try this quick-fry method.



- 8 While working on the taco meat, set another burner to medium-high heat and place a rimmed skillet wide enough for a tortilla to lay flat.
- 9 Pour in enough oil up to 1/3 of the skillet. Caution: avoid overfilling as it can be a safety issue!
- 10 Near the skillet, place a plate and enough napkins to be used to dry the fried tortillas.
- 11 Test the oil temperature by tearing a small piece of tortilla and laying it in the oil. The oil is ready when you see a rapid release of bubbles.
- 12 Using tongs, carefully lay a tortilla flat into the oil. Bubbles should rush around the tortilla. Use your tongs to keep it level in the oil until the tortilla starts to bubble up, about five seconds. Then carefully flip it and do the same thing to the other side. Then quickly use the tongs to carefully fold the tortilla in half and let it fry for a few seconds on each side. The tortilla should start to hold this folded shape. Carefully remove from the oil to a plate, drying both the exterior and interior sides with a napkin.
- 13 If you have a helper, have this person spoon the meat into the quick-fried tortilla shell and place it onto a serving plate covered with a kitchen towel to keep them warm.
- 14 Once finished this plate can be taken into the dining area, along with the taco toppings to allow your guests to customize their tacos to their preference.

Double Tomato Bruschetta

MARK T. / BOSTON, UNITED STATES

Great appetizer for parties – they usually disappear quickly! I prepare the tomato mixture in advance and bake immediately before serving.



INGREDIENTS

1 French baguette
2 cups shredded mozzarella cheese
Double Tomato Mixture
6 roma (plum) tomatoes, chopped
½ cup sun-dried tomatoes (packed in olive oil)
3 cloves garlic, minced
¼ cup olive oil
2 tablespoons balsamic vinegar
¼ cup fresh basil, stems removed
¼ teaspoon salt
¼ teaspoon ground black pepper

INSTRUCTIONS

- 1 Preheat the oven on broiler setting
- 2 In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
- 3 Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
- 4 Divide the tomato mixture evenly over the baguette slices and top the slices with mozzarella cheese.
- 5 Broil for 5 minutes, or until the cheese is melted.

Cuban Shephard's Pie

MICHELE F. / AUSTIN, UNITED STATES

INGREDIENTS

- 1 lb ground beef
- 2 tbsp olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 4-6 cloves of garlic, pressed
- 1 cup tomato sauce
- 1 bay leaf
- 1/2 tsp cumin
- 1/2 cup Sherry
- 1 cup water
- 1 carrot, sliced (optional)
- GOYA frozen sweet plantains
- Vegetable oil for frying plantains
- Ingredients for your favorite mashed potato recipe
- Shredded cheese (optional)

PICADILLO INSTRUCTIONS

- 1 Brown and strain the ground beef. Set aside. Warm olive oil on medium heat and sauté onions, peppers, and garlic until limp. Add the bay leaf. Add the ground beef, tomato sauce, sherry, water, and cumin. Add salt. Cover and let simmer for 40 minutes.

MADUROS (PLANTAINS)

- 2 Fry the GOYA frozen sweet plantains in vegetable oil. Let them sit on a paper-towel lined plate until you are ready to assemble the pie.

MASHED POTATOES

- 3 Make your favorite mashed potatoes recipe.

ASSEMBLY

- 4 Preheat oven to 350F. In a rectangular baking pan place plantains in a layer at the bottom. Make sure to fully cover the bottom of the pan. Next, using a slotted spoon (you don't want too much liquid) transfer the picadillo in a layer on top of your plantains. Next comes the potatoes, smooth them out with a spoon to cover the picadillo completely and form a seal to the edges of the pan. Bake for 30 minutes. For some added deliciousness, add shredded cheese on top for the last 5-10 minutes.



Image may not accurately reflect the recipe.

Yorkshire Bangers & Mash with Red Onion Gravy

OLLIE S. / HIGH WYCOMBE, UNITED KINGDOM

In England a sausage is called a “banger”

INGREDIENTS

24 x Good quality thick link Pork or Beef sausages (Cheap sausages are no good – real meat please. Also thick sausages – not skinny chipolatas or similar – this is a MAN’s meal!)

Mash Ingredients

5 lbs Maris Piper or any good mashing potatoes

¼ lb salted butter

2 x large tablespoons good Mayonnaise

1 x tablespoon English mustard

Sauce Ingredients

Four large red onions

One red bird’s eye chili (optional)

Six large table spoons plain flour

¼ pound butter

English Mustard

Worcester Sauce

SERVING INGREDIENTS

1 x Bottle of HP Brown Sauce(HP Sauce compulsory – no other brown sauce substitutes are acceptable!) Large jar Coleman’s English Mustard (No American or French versions please)

INSTRUCTIONS

- 1 Boil a large kettle of water and pour into a large saucepan to fit all the potatoes.
- 2 Peel and roughly chop the potatoes and put them on to cook with a generous pinch of salt until soft (about fifteen minutes).
- 3 Get out your largest frying pan and whack on high heat.
- 4 Turn oven on to 180 degrees C and put a large ceramic dish in to warm plus plates for six and a large ceramic jug.
- 5 Put a splash of good oil into the hot frying pan – add as many sausages as you can fit into the pan.
- 6 While they sizzle away finely chop the four red onions and – if you like your breakfast gravy nice and spicy – chop up the red chili.

- 7 Put to one side.
- 8 Turn the sausages in an orderly fashion to brown them evenly – do NOT prick. This will lead to bursting. Disaster!
- 9 As the first pan-full are cooked transfer the dark brown, well-cooked bangers to the dish in the oven and repeat until all are cooked.
- 10 Turn the oven down to 100 degrees C.
- 11 Add all the onions and chili to the hot sausage fat in the frying pan on a low heat together with the butter.
- 12 Drain the potatoes and leave in colander for two whole mins to be sure all water is drained off. Pour back into the saucepan.
- 13 Mash by hand adding butter, mayo and plenty of salt and fresh ground black pepper to taste.
- 14 Cover pan and put to one side in a warm place.
- 15 Onions should now be softening nicely, add the flour and stir with wooden spoon to mop up all the fat – add some boiling water from the kettle and keep stirring vigorously.
- 16 Add in large spoon of mustard and generous splashes of Worcester sauce plus salt and pepper to taste.
- 17 Keep adding water until you have about a pint and a half of thick gravy. Pour into the warmed jug and put on the table.
- 18 Yell for the family.
- 19 Split the mashed potato between the six plates – divide sausages equally to prevent fights breaking out. Eat with generous glugs of gravy poured over the bangers and mash.
- 20 Serve with mustard and brown sauce and Yorkshire tea in pint mugs with three sugars in each.

Bryndzové Halušky

(Potato Dumplings with Bryndza Cheese)

PETER P. / HIGH WYCOMBE, UNITED KINGDOM

Traditionally considered the Slovak national dish. There is a short Wikipedia entry on it. Bryndza is a kind of soft, salty cheese made from sheep's milk. It can be substituted with Philadelphia or similar soft cheese. It will not be exactly the same but close enough.

INGREDIENTS

1 kg (2 lb) potatoes
125 g (1/4 lb) flour
The amount is approximate, see instructions
300 g (3/4 lb) bryndza or substitute
150 g (6 oz) bacon
Optional, 100-250 ml (1/4-1/2 pint) milk

INSTRUCTIONS

- 1 Peel and grate the potatoes into a watery paste.
- 2 Add the flour. The exact amount depends on how watery the grated potatoes are. Start with a little and, whilst constantly stirring, keep adding more flour one spoon at a time. The goal is to make a nice, smooth sticky paste. The exact consistency is not crucial.
- 3 Find a large cooking pot, half fill it with water and bring it to boil.
- 4 Dice the bacon and put it to simmer in a deep frying pan or pot. Keep a constant watch, stirring frequently to prevent burning. Once enough fat has sweated out of the bacon, it will swim in it and the danger of burning will be reduced. Stop whenever you feel the bacon is crispy enough.
- 5 Take another, medium sized pot. Put the bryndza or substitute in. You can optionally dilute it with milk. Leave this pot conveniently close by.
- 6 When the water in the large pot starts boiling, reduce the flame and start making the dumplings. An ideal utensil is a sort of a pan with lots of large holes. But anything will do. A special utensil will just make it quicker. You can also use a wooden or even plastic chopping board.



- 7 Make the dumplings by pressing the potato/flour paste through the holes, letting them drip into the boiling water. Alternatively, chop about half a pinky size blobs on the chopping board and push them over the edge into the boiling water.
- 8 The dumplings will sink. When they float up again, they are done. This takes about two minutes. You will need to do this in batches.
- 9 Skim the ready dumplings out with a sieve or a perforated ladle into a smaller pot from step 5 and start a new batch.
- 10 Repeat steps 7-9 until all the potato/flour paste has been turned into dumplings.
- 11 Thoroughly mix the dumplings with the bryndza. You can add the bacon at this stage or sprinkle on top at the time of serving.

Barbacoa Tacos

ROBBIN B. / AUSTIN, UNITED STATES

INGREDIENTS

6 lbs beef cheeks
2 tbsp olive oil
2 tbsp season salt
1 tbsp cumin
1 tbsp pepper
1 chopped red onion
2 lemons
6–8 garlic cloves
20 pack tortillas from HEB
2 avocados

INSTRUCTIONS

- 1 Trim beef meat, cut in large chunks.
- 2 Put olive oil, season salt, cumin, pepper, red onion, garlic and juiced lemons in food processor and blend to pulp.
- 3 Mix pulp with beef, and marinate in fridge for a few hours.
- 4 Put mixture in crockpot and turn on low for 10~12 hours.
- 5 Shred beef in crockpot and let it soak up juices for another hour in crockpot.
- 6 Heat up tortilla's on grill, wait until hot air pockets bubble up, and tortilla is done.
- 7 Serve on tortilla with some avocado and onion bits.



Encacahuatado Chicken (Peanut Sauce Chicken)

RODRIGO T. / AUSTIN, UNITED STATES

Traditional Mexican dish, vegetarian option, substitute tofu for chicken.

Serves 4-6

INGREDIENTS

6 naked chicken drumsticks
(or 1 ½ lb chicken tenders)

2 large roma tomatoes (9 oz)

2 guajillo chiles

½ white onion (6 oz)

2 large garlic cloves

¼ small bunch cilantro

12 oz roasted peanut butter
(no salt or sugar added)

Canned chipotles (in adobo
sauce) to taste

Salt and pepper

INSTRUCTIONS

- 1 Place chicken, ¼ onion, 1 garlic clove (peeled), and cilantro in a 6-quart stockpot, add enough water to cover the chicken and boil until chicken is done. You can also use a pressure cooker for this step (check pressure cooker guidelines for time). Reserve the chicken broth.
- 2 Roast the guajillo chiles until slightly crisp (not charred). Remove the seeds and veins from the chiles, soak them in ½ cup of the chicken broth for 10 minutes, until soften.
- 3 Roast the tomatoes until charred, and the remaining ¼ onion, and garlic clove (peel after roasted) until golden brown.
- 4 Mix the roasted vegetables, the guajillo chiles and ¼ cup of chicken broth. Start blending using puree setting. Add the peanut butter little by little to avoid creating vacuum in the blender; keep adding chicken broth to help keep the blender running smoothly and blend until the sauce has a thick and creamy texture. Finally, add the canned chipotles, salt and pepper to taste.
- 5 In a medium saucepan, bring the chicken and the peanut sauce to boil and cook over low heat for 5 minutes.
- 6 Serve with rice if desired





Saag Chole (Spinach Garbanzo)

SRIDHAR H. / AUSTIN, UNITED STATES

Great vegan recipe to get spinach and garbanzo, two power packed ingredients, in a tasty dish.

INGREDIENTS

Spinach – 1lb
Garbanzo cans (cooked)
– 2, drained

Oil – 1 tbsp
Cloves – 3-5
Cinnamon – 1 inch piece
Black Peppercorn – 1/4 tsp
Cardamom Seeds – 1/4 tsp
Fennel Seeds – 1/4 tsp
Coriander Seeds – 2 tbsp
Onions – 1 med., sliced
Tomatoes – 2 med., sliced
Ginger – 1 inch piece sliced
Garlic – 4-5 cloves, sliced
Green Chillies – to taste, sliced
Salt – 1 tsp (to taste)
Garam masala - 1 tsp
(to taste)

INSTRUCTIONS

- 1 Wash Spinach and put in a pan with Water.
- 2 Allow it to cook.
- 3 Once wilted, cook for an additional 5-7 minutes.
- 4 Remove from flame and set aside.
- 5 In a pan, heat Oil on medium heat
- 6 Add in the whole masalas – Cloves, Cinnamon, Black Peppercorn, Cardamom Seeds, Fennel Seeds and Coriander Seeds.
- 7 Cook for 30 seconds
- 8 Add in the Onions, Ginger, Garlic and the Green Chillies.
- 9 Sprinkle Salt to allow the Onions to cook faster and caramelize
- 10 Add in the Tomatoes and cook them down.
- 11 Remove from flame and transfer to a plate and allow to cool
- 12 Once cooled, grind the above mixture into a fine paste in a high powered blender
- 13 Add in the cooled and cooked Spinach(from step #4) and blend to desired texture.
- 14 In the pan used to cook Masala and pour in the Spinach and Masala Mixture.
- 15 Add in the cooked Garbanzos and add additional Water or liquid from the cooked Garbanzos to the dish to form a gravy.
- 16 Check Salt and spices and cover and cook for about 10 min.
- 17 Open and sprinkle some Amchur (optional), mix and serve.
- 18 Serve hot with Chapatis, Naan or Rice.



Sindhi Biryani

MUHAMMAD A. / OSLO, NORWAY

Sindhi biryani is a spicy meat and rice dish originating from the Sindh province of Pakistan. It is one of the most consumed dishes of Pakistani cuisine.

Serves 4

INGREDIENTS

3 cups Basmati rice (rinsed)	1 ½ chopped onions	Vinegar
500-600 grams Chicken, Beef or Lamb	3 Chopped tomatoes	Cooking Oil
	Red chili powder	Cumin seeds
Chopped and rinsed mint leaves - fist full	Salt	Bay leaf
	Turmeric powder	Black pepper
Chopped and rinsed coriander leaves - fist full	Ginger Garlic paste	Cloves
3 green chillies, partially slit in half (the spicier the better)	Shan or National Sindhi Biryani Masala (available in many Asian grocery stores)	Badian (Illicium verum)
		Cardamom
		Cinnamon stick

INSTRUCTIONS

- 1 Fry the onions in hot oil (9-10 table spoons) in a medium size saucepot until they are golden brown.
- 2 After pouring ¾ cup water, add 1 tea spoon ginger garlic paste, half tea spoon red chili powder, ¼ tea spoon turmeric powder and stir. Cover the pot and cook at medium heat for 5 minutes.
- 3 Dry out the water from the mixture at full heat.
- 4 Add meat and stir at full heat for 5 minutes.
- 5 Add 4 table spoon vinegar and 3 chopped tomatoes. Cover the pot and cook at medium heat. For chicken, it will take around 15 minutes till it is tender. For lamb and beef it may take around 1 ¼ hour. Stir the mixture at regular intervals so that it doesn't get stuck at the base of the pot. Keep pouring small amounts of water if you feel the mixture is getting dry.
- 6 Stir fry at full heat and dry out the water. Add 2 table spoons oil, 1 table spoon Shan Sindhi biryani masala and the green chillies. Remove the pot from the stove.
- 7 In a separate large size pot, put the rice and about 7-8 cups of water.
- 8 Add 1 tea spoon salt, 1 tea spoon cumin seeds, 1 bay leaf, 5 black peppers (approx. 1/4 tea spoon), 5 cloves, 1 small leaf of badian (size of a small finger nail), 1 small cinnamon stick (approx. 2 inches in length), 2 cardamoms. Stir the rice mixture.
- 9 Cover the pot after the rice starts to boil. Boil it for 5 minutes at full heat. Take a rice grain from the mixture; if it is possible to break it into two by pressing it between the thumb and the forefinger then remove the pot from the stove. Carefully drain the rice using a colander.
- 10 Place half of the rice in the big pot. Pour in the meat curry. Add the chopped mint and coriander leaves. Top it with the remaining rice. Cover the pot and cook on the lowest heat setting for 20 minutes. Carefully mix the curry and rice.

The Biryani is ready.

Tip: For people not used to spicy cuisine: serve the Biryani along with regular Yogurt. Adjust the amount of yogurt per intake of biryani depending upon the spice that you can handle.

Stir-Fry Chili Crab

VINCENT S. / SINGAPORE

This Chili Crab recipe is a family recipe.

Serves 3-4

INGREDIENTS

4 mud crabs (each crab should be about 700 – 800 grams)

½ cup cooking oil

180 grams minced garlic

120 grams minced shallots

1 ½ Tablespoons minced bean paste

3-5 Tablespoons chili paste

5-10 chopped fresh chili peppers

1 ½ teaspoons sugar

10 Tablespoons ketchup

3 cups chicken stock

3 Tablespoons corn starch

3 Fresh eggs

Cilantro

INSTRUCTIONS

- 1 Put the live crabs to “sleep” in the freezer for 2 hours (if you dare not cut the crabs in their live form)
- 2 Wash the crabs under running water with a brush to clean off the dirt before cutting into pieces. Crack the shell of the pincers with the back of a kitchen knife lightly (for easier cooking). Drain off the excess water & set aside.
- 3 Heat up wok & add cooking oil under a medium fire
- 4 Add in the minced garlic & shallots & fry till lightly golden brown
- 5 Add in chili paste, chopped fresh chili & minced bean paste & continue frying for another 3 minutes
- 6 Add crabs into the wok & continue frying till the shells’ color turn orangey.
- 7 Add in ketchup, sugar & chicken stock
- 8 Once mixture comes to boil, stir in corn starch slowly
- 9 Whip up eggs & add into wok before serving.
- 10 Add cilantro for garnishing





Sarah’s Buffalo Chicken Burgers

SARAH W. / AUSTIN, UNITED STATES

I love Buffalo chicken and I love burgers. This meal combines those two loves and has the added convenience of being very easy to put together after a day at work. These freeze very well.

INGREDIENTS

- 1 large stalk of celery – finely chopped.
- ½ cup onion – finely chopped
- 1 tsp. Olive Oil
- 1 lb. Ground Chicken Breast
- ¼ cup Lousiana Hot Sauce
- 1 egg
- ½ cup Blue Cheese Crumbles
- 1/3 cup breadcrumbs

INSTRUCTIONS

- 1 Saute onions and celery in the oil until tender.
- 2 In a mixing bowl, beat the egg, add then combine with hot sauce and blue cheese.
- 3 Add the chicken, breadcrumbs and onion mixture.
- 4 Mix until just combined. Form into 12 slider size patties (~ ¼ C. each)
- 5 Cook over medium high heat ~ 3 minutes per side.
- 6 Serve on slider buns with blue cheese dressing and a vinegar based coleslaw, or enjoy the patties on a bed of lettuce.

Banana Bread

ERIN L. / AUSTIN, UNITED STATES

Banana bread has always been a favorite of mine, my mom and I made it together when I was growing up. It’s a great way to use up any bananas that start turning brown around the house. I typically peel them and put them in a Ziploc bag in the freezer until I have enough to make the bread. Enjoy!

INGREDIENTS

- 2-3 very ripe bananas
- 2 eggs
- ½ cup butter
- ¾ cup honey
- ¾ cup organic sugar
- ½ tablespoon vanilla extract
- 1 cup whole wheat flour
- ¾ almond flour
- 1 teaspoon baking soda
- ½ salt
- (optional) walnuts or other add-ins (chocolate chips, other nuts) to taste

INSTRUCTIONS

- 1 Preheat oven to 300 degrees F
- 2 Grease a 9x5 loaf pan
- 3 In a medium bowl, mash bananas and stir in the eggs until well blended. Set aside
- 4 In a large bowl, beat butter and gradually add the sugar and the honey
- 5 Stir in the vanilla and banana mixture from the other bowl.
- 6 Whisk together flours, baking soda and salt; blend into batter
- 7 Add walnuts or other add-ins ad desired
- 8 Bake for 1 hour and 15 minutes in the preheated oven OR until a toothpick inserted into the center of the loaf comes out clean.

Baked Oatmeal

KATHLEEN W. / AUSTIN, UNITED STATES

Many co-workers have seen and/or smelled this easy breakfast recipe and asked me to share. This recipe can be baked ahead of time and provides enough for six mornings!

INGREDIENTS

3 cups oatmeal
6 eggs or 1 cup egg
substitute or 1 cup egg whites


2 cups applesauce
2 teaspoons baking powder
Cinnamon, nutmeg, and salt
to taste

INSTRUCTIONS

- 1 Preheat oven to 350-375
- 2 Mix all ingredients in a large bowl
- 3 Pour into a greased 9x13 Pyrex dish
- 4 Bake 20-25 minutes or until edges start to brown
- 5 Once cooled, cut into six pieces, each about the size of a bread slice
- 6 Store in fridge or freezer and reheat in the microwave or toaster
- 7 Top with almond butter and a sliced banana or similar topping of your choice



This recipe can be easily changed to suit your needs. You can add protein powder or Greek yogurt for additional protein. You can replace the applesauce with mashed bananas. Pureed pumpkin is also a great addition. If you have a bit of a sweet tooth, you can add white or brown sugar or honey.



Best Ever Pumpkin Pie

KATHY T. / AUSTIN, UNITED STATES

INGREDIENTS

3 eggs
2 small can pumpkin puree
(plain pumpkin – not pumpkin
pie mix)
13 oz can evaporated milk
1 cup sugar
1 tsp cinnamon
½ tsp ginger
¼ tsp ground cloves

INSTRUCTIONS

- 1 Preheat oven to 425°
- 2 Mix ingredients together until smooth using a whisk.
- 3 Pour into 9-in pie pan line with uncooked pie crust (see recipe below)
- 4 Bake 15 minutes at 425°F. Lower temperature to 350°F and bake for additional 45 minutes.
- 5 This recipe is super easy to double. Just double the ingredients, mix together and pour into two prepared pie pans.
- 6 Pastry Ingredients (from my mother who makes delicious pies): Makes 10-inch double crust
- 7 2 cups flour
- 8 1 tsp salt
- 9 2/3 cup Crisco
- 10 6-7 Tbs ice cold water (could take more)
- 11 Pastry instructions
- 12 Mix flour, salt, and Crisco together. Cut with 2 knives or pastry cutter until crumbly.
- 13 Add water slowly and mix with a fork until correct consistency.
- 14 Amount of water will depend on room temperature and humidity.
- 15 Don't overwork.
- 16 Split dough in half and roll out on flour coated counter top.
- 17 Transfer to pie plates.

Belgian Sugar Waffles (Liégeois)

STEVEN C. / OSLO, NORWAY

This is an original family recipe, handed down from my grandmother. Time and again, making these waffles never fails to create a good atmosphere and asserts that we Belgians deliver on the delicious ‘bad’ food that we’re known for. Warning: highly addictive and not recommended during Project Zero!

Makes about 16–20 waffles

INGREDIENTS

- 1kg white flour
- 75g ‘live’ yeast (or equivalent in dry yeast)
- 50cl milk
- 50cl water
- 50gr dark-brown sugar
- 2 eggs
- 500gr butter (not a typo)
- 50gr honey
- 10gr salt
- 15gr vanilla sugar (if available)
- 5gr baking soda
- 500gr ‘sugar pearls’

I haven’t found these readily available in stores anywhere outside of Belgium, but used these from Amazon before: <https://www.amazon.com/Lars-Own-Belgian-Pearl-Ounces/dp/B00KQ0LRWE>

INSTRUCTIONS

- 1 In a large bowl, mix 800 grams of the flour with the milk, water, dark sugar, eggs and yeast. Activate the yeast with some of the milk if using live yeast.
- 2 Soften the butter and cut it in smaller cubes/ triangles/whatever you fancy.
- 3 Add the salt, vanilla sugar (if used), baking soda, butter cubes and honey to the dough, and work until homogeneous.
- 4 Add in the remainder of the flour progressively. This is where working the dough becomes intensive! It should become a sticky, gooey mass.
- 5 Cover up the dough and let it rest and rise for 15 minutes in a dry, fresh environment.
- 6 Add the sugar pearls into the dough, and let it rest for another 15 minutes.
- 7 Heat up the waffle iron and start baking. Bake the waffles until they are gold-brown and the sugar starts melting.
- 8 Enjoy the splendid deliciousness that is an authentic Belgian sugar waffle! The term ‘Belgian waffle’ will never be the same again.

Notes: Take care to use a decent waffle iron, with good spacing in between the ‘squares’. Also keep the heat distribution in mind. Having it crispy on one end and raw on the other is not the best way to have one! Clean the waffle iron with paper tissue when it is still warm. Molten sugar sticks to everything, including anti-stick coating! For a testimonial of this recipe, ask anyone in the Oslo office.



Caramelized Apple Pie with Bonus Top Secret Pie Crust Recipe

SANDRA T. / AUSTIN, UNITED STATES

This pie is requested by nearly every member of my family and by my friends at nearly every single holiday. Attempts to change things up have met with strong resistance. It doesn't 100% rely upon the quality of the crust — the filling is delicious enough to eat by itself — but perfecting the crust is pivotal to an unforgettable pie. For the adventurous and/or advanced bakers, I occasionally omit about a half portion of the butter in the crust and substitute in finely grated sharp cheddar cheese.

PART 1 - CRUST INGREDIENTS

2 c all-purpose flour
2/3 c cake flour
1/2 tsp salt
16 tbsp cold unsalted butter,
cut into tbsp sized pieces
1/4 c ice water
1 lg egg yolk
1/2 tsp cider vinegar

INSTRUCTIONS

- 1 Pulse the flours and salt together in food processor for 5 seconds. Add the butter and pulse 4 times for about 1 sec each, just to cut into smaller pieces. Seriously. Don't do it more than that. Combine water, egg yolk, and vinegar in a measuring cup. Pulsing rapidly, gradually pour the liquid through the feed tube in a thin stream until the dough forms several large clumps and almost gathers into a ball, 20-30 pulses. Watch closely. You may need less or more liquid, depending on how the dough looks. I know that's not very helpful... but it's true. It should look a bit like wet sand dumped from a bucket.
- 2 Transfer the dough to a sheet of plastic wrap. Press together and divide into two pieces, one slightly larger than the other, and form each piece into a 1" thick disc. Wrap the dough securely in plastic and refrigerate at least 1 hour. It can be made up to 2 days ahead.



Caramelized Apple Pie Continued

PART 2 – FILLING INGREDIENTS

9 tbsp unsalted butter
3/4 cup plus 2 tsp granulated sugar
1/4 cup golden brown sugar, packed
6 Pippin apples, peeled, cored, and thinly sliced
2 tbsp cornstarch
1 tsp vanilla extract
1 tsp grated lemon zest
3/4 tsp plus a pinch of cinnamon
1/8 tsp ground cloves
1 egg yolk
2 tbsp heavy cream

INSTRUCTIONS

- 1** Melt 6 tbsp of the butter in a 12-inch skillet over medium heat. Add 3/4 cup of the granulated sugar and the brown sugar. Cook, stirring, 5 minutes. Add the apples; cook, stirring occasionally, until soft and lightly caramelized, about 15 minutes. Remove from the heat and let cool 15 minutes.
- 2** Preheat the oven to 425 degrees F. Remove the dough from the refrigerator and cut in half. On a lightly floured surface, roll one half of the dough to about 1 1/2 inches larger than a 9" pie plate. Place the dough into the pie plate and press down lightly into the pan with your fingertips. Cut the edge of the pastry with kitchen shears so it hangs evenly about 1" past the outer edge of the pan. Set the pie plate aside.
- 3** Transfer the apples to a medium bowl. Add the cornstarch, vanilla, lemon zest, 3/4 tsp of the cinnamon, and the cloves. Toss to combine. Spoon the mixture into the prepared pie plate and dot with the remaining 3 tbsp of butter. Set aside. Roll out the remaining half of the dough for the top crust. Moisten the rim of the bottom crust with water and cover with the top crust. Press the edges of the two crusts together to seal. Fold the dough edge under itself so it is even with the edge of the pie plate. Crimp the edge and freeze 15 minutes.
- 4** Cut 4 vents in the top crust so that steam can escape during baking. In a small bowl, beat the egg yolk with the cream. Brush this mixture lightly over the top of the pie. Combine the remaining 2 tsp of granulated sugar and the pinch of cinnamon. Sprinkle over the pie.
- 5** Bake in the middle of the oven for 10 minutes. Reduce the heat to 350 degrees and continue baking 30 to 40 minutes or until the crust is crisp and golden brown and the apple juices are bubbling. (If the pie is browning too quickly during the baking process, cover loosely with aluminum foil.) Remove to a rack.



Egg Custard Pudding

ALAN C. / AUSTIN, UNITED STATES

This is a super easy dessert/sweet that requires very minimal ingredients.

INGREDIENTS FOR CARAMEL

4 tbsp Sugar
1 tbsp Water
1~2 tbsp Hot Water

FOR EGG MIXTURE

2 Eggs
250ml Milk
5 tbsp Sugar

EQUIPMENT

Unsalted Butter (optional)
Wide and deep pot with lid
Four ~130ml Pudding Molds
Fine mesh strainer (optional)
Towel
Heat source

INSTRUCTIONS

- 1 Coat the inner surface of the pudding mold with unsalted butter. This simply makes it easier to remove the pudding from the molds later. (Optional)
- 2 For caramel, put sugar and then water in a pot. Turn on to medium heat.
- 3 While swiveling the pot, heat the sugar until it starts to change color.
- 4 The sugar will begin to change color very quickly. At this point, turn off the heat, and add the 1~2 tbsp of hot water to cool the sugar down. Be careful, sometimes the hot water will splash.
- 5 Pour the liquid caramel into 4 putting molds.
- 6 For the egg mixture: crack and beat the egg with a whisk. Try not to create bubbles.
- 7 Put the egg aside; put milk and sugar in a clean pot and turn on the heat to low.
- 8 Dissolve the sugar in the milk (careful not to heat the milk too hot).
- 9 Add the milk-sugar mixture into the egg while stirring.
- 10 Sieve the combined mixture if desired (to make the steamed pudding surface smoother)

- 11 Pour the combined mixture into the putting molds on top of the caramelized sugar that's already in there.
- 12 Cover the top of the molds with aluminum foil.
- 13 Heat a pot of water in a clean pan and keep it "almost boiling".
- 14 Place a towel on the bottom of the pot in the water. This is to keep the molds from breaking in the heat from direct contact to the pot.
- 15 Place the four pudding molds in the pot. The water in the pot should be about half the height of a mold.
- 16 Cover the pot with its lid and steam the pudding for about 20 minutes with the water at "almost boiling".
- 17 Once the steaming is done, store the puddings in the fridge to eat later.
- 18 To eat, simply eat out of the molds, or you can cup the pudding onto a plate and eat that way.



Banana Pudding

PHIL M. / AUSTIN, UNITED STATES

INGREDIENTS

2 boxes (4 servings each)
JELL-O Brand Instant Banana
Pudding & Pie

3 cups milk

1 tub Cool Whip, 8 oz.

1 box vanilla wafer

3 bananas

INSTRUCTIONS

- 1** Combine banana pudding and milk, until well combined.
- 2** Mix 1 cup of Cool Whip into pudding mixture
- 3** Layer wafers, pudding and bananas, repeat layers.
- 4** Fill to the top of the bowl.
- 5** Top with remaining Cool Whip and ½ cup crushed vanilla wafers.



Pineapple Tarts

EMILY T. / SINGAPORE

Pineapple tarts are a popular festive Chinese New Year snack. They are so popular because the pineapple, pronounced as “ong lai” in dialect, sound as auspicious as they are delicious. They also have a golden finish which signifies wealth and prosperity.

INGREDIENTS FOR DOUGH

780 gm plain flour
2 egg whites
4 egg yolks
500 gm butter

INGREDIENTS FOR PINEAPPLE FILLINGS

4 large whole pineapples
200 gm white sugar (you may increase the quantity of sugar according to your liking).

DOUGH INSTRUCTIONS

- 1 Sift the flour onto a large mixing bowl.
- 2 Beat the egg whites and yolks with a fork & set aside.
- 3 Rub the butter into the flour using your finger-tips. Do so until they resemble course bread crumbs.
- 4 Add the beaten eggs and gently knead until it comes together to form a dough.
- 5 Divide the dough into small 6 - 8 portions.
- 6 Roll the dough on a board with a rolling pin to about ½ cm thick and cut with a tart cutter.
- 7 Shape the pineapple fillings into small balls and place it on top of the cut pastry.
- 8 Bake 35-40 mins at 175°C or until lightly golden brown.
- 9 Store in air tight container when the tarts are cooled.

FILLING INSTRUCTIONS

- 10 Grate the pineapples with a grater.
- 11 Drain the pineapple juice with a large drainer till the juice stops dripping (about 2 hours, do not squeeze the juice from grated pineapples).
- 12 Cook the grated pineapples in a large pot or wok with a wooden spoon over medium heat, constantly stirring to avoid burning.
- 13 When the pineapple is almost dry, add the sugar to combine well. Lower the heat to simmer and continue to stir until the pineapple filling turns golden in color and becomes sticky.
- 14 Transfer the pineapple filling out, leave it to cool or keep overnight for use.



Pineapple Tart

KAFAI L. / AUSTIN, UNITED STATES

INGREDIENTS

375g plain flour
2.5g salt
75g corn flour
250g salted butter
56g icing sugar
2.5g vanilla essence
3 egg yolk
25g full cream milk power
1.2kg pineapple fillings

INSTRUCTIONS

- 1 Sieve all dry ingredients
- 2 Mix all dry ingredients with butter
- 3 Add vanilla essence and egg yolks
- 4 Put the dough in fridge for at least 20 min
- 5 Weigh pineapple fillings (5g each)
- 6 Weigh dough (10g each)
- 7 Put pineapple fillings in the middle of the dough and roll into ball shape
- 8 Apply egg wash
- 9 Bake at 180 degrees Celsius for 15 mins





Peach Ice Cream

BRIAN M. / AUSTIN, UNITED STATES

I love peaches and always overbuy at the start of the season in May. This recipe works well with overripe fruit and can last a few weeks in the freezer. From the New York Times master ice cream recipe which is great with a variety of flavorings.

INGREDIENTS

6-10 ripe Texas peaches
1/2 cup sugar (for peaches)
2 cups heavy cream
2/3 cup sugar (for ice cream base)
1/8 teaspoon fine sea salt
6 large egg yolks
1/2 cup buttermilk

INSTRUCTIONS

- 1 Pit and dice peaches (no need to peel them)
- 2 In a saucepan over medium heat, gently simmer fruit with 1/2 cup sugar until fruit is tender, about 10 minutes
- 3 Purée in blender
- 4 In a small pot, simmer cream, sugar and salt until sugar completely dissolves, about 5 minutes. Remove pot from heat.
- 5 In a separate bowl, whisk yolks. Whisking constantly, slowly whisk about a third of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream.
- 6 Return pot to medium-low heat and gently cook until mixture is thick enough to 170 degrees (F).
- 7 Strain through a fine-mesh sieve into a bowl.
- 8 Add buttermilk and peaches to the mixture.
- 9 Cool mixture to room temperature. Cover and chill at least 4 hours or overnight.
- 10 Churn in an ice cream machine according to manufacturer's instructions. I use a Cuisinart Cool Creations 2 quart machine and it takes about 30 minutes.
- 11 Freeze for at least two hours.