



NECO Community **COOKBOOK**

A collection of delicious recipes
shared by NECO students, faculty, and staff



Introduction

Community is one of the things that makes NECO so special!

Find some of our CommUnity's favorite recipes here; some shared during our CommUnity Cultural Connections event, and some shared directly from the kitchens of our NECO chefs! This cookbook celebrates the wealth of diversity our community contains, and is a way for us to connect and share our cultural and personal differences, as our differences are our strength.

Happy cooking, and happy eating!

-from the DEI&B Center



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Crispy Rice Cakes with Brown Sugar Syrup and Roasted Soybean Powder

Michelle Shang

Ingredients

- 100 g glutinous rice flour
- Cold water
- 100 g soybeans
- 20 g dark brown sugar
- 50 g warm water

Instructions

- 1 On an oil-less non-stick pan, roast soybeans on medium heat until golden brown on the outside. This can take a while, and the time will vary depending on the type of pan and overall temperature.
- 2 Place hot soybeans into a plastic bag. Using a rolling pin, give the beans a few hits to remove the skins. Take out the beans and toss the skins. Blend the beans into a fine powder, and keep on the side for serving.
- 3 In a large bowl, combine the rice flour with cold water, adding 1 tablespoon at a time. Mix until it becomes a thick dough, making sure it's not too flaky or too wet. Cover with a towel and let rest for 30 min.
- 4 After 30 min, roll and cut rice flour dough into 1 in thick, 4 in long logs. Cook rice cakes on a non-stick pan thinly coated with oil on medium low heat. Cook each rice cake on each side for 2-3 minutes, or until golden brown.
- 5 In a small skillet, combine the brown sugar and warm water. On low heat, cook the sugar until it becomes a syrup. The consistency should be similar to honey. Serve rice cakes with soybean powder and syrup. Enjoy!



A close-up photograph of a white plate filled with golden-brown, charred cubes of paneer (cottage cheese). The cubes are interspersed with sliced red and yellow bell peppers and green bell peppers. In the background, a white bowl contains a vibrant green mint chutney. The entire image is framed with a decorative border of white line art depicting various Indian spices like cardamom, cloves, and star anise.

Kajol's Air Fryer Tandoori Paneer

Ingredients **Kajol Garg**

- 1 pack of paneer
- 1 tsp tandoori masala
- Salt to taste
- 0.5 tsp garam masala
- Grated ginger
- Cayenne pepper (as spicy as you prefer)
- 0.5 tsp turmeric powder
- 0.5 cup - 1 cup yogurt (dahi)
- 0.5 tsp coriander powder
- Dried fenugreek leaves (optional)
- Cilantro to top (optional)

Instructions

- 1 Cut your paneer into small squares, about 1 inch by 1 inch pieces.
- 2 In a separate bowl, combine the yogurt with all the spices, grated ginger and dried fenugreek leaves and mix.
- 3 Once combined, add your paneer cubes to the mix and ensure that the paneer is coated with the yogurt mixture.
- 4 Spray your air fryer with some oil to ensure the paneer does not stick – be sure to leave space around each piece of paneer.
- 5 Air fry at 400 degrees for 8-10 mins and shake as needed until the paneer is slightly charred.
- 6 Serve with a mint chutney or sauce of your choice. Enjoy!



Cook Time
25 Minutes



Serves **Four**



Vegan Chili

with Black Beans and Sweet Potatoes

Simone Jadczak

A delicious vegan chili that is loaded with protein, fiber and flavor! You can tweak the spices to taste, and add and subtract some - the main important spices in this dish are the oregano, cumin, and cayenne/chili powder. This is the ultimate winter comfort food, and pairs great with avocado and tortilla chips (also great with cheese, vegan or otherwise).

This recipe cooks fast in about a half-hour (the hardest part is dicing the sweet potatoes!) and in one pot. Great for meal prep, or for a quick, healthy, easy weeknight meal that will give you plenty of leftovers (one plus is that this tastes even better the next day)!



Vegan Chili

Ingredients

- 29 oz canned black beans rinsed and drained
- 6 oz can of tomato paste
- 32 oz vegetable stock
- 1 yellow onion, peeled and diced
- 2 medium to large sweet potatoes, peeled and cut into bite sized chunks
- 5 cloves of garlic minced
- 1 cup quinoa
- 1 tbsp olive oil
- ½ cup to 1 cup water
- Fresh avocado and cilantro for garnish (optional)
- 1 tbsp cayenne pepper
- 2 tbsp chili powder
- 2 tbsp cumin
- 1 tbsp salt (or to taste)
- 1 tsp black pepper
- 1 tsp ground mustard
- ½ tsp ginger
- 1 teaspoon oregano

Instructions

- 1 Heat vegetable oil in a large pot over medium low heat.
- 2 Add diced onions, cook until the caramelize - stir frequently to avoid burning (about 7-10 minutes).
- 3 Add the garlic to the onions and sauté for about 2 more minutes, stirring frequently (make sure not to burn your garlic!).
- 4 Add the tomato paste and all your spices, stir to combine well.
- 5 Sauté your onion/tomato/spice mixture for about 2 minutes, stirring constantly.
- 6 Add the vegetable stock and combine well with tomato mixture.
- 7 Add rinsed black beans and diced sweet potatoes, turn heat to high and cook for about 3-5 minutes or until it begins to boil.
- 8 Add the quinoa and stir.
- 9 Cover with a well fitting lid and reduce heat to low to simmer for about 30 minutes or until your sweet potatoes are soft. Stir every now and again to check consistency. Add a bit of water if the chili becomes too thick.
- 10 Top with fresh sliced avocado and chopped cilantro (optional).
- 11 Pair with tortilla chips.

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Vegan Chili

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Notes and Substitutions

- ✓ Canned beans makes this a quick and easy recipe, but you can use dried beans - just be sure to prep them ahead of time.
- ✓ You can cut back to one sweet potato if you prefer a less hearty chili.
- ✓ Fresh garlic is best for flavor, but you won't lose much if you use jarred minced garlic instead. Use ~2 or 3 tsp of jarred garlic.
- ✓ Be sure to stir and check the consistency as you simmer the chili, as the quinoa will soak up a lot of the liquid as it cooks.
- ✓ Use a little under one cup of quinoa if you want the chili to be less thick, or, you can simply add water while cooking.
- ✓ If your chili is on the spicier side, adding cheese or avocado will help cut it.

Vietnamese

Dipping Sauce

Anh Bui



Ingredients

- 1 tbsp good fish sauce
- 1 tbsp of sugar
- 4 tbsp of water
- 1-2 cloves of garlic (minced)
- 1 lime

Instructions

Mix and enjoy!

The background of the page is a close-up photograph of several dolmades. One dolma is cut open, revealing a filling of white rice mixed with green herbs. The dolmades are wrapped in dark green, slightly wilted grape leaves. The lighting is soft, highlighting the textures of the rice, herbs, and leaves.

Dolmades

(Dolmathes)

Marianna Toumpourou

Dolmades (Dolmathes) refers to Greek dishes made with either cabbage or vine/ grape leaves, stuffed with a delicious herb-y rice mix, shaped into little rolls and boiled until wonderfully tender.

Some dolmades recipes, besides rice, herbs and seasonings, also include minced meat (beef and/or pork).



Dolmades

Ingredients

- Vine leaves
- 1 cup of rice
- 1 white onion, finely chopped
- 1/2 of cup parsley, finely chopped
- 2 tablespoons of dill, finely chopped
- 1/4 of cup olive oil
- 2 cups of water
- 2 lemons, juiced
- Salt and pepper to taste

Instructions

- 1 Start by preparing the vine leaves. In this recipe, I use vine leaves sold in jars - wash the leaves individually, remove the stems, and leave them in a colander to drain.
- 2 Prepare the filling. In a large bowl combine the mince, rice, onion, parsley, dill, olive oil, salt, and pepper. Mix with your hands until all the ingredients are well combined.
- 3 Add 3 tablespoons of olive oil to the bottom of a large casserole dish.
- 4 Now time to assemble the dolmades. Lay a vine leave on a plate in front of you. Place one tablespoon of the mixture towards the stem end of the leaf. Firmly roll the stalk end over the filling, then fold both sides towards the middle and roll up completely.
- 5 Place each dolma into the casserole dish. Repeat this process until you have used up all the filling. Ensure you arrange the dolmades close together in a single layer.
- 6 Pour 2 cups of hot water over the dolmades in the dish. Drizzle with olive oil.
- 7 Place a heat-proof plate on top of the dolmades to weigh them down. Cover the casserole dish with the lid. Cook on medium heat for about an hour or until the dolmades are tender.
- 8 Remove casserole dish from heat.

Italian Anise Cookies

Ryan Hamelin



Cookie Ingredients

- 1/2 cup margarine or butter
- 1/4 cup shortening
- 3/4 cup granulated sugar
- 4 large eggs
- 3 cups all purpose flour
- 5 tsp baking powder
- 1/2 tsp salt
- 2 tsp anise extract (you can use vanilla, almond or lemon if you wish)

Frosting Ingredients

- 2 cups confectioners sugar
- 3 tbsp milk
- 1/2 tsp anise extract (or flavoring of your choice)

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Italian Anise Cookies

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Cookie Instructions

- 1 Melt butter and shortening together.
- 2 Add the sugar and mix well.
- 3 Add the eggs and beat well then mix in the extract.
- 4 Sift the flour baking powder and salt together.
- 5 Add the flour mixture to the creamed mixture gradually.
- 6 Roll the dough in small balls and place on an ungreased cookie sheet.
- 7 Bake at 375 for 8-10 minutes.
- 8 Remove from the oven and let cool completely before frosting.

Frosting Instructions

- 1 Mix the milk gradually into the confectioner's sugar to make a thick glaze.
- 2 Dip each cookie into the glaze and add sprinkles as desired. Enjoy!

Authentic Italian Red Sauce (with Blending Option)

Ashley Sloane

Ingredients

- 3 cans of San Marzano tomatoes (whole peeled)
- 1 small white onion (chopped finely)
- 2- cloves of garlic
- Extra Virgin Olive Oil (enough to coat the bottom of the pot generously)
- Fresh Basil (a handful, or as much as you'd like)
- Salt and Pepper

Blend the Sauce (Optional):

Remove the onion halves and discard them (or save for another use).

Immersion Blender: Blend the sauce directly in the pot until smooth (or your preferred texture).

Blender: Let the sauce cool slightly, then blend in batches until smooth. Return it to the pot.

Tips:

Blending the sauce creates a silky texture, perfect for pasta or pizza. If you prefer a chunkier sauce, you can skip the blending step. If blending, be cautious with hot liquids in a blender. Always leave space for steam to escape, and hold the lid down with a towel.

Instructions

- 1 Open your cans of San Marzano tomatoes and pour them into a large mixing bowl. Use clean hands or a fork to gently crush the tomatoes into smaller pieces.
- 2 Heat a large pot or Dutch oven over medium heat. Add enough olive oil to generously coat the bottom.
- 3 Add the chopped onion and two cloves of garlic to the pot. Remove cloves once they are golden brown.
- 4 Pour the crushed tomatoes into the pot and stir to combine everything: the garlic, onion, and oil.
- 5 Add a few sprigs of fresh basil (leave them whole for easy removal later if desired). Stir, lower the heat to a gentle simmer, and cook uncovered for 45 minutes to 1 hour. Stir occasionally.
- 6 Taste and adjust with salt and pepper near the end of cooking.
- 7 Optional: Finish with a few fresh basil leaves and stir them into the sauce for extra flavor. Adjust the salt if needed and drizzle with a little more olive oil for more flavor.

Serves about 20

Cheese Dip

Rich Kelley



Ingredients

- 2 cans diced green chilis
- 2 cans Mexican corn
- 2 blocks of cream cheese
- 2 blocks of pepper jack cheese
- 1 cup of sour cream (or less, if you want the dip to be a little thicker)

Instructions

Dump all the ingredients into a crockpot or oven-safe dish, eat until melted, stir a couple of times. Usually, if I bake it in the oven, I will add a little shredded Mexican cheese to the top and let that get crispy, but that's not totally necessary.

Tips

- Add Tajin seasoning to the top to give it a little color and flavor.
- Serve it with Late July Organic Tortilla Dippers because they're good to scoop dip.
- Put leftovers on eggs the next morning!

Grandma's Stuffed Cabbage

Ben Feingold Thoryn



“The ‘Feingold’ side of my family were ‘Kaplan’ before Ellis Island and came from Latvia. This is my Grandfather, Leon Feingold, and his mother, Rebecca.”

-Ben Feingold Thoryn





Grandma's Stuffed Cabbage

Ben Feingold Thoryn

Ingredients

- Large head cabbage (cored, parboiled and cooled)
- 2 onions, sliced
- 2 or more carrots sliced
- 2 cans tomato sauce
- 2 lbs ground sirloin
- ½ cup cooked rice
- 1 beaten egg
- Juice of 2 lemons
- 2 TB sugar
- Salt & pepper to taste
- 1 pkg Lipton Onion Soup mix
- Dash of cayenne

Instructions

- 1 Mix together beef, rice, egg, 2 TB tomato sauce, onion soup mix, and cayenne.
- 2 Put onions and carrots in bottom of large pot. Add 2 cups of water, boil.
- 3 Separate cabbage leaves. Place about 2-4 TB of the meat mixture on each cabbage leaf. Amount of meat depends upon size of leaf – bigger leaves, more meat. Tuck in the sides and roll up carefully. Place in boiling water with remaining tomato sauce and lemon juice. Simmer covered for ½ hr.
- 4 Add sugar, salt & pepper and taste. Cook covered on low heat (or in oven) for about 2 ½ hrs.
- 5 Refrigerate overnight, reheat, and serve.



Cabbage Thoran/Poriyal/Palya/Koora

(stir-fried cabbage with ginger and coconut) with rice

Sangeetha Mettupally

The four names for this dish come from local languages of the southern Indian states of Kerala/ Tamil Nadu/ Karnataka/ Andhra Pradesh/ Telengana, and the recipes have only minor regional differences.

Coconut trees are ubiquitous in south India (we had a couple in our backyard), and are widely used in these "dry" vegetable preparations in the form of shredded fresh coconut and/ or coconut oil.

Cabbage Thoran/ Poriyal/ Palya/ Koorra

Sangeetha Metlapally

Ingredients

- Cabbage [1 regular small cabbage (not Napa) is best]
- Onion (1-2 small purple onions add color and flavor)
- Coconut oil (2 tbsp)
- Black mustard seeds (1.5 tsp)
- Cumin seeds (1.5 tsp)
- Urad dal (dehusked split black gram)
- Fresh Thai Green chillies (3-4 or omit if you do not desire spicy food, or add a little freshly ground black pepper)
- Ginger (freshly grated 2 tsp)
- Curry leaves (5-10 leaves)
- Shredded coconut (buy frozen, and thaw a ~2-3 tblspn chunk)
- Salt

Instructions

- 1 Warm the coconut oil in a wok, or large heavy bottomed pan using medium heat
- 2 Add the mustard seeds, and their spluttering indicates that the oil is hot
- 3 Add the cumin seeds, and urad dal, and when the daal roasts to a light red, add the onions. Wait for onions to soften and become translucent
- 4 Add the shredded cabbage, grated ginger, slit chillies and curry leaves and stir fry after sprinkling a pinch of salt
- 5 In ~5 minutes, the cabbage is cooked and still a light green color and crunchy (keep a close eye, do not allow it to caramelize, burn or wilt too much)
- 6 Add the thawed shredded coconut, and salt as desired (~1 tsp is perfect for me). If chillies are omitted, freshly ground pepper elevates this just as well.
- 7 Serve with rice, or rotis, or enjoy as a lunch salad!



Canelazo

Leslie Inahuazo

Ingredients

- 10 Oranges.
- 15 to 20 mandarins
- 4-5 cups of water
- 8-10 sticks of cinnamon
- 1 cup of brown sugar

Instructions

- 1 Freshly squeeze all of the citrus. Mix it into the same receptacle.
- 2 In a pot, boil half of the orange/mandarin juice, along with all of the water, 8 sticks of cinnamon, and half a cup of brown sugar.
- 3 Lower the heat to medium-high, covering the pot, for about 5 to 10 minutes. This step is to really let the cinnamon infuse the liquid. If it's been 10 minutes and you still don't taste the cinnamon as you would like, then add in the other two cinnamon sticks (or more) and let it sit for about five more minutes. (On medium high heat)
- 4 Add in the rest of the juice. Let that come to a rolling boil. Carefully perform a taste test. Add more sugar and cinnamon to your liking. (If you ended up adding more cinnamon, leave it on high-medium heat again for a few minutes to let it infuse.)

Tips/Variations

- Perform taste tests often to see if you would prefer more sugar or cinnamon. Or even water to help dilute at the end.
- Add star anise
- Add Zhumir Aguardiente (Ecuadorian sugarcane alcohol) or any other liquor of choice

Chicken Adobo

(Filipino Dish)

March Ang



- 1 A bunch of chicken (typically thighs and drumsticks, but you can use anything. Bone in, skin on is the best).
- 2 Brown it in batches using a neutral oil on medium high on all sides.
- 3 Put chicken in crockpot.
- 4 Throw in a bunch of peeled, smushed garlic and a 7 or 8 bay leaves. Add inch sized potatoes.
- 5 Make a mixture of about 2 parts soy sauce and 3 parts vinegar and a few tbs of sugar depending on how sweet you want it. Pour enough to cover half the chicken. Don't cover the chicken, the chicken itself will produce a lot of liquid.
- 6 Cook on low for 6-7 hours.
- 7 Enjoy over rice.



Lemon Blueberry Bread

Simone Jadczyk

Ingredients

- 2 cups all-purpose flour spooned & leveled
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup vegetable
- 1 cup granulated sugar
- 1 cup plain Greek yogurt
- 2 large eggs
- 2 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 2 teaspoons vanilla extract
- 1 cup fresh blueberries + 2 teaspoons all-purpose flour

Lemon Glaze

- 1 cup confectioners sugar (120 grams)
- 1.5 to 2 tablespoons fresh lemon juice use more or less as needed

Optional Lemon Glaze:

Once the bread is cool, whisk the powdered sugar and lemon juice together until there are no lumps. If it seems too thick, add a little more lemon juice. If the glaze is too thin, add more powdered sugar as needed so that the glaze can be drizzled, but is not so thin that it won't set on the loaf. Drizzle glaze on bread and spread it around. Give it about 15 minutes to harden.

Instructions

- 1 Preheat the oven to 350°F (180°C). Use a 9x5-inch loaf pan - spray with nonstick cooking spray, line the pan with parchment paper
- 2 Wash and dry blueberries well. Then in a separate bowl toss the blueberries with 2 tsp of flour. Set aside for later.
- 3 Whisk the flour, baking powder, and salt together until well combined
- 4 In a separate mixing bowl, whisk the oil, sugar, yogurt, eggs, lemon juice, lemon zest, and vanilla extract together until fully combined. Add the dry ingredients to the wet ingredients and mix until just combined - don't overmix
- 5 Take the blueberries tossed in flour and gently fold them into the batter
- 6 Pour the batter into loaf pan and bake for 55 to 70 minutes or until a toothpick inserted into the center comes out clean. If the bread is getting too browned on top you can cover loosely with foil for the last 10 to 15 minutes of baking
- 7 Remove from the oven and allow to cool for about 20 minutes in the loaf pan. Then remove from the pan and transfer to a wire rack to cool completely