



THE MARTINOS COOKBOOK

by the
Athinoula A. Martinos Center for
Biomedical Imaging





Abstract

{bruce rosen}



Dear colleagues and friends,

All of us remember a time – way back in February – when one could freely meet with friends, commute to work, or travel to conferences. Perhaps even go on a vacation? Those were indeed the “good old days.” Our society changed in an instant, and we have had to quickly adapt to a new world that was being turned upside-down.

The novel coronavirus SARS-CoV-2 swept across the globe, and on March 11, 2020, the World Health Organization declared the coronavirus outbreak a pandemic. Since then, most of us have stayed home to “flatten the curve” – and have learned how to work remotely effectively. Others have volunteered to be redeployed to help care for the influx of “COVID-19”-positive patients. Each of us has had to make sacrifices, which for many includes extended periods of physical separation from close family members.

During this stressful and unpredictable time, it is important for us to remember that the Athinoula A. Martinos Center for Biomedical Imaging is not just brick and mortar. It is more than a collection of desks, offices, and scanners. It is more than a single geographical location in the Charlestown Navy Yard that hundreds of people (used to) commute to daily to pursue their research passions. We are a family – connected through our common passion for understanding how to see living things at work, and how that knowledge can help our larger community get and stay healthy. And especially during these times, family members take care of each other.

With this cookbook, we hope to provide some small amount of support to the mental and physical wellbeing of our family – through food. Indeed, we are a Center that represents dozens of countries from around the world and it might be some time before we can travel to all of them. Instead, the recipes contained herein show peoples’ passion, creativity, and pride in the nourishment of our bodies and minds. While a few of these recipes appear new, many have been passed down for generations.

I would like to thank everybody who contributed a cherished family recipe, or just something fun to make and eat, to our Martinos Center cookbook. We may be more isolated from one another, which will likely be the norm for the foreseeable future, yet the Martinos Center family remains connected through email and Zoom – and now food.

Be well, stay safe, and eat!

Bruce
Director, Athinoula A. Martinos Center



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Introduction

{breakfast}



Breakfast Casserole



Contributed by Stephanie Fiedler

Clinical Research Coordinator II

Wang Lab

Servings: 4-6 (2-3 squares)

You can add or not add anything to this casserole: include what you like, mix it up and find something that you like! When adding starches (like rice or potatoes) and meats, make sure to cook them beforehand because they take much longer to cook. If you have extra, get a smaller pan, cover with parchment paper, and throw the rest of the mixtures in there.

Ingredients

3 medium sized potatoes, precooked (any kind)
 1 cup of chicken pieces or any other meat, precooked (if desired)
 2 sticks of celery
 2 tomatoes
 1-2 green onions
 1/2 -2/3 bag frozen peas
 1 bunch of asparagus
 1-2 cups of cheese of choice (if desired)
 12 eggs
 1 tsp salt
 1/2 tsp pepper
 1 tsp garlic powder
 1 tsp paprika



Method

1. Adjust amount of each food per the size of your pan.
2. Cook potatoes and meats beforehand.
3. Preheat oven to 400 °F.
4. Chop up all choppable ingredients and mix in a large bowl.
5. Crack all 12 eggs into a medium sized bowl, add the spices, and whisk together.
6. Cover your casserole pan (the one I use is 9x13in) with parchment paper.
7. Pour your mixed ingredients into the pan and spread them out so it looks evenly dispersed.
8. Pour the egg mixture into the pan over the other ingredients, move things around with a spoon until it looks evenly dispersed.
9. Put the cheese on top so it covers all the other ingredients.
10. Put the pan in the oven for 1 hour and 15 minutes.
11. It's done when you cut the casserole a little and see the egg whites have completely cooked and aren't still watery.
12. Cut up as desired, I like cutting it into ~2x3-in squares



This is really easy because I make it once and can have it for a couple days. It lasts in the fridge maybe 4 days and I can freeze it as well. With everything that's happening, this just makes mornings less stressful and you get a good variety of nutrients to start the day with without stressing about eating healthily throughout the entire day. It's also not the end all be all with the ingredients and isn't exact at all, which is also less stressful when making it.

Menemen

Turkish style eggs with veggies



Contributed by Filiz Yetisir

Postdoctoral Research Fellow, Wald Lab

Servings: 1-2

Ingredients

2 large or 3 small eggs
2 medium tomatoes
1 green pepper (poblano or cubanella works best)
1/4 of a small onion
2 tbsp butter (or olive oil)
salt and pepper



I like cooking the veggies until the tomato juice is mostly evaporated since I don't like watery eggs but how much you cook the tomatoes is up to you, experiment with it!

Method

1. Dice onion, pepper and tomatoes into small pieces.
2. Add butter or olive oil to skillet, add onions and cook for 3-4 minutes on medium or medium high heat, mixing at times not to burn. Add peppers and cook for another 3-4 minutes covered with a lid (again check and mix to prevent burning).
3. Add tomatoes and cover. Cook until the tomato juice is mostly gone, mixing at times to prevent burning.
4. Add eggs, salt and pepper. Cook egg whites first by mixing with veggies and then yolks at the end. Do not over-mix.

Optional: sprinkle some feta cheese on top. Serve with bread (I like ciabatta or sour dough).



This is a dish which reminds me of home (Turkey) that I usually cook on Sundays for brunch since it takes some time. More recently I also started pre-preparing 2-3 servings of the veggie mix and then I heat it up and add eggs so I can eat a delicious, nutritious and fast breakfast during the week as well.

Nanny's Bubble Pancakes



Contributed by Regan Butterfield

Nuclear Medicine Technologist

Servings: 6

This is a great, quick morning breakfast when you want a deviation from normal pancakes. The pancakes become quit large as they bubble while cooking. If you have children, I guarantee this will become a staple in your family.

Ingredients

5 tbsp Butter
6 eggs
1 cup Milk
Sifted together:
1 Cup Flour
½ teaspoon Salt

Method

1. Melt 5 tablespoons of butter in 9x13 pan in oven while preheating to 450 degrees.
2. Whip eggs until thick and lemon colored.
3. Add milk, flour and salt (that's been sifted) to whipped egg mixture.
4. Pour batter into pan of melted butter.
5. Bake at 450 degrees for 15-20 min.
6. Allow to rest for 2-3 minutes before cutting.



My mother, Nancyann Butterfield. This is her family recipe she taught all 6 children in our family.

Pancakes

Ingredients

Dry mix (good for 10 eggs worth of pancakes); keeps forever:

1 tablespoon (tbl) cinnamon
1 teaspoon (tsp) nutmeg
3 tbl + 1 tsp salt
3 tbl + 1 tsp baking soda
6 tbl + 2 tsp baking powder
1.5 cup sugar



Someone please volunteer to convert the dry ingredients to weights!



Contributed by Jerry Ackerman

Associate Professor of Radiology

Director of the Biomaterials Lab and Extremity MRI scanner

Makes 16 pancakes

The pancakes:

1 egg
2 heaping tbl dry mix (add a third if not using self-rising flour)
1 tsp vanilla
1-2 tbl vegetable oil (not olive) (I've never measured this so use your judgement)
6 oz buttermilk (or use regular or nonfat milk, but they won't be as fluffy)
2 oz regular or nonfat milk (almond milk or the like can substitute for these milks). Keep extra milk handy for thinning the batter during cooking
1 cup self-rising flour (or all-purpose flour but then add the extra tbl dry mix)

Optional: SMALL blueberries, chocolate minichips (big berries or chips make it hard to cook the cakes), a springy thin metal spatula for flipping.

For topping: Maple syrup (fake commercial syrup prohibited)
Confectioner's sugar, butter to keep your cardiologist employed, fresh fruit, cinnamon, whipped cream, sprig of mint for garnish



We have had them every weekend since the kids were little. Our daughter has imposed this ritual on her husband, and pancakes might just become her daughter's first solid food.



Continued next page...

Method

1. Preheat the griddle to 400 F. An electric griddle with controlled temperature is best. You will have to experiment to find the right temperature setting because the marked temperature settings bear no connection to reality. A drop of water should sizzle rapidly but stably, and not instantly spatter away.
2. Beat the egg, dry mix, vanilla and oil in a medium bowl by hand. Beat in the milk and buttermilk. Carefully mix in the flour until it is completely moistened, and the large lumps just disappear. Don't beat the heck out of it or the pancakes will be flat. Once you've reached this point you have to proceed with cooking immediately. Grease the hot griddle with a small amount of vegetable oil. I spread a thin layer with a bit of paper towel. Don't use a bare Teflon surface without oil, or the pancakes will be crusty and tough. Quickly spoon the batter out onto the griddle, using the spoon to round out the pancakes. I make 8 pancakes in two rows of four. If you are going to make blueberry or chocolate cakes, you can drop them onto the cakes now, and spoon them over with a bit more batter. Or you can mix them into the batter, but if you do, you have to keep them mixed and suspended as you spoon the batter out. Coat both sides of the spatula with a thin layer of vegetable oil. As soon as the first pancake shows holes on the top side, but the top batter is still liquid, start flipping in the same sequence you poured. This is where gymnastic skills are a plus; don't show off until you've practiced in private. Never flip a pancake twice or it will end up flat and tough.
3. After the first batch comes off, very quickly wipe off the griddle surface with a bit of paper towel or scrape it with the flat front edge of the spatula to clean off the residue. I've been scraping for years on a griddle with a nonstick surface, and the surface has lasted very well. It prevents carbonized buildup. Go to a cheap greasy spoon diner and sit at the counter to watch how the chef constantly scrapes the griddle. Re-oil the surface and spoon out the second batch. The batter continuously thickens, so if it's too thick at this stage, stir in a bit of extra milk. Just a few drops reduces the viscosity substantially, so don't overdo it.
4. Stack 'em up and enjoy. I pre-warm everyone's plates in the oven at 150 F, and also toss the cakes into the same oven to keep them warm until the whole batch can be served at once with a grand flourish.

Options:

- i. Mickey cakes: pour out a larger round cake with two smaller attached ears at 10 and 2 o'clock. May be contacted by a Disney IP lawyer, so don't tell them where you heard this.
- ii. Teddy bear cakes: large central torso with ears and small round feet.
- iii. Texas cakes: Make three large cakes in a frying pan. To be attempted by professionals only, or if someone else will clean the stove.
- iv. Crepes: (Not really crepes; they use the same batter, but you need a crepe maker). Roll the cakes around fruit, whipped cream, etc.



Photo by Laura Gee



Contributed by Alexander Zaitsev

Application Developer / Architect

FTD Unit ("Dickerson Lab") / Neurology

Servings: 2-4

Enriched Pancakes

with Cottage Cheese & Sweet Potato examples



The cheese version is a traditional Eastern European countryside dish, eaten, judging by my childhood impression, mostly in summer when meat consumption is lower, and milk is in abundance.



The sweet potato version is my simplification of one over-engineered recipe seen on the "Food Wishes" channel.



Ingredients

1. One egg
2. One pound of cottage cheese or one large microwaved sweet potato or any component of your choice that can be mashed (regular baked or cooked potato, for example)
3. OPTIONAL: Some sugar for cheese version
4. Flour (as needed)

Method

1. Mash the featured ingredient with the egg. Note: for cottage cheese you may remove excess of moisture (look for cheese cloth application) or simply use more flour.
2. Add some optional sugar.
3. Add flour gradually. Keep adding it until the balls can be formed with wet hands, rolled on flour and smashed into pancake shape. Roll on flour and gently smash into pancake shape.
4. Now begins the magic, mixed with practice and acquired experience with particular ingredients: pan (start with non-sticky and eventually graduate to cast iron perfection) and stove. Preheat pan with oil of your choice. For cheese version, use more oil, but not as for deep-fry.
5. Bake on low-moderate. The time per side will come with practice: start with 5 minutes on each side. Don't hesitate to change sides several times. Eat as is or with any pancake garnish of your choice.



To remove excess of moisture from cottage cheese, you can keep the cheese inside the fridge on a small colander.



Contributed by Jason Stockmann
Assistant Professor, Radiology
Researcher, MR Physics and Instrumentation Group

Vegan Buckwheat Waffles (or pancakes)

Yields 2lbs of waffles

Adapted from "The Homemade Vegan Pantry" by Miyoko Schinner

Ingredients

Dry ingredients:

2 cups buckwheat flour
4 cups oat flour or white flour (make oat flour by grinding oats in blender)
1/2 cup sugar
6 tablespoons ground flax seeds
5 tablespoons baking powder
1 tablespoon ground cinnamon
1-1/2 teaspoons salt

Optional:

nutmeg, ground ginger, and ground cloves to taste

Wet ingredients:

1 cup nondairy milk
1 teaspoon vanilla extract

Method

1. Combine the milk and vanilla in a medium bowl, then whisk the dry mix with a few strokes until combined. The mixture will seem thin. Let sit for a few minutes while the waffle iron heats up; it will thicken a bit.
2. Heat the waffle iron according to manufacturer's instructions and brush lightly with oil or spray with a nonstick spray.
3. Pour the mixture into the iron and cook until crispy and brown.
4. Keep finished waffles warm in the oven or toaster oven while the rest of the batch is cooked.

Optional: Pre-mix large amount of dry ingredients for future waffle or pancake use. For pancakes, add a little vinegar to give the pancakes a hint of "sourdough" flavor. This is an extremely fast and easy recipe if you keep a mixed batch of the dry ingredients in your pantry ready to go.



Amanda and I love having friends over and serving these waffles to people who aren't accustomed to vegan pancakes or waffles. The feedback has always been positive! There are delicious vegan versions of almost any breakfast/brunch food. Join us sometime for brunch and we'll show you!





Contributed by Paige Sparks
Senior Research Coordinator, Sperling Lab

Servings: many!

Mary's Granola

Ingredients

Dry Ingredients:

- 6 cups oatmeal
- 1 cup nuts (I use pecans)
- 2 cups flaxseed meal
- 1 cup coconut flakes (large)

Optional: You can substitute a cup of oatmeal for 1 cup sesame seeds & 1 cup sunflower seeds if you want a nut-free option!

Wet Ingredients:

- 1/2 cup oil (I use canola)
- 1/2 cup water
- 1/2 cup honey
- 1/4 cup maple syrup
- 1/4 cup brown sugar
- 1 tsp salt
- 1 tsp vanilla

Method

1. Preheat oven to 325 degrees F.
2. Combine all dry ingredients in large bowl.
3. In a microwavable bowl, combine all wet ingredients, whisk, and warm in microwave.
4. Add warmed wet ingredients to dry ingredients and stir until dry ingredients are evenly coated.
5. Spread mixture on two cookie sheets, lined with parchment paper or splat liners. Make sure to spread evenly so that edges don't burn and the middle bakes through!
6. Bake for 20 mins, then trade pan spaces.
7. Bake for an additional 20 mins until golden.



I usually add this to some vanilla yogurt with blueberries! I love this recipe because it is so flexible. You can easily add or subtract ingredients to suit your taste. I learned this recipe early in college, and it has been a staple ever since!



Theory

{appetizers}





Contributed by Lisa Shin

Artichoke Dip

Servings: 2

Ingredients

125 grams Rice Noodles (Vermicelli)
handful of peanuts (Roasted/unroasted)
2-3 tsp oil (any kind)
1 tsp turmeric powder
2 tsp mustard seeds
1 sprig of curry leaves
1-2 green chilies (as per spice level)
1 lemon
Salt, as desired

Method

1. Boil water in a pot and cook rice noodles al dente.
2. Drain the water and set the noodles aside.
3. Meanwhile, heat oil in another pan. Add mustard seeds. Once the mustard splatters, add curry leaves and green chilies.
4. Add turmeric powder, peanuts and lemon juice. Sauté for 1 minute.
5. Take the mix off the heat and add rice noodles to it. Mix well and add salt as desired.



I make this recipe as a quick meal (usually breakfast or lunch) during this work-from-home time! Especially since my kitchen has turned into my workspace.

Salsa Verde with Avocado

Contributed by Ana Paola Garza



Clinical Research Coordinator II
Harvard Aging Brain Study



Ingredients

5 tomatillos - husks removed, rinsed and halved
1 avocado - halved, pitted and meat scooped out
1 lime - squeezed
1 white onion - chopped
1/2 cup cilantro - separate leaves
1 serrano pepper - stem removed

Method

1. Place the tomatillos in a saucepan, cover with water and boil for 5 minutes or until cooked.
2. Place the cooked tomatillos, avocado, lime juice, chile serrano, cilantro, onion and salt in a blender.
3. Puree until smooth. Serve in a bowl.



Without salsa there is no Mexican cuisine.



Ceviche de Atún

Servings: 2

You can enjoy this dish with tortilla chips and an ice-cold beer!

Ingredients

1 Ahi Tuna Steak
1/4-inch cubes (you can also use whitefish filet, shrimp, or canned tuna)
2.5 limes (juice)
1/4 red onion finely chopped
1/2 cucumber (cubed)
1 jalapeno pepper chopped
1/3 bunch of cilantro, finely chopped
1/2 avocado in cubes
1 tsp minced garlic
salt and pepper, to taste

Method

1. In a mixing bowl add onion, cucumber, jalapeño, garlic, avocado, and juice.
2. Let it sit for 5 minutes.
3. Add the tuna to the mixing bowl.
4. Add cilantro, salt and pepper to mixing bowl and mix all ingredients.
5. Cover the bowl with aluminum foil and refrigerate for 15 minutes.



This dish reminds me of my time spent on the coast of Baja California, Mexico. It is especially welcomed on a warm day!



Bruce's Homemade “Secret Recipe” Guacamole



Contributed by Bruce Rosen
Director, Athinoula A. Martinos Center

OK, everyone has their own recipe for this classic, and there are hundreds on the web. Here is my variant on the theme, which I'll modestly suggest is better than the rest.

Ingredients

2 (quite ripe) Hass avocados – *the smaller, crinkly skinned kind – don't even bother with those giant smooth skinned abominations labeled by some as “avocados”*). Should definitely be soft and yield when squeezed. If it has a bit of brown inside, just cut that out – *the riper, the better!*

Unripe = not yummy guac!

1 Red bell pepper

1 Red onion, small Or part of a big one –

they tend to be big, so you'll have some left over.

2 cloves garlic

1 lime

Soy sauce/tamari

Chinese hot (chili) oil

Fresh Cilantro (optional) - *I love this, but if you have the genetic variant that makes fresh cilantro taste like soap, skip this step! It will still be outstanding.*



Other than the lime, you really can't screw this up! If you have properly ripe avocados it pretty much will taste fantastic. Serve with your favorite chips (I like blue corn myself) and you're the star of the party! It will go very quickly!



Continued next page...

Method

1. Peel and scoop out the avocado into a medium size bowl – large enough to add more stuff and mix it around, not so large that it looks like you haven't made enough.
2. Chop into small pieces (~5mm cubes?) the red bell pepper, and about an equal volume of the red onion (might be 1/3 of a typical size onion). Take about a small handful scoop of the pepper, and about the same size scoop of the chopped onion, and put in the bowl with the avocado – remember you can add more, but its hard to get out once mixed, so titrate this to your desire for crunch in your guac (I like mine with a fair amount – your mileage may vary).
3. Cut or press the two garlic cloves into the bowl as well, and a small handful of the cilantro (scissor-cut) if you're using that (not too much – it's a strong flavor even if you like it). Now, with a big fork (or better, if you have one, a pastry cutter – the thing you use to cut butter into flour for pastry), cut up the avocado and mix it with the chopped veggies. The pastry cutter is the better tool, since it leaves bigger chunks of avocado. The key is not to blend it smooth but leave chunks of avocado – if it's very ripe, it will fall apart easily, so you need to be gentle here. Again you have some degree of freedom on how smooth you like it, but really, if you want it super smooth, just go buy it at Trader Joe's.
4. Now comes the tricky part: you want to add some soy sauce for salt, and the lime for acid. You have a bit more flexibility with the soy sauce – I've really no clue how much I add – maybe a Tbs, maybe more? Or less? But add it at a bit at a time until you like the salt level. If you're serving with salted chips, you won't need too much, but some, for sure.



TIP 1: The real “art” comes with the lime: you want to add as much fresh squeezed lime juice as you can so that you just don't taste the lime – the minute you've added enough to actually taste lime, you've added too much and need to go back to GO and start over (OK, you can still serve it, but, well, it's really not right). This is something you learn from experience. I basically add lime until I like the results with constant tasting. And if you've done this right, the guac will go well before, as a host/hostess, you get to sit down to enjoy it, so now is your chance to get some! So taste early and often!

TIP 2: Finally, the heat. You could sprinkle hot pepper flakes or use your own favorite hot sauce. I like Chinese chili oil since its all heat and not much other flavor – I don't want to hide the taste of the fresh avocado and veggies, but your call here! Add as much as you want it hot – again, this is your chance to get some before you serve it, so frequent testing is the key. OK, that's it!



Photo by Michael Datko



Ascolan Piconi with Cheese



Ingredients

Stuffing:

700 g of pecorino cheese*

10 eggs

1 lemon squeezed or grated

* if pecorino is too strong you can use parmesan

Puff Pastry:

300 g flour

70 g water

30 g white wine

65 g butter

1 egg

1 pinch of salt and sugar

Method

1. Beat the eggs, add the cheese and lemon.
2. Leave to rest without stirring.
3. Make the pastry (not very thin).
4. Fill with the mixture.
5. Close the edges well and brush with the egg.
6. Bake at 200 / 220 degrees C for 15 or 20 minutes.



*This is my Aunt Gabriella's appetizer from Le Marche,
a central region in Italy.*



Methods

{soups, stews, & sides}





{ } Boston Clam Chowder (Not Boston)

This recipe is easier for two people to make. Good for a party. Don't say I didn't warn you.

Ingredients

2 Dozen Fresh Large Clams (or 3 dozen small guys),
add oysters if you wish
 3-4 large leeks
 A mess of Fresh Ginger Root
 Fresh Tumeric Root, optional
 1 stick of Danish or Irish Butter
 4 tablespoons fresh olive oil
 4 Large Cloves Garlic (or more, depending upon how you like your
 breath)
 One large red or a Visalia onion
 1/2 Gallon coconut milk
 One can coconut milk, sweet
 32 Ounces chicken, or vegetable stock
 3-4 Ears of fresh corn
 3 Large Carrots, diced
 1 bunch fresh cilantro
*keep aside in case your consumers have the weird cilantro gene that
 makes it taste like soap*
 1 bunch fresh parsley
 1 small Jalapeno or Habanero pepper, or less, to taste
 2 Sweet red, orange or yellow peppers



*I made it up for a chowdah cookoff and I think
 it won, although with a rather small
 competitive field.*

Method

1. Dice the onion and start it sautéing in a very large pot; after it has started add the crushed garlic.
2. When the onions have sautéed to make them almost translucent add the coconut milk and broth (chicken or veggie).
3. Slice the leeks into slices approximately 2pi mm thick, add them to the pot.
4. Shave up as much ginger and numeric root as you wish and add it to the pot.
5. Add the whole stick of butter to the pot.
6. Let the whole pot simmer, don't boil it - would you like to be parboiled?
7. While this is going on, a pot of water that you have been boiling is now ready to accept the clams. Make sure you get consent first before boiling the clams, there should be a field on Epic.
8. The clams should be cooked only long enough to see them open.
9. Once the clams are open rescue them from the boiling water, and have your sous chef chop them into clam-chowder-sized pieces.
10. Add the diced carrots to the main chowdah pot.
11. Chop the peppers and add them to the chowdah pot.
12. Add the chopped clams to the chowder pot.
13. Let the thing simmer for a little. Add the parsley.
14. Add the jalapeño pepper.
15. Five minutes before you are ready to serve, add the corn that has been shaved off the ears.
16. Serve with a bowl of cilantro as a garnish for those who still like to dream.



Photo by Laura Gee

Indian Vegetarian Chili

(Rajma Masala) Instant Pot recipe



Contributed by Suma Babu

Physician Investigator and PI,
ALS Neuroimaging Group

Servings: 8

Ingredients

2 cups dried red beans – soak for at least 3 hours in warm water

2 onions

4 tomatoes

1 tablespoon of minced ginger

1 garlic bulb, minced

3 tablespoons of olive oil

2 cups water

Spices:

1 tsp Cumin seeds (or powder)

½ tsp Turmeric powder

½ tsp Red chili powder

½ tsp Paprika, scale down by half if using cayenne pepper

1 tsp Coriander powder

½ tsp garam masla powder

1 Bay leaf

1 tsp Salt, or more if preferred

Garnish:

½ cup Cilantro, finely chopped

Lemon juice (1/2 lemon)

NOTE: you can substitute 2 tablespoons of curry powder, if individual spices are not available. Garnish: Cilantro finely chopped – 0.5 cup
Lemon juice – 0.5 lemon



If you have all the right ingredients, it is a quick recipe to prepare. I put this together in the morning in a jiffy before leaving for work and program the cooker to start cooking early evening. So, my family returns home to a hot dinner waiting to be served!

Method

1. Food Prep:

- Soak red beans in warm water for at least 3 hours (or overnight, if preparing in the morning).
- Blend onions, ginger and garlic in a food processor with minimal water to form a smooth paste.
- Dice tomatoes into smaller cubes.

2. Cooking part:

- Set the Instant Pot to sauté mode, with the lid off.
- Add the oil and let it warm up for a minute.
- Add cumin seeds and bay leaf and sauté for less than a minute.
- Add the blended onion-ginger-garlic mixture and sauté up to 7 minutes.
- Saute diced tomatoes for 7 minutes.
- Add the remaining spices and salt in the list above.
- Add the soaked red beans and water. Give all the contents in the Instant Pot a quick stir and then switch the cooking mode to "chili," cover the lid, close the pressure valve and set cooking time to 30 minutes.
- Once cooked and ready to serve, garnish with cilantro and whipped cream. This is best served with cooked Basmati rice or rotis.



After the ingredients are sautéed, you can program the Instant Pot for a later cooking time. If you are using canned red beans, cooking time can be as short as 5-6 minutes. If you would like to step this recipe up a notch, you can also add dried fenugreek leaves (Kasuri Methi)(1 teaspoon) and heavy whipping cream (1 teaspoon) for garnishing.





Lentil Stew

Servings: 8

Ingredients

1 cup of lentils
3 tsp of olive oil
1/2 white onion, diced
1 garlic glove, minced
1 green bell pepper, cored, seeded and diced
3 carrots, chopped
1 can of chopped tomatoes
4 cups of water
1/4 cup cilantro, chopped
1 tsp cumin
1 tsp red pepper flakes
Salt and pepper to taste

Method

1. Heat the oil in a large pot over medium heat.
2. Add the onion, garlic, bell peppers, carrots, cumin, pepper flakes and cook until soft.
3. Add the can of tomatoes, lentils, water and cover the pot.
4. Once boiling, add the lentils and simmer, covered for 30 minutes.
5. Remove from heat and stir the cilantro. Add salt and pepper to taste.



You can add chopped spinach or collard greens at the end.

Lentil soup is enjoyed throughout Mexico. Enjoy our hearty version prepared with onions, carrots and tomatoes. It's a meal in itself or a great side dish when served in smaller portions. It keeps well in the refrigerator so you can prepare it and enjoy all week long.





Phil's Moose Stew

Servings: 6

Ingredients

About 2 pounds of meat
Potatoes
Carrots
Celery
Stew seasoning
Mushrooms
Worcestershire sauce

Method

1. In your InstantPot, set it at "Stew", add water, meat, and seasoning. Leave the lid off until after the stock starts to boil, stir gently so the InstantPot does not have a chance to burn any piece of meat that may sear to the bottom of the pot. Generally, you want enough water to cover the meat at this point.
2. Set the timer to 13 minutes. Do not "brown" the moose in a pan, just put it in the InstantPot. If you are using lamb or beef, brown the meat. Browning the meat helps the more tender meat to stay together, which is not what you want with moose.
3. After the timer has ended, vent the InstantPot and add the potatoes and mushrooms. Put the lid back on and set the timer to 17 minutes. Some people "don't like mushrooms." They are wrong. If needed, add water at this point.
4. After the timer has ended, vent the InstantPot and add the carrots. Put the lid back on and set the timer to 5 minutes.
5. After the timer has ended, vent the InstantPot and add the celery and 1 or 2 tablespoons of Worcestershire sauce. Put the lid back on, change the setting to "Keep Warm," and set the timer to 10 minutes.
6. After the timer has ended, eat the stew. I like to add pepper at this point, have a side of bread, and typically a glass of Cabernet Sauvignon. If that's not a wine you like, go with Merlot or Malbec. Adjust cooking times or size of the pieces of food to your desired level of texture.



This recipe will work with any game meat, it doesn't need to be moose. I also included how to alter this for lamb or beef. The issue with moose, or any other game, is that they are never fed grain and they run. This means that the meat is much leaner and if prepared wrong, it can be tough.

I can cook a great steak out of game meat, but here we just go over how I make stew. The issue I have with most stew is that it is a big bowl of mush. There is no texture difference between a potato, carrot, or celery. It's all mush. This recipe fixes this issue. Remember to cut up all of a single ingredient into bite sized pieces and do your best to make the pieces the same size so they all cook the same.

Photo by John Earle





Contributed by Paige Sparks
Senior Research Coordinator, Sperling Lab

Servings: 2

Grapefruit and Avocado Salad with Lemon Honey Dressing

Ingredients

Salad:

Bibb/Boston/Butter lettuce leaves

1 grapefruit, peeled, sectioned, membranes removed

1 ripe avocado, peeled and sliced lengthwise

Crumbled blue cheese

Dressing:

Juice of 3 lemons

1/2 cup light olive oil or safflower oil

1/4 cup honey

2 tablespoons white wine vinegar

1 teaspoon salt

1 teaspoon pepper

We always use safflower oil for the dressing, and the dressing makes more than needed, so it can be kept for a while!

Method

1. Blend dressing ingredients well (ideally in a blender or food processor, but a whisk would work!)
2. Create a bed of lettuce leaves and top with grapefruit, avocado, and bleu cheese.
3. Drizzle on dressing



This is a recipe my family always enjoys in the summertime. This recipe is from a cookbook that was created by a group my mother was in when she was early in her career.

Roasted Brussels Sprouts with Garlic, Red Pepper Flakes, and Parmesan



Contributed by Lisa Shin

Servings: 6-8

Ingredients

2 1/4 pounds Brussels sprouts, trimmed and halved

6 tablespoons olive oil

1 tablespoon water

Salt and pepper

2 garlic cloves, minced

1/2 teaspoon red pepper flakes

1/4 cup grated Parmesan cheese

Method

1. Adjust oven rack to upper-middle position and heat oven to 500 degrees. Toss Brussels sprouts, 3 tablespoons oil, water, 3/4 teaspoon salt, and 1/4 teaspoon pepper in large bowl until sprouts are coated. Transfer sprouts to rimmed baking sheet and arrange so cut sides are facing down. Cover sheet tightly with aluminum foil and roast for 10 minutes.
2. Heat remaining 3 tablespoons of oil in 8-inch skillet over medium heat until shimmering. Add garlic and red pepper flakes; cook until garlic is golden and fragrant, about 1 minute. Remove from heat.
3. Remove foil and continue to cook until Brussels sprouts are well browned and tender, 10 to 12 minutes. Transfer to serving platter, toss with garlic oil, and season with salt and pepper to taste. Sprinkle with Parmesan and serve.



I don't even like Brussels sprouts much, but they're good when cooked this way.



Contributed by Enmanuelle Pardilla-Delgado

Postdoctoral Research Fellow

Multicultural Alzheimer's Prevention Program (MAPP)

Tostones a lo Puerto Rico (double-fried plantain side dish)

Servings: 6

This is a classic Puerto Rican side dish (and other Caribbean countries as well). It brings joy. It works as a snack too, although everything does if you put your mind to it!



Me with my Puerto Rican grandparents in 2019. My grandma has taught me a lot of what I know of my Puerto Rican cooking, not so much by actual instruction, but by example in the many years we lived with them as kids. This includes how to make the perfect tostones.

Ingredients

Oil for frying (canola or vegetable work great; quantity depends on whether you deep fry or skillet fry)

1 green plantain

3 cups cold water

Adobo (or salt if you want to keep it simple) to taste

Method

1. Peel the plantain and cut it into 1-inch chunks.
TIP: Play with the size, a smaller size will yield thinner tostones which are crispier, a bigger size will yield more chewiness, although all this will also depend on how much you flatten them (see step 3).
2. Heat the oil in a large skillet (medium-high temperature). Place the plantains in the oil and fry on both sides for approximately 3½ minutes per side. You can also use a pot and more oil and deep fry them. The skillet method is less messy and it gives you more control.
3. Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down. I recommend using two cutting boards, or, at the very least, putting the plantain on a cutting board and flattening with a plate.
4. The original recipe said to dip the flattened plantains in water and then fry, but I recommend preparing a mixture of water + adobo and leaving the plantains to soak for at least 20 minutes. Take them out and dry them with paper towels. At this point, you can take them out, dry them, and store them in the freezer for a while.
5. Bring oil to medium-high heat, place plantains on oil and fry 1 minute on each side. Let cool for 1 minute before serving. Depending on how salty you like your side dishes, you can salt them a bit or not (I'd leave this choice to the consumer).

TIP: Make mayo-ketchup dip, it's the perfect partner for the tostones. It's a mixture of mayo, ketchup, and a bit of garlic. Ideally, it's fresh minced garlic but garlic powder will do if in a rush. Experiment with the ratio of mayo/ketchup/garlic. Should be a nice, beautiful, orangey-pink color.

NOTE: Remember the mayo-ketchup! Make it yourself: don't buy the pre-made one. On a more technical note: I prefer my tostones thin and super crispy, but some people don't. Experiment with size of chunk, with flattening technique, with soaking time, with heat (although not so much). Lastly, don't use bananas for this: that's a whole other monster!



Mom's Potato Casserole

Ingredients

2 lbs frozen hash browns
10.75 oz of cream of chicken soup
8 oz tub of sour cream
8 oz cheddar cheese, shredded
1 cup onions, chopped
Corn flakes

Method

1. Mix all ingredients (except Corn Flakes) together in a large bowl, then put in a 9 x 13" baking pan.
2. Sprinkle with crushed Corn Flakes.
3. Bake 350 F for 1 hour. Enjoy!



Mom's Potato Casserole goes particularly well with ham!



This recipe is so simple! My mom makes it every Christmas. When such effort goes into the many components of a holiday meal, it's nice to have a simple dish that never fails! I hope you enjoy it as much as the Gee's do.



The Gee's, Christmas 1979



Photo by Laura Gee



Vegan Lemon Rice Vermicelli (Lemon Sevai)

Ingredients

125 grams Rice Noodles (Vermicelli)
handful of peanuts (Roasted/unroasted)
2-3 tsp oil (any kind)
1 tsp turmeric powder
2 tsp mustard seeds
1 sprig of curry leaves
1-2 green chilies (as per spice level)
1 lemon
Salt, as desired

Method

1. Boil water in a pot and cook rice noodles al dente.
2. Drain the water and set the noodles aside.
3. Meanwhile, heat oil in another pan. Add mustard seeds. Once the mustard splatters, add curry leaves and green chilies.
4. Add turmeric powder, peanuts and lemon juice. Sauté for 1 minute.
5. Take the mix off the heat and add rice noodles to it. Mix well and add salt as desired.



I make this recipe as a quick meal (usually breakfast or lunch) during this work from home time! Especially since my kitchen has turned into my workspace.

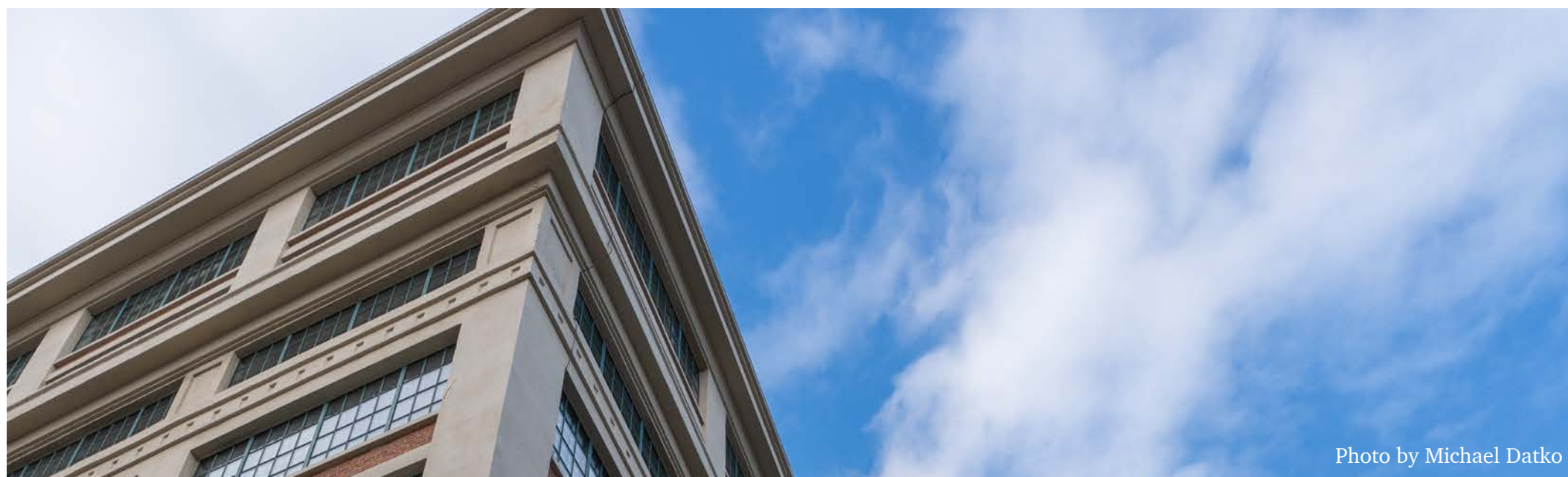


Photo by Michael Datko

Results

{main dishes}



Ragù (Italian Meat Sauce)

Contributed by Marco Loggia



Associate Professor of Radiology, Harvard Medical School
Director, Pain and Neuroinflammation Imaging Laboratory
Associate Director, Center for Integrative Pain Neuroimaging

Servings: 12

Ragù goes wonderfully well with any kinds of pasta (including lasagne), but my favorite pairing is with tagliatelle.

Ingredients

1 onion
2 carrots
2 celery stalks
2 tbsp olive oil
2 tbsp butter
2 lbs ground beef (not leaner than 85% if possible)
1 cup white wine
2 tbsp tomato paste
2 cups crushed tomatoes
2-3 cups of vegetable broth
salt and pepper to taste

Method

1. Finely chop onion, carrots and celery.
2. In a saucepan, heat oil and butter over medium-to-high.
3. When the butter starts bubbling, toss in the chopped vegetables. Sauté for ~5 mins, until the onions become translucent.
4. Put the ground beef into the saucepan with the veggies. Mix well so that the beef breaks up and the veggies are well incorporated. Cook for about 10 mins, until all beef is cooked, and the juices it released have evaporated.
5. Add the wine and cook until it evaporates (~3 mins).
6. Add tomato paste, the crushed tomatoes and the broth.
7. When the sauce starts bubbling, lower the heat to low-to-medium, and let cook for at least 1 hour, but the more the better (up to 4 hours).
8. During this last phase, taste, adjust for salt and pepper and, if need be, add some water or broth if the sauce is getting too dry.



The original recipe calls for a cup of whole milk to be added at the end, but I usually leave that out. Can be stored in the fridge for a few days, and in the freezer for several weeks.



This is, in my mind, the ultimate Italian comfort food and reminds me of my childhood. In these times of social isolation and travel limitation, cooking and eating this kind of food makes me feel a little closer to my family back in Milan.



Contributed by Lucia-Maria Vaina

Professor, Boston University, Biomedical Engineering & Graduate Program in Neuroscience
 Co-director, Neurology of Vision Laboratory. Neurology Department, MGH &
 MEG Center, Martinos Center for Biomedical imaging (Research Scientist)



Servings: 4

Peposo alla Fornacina



Ingredients

- 1 ½ pounds of beef trimmed of fat (typically used for stew) cut into 2-inch cubes
 - 1 bottle of Chianti (Important: use good wine)
 - 4 cloves of garlic (don't peel them)
 - Fresh Rosemary, Sage, and 1 Bay Leaf
 - 20 Black peppercorns
 - Salt as you like it; can also add extra pepper if you like
- Note:** no oil, or anything fat is added.

Method

1. In a large pan (preferably a terracotta pan, or a heavy pan) put the pieces of meat, the herbs, salt, garlic, and the wine (all at once), cover the pan and let the meat cook very slowly (3-4 hours) on moderate heat until it is soft.
2. **TIP:** Eat the peposo with good bread, polenta, or pasta such as “maltagliati a mano.” It is a delicious dish and very easy to make.



A photograph of Peposo served with pasta at the Trattoria dell'Orto, in Florence, Italy on my birthday.

A bit of history of the peposo alla fornacina: a typical and very simple medieval Tuscan dish, from Impruneta, a town situated in the hills around Florence and famous for vibrant red terracotta produced there by the “fornacini” (kiln workers). This is why the name of this dish is “peposo alla fornacina,” or “peposo of Impruneta.”

In 1420 Brunelleschi was named the provveditore (superintendent) of the cupola project for the Santa Maria del Fiore in Firenze. One of the materials used was the terracotta from Impruneta. The story goes that, during the construction of the famous “cupola” in Firenze, while the fornacini (kiln workers) were firing the terracotta for very long hours, they prepared for themselves the “peposo” inside the kiln, close to its opening. The legend says that Brunelleschi visited Impruneta to supervise the firing of the tiles that were produced for the Cathedral's outer cupola. On one of his visits he noted the large pot inside the kiln, which the fornacini prepared for themselves. The legend says that Brunellesch fell in love with this dish, which in addition to its amazing good taste, the ease of preparation and its low cost made famous.



Contributed by Lucia-Maria Vaina

Professor, Boston University, Biomedical Engineering & Graduate Program in Neuroscience
 Co-director, Neurology of Vision Laboratory. Neurology Department, MGH &
 MEG Center, Martinos Center for Biomedical imaging (Research Scientist)

Salsa Strombolana

Ingredients

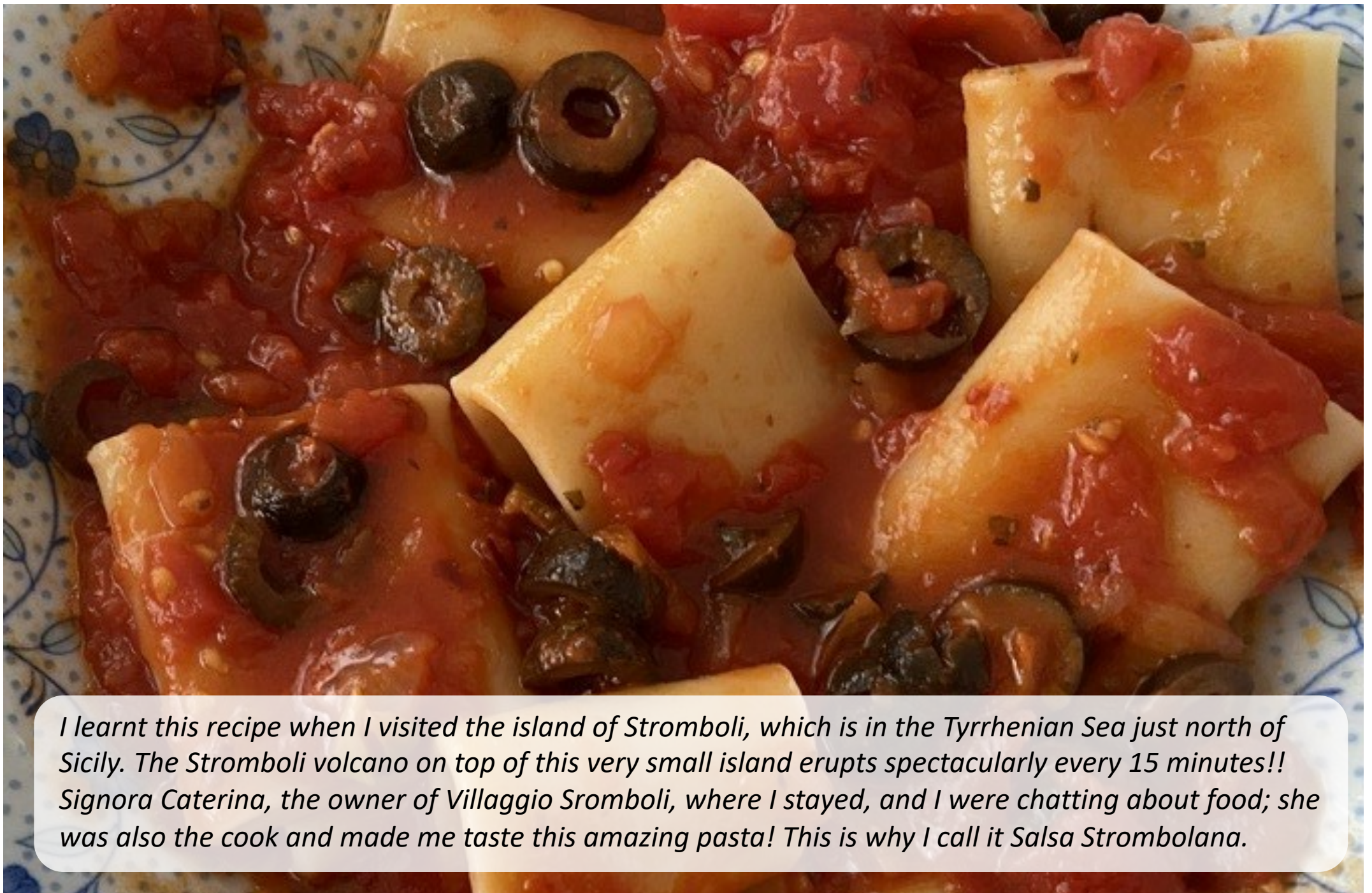
12-ounce can of Italian whole peeled tomatoes
 5 ounces canned sliced black olives
 1 medium yellow onion
 1 clove of garlic
 Pepperoncino (chili pepper flakes; as much as you like)
 Capers under salt (about 15-20 capers if they are large)
 Oregano (dry; flakes; as much as you like)
 Pasta (e.g. penne)
 Olive oil



Servings: 4

Method

1. Chop the onions and sauté them in olive oil, add a clove of garlic, the sliced olives, capers under salt (rinse them well, so the salt goes away), and pepperoncino.
2. After about 10 minutes, add the tomatoes (canned whole peeled) and oregano (usually I use the dry oregano). And salt if you like (it is usually not needed). Cook everything together for about 20 minutes.
3. Boil the pasta (short thick pasta that absorbs the sauce is better). Remember to use coarse salt for the pasta water and add it when the water boils.



I learnt this recipe when I visited the island of Stromboli, which is in the Tyrrhenian Sea just north of Sicily. The Stromboli volcano on top of this very small island erupts spectacularly every 15 minutes!! Signora Caterina, the owner of Villaggio Sromboli, where I stayed, and I were chatting about food; she was also the cook and made me taste this amazing pasta! This is why I call it Salsa Strombolana.



Contributed by Daniel Chonde

Radiology Resident, Catana Lab

Servings: 6

Adult “SpaghettiOs”

Recipe originally from Bon Appetit

Ingredients

2 28-ounce cans whole peeled tomatoes
 ¼ cup panko (Japanese breadcrumbs)
 1 tablespoon coarsely grated Parmesan, plus more for serving
 ½ teaspoon dried oregano
 ¼ teaspoon garlic powder
 ¼ teaspoon crushed red pepper flakes, plus more
 Kosher salt
 1 large egg, beaten to blend
 5 tablespoons heavy cream
 1 lb ground beef chuck (20% fat)
 2 tablespoons olive oil
 ½ medium onion, finely chopped
 1 large garlic clove, finely grated
 Freshly ground black pepper
 2 tablespoons tomato paste
 2 teaspoons sweet paprika
 1 tablespoon sugar
 4 large sprigs basil
 12 ounces anelletti, ditalini, or other short tubular pasta



Method

1. Purée tomatoes in a food processor until mostly smooth; there should still be some dime-sized pieces remaining. Set aside.
2. Whisk panko, cheese, oregano, garlic powder, ¼ tsp. red pepper flakes, and 1½ tsp. salt in a medium bowl. Whisk in egg and cream. Add beef and mix with your hands until just combined, being careful not to overwork (if packed too firmly, meatballs will be dense). Form into 1"-diameter balls (you should have about 24); transfer to a plate.
3. Heat oil in a large skillet, preferably cast iron, over medium-high. Cook meatballs, turning occasionally, until lightly browned on all sides but not fully cooked through, about 5 minutes. Transfer to another plate.
4. Cook onion and garlic in same skillet, stirring occasionally, until onion is translucent and begins to soften, about 5 minutes; season with salt and pepper. Add tomato paste and cook until brick red, about 1 minute. Add paprika and a pinch of red pepper flakes and cook until fragrant, about 1 minute. Add sugar, basil, and reserved tomato purée. Reduce heat and simmer until sauce is slightly reduced and flavors have melded, about 20 minutes. Add meatballs and any accumulated juices; continue to cook until meatballs are cooked through, 5–10 minutes.
5. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain and return to pasta pot. Pour sauce and meatballs over pasta and stir to combine. Transfer to a platter and top with cheese.



The adult spaghettiOs is one of the only things I can get my 2-year-old to eat which I can enjoy as well.

Beef Bourguignon

Contributed by Bastien Guérin

Assistant Professor in Radiology
Physics and Instrumentation Group

Servings: 4-5



Ingredients

2 lbs of lean beef, for example flank steak or steak tips

Kosher salt

Pepper

1 large onion

Thyme

Cardamom

1/2 bottle of full body red wine (Rioja or Bordeaux, you can find some good bottles for ~\$10. No need to use a very fine wine since the wine will be cooked, but also don't go for a really bad one as the sauce will not be good otherwise!)

1 lb of potatoes*

1 lb of carrots*

*The total quantity of vegetables should be similar to the weight of the meat.

There is a similar recipe with oxtail instead of beef and no potatoes, but otherwise the same style of cooking (result should look similar)!

Method

1. Cut the beef in medium-size squares (roughly 1"x1"x1"). Season (salt and pepper) and pan fry on high (you can use some high flash point oil, e.g., grape seed, or cooking spray such as PAM). Do this for 5-7 minutes and turn the beef pieces 3-4 times. The point here is not to cook through but to brown the meat.
2. Deglaze with red wine. This simply means add the red wine to the hot pan. Reduce at medium heat for ~5 minutes. The alcohol should completely evaporate (you can tell by sniffing the steam, when the alcohol is gone the smell should not be stingy anymore).
3. Add meat + red wine in pressure cooker with the chopped onion and thyme. I use an Instant Pot, which is a ridiculously awesome tool. Pressure cook for 20 minutes. If you don't have a pressure cooker, then put in large pot, cover the pot to prevent evaporation and cook on low heat for 90-120 minutes.
4. Chop the vegetables in ~1" cubes. When the meat is cooked, add the veggies to the mixture and keep pressure cooking for ~2 minutes (if you are cooking in pot, cook for ~10 minutes).
5. Don't add water to make more sauce, since we cooked covered there was no evaporation and the amount of sauce should be adequate.



This recipe is the essence of French cuisine, it reminds me of a Sunday at my grandparent's. It's actually relatively low calories because there is no added fat and the beef is lean.



Cast Iron Skillet Rib-eye

Contributed by William Shaw



Executive Director
Athinoula A. Martinos Center

Ingredients

Rib-eye Steaks (1/person; 1"-1.25" thick)
Garlic Salt (to taste)
Salt (to taste)
Pepper (to taste)
Butter (2 tablespoons)
Optional: Onions (1/2 yellow Vidalia onion/steak)

Method

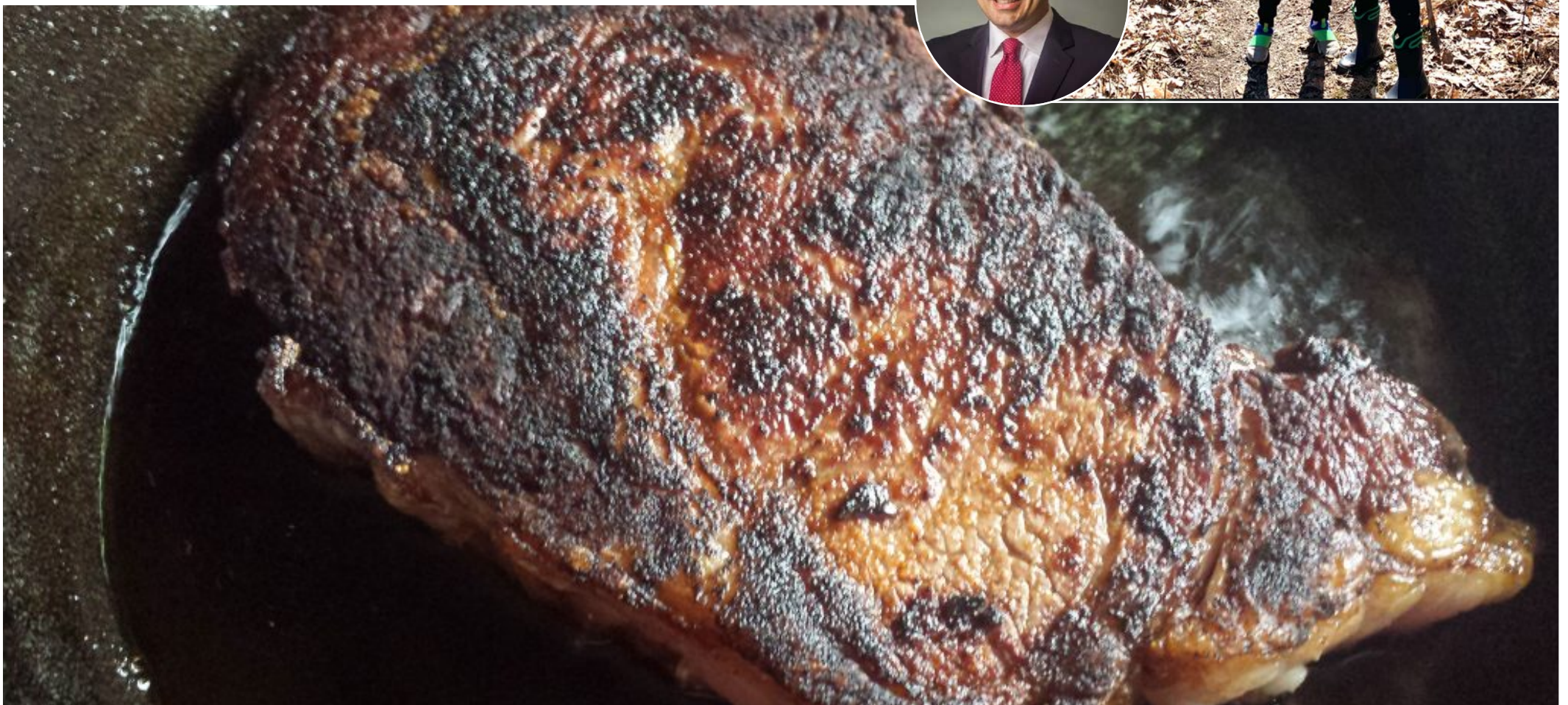
1. Heat cast iron skillet over high flame. Melt butter.
2. Place rib-eye in skillet Cook to desired temperature.
Note: for an average size cut (about 1" thick) cook three to five minutes on the first side and two to four minutes after flipping.



IMPORTANT: let rest for at least five minutes after removing from skillet.



My sons both really enjoy steak and actually will sit down long enough to have dinner together as a family. Keep it simple with just garlic salt or salt and pepper; also excellent with sautéed onions.





Kaddo Bourani

Servings: 8

Ingredients

For the pumpkin:

2 Sugar Pie pumpkins, each about 3 pounds
 ¼ cup + 2 T corn oil

3 C sugar

For the Yogurt Sauce:

2 C plain yogurt

2 garlic cloves, minced

1 tsp dried mint

½ tsp salt

For the Meat Sauce:

¼ C corn oil

1 large onion, finely diced

1 ½ lbs ground beef

1 large tomato, seeded and finely chopped

2 large garlic cloves, minced

1 ¼ tsp ground coriander

1 ½ tsp salt

1 tsp freshly ground pepper

½ tsp ground turmeric

2 tbsp tomato paste

1 1/3 C water

Method

1. Preheat oven to 300°F.
2. Cut pumpkins in half and scrape out the insides (seeds + stringy bits). Cut each half into 3-4 inch pieces. Using a peeler, remove the rind. Place the pumpkin slices hollow side up in a single layer in a baking dish and cover with the oil. Pour the sugar on top (yes, all three cups!). Cover the pan with foil and bake for about 3 hours and 15 minutes (or until the pumpkin has caramelized into a deep, orange color). Note: after 2 1/2 hours into baking, baste the pumpkin pieces with the juices below and then continue baking for another 45 minutes or so.
3. While the pumpkin is baking, prepare the yogurt and meat sauce. For the yogurt sauce, combine all the ingredients and keep refrigerated until ready to use.
4. For the meat sauce, sauté onions over medium high heat in a heavy bottomed skillet until golden brown (about 18 minutes). Add beef and sauté, breaking up the pieces until the meat is no longer pink (5 minutes). Add remaining ingredients (except tomato paste and water). Blend in tomato paste. Add water and bring to a boil over high heat. Cover, reduce, and simmer for 15 minutes.
5. To serve, place the pumpkin on the bottom. Add yogurt sauce and then top with meat sauce. Serve!



*Hands down the best thing you
will ever eat!*



Source: <https://tinyurbankitchen.com/>

Lahm Bi Ajeen

(Meat in Pastry)



Contributed by Zeynab Alshelh
Postdoctoral Research Fellow, Loggia Lab

Servings: 20



Ingredients

½ kg minced beef or lamb
 1 large onion
 1 bunch parsley (washed and chopped)
 ½ bunch fresh mint (washed and chopped)
 1 tbsp apple cider vinegar
 ¼ cup pomegranate molasses
 2 tbsp tahina
 Pinch of: Black pepper, Paprika, Ground cumin, Ground cinnamon,
 Grated nutmeg, Ground coriander, Ground cloves, Ground cardamom,
 Salt (I like to use all these spices, but you can add or remove as you
 like)
 3-4 sheets puff pastry



This recipe has been in my family for generations. I like to make it to feel closer to family.

Method

1. Fry meat on an oiled pan (I use olive oil) until cooked well and broken into small pieces.
2. Add onion and continue to cook until onions are clear.
3. Add all the liquid ingredients and adjust for taste.
4. Add spices and adjust for taste again.
5. Cook until reduced (make sure it doesn't dry out too much).
6. Turn off heat and stir in the parsley and mint until combined.
7. Preheat oven according to pastry package instructions (usually ~400° F).
8. Cut pastry into rectangular pieces, add the mixture in the middle and roll up (most people just put the meat on top of the pastry and bake it open, but I like to make rolls so it's easier to freeze).
9. Place on baking sheet and bake until golden.



Cooked, this can stay in the fridge for a week. But I like to make a big batch, roll them up in the pastry and freeze them. When you're ready to bake them, take them out and let them defrost before baking.

Bubbie's Sweet & Sour Meatballs



Contributed by Lisa Barrett

Director, Interdisciplinary Affective Science Laboratory
University Distinguished Professor, Northeastern University
Research Neuroscientist, Martinos Center for Biomedical Imaging

Ingredients

For meatballs:

1 cooking onion (sauteed)

1 lb hamburger

½ lb lamb

½ lb veal

2 eggs

½ cup ketchup

2 tsp garlic powder

2 pieces of bread

1 tsp baking powder

1 tsp dried oregano

For sauce:

1.5 cups dark raisins

½ cup sugar

chicken broth (approx 3-4 cups)

juice of 2-3 lemons

3 tsp kosher salt

Method

1. Chop onions, sprinkle with 1 tsp salt and sauté until translucent and just turning pale golden.
2. Combine bread, ketchup, egg; mash bread. Add onions, garlic powder, 2 tsp salt, pepper, oregano, baking powder, and ground meat. Mix and make into small meatballs.
3. Brown meatballs (do not crowd) 3 min on each side. Do in batches if necessary.
4. Place all meatballs back in the pot, add raisins, cover with stock (just until meatballs are covered) and braise for one hour. Simmer. Do not boil.
5. Add lemon juice and sugar and simmer for 20 min.
6. Taste for salt and pepper. Serve with rice.

Turkish Lamb Pasta

Contributed by Christian Farrar



Assistant Professor of Radiology
Principal Investigator, Farrar Lab

Servings: 6

Ingredients

1 large eggplant, cut in 1/2-inch cubes

5 Tbsp. extra virgin olive oil

1/2 tsp. kosher or coarse sea salt, more to taste

3 garlic cloves, minced

1 large shallot, minced

1 lbs. ground lamb

1/4 tsp red pepper flakes

Freshly ground black pepper, to taste

1 1/2 Tbsp. chopped fresh dill, more to taste

1/2 lb. pound bowtie pasta

2-4 Tbsp. butter, to taste

1 cup plain Greek yogurt

Method

1. Preheat oven to 500 degrees. Bring pot of water to boil for pasta.
2. Toss eggplant with 4 Tbsp. olive oil and a large pinch of salt. Spread on a baking sheet (use parchment paper for less cleanup), making sure there is room between pieces, and roast in oven until crisp and brown, 15-20 minutes.
3. In a large skillet, heat remaining Tbsp. olive oil. Add 2 minced garlic cloves and the shallot and sauté until fragrant, 1-2 minutes. Add lamb, 1/2 tsp. salt, red pepper flakes and black pepper to taste. Sauté until lamb is no longer pink, about 5 minutes. Stir in dill and cook for another 2 minutes. Stir eggplant into lamb. Taste and adjust seasonings.
4. Cook pasta according to package directions. Meanwhile, in a small saucepan, melt 2-4 Tbsp. butter (the amount is to your taste). Let cook until it turns golden brown and smells nutty, about 5 minutes. In small bowl, stir together yogurt, remaining garlic and a pinch of salt.
5. Drain pasta and spread on a serving platter. Top with lamb-eggplant mixture. Pour melted butter over top and serve immediately.
6. Top with yogurt sauce and sprinkle on additional red pepper and dill to taste.



After cooking lamb you can drain off excess grease and return lamb to pan before adding eggplant and dill.



Lamb/Mutton Saag

Servings: 2

Ingredients

400 grams goat mutton (or lamb)
Spinach (1/2 a pack to 1 pack depending on how much sauce you want)
Onions
3-4 cloves of garlic
3-4 bird's eye chilies (this is important to get that kick!)
3 teaspoon fresh ginger paste
Butter and raisins, optional



The raisins in the rice nicely complement the spicy mutton. Indian cuisine does not always need a complicated mix of spices. The fresh ginger and green chilies give this recipe the spicy kick. Adjust it to your taste.

Method

1. Blanch the spinach and puree in a mixer with garlic and chilies.
2. Heat oil in a pressure cooker. Once the oil is hot, add onions and let it brown. Add the ginger paste and cook for a bit.
3. Add the mutton or lamb and cook for a couple of minutes.
4. Add the puree in step 1 to the cooker.
5. Season with salt and close the lid of the pressure cooker.
6. Once the pressure cooker reaches full pressure, cook for around 20-25 minutes. Leave for 10-15 min to cool and lower pressure.
7. Next, take basmati rice, wash it thoroughly, then take rice and water in the ratio 2:3 and add a tablespoon of butter and handful of raisins. Close the lid and bring the water to a boil. Then reduce heat to low and cook until all the water is absorbed. Let it rest for 5 min before opening lid.
8. Serve the lamb saag with rice. Enjoy!



If you don't have a pressure cooker, you can cook it in a pot. It could take forever (approx. 3 hours) but might end up tasting better



Chicken Recipe



Contributed by Lisa Barrett

Director, Interdisciplinary Affective Science Laboratory
University Distinguished Professor, Northeastern University
Research Neuroscientist, Martinos Center for Biomedical Imaging

Ingredients

For marinade:

- 1/3 cup anise-flavored liqueur (Pernod, Sambuca, Ouzo or Arak)
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 2 tablespoons grainy mustard
- 3 tablespoons light brown sugar
- 1/2 tablespoon kosher salt (delete this if using Kosher chicken)
- 1/2-1 teaspoon freshly ground black pepper

For roasting:

- 3-pound chicken divided into 8 pieces (we prefer pastured birds)
- 2 medium fennel bulbs, trimmed, cut in half lengthwise and then again into quarters (16 pieces total)
- 4 clementines, unpeeled, sliced horizontally into 1/4-inch wheels (you can use more if you like)
- 1 tablespoon fresh thyme leaves
- 2 teaspoons fennel seeds, lightly crushed
- Chopped fresh parsley for garnish

Method

1. In a large mixing bowl, whisk together liqueur, olive oil, orange and lemon juice, mustard, brown sugar, salt and pepper.
2. Add chicken, fennel, clementine slices, thyme and fennel seed. Mix. Cover and marinate in fridge, ideally overnight (but 2-3 hours will do).
3. Preheat oven to 475 degrees. Get rice started.
4. Transfer all ingredients, including marinade, into a large roasting pan. Chicken should be skin side up. Place in oven and roast until skin is browned and chicken is cooked through, about 45 minutes.
5. Remove from oven; lift chicken, fennel and clementines from pan and arrange on the serving plate. Cover with foil to keep warm.
6. Put remaining cooking liquid into a small saucepan; bring to a boil over medium-high heat, and then simmer for about 5 minutes until sauce is reduced.
7. Remove foil from platter and top with heated sauce. Garnish with parsley and serve.



This recipe comes from Yotam Ottolenghi's "Jerusalem: A Cookbook" but we make it all the time and it is super easy. We even served it at a dinner party. I recommend to serve it over jasmine rice.

Peach Glazed Chicken

Contributed by Rachel Marcus



Clinical Research Coordinator
Jacob Hooker Lab

Servings: 4

Ingredients

- 4 (roughly 1 lb) boneless, skinless chicken breasts
- 2 1/2 tablespoons of olive oil
- 1/2 teaspoon of fresh minced rosemary
- 1/3 cup of brown sugar
- 2 tablespoons of apple cider vinegar
- 2 teaspoons of Dijon mustard
- 3 medium peaches pitted and chopped
- 1/2 teaspoon of salt (divided)
- 1/4 teaspoon of pepper

Method

1. Heat a large skillet over medium-high heat.
2. Add 1 tablespoon of the oil to the pan and swirl it around to coat.
3. Sprinkle chicken with 1/4 teaspoon salt and pepper.
4. Add chicken to the pan and cook for about 7 minutes per side, or until cooked through and golden brown. Remove chicken from skillet and set aside on a plate. Cover with foil to keep warm.
5. Do not clean out the skillet but add another 1 1/2 teaspoons oil.
6. Add rosemary; cook for 1 minute or until lightly golden, scraping up the bits from the bottom of the skillet as you stir.
7. Add brown sugar, apple cider vinegar, mustard, 1/4 teaspoon salt, and peaches; cook 12 minutes or until peaches are softened.
8. Return chicken to the skillet and heat just until warm, spooning sauce over the meat.
9. Serve and enjoy!



This is a wonderful, easy dinner for the summer, and is great as leftovers for those who like to meal prep!



Pasta alle Opzioni

(pasta al pesto e pomodoro ~ pollo e verdura opzionali)

Servings 8-12

This dish is so simple to prepare and is delicious both hot or cold. Great for gatherings and easily adjusted for your "audience"! You can make everything from scratch but if you pick up the ingredients at the store and toss it all together, it will feel like a small wonder for such little effort and time!

Ingredients

- 1 pound of your favorite pasta
- 2-3 cups of your favorite tomato sauce (from a jar or your favorite recipe)
- 1 container of your favorite pesto (a favorite brand or your favorite recipe)

Opzioni: your favorite type of chicken (for example, roasted, seared or milanese) and/or la verdura (e.g., mushrooms, peppers and/or onions sautéed in garlic), parmesan or mozzarella cheese



Pasta alle opzioni allows you to create your own favorite version – you can also try vegan or with eggplant or zucchini ... and you can always skip the carbs!

Method

1. Prepare pasta, drain, add a touch of butter or extra virgin olive oil.
2. Heat tomato sauce and pesto together ... serve over pasta.
3. For opzioni, toss in pollo e la verdura: I suggest to prepare chicken first (for example, chicken tenders or roasted chicken), if you add la verdura, I suggest sautéed peppers and onions and/or mushrooms (could simply use a jar of roasted red peppers), then add chicken and stir, then add the tomato sauce and pesto and serve over pasta. You can also toss it all together and heat on low for a little while and serve.
4. Serve topped with freshly grated parmesan ... and maybe prepare some garlic bread!
5. You can also toss everything together and bake with mozzarella until melted (at ~350)...
Buon appetito!



Dreamt up one day for a gathering and to my surprise just about everyone loved it... doubling the recipe is more than enough for parties and gatherings of over ten people! Very nice to share!

Chongqing Noodles (Xiǎo Miàn)



Contributed by Shasha Li
Instructor

Servings: 1 bowl

The Chinese name for Chongqing noodles is Xiǎo Miàn, literally meaning “small noodles,” the signature street food of the city which pushes spicy & numbing sensation to its extreme.

Ingredients

Egg topping:

1 tbsp olive oil

1 large egg

Noodles & vegetable:

200 g (7 oz) dried wheat-flour noodles

1 handful leafy green, e.g., water spinach, lettuce, etc.

Broth:

300 ml chicken/beef/vegetable stock*

2 tbsp light soy sauce

1 tbsp Chinese chili oil

1/2 tsp ground Sichuan pepper

1 tsp minced garlic

1 tsp minced ginger

1/2 tsp sesame oil

1 pinch sugar

*1 ¼ cups Kirkland Signature Organic Chicken Stock works perfectly!

Garnish:

1 tbsp finely chopped scallion

Method

1. Cook the sunny-side-up egg topping.
 - i. Heat the oil in a medium nonstick skillet over low heat until slightly shimmering, ~3 minutes.
 - ii. Crack an egg into a small ramekin and slowly add it to the skillet; cook uninterrupted, until the white is completely set but the yolk is still runny, 2 to 2 1/2 minutes.
 - iii. Slide the egg out of the skillet onto a plate. Season with fine salt and pepper.
2. Boil the noodles & vegetable.
 - i. Bring 4-6 quarts of water to a boil. Add noodles to boiling water, boiling for 10 minutes, stirring occasionally. For more tender noodles, boil additional minutes.
 - ii. Add the vegetable for a quick blanch then drain well with the noodles.
3. Prepare the broth.
 - i. While waiting for the noodles, heat up the chicken stock.
 - ii. Mix all the other ingredients for the soup then pour an equal portion into the serving bowl.
4. Assemble the dish.
 - i. Place the noodles and the vegetable in a bowl.
 - ii. Add the stock. Top with the sunny-side-up egg.
 - iii. Sprinkle scallion.



Noodles, Chinese Chili oil and Sichuan pepper are available in Chinese/Asian shops. Spaghetti or angel hair work fine too!

Can also sprinkle 1 tbsp roasted, crushed peanuts/cashews for the garnish.

You can use either minced pork or minced beef to cook tasty meat topping but the sunny-side-up egg is my favorite.



Every time when I'm home very late, a fiercely spicy Xiǎo Miàn makes my day.



Mom's Pizza Recipe

Contributed by Ikbal Sencan



Instructor, Radiology
Sakadzic Lab, Optics Group

Servings: 4-6

Ingredients

Dough:

3 cups of flour
1 tablespoon yeast
1.5 teaspoon salt
1 pinch sugar

Sauce:

2 tablespoon of tomato paste
2 tablespoon of olive oil
1/4 cup of water
Select herbs: oregano, basil, mint

Shredded mozzarella and toppings of choice: Sliced mushrooms, tomato, olives, pineapple, peppers, feta cheese crumbles, and small chunks of meat, etc.

Method

1. Dissolve the yeast and sugar in a cup of lukewarm water, let it sit for 10-15 min until it becomes foamy.
2. Put the flour into a large bowl or make a pile on your kitchen counter and make a crater in the middle.
3. Pour the yeast mix into the crater.
4. Add salt to the flour, avoiding yeast mix in the center.
5. Starting from the center, form a dough, slowly adding water as you knead. The dough should be tacky when done.
6. Sprinkle some flour over the dough and cover it with a clean kitchen towel. Let the dough rest for 20 mins.
7. Preheat oven to 450 F.
8. Prepare the sauce by simply mixing all the sauce ingredients.
9. Grease the tray and sprinkle some flour on.
10. Spread the dough on the tray and spread the sauce evenly.
11. Add shredded mozzarella and toppings of your choice.
12. Bake for 15 mins. Enjoy!

Credits - Prep: Abbas Sencan (dad), Cook: Nahide Sencan (mom), Photographer: Egilmez (spouse)



My parents came visiting us from Turkey after several years and stayed stranded here during the COVID19 crisis. They became the silver lining of our quarantine time. We cook this recipe together and have much fun doing so.



Contributed by Ju Qiao
Postdoctoral Research Fellow
Jeff Zhang's group

Qīngzhēng Yú (Chinese Steamed Fish)

Ingredients

- 1 fresh whole fish (~1 pound), sea bass or red snapper
- 4 scallions
- 1 oz ginger, peeled
- 3 tbsp seasoned soy sauce for seafood
- 3 tbsp canola oil or grape seeds oil

Method

1. Rinse the fish in cold water, make sure it is cleaned well (scales, guts, gills, to be removed), rinse thoroughly, dry with paper towel.
2. Cut 2 scallions into 2-inch pieces, scatter scallion in a plate; slice 0.5 oz ginger, put ginger in fish belly. place fish in the plate on top of scallion.
3. Pour water into a wok or pot, place a steamer in the wok or pot and make sure the water level is lower than the bottom of the steamer, bring to a boil.
4. Place the plate with fish on the steamer, cover tightly, steam fish over medium heat for about 8 mins.
5. While waiting, cut 2 scallions into 2-inch pieces, finely strip the scallion and 0.5 oz ginger.
6. As soon as the fish is done steaming, transfer it out of the steamer, discard water, scallion and ginger from the plate. Place scallion and ginger strips over the fish.
7. Using a small pan, heat 3 tbsp oil over high heat, swirl around until it's hot. Pour the hot oil over the fish. Pour 3 tbsp soy sauce over the fish. Serve immediately.



Photo by Laura Gee



Contributed by Wim Vanduffel
Principal Investigator

Servings: 12

Citrus marinated Salmon with apple fennel salad

Ingredients

Salmon:

1 salmon filet skin on
300g salt
100g fine sugar
10g coriander seeds, lightly bruised
10g peppercorns lightly bruised
Zest of 1 lime and lemon

Apple fennel salmon:

1 fennel bulb, sliced very thin
1/2 red onion, sliced very thin
1 tart apple, sliced very thin
Mix: 4 tbsp caster sugar, 4 tbsp rice vinegar, 1 tbsp grain mustard, Juice 1/2 lemon, 2 tbsp dill

Method

1. Score the salmon skin.
2. Mix all the ingredients and divide on both sides of the salmon.
3. Wrap the salmon in plastic wrap and refrigerate for 24 hours.
4. Scrape down the brine and give it a quick run under cold water.
5. Pat dry. Smear flesh side with 1 tbsp grain mustard and dried dill.
6. Wrap in plastic wrap and marinate in the fridge for another hour.
7. Slice very thin.
8. Sprinkle with fennel tops and lime wedges.



A traditional family treat on Christmas eve, but can be made any time of the year.



No pics of the recipe, but here's one of my lazy dogs!



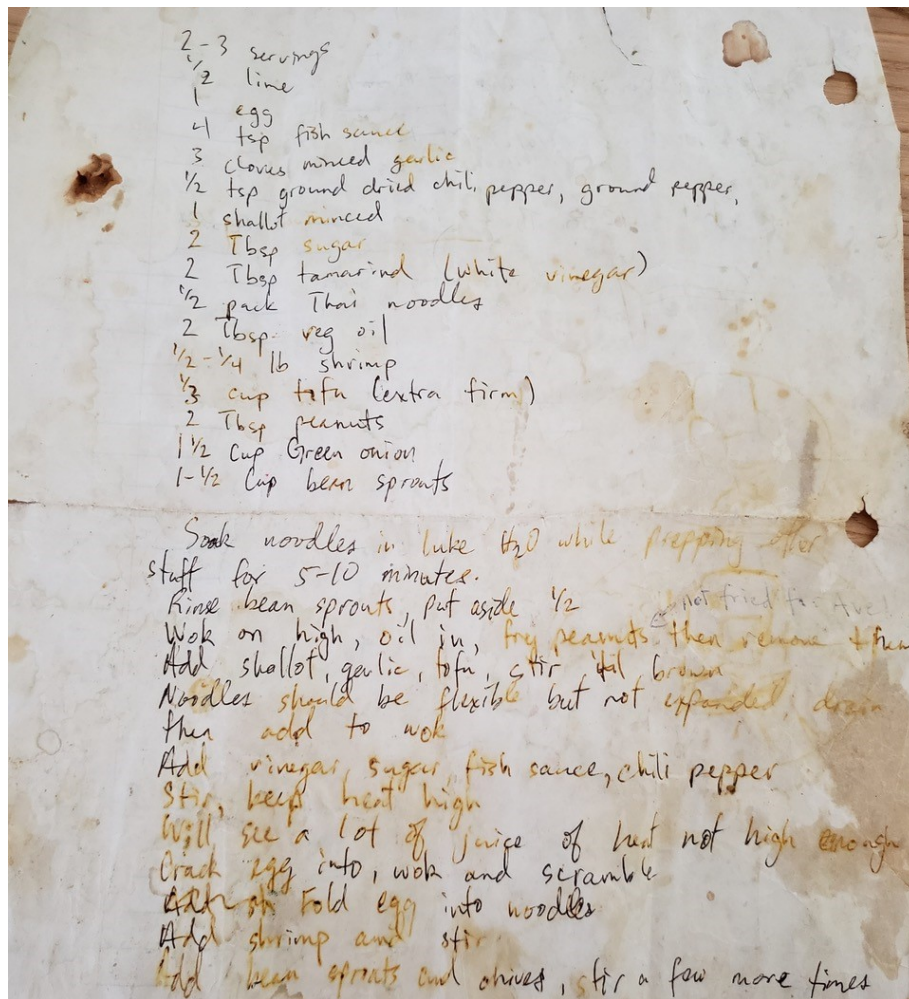
Long Lost Pad Thai

Servings: 2-3

This is a really easy dish to whip up in a short amount of time (under an hour). Add as much of the proteins (shrimp and tofu) as you like. I like this dish extra saucy so I usually mix a larger portion of the fish sauce, sugar, vinegar and chilies together ahead of time and can add more while cooking and after serving. I usually use raw peanuts for the garnish but the original recipe suggests cooking them in the oil before cooking the onions.

Ingredients

- 1/2 lime
- 3 cloves garlic, minced
- 1 shallot (or 1/2 onion), minced
- 4 tsp fish sauce
- 1/2 tsp ground chili pepper or flakes
- 2 Tbsp sugar
- 2 Tbsp tamarind (or white vinegar)
- 1/2 pack Thai rice noodle sticks
- 2 Tbsp vegetable oil
- 1/4 - 1/2 lb shrimp (thawed if frozen, tails removed if desired)
- 1/3 cup extra-firm tofu, cut into strips about 1/3-inch wide
- 1 egg
- 2 handfuls of sliced green onion
- 2 handfuls of bean sprouts



Method

1. Soak noodles in lukewarm water until flexible, but not mushy, while preparing the other ingredients.
2. Rinse bean sprouts, put aside half. Put a wok or large pan on high heat and heat the vegetable oil.
3. Add shallot, garlic, and tofu and stir occasionally until brown. Noodles should be flexible but not expanded fully. Drain them then add them to the wok.
4. Add vinegar, sugar, fish sauce, and chili pepper. Stir and keep the heat high. You will see a lot of juice in the pan if the heat is not high enough.
5. Crack the egg into the wok and scramble then fold into the noodles. Add shrimp and stir. Add half of the bean sprouts and half the green onions, stir a few more times until shrimp is fully cooked.
6. Dish noodles out into bowls, squeeze lime on the dish and garnish with peanuts and remaining sprouts and green onion.



This recipe originated somewhere on the internet back in the fall of 2010. I had just moved to Montreal to start grad school and I didn't have internet set up at my apartment yet (and definitely no smartphone). I went to the local library to find a Pad Thai recipe, but it was closed, so I called a friend and she read off the ingredients and instructions for the top recipe she found.

Sitting on a bench outside the library, I wrote the recipe down on a sheet of loose-leaf and have dragged that sheet around with me from Montreal to Calgary to Boston for the last nearly 10 years! Afraid of either physically losing it or it losing its legibility due to oil and vinegar spills, now I can have a digital copy and so can you!

Kitchen sink sous-vide Salmon with Mashed Potatoes & Green Asparagus

Contributed by Joost Riphagen “the cook”
Visiting Researcher at the
Brain Aging and Dementia Lab and anesthesiologist
& Heidi Jacobs “taste-tester & quality assurance”
Assistant Professor of Radiology/Gordon Center

Anywhere from 2-10 servings requires same amount of effort

Ingredients

X Pieces of Salmon (Wild has less fat, cultured a bit more)
Amount is limited by your Ziploc stash and Sink capacity.
Olive oil (Nice quality)
Sea salt
Fresh Dill if you can get it

Tools and general stuff:

Big pan or some kind of container *if you don't want to use the whole sink, plastic preferred for heat retention (lower half of a salad spinner)*
Knife biggish, *and most importantly very sharp*
Unseparated chopsticks, 2 per Ziplock (not critical)

Mashed Potatoes (a decent amount, half yellow, half Russet if you are picky)
Butter, salted, about 1/2 a stick minimum
Green asparagus (a few per human)

Method

1. Mis en place:

1. Peel potatoes, rinse and leave in water, chop down into equal-size units. Add salt to water to equilibrate osmotic gradients a bit.
2. Prep asparagus: nobody wants woody stems. Break off ends. Generally, they will snap at the right point.
3. Wash salmon under the tap. put on board skin down (don't bother if it doesn't have skin). Use your freshly sharpened knife to carefully cut down as close to the skin as possible (YouTube probably has a tutorial). One hand on top of the fillet, other hand wields knife: blade horizontal, press down firmly towards skin to slightly bend the knife sideways, carefully cut skin off. Don't cut yourself. If the salmon looks a little ragged it will taste exactly the same, call it artisanal. Rub some sea salt on the salmon, chop dill if you want green accents, if not just putting in whole works fine as well and you can take it out whole. Stick in Ziploc and add a glug or two of nice olive oil so the entire fillet can be generously covered when air is evacuated. Each piece gets its own bag.

2. Cooking:

1. Leave a small bit of double Ziploc open to allow air to escape and immerse in water to push air out and seal fully. I use unseparated chopsticks as clips to keep it positioned in the water container with the opening above water. Fill with hot tap water, if you have a thermometer about 48-50 Celsius or higher will work, but basically uncomfortably hot for a finger is sufficiently accurate.

Use something under the container to add some isolation, and if the temperature drops just add hot tap water until finger complains again. It's really uncritical. Leave for about 20-30 minutes while keeping the temp up intermittently. Amazon packaging air pillows make a good floating lid to add some insulation.

2. Boil potatoes (just covered in water, lid cocked) until poking with a fork does not feel like raw potato. Drain, shake and let sit with lid on for a bit. Mash and mix with cut pieces of butter (anything up to 50% butter is encouraged especially if you feel French) at least half a stick for four persons. Vigorously mix with a fork to get a nice creamy structure. When in doubt add more butter.
3. Asparagus (I prefer skillet with some sea salt, lime and a coating of olive oil.) Shake and cook to your taste on a medium/high heat.

3. Serve:

The salmon will be pink and very soft and flaky so use a (suitably cleaned) hand to drain and plate it. Add generous dollop of mash and the asparagus. White/Red wine optional.



We love Boston, but you find that the thing you miss most (other than driving at 120 mph) is food. Therefore you just have to cook yourself. This salmon idea is from the Modernist cookbook which is hard to come by. Tried it and it's very easy and can be done with minimal tools in a Boston studio if you have running water and a stove. And it's really good.



If you miss going out to a fancy dinner every once in a while, to celebrate the last small victory, this is a very simple and bombproof recipe to get some fancy fine dining into you quarantine environment with relatively little effort.

Wirsing

(Savoy cabbage stew with bacon and potatoes)



Contributed by Jörg Pfannmöller

Postdoctoral Research Fellow,
High-Resolution and Ultra-High Field Neuroimaging Laboratory

Servings: 4

Ingredients

- 1 Medium Sized Savoy Cabbage
- 0.5 lb Bacon Cut into Cubes (preferably smoked and mostly consisting of meat)
- 1 Tablespoon Coconut or Palm Oil (Traditionally Butter)
- 1 Onion
- 0.5 Cup Vegetable Broth
- 1 Cup of Cream (Optional)
- 5 Medium Sized Waxy Potatoes

Method

1. Wash the potatoes but do not yet peel them. Boil them in a pot with water for about 45 min. or until tender. Put them out of the pot, wait 10 minutes, and peel them.
2. In parallel, chop the savoy cabbage into bite-sized pieces, remove the trunk, wash the pieces, and dry the pieces.
3. Chop the bacon and the onion into cubes. Fry the bacon at reduced heat with the oil (or butter) and add the onions after the bacon is fried and steam them for 1 min.
4. Add the savoy cabbage, the vegetable broth, and cream. Simmer at low heat for 8 - 10 min. The cabbage should still have some bite and does not need to be fully tender
5. Spice with salt and pepper and serve with the potatoes.

TIP: You can also steam the cabbage for 10 to 20 minutes instead of boiling it, which is supposed to preserve more nutrients.



This is a traditional German dish that was served to me many times as a child. I really like this dish due to its strong and unique flavor. Today savoy cabbage is deemed to be a super food, due to its high nutrient content, which explains why it was deemed to “make you strong” and may serve as an immune boost. At the same time it is a cheap dish that is fast to prepare.



The dish and a typical way to serve it.



Spaghetti al Fumo



Contributed by Maria Angela Franceschini

Professor in Radiology, Harvard Medical School

Co-Director Optics @ Martinos

Servings: 4



This pasta sauce was invented by Adriana Accordi, a great chef of my hometown, Cortona, during a catering trip in the north of Italy. Today this recipe has become a cult-dish of Cortona area, and the recipe has spread to many restaurants in Italy. Every time I make this pasta, I feel like I'm home.



Ingredients

~1 pound of thick spaghetti
7 ounces of smoked bacon*, finely ground
3.5 ounces of tomato paste
3.5 ounces of heavy cream
2 garlic cloves
1 rosemary sprig
Hot pepper
15 ounces of vodka, olive oil, and salt

Method

1. Cook the minced bacon over high heat until brownish. Remove from heat and drain it from the fat.
2. Heat a small amount of oil in a pan, add the garlic, rosemary and hot peppers. Let it brown. Add the bacon and then the glass of vodka. Let the vodka evaporate then add the tomato paste. Let it cook for 5-10 min at low heat, turning often and making sure it doesn't stick to the pot or burn.
3. Remove the rosemary sprig and the garlic (Tuscans do not like to eat garlic). Add the cream and cook over low heat for another 5 min. Do not let the cream boil.
4. Meanwhile, boil the spaghetti in salted water and when it is ready mix it in the pan with the sauce.
5. Serve with parmesan and a sprinkle of black pepper.



* Alternative: bacon substitutes, any meat or meatless smoked hot dogs, finely ground.

One Pot Creamy Garlic Pasta



Contributed by Dara Manoach
Principal Investigator,
Sleep, Cognition and Neuroimaging (SCAN) Lab

Servings: 6

Ingredients

2 onions
6 garlic cloves
8 ounces mushrooms (230g), optional
4 uncooked sausages
juice of 1 lemon
16 ounces (450g) uncooked linguini (or whatever pasta you have on hand)
3 tbsp fresh thyme leaves
3 cups chicken or vegetable stock (700ml)
1 cup half and half (single cream) (240ml)
8 ounces soft cheese (cream cheese works) (230g); I halve this
3.5 ounces fresh spinach leaves (100g) salt and pepper to taste



The leftovers are delicious! Expanding my repertoire and have only tried this once, but it was a fairly easy, quick and satisfying meal :)

Method

1. Put your pot on a high medium heat. While you are waiting for it to warm up, chop uncooked sausages in 1-inch pieces, finely chop onions and garlic, and slice the mushrooms.
2. Once the pot has heated up, add the sausages, onion, garlic and lemon juice and cook for a few minutes until the sausages start to color. Add the mushrooms along with a few generous pinches of salt and pepper.
3. Once the onions have softened, and the mushrooms have colored, add in the dried pasta and fresh thyme leaves. Pour over the stock and half and half and bring to the boil.
4. Cook for around 10-15 minutes, until the pasta is al dente, and stir every now and then to distribute the pasta and the rest of the ingredients.
5. Turn the heat to medium low and stir in the soft cheese, along with some salt and pepper. Add the spinach a handful at a time and mix in. Once all the cheese is mixed in and the spinach has wilted, serve!

MAIN DISH: VEGETARIAN

One Pot Chickpea & Broccoli Rabe Pasta



Contributed by Elizabeth Gerstner
Neuro-Oncologist, Member of Martinos QTIM group

Servings: 4

Ingredients

1 lb pasta, preferably farfalle
1 bunch broccoli rabe, ends trimmed
4 cups of chickpeas, drained
1/4 cup good extra virgin olive oil
3-4 cloves of garlic, sliced
Red pepper flakes, to taste
1.5-2 cups parmesan, grated



You can substitute whatever is your favorite green vegetable or bean type to mix up this basic recipe.

Method

1. Bring a large pot of salted water to boil. Blanch broccoli rabe for 3 minutes, remove and set aside.
2. Bring water to a boil again. Add pasta and cook according to the instructions on the package. When finished, drain pasta and set aside.
3. While pasta is cooking, cut broccoli rabe into 1- to 2-inch pieces.
4. Using the same pot, sauté garlic in olive oil with red pepper flakes until softened, 3-5 minutes.
5. Return pasta to pot and add broccoli rabe and chickpeas.
6. Mix pasta, broccoli rabe, and chickpeas together.
7. Serve with grated parmesan and extra red pepper flakes for garnish.

Shakshuka



Contributed by Olivia Viessmann

Research Fellow

High-Resolution and Ultra-High Field NeuroImaging Laboratory

Ingredients

Essential ingredients:

Eggs

Tinned tomatoes (crushed is best)

Vinegar

Onion

Spices: salt, pepper, paprika, cumin...

Fresh herbs: basil, parsley, cilantro...

Optional:

Veggies: fresh tomatoes, courgetti...

Cheese: any cheese -- because cheese sparks joy, but feta is best!

Avocado

Method

1. Chop onions and pan fry in a large saucepan and sauté veggies (if you have any).
2. Add tinned tomatoes, some vinegar and the spices (whatever you have) and let simmer for several minutes.
3. Make little molds in the sauce and crack in eggs.
4. Cover saucepan and let set until you feel the eggs are done to your personal liking of egg texture.
5. Garnish with feta, avocado, fresh herbs. Best with fresh bread.



This is my favorite "whatever I can find in the fridge and cupboards" recipe.

Southwestern Zucchini Noodle Bowl

Contributed by Christian Farrar



Assistant Professor of Radiology

Principal Investigator, Farrar Lab

Servings: 6

Ingredients

3 ounces olive oil

1/2 Lb. fresh chorizo sausage, casing removed

1 large onion

2 green bell peppers, chopped

1 jalapeño chili, seeded and minced

1 Tbsp. ground cumin

2 cloves fresh garlic, minced

1 pint grape tomatoes, halved

2 zucchini, spiralized (cut into quarters then spiralize)

1 yellow squash, spiralized

1 bunch cilantro leaves, chopped

Salt & black pepper, to taste

Garnish:

2 avocado, peeled, pitted and sliced

1 cup Monterey jack cheese, grated

Method

1. Heat oil in a large straight-sided sauté pan over medium-high heat. Add chorizo and cook, crumbling until no longer pink, about 3-5 minutes. Add in onions, bell peppers, and jalapeño. Cook until softened, about 5-7 minutes. Add cumin, garlic, and tomatoes, stirring until fragrant.
2. Add zucchini and yellow squash and cook until just tender but still slightly crispy. Remove from heat and season with salt and pepper, then toss with cilantro.
3. To serve: Divide mixture into separate serving bowls. Top with grated cheese and avocado slices.



If you do not have a spiralizer you can buy pre-spiralized zucchini and squash in most grocery stores (though it is kind of fun to do yourself).



Faux-Asian Quarantine Noodles

Servings: 4

Ingredients

Noodles:

1 lb noodles (any type: spaghetti, udon, rice, soba,...)

Sauce:

1/3 c peanut butter

1/4 c soy sauce

3 tbsp toasted sesame oil

3 tbsp rice vinegar (or white wine vinegar)

1 tsp grated garlic (+optional ginger if available)

1 tbsp honey or sugar

Optional: vegetables, toasted sesame seeds

Method

Stir sauce until smooth and mix with cooked noodles. Serve with any vegetables you have. Sprinkle toasted sesame seeds on top.



I love this easy recipe from the NYT that you can make with almost anything in your cupboard and fridge. It takes 15 minutes to make and is devoured by our toddler and teenagers!

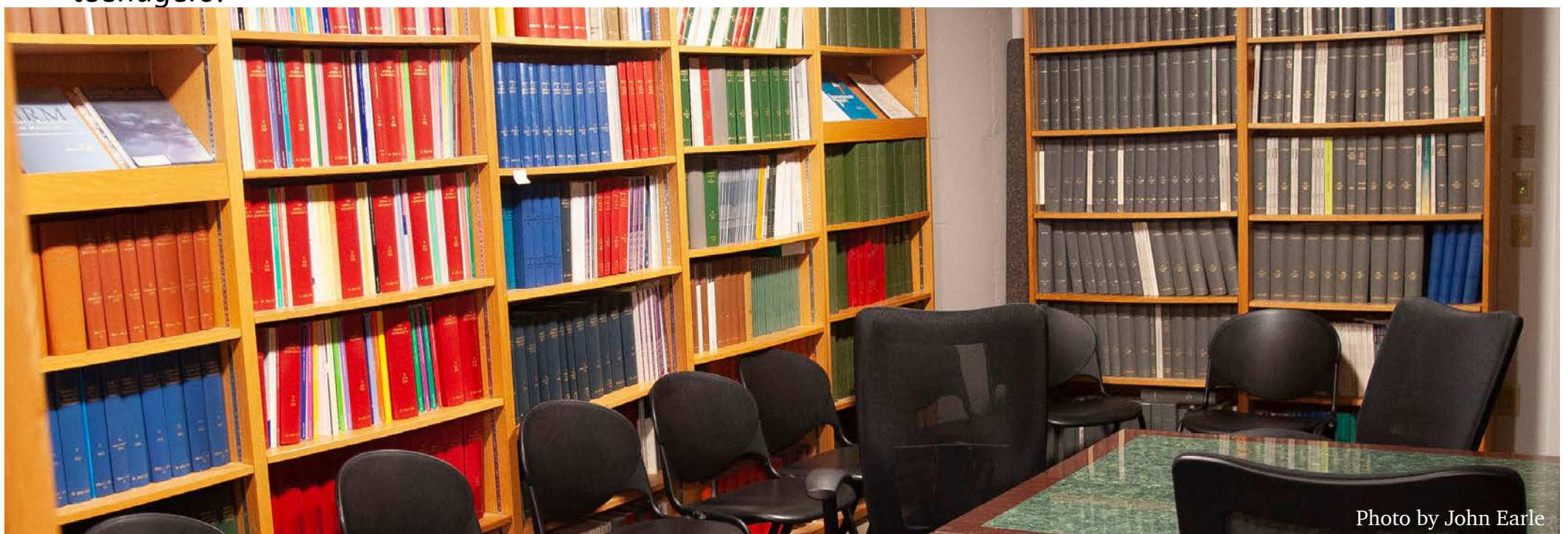


Photo by John Earle

Spanish Tortilla de Patata

Contributed by David Izquierdo-Garcia



Assistant Professor of Radiology

Servings: 4 people or as an appetizer
(cut into small cubes for small bites)

Ingredients

3-4 Medium/Large Potatoes
 ½ Large onion (diced into small pieces)
 1 garlic clove (washed and slightly crashed but not peeled, to bring more flavor)
 4-5 large eggs
 1 pinch of salt
 Black pepper (freshly ground)
 Olive oil (~5 tablespoons, enough to cover one finger the frying pan)

If feeling courageous add 1 zucchini squash (diced into small pieces) at the same time as the onions. This will bring more taste and color to your Tortilla!



Method

1. Wash, peel and dice the potatoes into ~½ inch cubes. Set aside.
2. Heat a large frying pan (medium heat) and add the garlic clove. Fry the garlic for a few seconds (~30sec or so, but don't burn it!!).
3. At this point, you can either remove it or leave it to cook with the rest to extract more flavor (but remember to remove it at the end!). Add the diced potatoes, a pinch of salt and some black pepper (to taste) and fry/sauté them for around 20-30 minutes. Remember to keep them at medium heat, so for my MRI colleagues, the potatoes should not be top-spin (fried) nor down-spin (sauté), but an in-between state.
4. While the potatoes are frying, dice the onion and add them to the pan around halfway of the frying process. For my PET and nuclear medicine colleagues, add the onions at 1 half-life of the frying process time!
5. While the potatoes and onion are getting done, whisk the eggs (well beaten). Once the potatoes and onions are done, remember to remove the garlic clove (if not done previously) or you will risk people not getting close to you to talk. Add the potatoes/onion mix into the eggs. Mix well with a fork. Add a pinch of salt and more black pepper (if needed, to taste).
6. Pre-heat a medium pan (medium heat) with a dash of olive oil. Once the pan is heated, add the mix and let it cook, without stirring it, for ~2-4 minutes to cook the eggs from one side (to taste). Then put a large flat plate upside down on top of the pan and with a quick move flip the omelet and put it back into the pan to cook the other side for another ~2-4 minutes (to taste).

Note: If you have one of those double-pans to flip omelets, you may want to use it instead of the plate. Your Spanish tortilla is ready to serve!



This is one of the most typical dishes in Spain (together with the famous Paella) and the hit number #1 to share for a party with friends/family. When cooking this plate, I always feel close to home, and I imagine myself cooking side by side with my mum, who obviously cooks the best Tortilla one could ever taste!



Tarta Tricolor Vegana



Contributed by Viviana Siless

Chair, Women in Science

Postdoctoral Research Fellow

Laboratory of Computational NeuroImaging, Rosas Lab

Ingredients

Pie crust:

3 cups of flour (whole wheat all-purpose)

Half cup of oil

1 tbsp of vegan butter

3/4 cups of water

Tsp of salt

Combine and put in the fridge to cool and rest.

Filling:

1 butternut squash (I used 3/4 + a small acorn)

750 gr of spinach

1 large onion

Firm tofu (I used a pack and a half)

Half lemon

1 1/4 cup of vinegar

Salt to taste

Pepper to taste

Olive oil to taste



My parents outside their shop in Buenos Aires



Method

1. Preparing fillings:

1. Bake butternut squash. Take out of the oven, make a puree, add salt and pepper to taste, 1 tbsp of olive oil.
2. Cut tofu in squares, or little pieces. Add in a container with olive oil, salt, vinegar, pepper and half lemon. Mix and let it rest.
3. Cut onion in little pieces and cook in a pan with spinach, salt, pepper, olive oil to taste.

2. Tarta tricolor:

1. Add flour to your baking pan.
2. Grab the dough from the fridge and stretch it with a rolling pin. Add to your baking pan covering the edges.
3. Put a layer of butternut squash puree.
4. Strain your tofu and add a layer of tofu.
5. Strain your spinach and add a layer of spinach.
6. Bake for 20 mins at 350F.



My Grandmother

Guyanese Fried Channa

Contributed by Kimberly Nestor



Servings: 3-5

Ingredients

1 16oz pack of dried chickpeas (channa)
 1 large onion
 4 tbsp olive oil
 3 heaping tbsp chopped garlic
 3 tbsp cumin (geera)
 2 tbsp masala
 salt to taste
 hot sauce (homemade pepper sauce)

Method

1. Place dried chickpeas into crockpot and cover with water. Cook on the low setting until chickpeas are soft and edible, but still firm. Strain after cooking and leave to cool.
2. Heat olive oil in a pot on medium heat.
3. Cut onion into long strips. Sauté onion and garlic in olive oil. Add chickpeas to the pot, followed by the spices geera and masala.
4. Add salt and pepper to taste.



Chickpeas can be made in the crockpot the day or evening before.



Guyanese cuisine can be pretty elaborate and time consuming, but I love this recipe because it's so simple and easy to make. I also love this recipe because the ingredients are pretty cheap, and I usually have them in the kitchen. I make this if I haven't been to the store in a while and I've run out of other options, or when I'm missing home and craving some Guyanese food!





Veggie Mexican Tostadas

Makes 8 tostadas

Ingredients

1 medium red onion, sliced into half moons
 2 garlic cloves, minced
 2 teaspoons olive oil
 1 large poblano pepper, seeds removed and cut into long, thin slices
 ¼ head purple cabbage, chopped into long shreds
 1 bunch kale or chard, chopped into bite sized pieces
 Dash of sea salt
 1 can refried pinto beans
 8 flat, crispy corn “tostada” tortillas
 1 whole avocado, peeled and sliced
 Fresh salsa of choice

Method

1. In a large pan, sauté the red onion half moons and garlic in olive oil with the pepper slices until soft and aromatic.
2. Add the cabbage, kale, and a pinch of sea salt; cover the pan and let the veggies cook for 5-6 minutes, until soft.
3. In another small pot, heat the beans. Use a potato masher or the back of a fork to mash up about at least half of the beans, until you reach your desired consistency.
4. To assemble the tostadas Spread a large spoonful of beans onto each corn tortilla, covering the tortilla. Then add veggie medley of cabbage, kale, onions, garlic and peppers. Add 2-3 slices of avocado. Top with salsa of your choice. Enjoy!



You can substitute the poblano peppers for red and green bell peppers.

Growing up in Mexico, I had tostadas on a regular basis. It is such an easy meal to make, but that doesn't mean that it can't look and taste great! Another good thing about tostadas is that they are very inexpensive to make. Even when families are going through a tough time, if you have beans, ground beef, some vegetables, and tortillas, then you can make tostadas.



Enchiladas Queretanas



Contributed by Merlin Fair & Guadalupe Garcia Gomar

Magnetic Resonance Physics and Instrumentation Group (MR-PIG)

Servings: 3

Ingredients

6 potatoes
6 carrots
4 dry ancho chilies, 1/2 onion, 3 cloves of garlic, 9 Corn tortillas,
Lettuce, Oil, Salt and pepper, Creme and cheese (optional)



This is a Mexican recipe from the region of Querétaro. Ancho chilies can be found at most Latin stores but also at Market Basket and some larger supermarkets in Boston.

Method

1. Peel and dice the potatoes and carrots.
2. Heat oil in a pan and fry the potatoes and carrots until completely cooked.
3. De-seed the ancho chilies by removing the stem, opening up the body and removing the seeds (try to keep the rest of the chili intact).
4. Put water to boil.
5. In another pan with oil, fry the chilies on a medium heat until they change to a darker color. Turn off the heat and add boiling water so that the chilies are completely submerged. Leave soaking for 20 minutes, until soft (no additional heat).
6. Blend the chilies, onion, garlic, and salt and pepper (to taste). Bring the blended sauce to boil in a saucepan and then leave to simmer gently (5-10 minutes).
7. Heat oil in one of the frying pans and then add the tortillas one at a time (2 minutes per side).
8. Create a bed of lettuce on each plate.
9. Dip the fried tortillas in the sauce, place on the lettuce and fill with the potatoes and carrots.
10. Add creme and cheese (optional).





Creamy Spinach Fettuccine

Recipe originally from diethood.com

Ingredients

8 ounces of fettuccine pasta
 1 tablespoon olive oil
 1 small yellow onion, chopped
 3 garlic cloves, minced
 ¼ cup low sodium vegetable broth
 1 tablespoon all-purpose flour
 1 cup skim milk
 1 bag (10-ounces) baby spinach
 ¼ teaspoon salt
 1/8 teaspoon fresh ground pepper
 1/4 teaspoon garlic powder
 2 tablespoon chopped fresh parsley
 ¼ cup grated parmesan cheese
 ¼ cup panko breadcrumbs (or garlic-butter flavored croutons)
For Panko Breadcrumbs,
 1 tablespoon butter
 1 garlic clove , minced

Method

1. Cook pasta according to the directions on the box.
2. In the meantime, heat olive oil in skillet over medium-high heat. Add onion and garlic; cook 2 minutes or until tender, stirring frequently.
3. In a small bowl whisk together vegetable broth and flour. Transfer broth mixture to pan and whisk in milk; continue to whisk and bring to boil. Reduce heat to medium and add spinach leaves; cook for 2 minutes, stirring frequently until spinach is wilted and sauce is thickened.
4. Season with salt, pepper, garlic powder and fresh parsley. Remove from heat. Stir in parmesan cheese and add cooked fettuccine; toss to combine and set aside.
5. For the Panko Breadcrumbs (if using croutons, skip to step 6):
 1. Melt butter in skillet over medium-high heat.
 2. Add garlic and cook for 1 minute or until fragrant.
 3. Add panko breadcrumbs to skillet – continue to cook for 3 min, stirring frequently, or until light brown and toasted.
6. Top fettuccine with the toasted breadcrumbs (or crushed croutons) and serve.



Tastes good – you can fairly easily adjust ingredients to match taste and/or use what is on hand



Source: Google Maps

South Indian Vegetable Rice Pulav

Contributed by Rangaprakash Deshpande



Postdoctoral Research Fellow
Brain & Spinal Cord Laboratory

Servings: determined by amounts you add!

Method

1. Grind the following items (use blender):
 - i. grated coconut
 - ii. green chilies
 - iii. ginger (cut 1.5 inch ginger into pieces)
 - iv. cinnamon (cut 1.5 inch long cinnamon into pieces)
 - v. garlic (optional, small quantity) and a bit of water.
2. Cut beans, carrots and onion (optional) into long (1 inch) pieces. Cut cilantro leaves. Keep them aside.
3. Keep pan on the stove (switch on). Add oil and heat for a couple of minutes. Then add black mustard seeds (2 tbsp splutters), curry leaves (and optionally black gram and sliced chickpea, 1 tbsp each).
4. After couple of minutes, add onion (optional) and fry for a few mins. Then add cut beans, carrots and salt. Close the lid and let it cook.
5. Don't add water (cooks in oil). Check every two mins so that it won't get burned.
6. When it is cooked (veggies become soft) add the paste from grinder and let it cook for few more mins (until the moisture evaporates).
7. Then switch off the stove, add cilantro and leave it to cool for few mins.
8. Cook plain rice (1 cup of rice with 2 cups of water and 1 tbsp oil), and keep aside. Basmati rice works best for the recipe.
9. Finally, mix it with the cooked rice (add oil, salt if needed). Your South Indian Vegetable Pulav is ready!

It is not as sophisticated as it sounds. I have sometimes followed half these steps and still prepared something delicious. The grated coconut and the grinding mix (step 1) are the key to good preparation. Grated coconut (frozen) is available in all Indian grocery stores (for example, the Little India market in Somerville is only 3 miles from Martinos).



Spinach Calzone

Contributed by William Hoge

Instructor of Radiology at BWH
MR Physics group, MGH
Polimeni/Setsompop Group



Ingredients

For the crust:

- 1 cup of warm water (the temperature of a comfortable bath)
- 1 tsp [or 1/2 a packet] of active dry yeast
- 1 tsp of sugar
- 1/2 cup of olive oil
- 2 cups all-purpose/white flour
- 1 cup whole wheat flour
- dash of garlic powder (optional)

For the filling:

- 8-12 oz of fresh spinach (I usually buy bagged, pre-washed baby spinach, but any fresh spinach will work)
- 1 large garlic clove, minced
- 1-2 tbl of olive oil
- 8 oz of shredded mozzarella cheese
- A "pizza screen" (preferably) or a large baking sheet.

Pre-heated oven, 450° (F).

This recipe tastes great but is also incredibly versatile. It's easy to double for a larger serving, and also keeps well in the fridge after its baked. The filling stays warm for a long time, until it's cut, so it makes for a good appetizer. It's also easy to pack for lunches and tastes almost as good cold as it does warm. The dough also makes a good pizza crust or focaccia base, depending on what's in the pantry/fridge at the moment.



Method

1. **For the filling**, soak the minced garlic in the 2 tbsp of olive oil in a large saucepan for a few minutes. Then add the spinach, cover loosely, and wilt under low heat, while gently turning occasionally.
2. Once wilted, squeeze out the remaining liquid using a spatula, and set aside to cool a bit.
3. **To form the dough for the crust**, start with a medium mixing bowl or large measuring cup and stir together the warm water, yeast, and sugar. Separately, mix the flours and garlic powder together in a big bowl.
4. Once the yeast mixture has proofed (bubbles start to appear at the surface), slowly add the 1/4 cup olive oil and the yeast mixture to the dry mix. Start with a small well in the middle of the flour, add oil to the well, and then slowly add the water, stirring constantly until combined. Knead the dough until smooth, about 5-10 minutes. The dough is ready when it's smooth, soft, and elastic. It shouldn't be sticky or dry, so add small amounts of flour or water as needed to correct. (I find different brands of flour need different amounts of water.)
5. Roll the dough out into two 12" crusts, or 1 large crust. Add the shredded cheese to the wilted spinach and mix thoroughly with a fork and spatula. Spread out the filling on one half of the rolled-out dough, then fold the dough over to make a closed half-moon shaped calzone. Fold the bottom edge over the top edge slightly and press the edges together to seal. Dust lightly with flour, to prevent sticking to the baking sheet.
6. Move the calzone to the baking sheet by flipping it over, placing the floured side down. Poke holes in the top with a fork, or slice strategically, to allow steam to escape as it cooks. Bake in a preheated oven at 450° (F) for 8-10 minutes, or until the top crust takes on a golden-brown color.

This is my family's favorite comfort food, commonly requested for the kid's birthday dinners and often served for guests. As a kid, I hated cooked spinach. But add a bit of cheese and garlic to it ... Voila!



Plant-Based Drunken Portobello Mushrooms



Contributed by Jeanne Gallée
PhD student, Frontotemporal Disorders Unit
Bradford C. Dickerson Lab

Ingredients

4 large portobello mushrooms
1 tbsp plant-based oil
2 tbsp tahini sauce
2 tsp miso paste
1 tsp lemon juice
2 cups rice of preference
1/2 cup pistachios (optional)
1 pinch of salt, pepper, cumin, red pepper flakes (optional)

The summer before graduate school started, my mother taught me a whirlwind of recipes so that once things got too hectic, I'd still be feeding myself well. This is the first plant-based recipe I could remember by heart and hits the spot without fail! It's healthy, yummy, and umami – leaving you feeling full for hours.

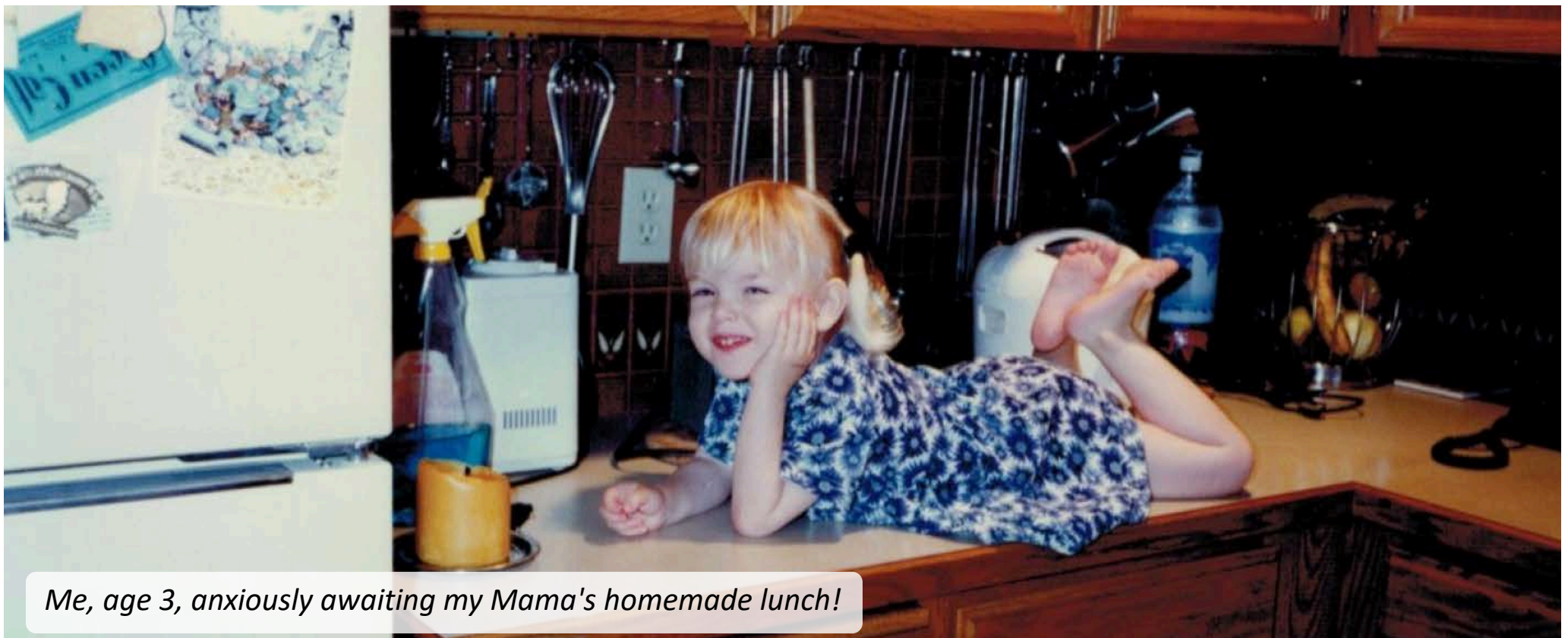


Method

1. Get your rice cooking!
2. Once your rice is done cooking (each kernel should look nice and plump), add some oil or butter alternative to make the rice even juicier. If you have fresh portobello mushrooms on hand...
3. Degunk mushrooms (use a spoon to remove all of the squidgy brown gills on the underside)
4. Wash mushrooms
5. Slice with your preferred thickness
6. Heat up a pan with oil
7. Place portobello mushroom slices into pan and immediately flip so that they are coated in olive oil
8. Spice with salt, pepper, cumin, red pepper flakes, if available.
9. When mushrooms are plump but have softened, they are ready!
10. Keep mushrooms in pan to keep them warm.
11. Chop up some pistachios or cashews (if nuts are available to you); otherwise, flax seeds are a nice alternative.
12. Place desired amount of mushrooms on a serving of rice.
13. Mix miso paste with tahini sauce (stir vigorously) with an equal part water and a spritz of lemon juice.
14. Pour over mushrooms and rice.
15. Sprinkle the chopped pistachios on top for the extra crunch! (optional)



This recipe is easily adjustable to whatever ratio of flavors appeals to you!



Me, age 3, anxiously awaiting my Mama's homemade lunch!

Ratatouille

Contributed by Avery Van De Water

Clinical Research Coordinator II
Neuroendocrine Unit, MGH

Servings: 4

Ingredients

2 pounds ripe red tomatoes (6 medium or 4 large)
 1 medium eggplant (1 pound), diced into ½-inch cubes
 1 large red, orange, or yellow bell pepper (about 8 ounces), cut into ¾-inch squares
 1 medium-to-large zucchini (about 8 ounces), diced into ½-inch cubes
 1 large yellow squash (about 8 ounces), diced into ½-inch cubes
 5 tablespoons + 1 teaspoon extra-virgin olive oil, divided
 ¾ teaspoon fine sea salt, divided, more to taste
 1 medium yellow onion, chopped
 4 cloves garlic, pressed or minced
 ¼ cup chopped fresh basil
 ¼ teaspoon red pepper flakes, more or less to taste
 ¼ teaspoon dried oregano
 Freshly ground black pepper, to taste

The ratatouille's flavor improves as it cools. It's even better reheated the next day, and keeps well in the refrigerator, covered, for 4 days, or for several months in the freezer.

This recipe has become one of my summer favorites! I would highly recommend listening to the soundtrack of the 2007 film "Ratatouille" while cooking.



Method

1. Preheat the oven to 425 degrees Fahrenheit with one rack in the middle of the oven and one in the upper third of the oven. Line two large, rimmed baking sheets with parchment paper for easy clean-up, if desired.
2. To prepare your tomatoes, blitz the tomatoes in a food processor until they are broken into a frothy pulp. Set aside.
3. On one baking sheet, toss the diced eggplant with 2 tablespoons of the olive oil until lightly coated. Arrange the eggplant in a single layer across the pan, sprinkle with ¼ teaspoon of the salt, and set aside.
4. On the other baking sheet, toss the bell pepper, zucchini and yellow squash with 1 tablespoon of olive oil and ¼ teaspoon salt. Arrange the vegetables in a single layer. Place the eggplant pan on the middle rack and the other vegetables on the top rack. Set the timer for 15 minutes.
5. Meanwhile, warm 2 tablespoons of the olive oil in a large Dutch oven or soup pot over medium heat. Add the onion and ¼ teaspoon salt. Cook, stirring occasionally, until the onion is tender and caramelizing on the edges, about 8 to 10 minutes.
6. Add the garlic, stir, and cook until fragrant, about 30 seconds. Add the tomatoes and use a wooden spoon or sturdy silicone spatula to stir any browned bits stuck to the bottom of the pan into the mixture. Reduce the heat to medium-low, or as necessary to maintain a gentle simmer.
7. Once 15 minutes are up, remove both pans from the oven, stir, and redistribute the contents of each evenly across the pans. This time, place the eggplant on the top rack and other vegetables on the middle rack. Bake until the eggplant is nice and golden on the edges, about 10 more minutes (the eggplant will be done sooner than the rest). Remove the eggplant from the oven, and carefully stir the eggplant into the simmering tomato sauce.
8. Let the squash and bell pepper pan continue to bake until the peppers are caramelized, about 5 to 10 more minutes. Then, transfer the contents of the pan into the simmering sauce. Continue simmering for 5 more minutes to give the flavors time to meld.
9. Remove the pot from the heat. Stir in 1 teaspoon olive oil, the fresh basil and red pepper flakes. Crumble the dried oregano between your fingers as you drop it into the pot. Season to taste with additional salt (I usually add ¼ teaspoon more) and black pepper.
10. Serve in bowls, perhaps with a little drizzle of olive oil, additional chopped basil, or black pepper on top (all optional).



Contributed by Roberta Sclocco

Postdoctoral Fellow, Napadow Lab

Gnocchi

Servings: ~4

Ingredients

2.2 lbs potatoes
2.5 cups of flour
1 egg
1 tsp salt

Raw gnocchi can be frozen: just place them on a floured tray, keeping them separate, and put the tray in the freezer for 20 minutes. Then transfer to a bag or container.

I made gnocchi for the first time in my life during the COVID19 social distancing period. I was alone in my kitchen, but Zooming with a bunch of friends, all making gnocchi at the same time. Cooking together and sharing food is definitely a great way to socialize, and even a virtual version of it was a very pleasant experience. Pick a recipe and try it with your friends!



Method

1. Put the potatoes in a pot, cover with cold water and place on high heat. Let them boil for 30-40 minutes, depending on their size. They are done if they offer no resistance when you poke them with a fork.
2. Peel the potatoes while they are still hot (I know, this can be painful, but the skin should be easy to remove), mash them and place them on a working surface with the flour.
3. Add the egg, lightly beaten with salt.
4. Work the ingredients with your hands until you obtain a soft but compact dough. Avoid kneading for too long, or the gnocchi will be hard when cooked.
5. Roll the dough in ropes ~1 inch thick and cut them in ~2-inch pieces. Place them on a floured surface, keeping them separate from each other.
6. Boil water in a pot and when boiling add salt and reduce the heat to medium. Cook the gnocchi in batches by throwing them in gently boiling water. When they float to the surface, they are done!
7. Toss them in tomato sauce or pesto or whatever sauce you like. Be generous with Parmigiano! Enjoy!





Lentil Balls with Lemon Pesto

Servings: 4-6

Ingredients

Lentil balls:

2 cups cooked black lentils (~1 cup dry lentils)
 2 eggs, lightly beaten
 3/4 cup ricotta
 1 large garlic clove, minced
 1/4 cup freshly grated parmesan cheese
 1/2 teaspoon fennel seed, crushed
 2 tablespoons finely chopped parsley
 hefty pinch of dried or fresh thyme
 1 teaspoon each salt and pepper
 2/3 cups breadcrumbs (preferably panko)

Lemon pesto:

2 garlic cloves, peeled
 1/2 cup pine nuts (can substitute walnuts)
 Zest and juice of 2 lemons
 1 teaspoon sea salt
 2 cups packed basil leaves
 1/2 cup extra virgin olive oil
 4 tablespoons grated parmesan cheese
 2-4 tablespoons water, to thin sauce

Method

1. Cook lentils according to the directions on the package. When your lentils are finished cooking, drain them and set aside to cool (this can take a while, so you might want to throw them in the fridge).
2. Once your lentils have cooled, measure out 2 cups and put them in a food processor. Pulverize the lentils into a mush and then put them in a large mixing bowl. Add the beaten eggs, ricotta, parmesan, garlic, fennel seed, parsley, thyme, salt and pepper and stir to mix well. Stir in the breadcrumbs and let the mix sit for 20 minutes.
3. After 20 minutes or so, check the lentil mix by rolling a round ball between your palms. It should hold together fairly well. If it seems wet, stir in another tablespoon or two of breadcrumbs until the ball stays together. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.
4. Roll the mix in to "meatball sized" balls and line them up on the baking sheet. Brush the lentil balls with olive oil.
5. Bake on the middle rack for 15-20 minutes until the tops are golden brown, turning once halfway through baking time.
6. While the lentil balls are in the oven, make the lemon pesto: Put the garlic, pine nuts, lemon zest, lemon juice and salt in a food processor or blender and run until smooth. Add the basil leaves and olive oil until you get a smooth, sauce-like consistency. Add small amounts of water to thin as desired. Stir in the parmesan and set aside.
7. When the lentils are done baking, cover them in pesto and enjoy! They can also be served on top of spaghetti or angel hair pasta.

*The pesto will stay fresh covered
 in the fridge for about a week.*



*This is a great, filling recipe for
 the vegetarians out there!*



Lasagna Cupcakes:

Follow Marco Polo from Italy to China, and back

Contributed by Vitaly Napadow

Director, Center for Integrative Pain NeuroImaging (CIPNI)

Associate Professor, HMS



Servings: ~12

Ingredients

3" wonton wrappers
ricotta cheese
Grated parmesan cheese, divided
Thawed frozen spinach
Eggs
Salt & pepper
tomato sauce
grated mozzarella
Fresh basil leaves, chopped

Method

1. Preheat oven to 375 degrees.
2. Place a wonton wrapper on the bottom of each cup of a standard muffin tin.
3. In a medium bowl, combine ricotta, 1/2 of the parmesan cheese, spinach (squeeze as much liquid as possible), eggs, salt and pepper.
4. Place ricotta mixture into a piping bag. Pipe a small dollop, about 2 teaspoons, of ricotta cheese mixture on top of the wonton wrapper in each cup. On top of the ricotta mixture, sprinkle a little parmesan and mozzarella cheese and a small scoop, about 1 teaspoon, of tomato sauce, filling the cupcake tin 1/2 full. Repeat once more.
5. Lay another wonton wrapper on top, 2 teaspoons of ricotta filling, sprinkles of cheeses and 1 teaspoon of tomato sauce.
6. Once completed, sprinkle the top of each cup with remaining parmesan and mozzarella cheese. Garnish with basil.
7. Bake for 8-10 minutes or until edges are brown. Remove from oven and let cool for 5 minutes.



Lasagna can take a lot of time to make and is difficult for my rudimentary culinary skillset. This serves up easy to make and even easier to eat little lasagna cupcakes.





Greek Spanakopita (Vegan)

Source: <http://thegreekvegan.com>

Ingredients

3 lbs fresh spinach, or 3 cups thawed frozen spinach
 1-1/2 cups chopped scallions (approx 12 whole)
 1/4 cup olive oil + 3 tbsp
 1 cup fresh dill chopped fine
 1/2 cup fresh mint chopped fine
 1-1/2 tsp salt
 1 tsp fresh ground black pepper

Method

1. Using fresh spinach: Clean and rinse spinach leaves well. In large bottomed pan, wilt spinach in 3 separate 1 lb batches in 1 tbsp of oil per batch. Important: Transfer wilted spinach batches into strainer to allow juices to strain off. Should take no more than a few minutes per batch in med hot pan
Using frozen spinach: Thaw frozen spinach completely before using.
2. For both fresh and frozen spinach, drain spinach in a strainer (preferably over the sink) to get out most of the liquid. Chop well and set aside. You should end up with 3 cups of chopped spinach.
3. In 1/4 cup olive oil, sauté chopped scallions and garlic on low heat until soft, careful not to burn. Add herbs and spices, stir to combine well and cook on very low heat for less than 5 minutes just to combine flavors. Add chopped spinach to pan and mix well to combine completely. Take your time with this step to make sure ingredients are evenly distributed throughout the spinach mixture. Cook on medium low for about 10 minutes, making sure to stir often. Remove from heat and set aside.
4. At this stage, you can cover and refrigerate your spinach filling for up to 3 days before using. Warning: you'll be tempted to enjoy this as a side dish on its own without it ever getting to the pie stage.
5. When ready to bake, carefully separate and layer fillo sheets in baking pan and brush each sheet lightly with olive oil. An average of 6-8 sheets both under and on top of spinach filling is a good guide.
6. Add the spinach filling and distribute evenly over the entire pan. Add top layers of fillo as above.
7. Brush top of pie liberally with olive oil and score fillo sheets carefully cutting through all of the top layers of fillo.
8. Bake at 350 degrees for 45 minutes until a beautiful golden brown. Allow pie to rest for about 15 minutes before serving. To reheat, wrap in aluminum foil in a 350-degree oven for about 15 minutes. Do not microwave or you'll get soggy spinach pie!



Image Source: The Greek Vegan

Greek Spanakopita with Feta Cheese

Source: <http://thegreekvegan.com>

Contributed by the Martinos Family

Athinoula A. Martinos Center for Biomedical Imaging Benefactor



Spanakopita can also be made with other greens, such as dandelion or chard, in place of spinach. Thaw the spinach overnight or in a colander under warm running water. Squeeze out the liquid and skip the pan-wilting step.

Ingredients

6 oz frozen chopped spinach, thawed and well-drained
 2 bunches flat-leaf parsley, stems trimmed, finely chopped
 1 large yellow onion, finely chopped
 2 garlic cloves, minced
 2 tbsp extra virgin olive oil
 4 eggs
 10.5 oz quality feta cheese, crumbled
 2 tsp dried dill weed
 Freshly-ground black pepper
 For the assembly:
 1/3 cup extra-virgin olive oil for brushing; more as needed
 Eighteen 9×14-inch sheets frozen phyllo dough, thawed and at room temperature
 2 tsp whole milk



<http://thegreekvegan.com>

Method

1. Preheat the oven to 325 degrees F.
2. Before you begin mixing the filling, be sure the spinach is very well drained, and squeeze out any excess liquid by hand.
3. To make the filling: In a mixing bowl, add the spinach and the remaining filling ingredients. Stir until all is well-combined.
4. Unroll the phyllo (fillo) sheets and place them between two slightly damp kitchen cloths.
5. Prepare a 9 1/2" X 13" baking dish. Brush the bottom and sides of the dish with olive oil.
6. To assemble the spanakopita: Line the baking dish with two sheets of phyllo (fillo), letting them cover the sides of the dish. Brush with olive oil. Add two more sheets in the same manner and brush them with olive oil. Repeat until two-thirds of the phyllo (fillo) is used up.
7. Now, evenly spread the spinach and feta filling over the phyllo (fillo) crust. Top with two more sheets, and brush with olive oil.
8. Continue to layer the phyllo (fillo) sheets, two at a time, brushing with olive oil, until you have used up all the sheets. Brush the very top layer with olive oil, and sprinkle with just a few drops of water.
9. Fold the flaps or excess from the sides, you can crumble them a little. Brush the folded sides well with olive oil. Cut Spanakopita ONLY PART-WAY through into squares or leave the cutting to later.
10. Bake in the 325-degree F heated-oven for 1 hour, or until the phyllo (fillo) crust is crisp and golden brown. Remove from the oven. Finish cutting into squares and serve. Enjoy!



for Working with Phyllo: Remember that phyllo is paper thin and will break as you are working with it. For best results, place phyllo dough sheets in between two very slightly damp kitchen towels before you start working with it (unless you think you will work fast enough that the phyllo will not dry out.) Also, be sure to brush each layer with oil, don't skimp.

Discussion

{baked goods & cookies}



Cornbread Biscuits

Recipe originally from smittenkitchen.com



Contributed by Lyssa Manning

Clinical Research Project Manager

Harvard Aging Brain Study

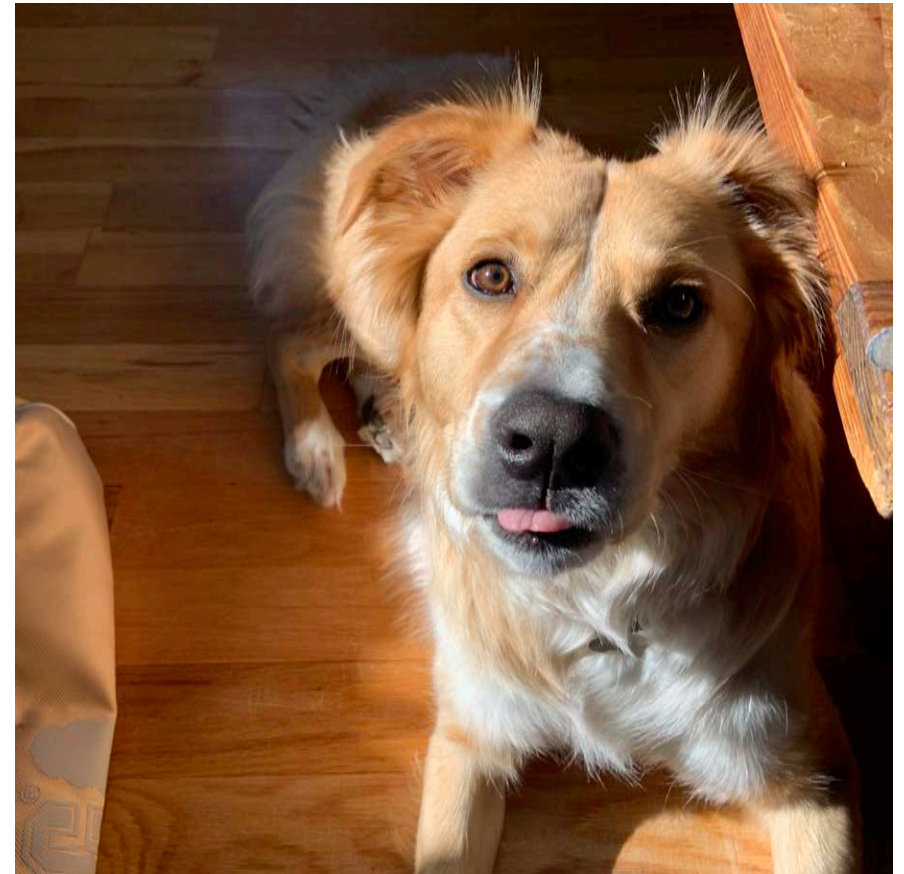
Servings: makes 8 large biscuits

Ingredients

1 3/4 cups flour
2/3 cup cornmeal
1-2 Tbsp sugar
1 Tbsp baking powder
1/2 tsp salt
1/2 cup cold butter, cubed
1 cup buttermilk

Method

1. Preheat oven to 450°F.
2. Mix dry ingredients (flour, cornmeal, sugar, baking powder, salt) in a large bowl.
3. Add butter to dry ingredients and toss to coat. Using your fingers (or a pastry blender if you have one. I don't.) break up the butter into smaller pieces until about the size of green peas.
4. Add buttermilk and stir to combine.
5. Press dough into roundish shape in the bowl and cut dough into 8-12 wedges. Plop each triangle of dough onto baking sheet. Plop is the operative word – the craggier and messier the better.
6. Bake for 12-15 minutes.
7. Devour.



Leo: biscuit sous-chef and official taste tester

Easter Cheese Pizza

Contributed by Giorgio Bonmassar

Makes 1



Ingredients

8 eggs
1 kg of flour
400 g of cheese
200 g of oil
100 g of brewer's yeast
25 g salt

Method

1. Knead all the food and put into rather tall molds.
2. Let rise for several hours (to see if it is ready to bake, press with a finger: the mass should rise again).
3. Brush the surface with the egg.
4. Bake 200 degrees for 1 hour and more.

Enjoy hot, right out of the oven, with Italian cured meats and cheese!

Lemon Loaf



Contributed by Kylie Isenburg
Research Technologist, Napadow Lab

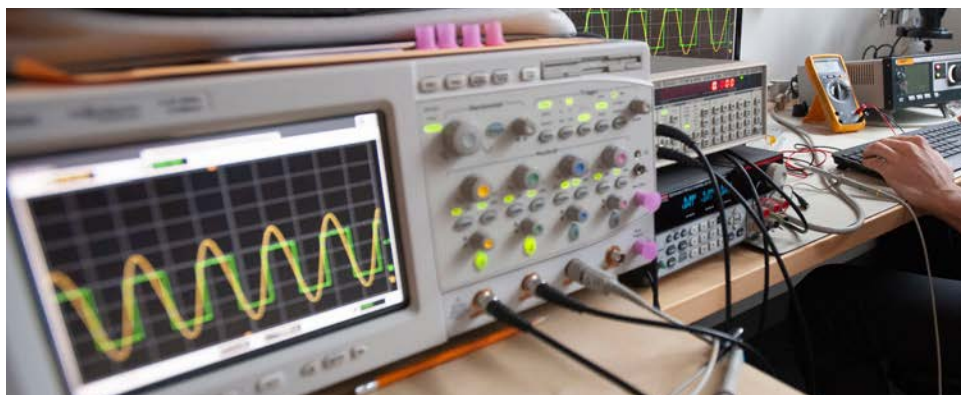
Ingredients

2 cups of all-purpose flour
1 tsp baking powder
1 tsp baking soda
1/4 tsp of salt
1 tablespoon of lemon zest
1/3 cup of unsalted butter
3/4 cup of granulated sugar
3 eggs
1 tbsp of honey
1/2 cup of lemon juice (takes roughly three lemons to squeeze)
1/2 cup of milk
2 tbsp of poppy seeds

Method

** Leave out eggs, milk, and lemons one hour before preparing so that they are room temperature **

1. Preheat the oven to 350 degrees
2. Oil a 9 x 5 pan to avoid sticking.
3. Mix together dry ingredients in a medium sized bowl (flour, baking powder, baking soda, salt) – add the lemon zest at the end and mix.
4. Beat butter until creamed, and then add sugar and honey and continue beating.
5. Add eggs and lemon juice (the lemon juice will make the mixture curdle – this is normal).
6. Slowly add flour mixture and milk and continue beating the mixture.
7. Mix in poppy seeds and pour mixture into pan.
8. Bake for 1 hour – 1 hour and 15 minutes depending on your oven and then cool.



Best Banana Bread Ever

Contributed by Lisa Shin



Makes 1 loaf

Ingredients

1-1/2 cups flour
2 teaspoons baking powder
1/2 tsp baking soda
3/4 tsp salt
3/4 cup sugar (reserve 1/4 cup sugar for topping)
1/2 cup chopped nuts (or chocolate chips)
1 cup mashed ripe bananas (3 or 4)
1 egg lightly beaten
1/2 cup melted butter

Method

1. Preheat oven to 400 F. Grease an 8-inch square pan. (Do not use a loaf pan! Results will be much better with the square pan.)
2. Sift into the mixing bowl the flour, baking powder, baking soda, salt, and *1/2 cup* of the sugar. Add chopped nuts (or chocolate chips) and mix well.
3. In a separate bowl, combine bananas, egg, and butter. Stir that into the dry ingredients and mix well.
4. Pour batter into prepared pan and sprinkle the top with the remaining 1/4 cup of sugar.
5. Bake for 25-30 mins or until an inserted toothpick comes out clean. Cool and cut into squares.

NOTE: If you like, you can also place pecan halves neatly on the top of the batter before you sprinkle on the sugar.



This is my Mom's recipe and she's been making it for nearly 50 years. It's really the best I've ever tried. I hope you enjoy it too!

20 Minute Coconut Macaroons

Contributed by Olivia Rowe
Clinical Research Coordinator
Brain & Spinal Cord Laboratory

Ingredients

2 cups shredded coconut (sweetened or unsweetened, depending on preference)
3 egg whites
1 tsp vanilla
1/4 tsp nutmeg

Method

1. Mix egg whites, vanilla, and nutmeg with beater until thick and "peaks" form.
2. Fold coconut in with spatula.
3. Scoop a spoonful of mixture onto a nonstick pan.
4. Bake at 350 degrees F for 15 min.



This is a recipe my grandfather and I always made when I was a kid. It's super easy to make, kid-chef friendly, allergy-friendly, and serves as a great taste of summer for those "how is it snowing in May" days.



Photo by Brian Burns

Donna's Great Grandmother's Italian Soft Cookies



Contributed by Donna Crowe

Office Manager, A.A. Martinos Center
Administrative Assistant to Dr. Bruce Rosen, Director
A.A. Martinos Center Administrative Staff

Makes 2-3 dozen cookies

Ingredients

Cookies:

- 1 Cup Sugar
- 1 Cup Butter
- 4 Eggs
- 1 Teaspoon Vanilla or Anise, to taste
- 1/2 Cup Milk
- 3 heaping Teaspoons Baking Powder
- 4 or 4-1/2 Cups Flour (dough should be soft)

Icing:

- 1-2 Cups Confectioners Sugar
- 1 Teaspoon or Vanilla to taste
- 1/4 Cup Milk (add a little at a time to get the correct consistency; it should be slightly thick)

Method

1. Preheat oven to 350F.
2. Combine cookie ingredients. Dough should be soft.
3. Bake 7-8 minutes (bottoms should be golden brown)
4. To make icing, combine sugar and vanilla. Add milk a little at a time to get the correct consistency. It should be slightly thick. Dip cooled cookies into it and decorate as desired.



Source: lilluna.com



This recipe always brings me back to special childhood memories of our traditional Italian family holidays.

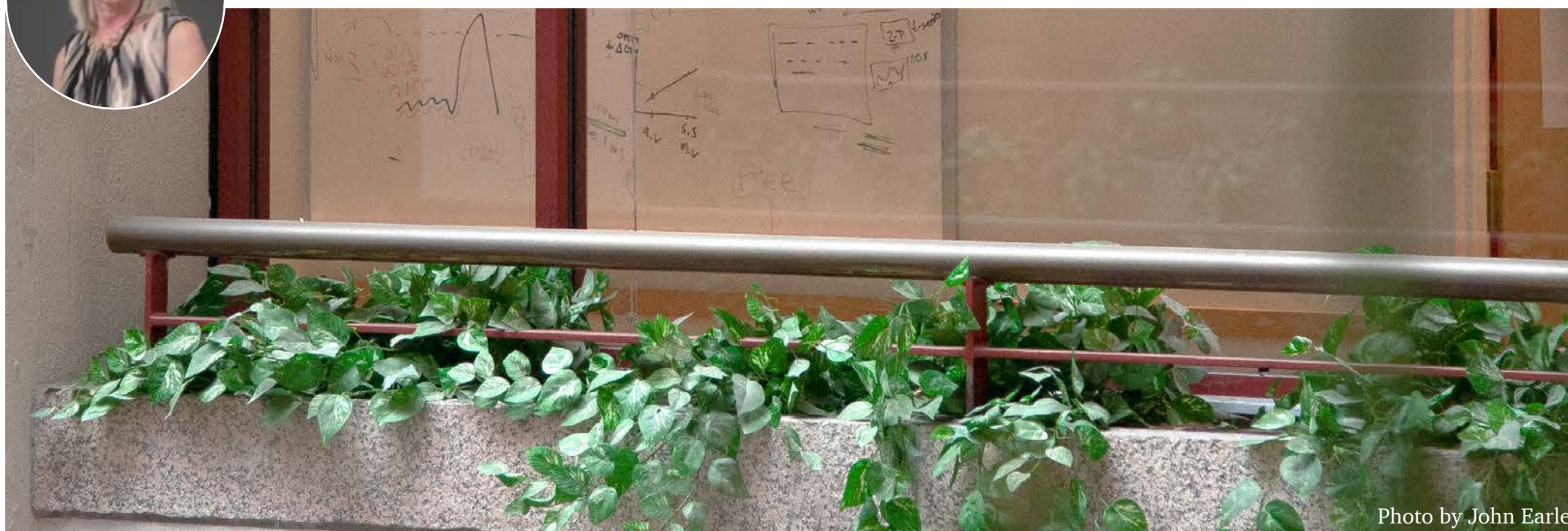


Photo by John Earle



Flourless Chocolate Almond Butter Cookies

(Paleo optional)

These are quick and easy to make and don't require any flour, which is hard to find right now! They are a great option for breakfast, a snack, or with coffee!

Ingredients

1 cup creamy natural almond butter (I use Barney Smooth Almond Butter)
 1 teaspoon melted coconut oil
 1/2 cup coconut sugar
 1 teaspoon vanilla extract
 1 egg, slightly beaten
 1/3 cup unsweetened cocoa powder (I use Ghirardelli dark unsweetened cocoa powder)
 1 teaspoon baking soda
 1/4 teaspoon salt
 1/3 cup dark chocolate chips (dairy free or vegan optional) (I use Ghirardelli premium baking chips, 60% cacao bittersweet chocolate)
 Fancy sea salt for sprinkling on top (optional)



Vegan option: use flax egg and vegan chocolate chips

Method

1. Pre-heat oven to 350 degrees F. and line a baking sheet with parchment paper.
2. In a medium bowl, combine almond butter, coconut oil, sugar, vanilla, egg, cocoa powder, baking soda, and salt. Mix well until smooth.
3. Fold in chocolate chips.
4. Roll dough into large balls (about 2 tablespoons) and place on baking sheet.
5. Slightly flatten each dough ball with the palm of your hand.
6. Bake 7-10 min until the edges are set. Careful not to overbake!
7. Once done baking, remove baking sheet from oven and allow cookies to cool for 5-10 min. Transfer to a wire rack to finish cooling.
8. Sprinkle each cookie with sea salt if desired.



Rob's Chocolate Chip Oatmeal Cookies

Contributed by Robert Barry

Assistant Professor, Radiology

Principal Investigator, Brain & Spinal Cord Laboratory



Makes ~24 cookies

Ingredients

½ cup shortening
 ½ cup brown sugar
 ½ cup white sugar
 1 egg
 1 tbsp water
 ½ tsp vanilla
 ¾ cup flour
 ½ tsp baking soda
 ¼ tsp salt
 1 ½ cup rolled oats
 1 cup chocolate chips

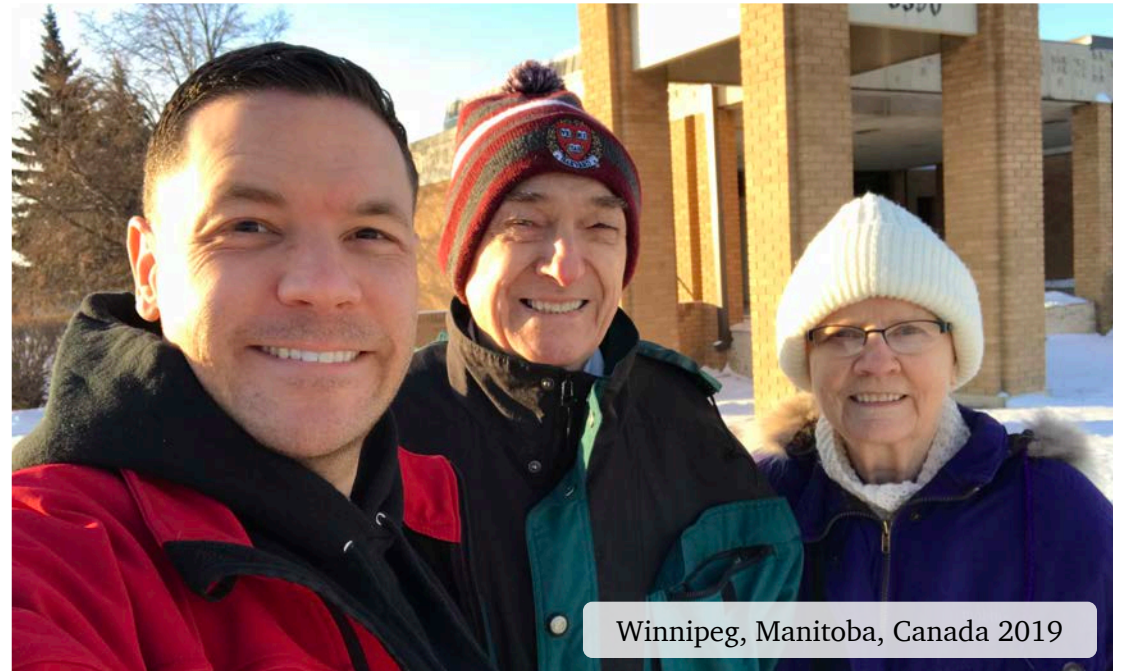
Method

1. Cream shortening and sugar. Stir in the beaten egg and water, and vanilla.
2. Add dry ingredients, rolled oats and chocolate chips.
3. Drop from a teaspoon on to baking sheets.
4. Bake 325F for 12 – 15 minutes.



Reduce sugar by substituting the sugars for alternates, such as Splenda granulated (white sugar alternative) and Splenda Brown Sugar Blend (brown sugar alternative).

Egg-free version: Substitute egg and 1 tbsp water with ½ cup unsweetened apple sauce.



My mom has been making “Rob’s cookies” for as long as I can remember. While the recipe has been modified slightly over the years (now lower sugar and egg free), these cookies are as fun to eat today as they were when I had my little red wagon!



Gluten free Kitchen Cabinet Cookies



Contributed by Robin Striar
Clinical Research Coordinator
Wang and Catalano Labs

Makes 20-25 medium cookies

Ingredients

1/2 cup plus 1/2 tablespoon butter, softened
1 tablespoon of Greek yogurt or milk (can substitute in water)
1 egg
1-1/4 cups of all-purpose gluten-free flour (I like Bob's Red Mill gluten free 1-to-1 baking flour). Be sure that it contains xanthan gum.
1/3 cup of almond flour
3/4 cup brown sugar
1/4 cup white sugar
2 teaspoons vanilla extract
1 teaspoon baking soda
1/2 teaspoon salt
Then add in whatever flavorings you have/like! Examples: - chocolate chips or chopped up chocolate - oats - dried fruit - tree nuts and/or peanuts - coconut flakes - caramel chunks - broken up candy bits - marshmallows and graham crackers - cinnamon and sugar.

Method

1. Preheat oven to 350F or ~180C. Use the 1/2 tablespoon of butter to grease the cookie sheet.
2. Combine all-purpose flour, almond flour, baking soda, and salt in a medium to large bowl until evenly combined and without chunks.
3. Add in the yogurt/milk, brown sugar, white sugar, egg, and vanilla. Mix until smooth.
4. Add in your chosen flavorings. Mix until evenly distributed in the dough.
5. Scoop the cookie dough into ~2 tablespoon-sized portions and place on your cookie sheet, leaving enough room to ensure the dough does not spread into the surrounding cookies.
6. Cook in oven for 10-12 minutes, or until golden brown on the edges.
7. Poke the cookies in the middle to ensure they are fully cooked.
8. Enjoy individually or with loved ones!



With this recipe, you can make a diverse range of cookie types with whatever you have in your kitchen cabinet. This recipe is increasingly helpful now that we are all trying to make fewer trips to the market. I hope that it can spark some delicious and unique cookie-combos!



Can make dairy free by substituting the butter for dairy free "butter," and by substituting the yogurt/milk for water or a yogurt/milk substitute.

Can make nut free but substituting the almond flour for more all-purpose flour.

You can put cookies in the freezer to maintain freshness for longer.



Photo by John Earle

Conclusions

{dessert}





Far Breton

The far is a specialty from Brittany, France. This region used to be poor and the traditional meals were made from common ingredients and were easy to make for a large party.

Ingredients

3 eggs
2 oz of sugar
4 oz of flour
500 ml of milk
A small piece of (salted) butter
Prunes (Breton version), apples cut in small pieces, cranberries (American version) or other fruits of your liking

Method

1. Toss the eggs in a large bowl.
2. Mix it with sugar, then flour and incrementally add the milk.
3. Butter a large plate and pour your mix in. You can then add the prunes, apples, cranberries that will hover on the top, or leave it as is.
4. Bake in an oven for at least 1 hour at low temperature (160°C). You can take it out of the oven as soon as the top is inflated, which means it is baked. The sooner you take it out, the more it will resemble a flan, and if you leave it longer it will be more like a cake.



My mother taught me this recipe which spirit is all about sharing simple but tasteful things. Recipes used to be passed orally and each generation tends to adapt it to their liking. The most traditional far is made with prunes, but since I am in Boston, I have been using cranberries instead and it works very well!



I don't have a picture of the recipe so I thought I would show the land it comes from, hoping that the meal takes you to a place full of rocks, waves and salted air. Here we are at the most western coast of France (Le Conquet, Finistère).

Yoghurt Cake



Contributed by Lilla Zöllei

Assistant Professor

Laboratory of Computational NeuroImaging

Ingredients

6 dL plain yoghurt (600mL)
8-15 tbs sugar (according to your taste)
2 tbs flavorless gelatin
2 dl whipped cream seasonal fruit



Easy and refreshing summer treat!

Method

1. Mix the yoghurt, sugar, and gelatin in a pot and slowly heat the mixture up while constantly stirring. (Stirring is important, otherwise the gelatin will form a layer on the bottom of the pot and the cake will not be sliceable.)
2. While it's cooling down, prepare the whipped cream (if it is not already whipped).
3. When the yogurt mixture cools down, gently mix it with the cream.
4. Put seasonal fruit pieces in a bowl, pour the yogurt-and-cream mixture on top of it. Keep it in the fridge for approx. 3-4 hrs.

Summer Berries and Cream Cake

Contributed by Mary Catanese



Postdoctoral Fellow

Jacob Hooker Lab

Servings 8

Ingredients

Vanilla Cake Mix
3 cups all-purpose flour
2 sticks unsalted butter, at room temperature (will need more for berries)
1 tablespoon baking powder
1/2 teaspoon salt
1-1/4 cups sugar (will need more for preparing berries and whipped cream)
4 large eggs
1 tablespoon vanilla extract
1-1/4 cups whole milk
Pint each: strawberries blueberries blackberries Heavy whipping cream
(or store bought, e.g. cool whip)



The Homemade version is based on the Simple recipe that reminds me of summertime holiday gatherings! Both recipes are delicious and fun ... crowd pleasers! Enjoy!

Method

Prepare cake ~ note: cake and berries need to be prepared in advance (overnight is best).

'Homemade' Summer Berries and Cream Cake:

1. Preheat oven to 350 degrees. Butter two 9-inch-round cake pans, or one sheet cake pan and dust the pans with flour, pour out excess.
2. Mix flour, baking powder and salt. In a separate bowl, mix 2 sticks of butter and the sugar on medium-high speed until light and fluffy (~3minutes). Reset mixer speed to medium, beat in the eggs and vanilla. Mix in flour and milk until smooth. Bake until lightly golden (~30 to 35 minutes). Allow to cool for ~10 minutes then remove from pans onto baking racks and allow to cool.
3. While cake is baking, melt one stick of butter on low heat, add berries and allow to simmer. Slowly add one cup of sugar while stirring. Add more butter and/or sugar to taste. Cook slowly until fruit is reduced (~15 minutes). Once cake is cooled, pierce and puncture on a plate – if you are making a layer cake, use a large plate, puncture each cake, pour berries liberally over each and allow them to sit in the refrigerator overnight.
4. Next day (or when firm), prepare whipped cream in a bowl, mix heaving whipping cream until fluffy, add in 1/4-1/2 cup granulated or confectioner's sugar and a dash of vanilla (optional). Frost with whipped cream, garnish with fresh berries and serve!

Simple Recipe

Prepare boxed cake mix, pierce, prepare your favorite Jello, pour over cake, allow to gel overnight, top with cool whip.



Raspberry Almond Cake

Ingredients

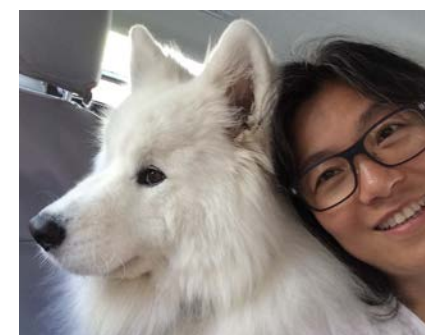
1 cup all-purpose flour
 1 tsp baking powder
 1/8 tsp salt
 3/8 cup almond flour
 1/8 cup coconut flour
 3/4 cup sugar
 5 Tbsp unsalted butter (melted and slightly cooled)
 1 Tbsp vegetable oil
 2 large eggs (room temperature)
 1/2 cup half and half or whole milk
 1 tsp almond extract
 1/2 tsp vanilla
 1-1/4 cups fresh raspberries(washed and thoroughly dried)
 1/4 cup sliced almond (optional)

Method

1. Preheat oven to 350F. Spray a 7" springform pan with cooking spray or lightly grease.
2. Whisk together flour, baking powder and salt. Set aside.
3. In a separate bowl, beat almond flour, coconut flour, sugar on medium speed to combine.
4. Add in melted butter, vegetable oil and beat until well combined.
5. Add eggs, one at a time, and mix after each addition.
6. Add almond extract and vanilla extract, mix until combined.
7. Gradually add dry ingredients and mix until just combined.
8. Pour 1/2 of batter into the prepared pan, spreading evenly to the edges. Distribute raspberries evenly across the top of the batter.
9. Pour or spoon remaining batter evenly spaced on top of the berries.
(optional) Scatter sliced almonds over the top
10. Bake for 40-45 minutes or until toothpick comes out clean.
11. Cool for 15 minutes, then remove sides.
12. Store covered at room temperature.



Baking is comforting especially in the time of social isolation and/or under the pressure of grant writing. This is my own recipe and I hope you will enjoy the cake. You could use raspberry jam instead. But in my opinion, fresh raspberries work so much better!



Tiramisu

Contributed by Giorgio Bonmassar



Servings: 6-8

Find out how to quickly and easily make a perfect tiramisu, a classic recipe from my mom, with ladyfingers, mascarpone, and a touch of marsala! Tiramisu, the Italian dessert par excellence, during the holidays but not only.

Ingredients

500 g Mascarpone
150 g ladyfingers, savoiardi cookies, Churros, or similar
6 cubes of sugar
4 super-fresh eggs
4 Tablespoons of Marsala
4 cups espresso
Dark chocolate powder

Method

1. To make a good tiramisu, start by mixing the egg yolks with the sugar until they become white and frothy. Add the Marsala, then the mascarpone and mix to obtain a homogeneous cream.
2. Beat the egg whites with an electric blender. Add the egg whites with the egg yolks and the mascarpone whipped from the bottom up.
3. Prepare the espresso and let it cool. Then pour the cold espresso on top of the cookies or (if savoiardi) quickly dip in the coffee to avoid that they become too wet.
4. Place a layer of cookies in a rectangular baking dish. (20cmx25cmx5cm) and cover with the mascarpone cream. Repeat until all the cookies are used up by interleaving a layer of cookies and a layer of cream. Place in the fridge (best overnight) and then dust a very, very thin layer of chocolate powder on top and it is ready to serve. Enjoy!



You can heat up the eggs at 82C if you are uncomfortable eating raw eggs.



My Mom's recipe is always the best! My daughter Caterina, made the Tiramisu and took this picture.



World's Easiest White Chocolate Cheesecake



Contributed by Arvina Grahl
Postdoctoral Research Fellow, Napadow Lab
Center for Integrative Pain NeuroImaging (CiPNI)

Servings: 12

Ingredients

2.5 cups (200g) Graham cracker or crisp Amaretti crumbs
1/2 cup (110g) Butter
7oz (200g) white chocolate chips
1/2 cup (100g) sour cream
21oz (600g) cream cheese
1/2 teaspoon vanilla extract
3/4 cup powdered sugar
1 organic lemon, zest & juice (depending on preference, adjust amount)
Berries, cookies, sprinkles, etc. for decoration



Less sweet version: reduce powdered sugar as the white chocolate adds a lot of sweetness already (don't reduce the chocolate).

Method

1. The crust: Preheat oven (350°), use parchment paper to cover base of nine or ten-inch springform pan. Melt butter and mix with cookie crumbs. Spread the mixture in the baking tin, press down well, bake in the oven for 10 minutes. Take out and let cool.
2. The filling: Melt chocolate with sour cream (in a bowl over gently simmering water – too much heat will produce seized chocolate). Stir cream cheese, vanilla extract, powdered sugar, lemon zest and juice until smooth. Stir in cooled chocolate cream (try and adjust in case you want it to be more sweet/sour). Spread the mixture on the cooled cookie base (if still too hot filling might melt). Smooth it and put the cake in a cool place (fridge) for about 5 hours.
3. The grand finale: Carefully remove the cake from the springform pan. Garnish with berries, cookies, etc. to make it unique.



This is my go-to birthday cake recipe for cheesecake lovers that already has brought a smile to many of my friends' and family's faces. Decoration is key – so be creative and make it special. Let's spread some cheesecake love, not viruses!



Peanut Butter & Chocolate Macarons

Contributed by Zeynab Alshelh
Postdoctoral Research Fellow, Loggia Lab



Servings: 15-20 small macaroons



Ingredients

Shell:

- 120g of confectioner's sugar
- 80g of almond flour
- 2 egg whites
- 1 pinch of salt
- 60g castor (berry or fine white sugar)
- 1 pinch of cocoa powder

Filling:

- 1 cup of bittersweet chocolate (or any chocolate of your choosing)
- 1 tbsp peanut butter



This is my go-to dessert recipe and it's usually a hit with everyone!



Method

Shell:

1. Sift the confectioner's sugar and almond flour into a bowl and set aside.
2. Whisk egg whites in another bowl (make sure the bowl is clean and a glass bowl is preferable) until stiff peaks form. Add the castor sugar and continue whisking until peaks are very stiff – the mixture should be shiny and sticky.
3. Whisk in the cocoa powder (enough for the mixture to turn brown).
4. Using a spatula, mix in the sugar and almond flour gently until the texture becomes like lava. Be careful not to overwork so that it becomes too liquidy.
5. Spoon the mixture into a pastry bag (piping bag) and, on a baking sheet (lined with parchment paper), make small rounds, spacing them out evenly. Then let stand for one hour (this step is important for creating the macaron "feet" when baking).
6. Preheat the oven to 300°F and bake for 12 minutes. You can tell that the macarons are ready when you gently touch them and there is no bounce. Remove and let completely cool before handling.

Filling:

1. Melt the chocolate in a glass bowl in the microwave in 20-second bursts (stirring at each point). You can also use a double boiler if preferred.
2. Stir in the peanut butter and adjust to taste. The resulting mixture should be creamy-solid at room temperature.

Assembly:

1. Once the shells have completely cooled, make pairs based on the sizes (ideally, they should all be very similar sizes).
2. Spoon the filling into a pastry bag and pipe a small amount onto the bottom of one of the pairs of shells.
3. Gently close the shells (like a burger).



Store in an airtight container in the fridge for up to a week.



Brown Betty Apple Pie

Servings: 8

Ingredients

1 pie crust

Filling:

¼ cup sugar

2 tablespoons flour

1 tsp cinnamon

1 tablespoon butter, melted

½ cup milk

Topping:

1 stick butter, melted

½ cup flour

1 tsp cinnamon

½ cup sugar

Method

1. Add ¾ cup sugar to 4 cups of thinly diced apples. Let apples stand for 20 minutes then pour off any liquid. Add to pie crust.
2. Mix all filling ingredients and pour over apples.
3. Mix all topping ingredients and sprinkle over top of pie.
4. Bake at 425 for 15 minutes; reduce heat to 350 and bake for 45 minutes.



The apple pie was a classic my mom would always make. I've never met anyone who hasn't liked the dish.



Image source: unknown. Provided by D. Chonde, from internet.

Bread Pudding with Whiskey Sauce

Contributed by Emmaline Brown

Clinical Research Coordinator

Johnson Lab



Servings: 12

Ingredients

Pudding:

12-14 cups 1-inch cubes day-old French or challah bread

6 large eggs

7 tbsp unsalted butter

4 cups whole milk

2 cups heavy cream

1-3/4 cups plus 2 tablespoons light brown sugar

4-1/2 tsp pure vanilla extract

1-1/2 tsp ground cinnamon

1/2 tsp freshly grated nutmeg

1/4 tsp salt

1/2 cup raisins (optional)

Sprinkle of confectioners' sugar for garnish (optional)

Whiskey sauce:

2 cups heavy cream

1/2 cup whole milk

2 tbsp unsalted butter

1/2 cup granulated white sugar

2 tbsp cornstarch

3/4 cup bourbon or other whiskey

Pinch of salt

Method

Pudding:

1. Preheat the oven to 350F.
2. Place the bread cubes in a large bowl. In a small saucepan, melt 6 tablespoons butter and pour over the cubes. Use a rubber spatula to toss them and evenly distribute the butter. Grease a 9x13-inch glass casserole dish with the remaining tablespoon of butter and set aside.
3. Thoroughly whisk together the heavy cream, milk, eggs, brown sugar, vanilla, cinnamon, nutmeg, salt, and raisins in a large bowl. Pour the mixture over the bread and stir to combine, ensuring that all cubes are adequately immersed. Allow it to sit at room temperature for 30-45 minutes.
4. Transfer the mixture to the casserole dish and bake until the center has set, about 50-60 minutes.
5. Garnish the bread pudding with confectioners' sugar and serve warm with warm whiskey sauce.

Whiskey sauce:

1. In a 1-quart saucepan over medium heat, combine the cream, milk, and sugar.
2. Whisk the cornstarch and 1/4 cup of bourbon to blend and make a slurry.
3. Pour the slurry into the cream mixture and bring to a boil. Once the sauce begins to boil, reduce to a gentle simmer and cook, stirring occasionally, for 5 minutes.
4. Remove the sauce from the heat, add the salt, and stir in the butter and the remaining 1/2 cup of bourbon. Serve warm.



Don't pour the whiskey sauce over the whole tray – keep separate and pour over individual servings as needed. I use Wild Turkey, but just about any bourbon or other whiskey will do.



Bread pudding with whiskey sauce is a common dessert for special occasions in my hometown of New Orleans. Years ago, I tried my hand at it in an attempt to impress my boyfriend's parents, both of whom are from the Boston area. I borrowed a recipe from my dad, whose cooking (unlike mine) never fails to live up to our family's Creole heritage. Fortunately, it turned out beautifully – my boyfriend's parents said they'd never had anything like it and ate the entire tray within two days! I've made it several times since and it always goes over well. It's amazing for breakfast the next day, though I wouldn't exactly call it "balanced"!





Fresh Strawberry Granita

Ingredients

1/2 cup sugar
1/2 cup warm water
2 tablespoons fresh lemon or lime juice (I prefer lime)
3 cups sliced strawberries (plus some for garnish, if desired)
Lemon or lime zest

Method

1. Combine first three ingredients in a blender; process until sugar dissolves.
2. Add strawberries and juice; process the mixture until smooth.
3. Pour mixture into a 8-inch square baking dish.
4. Cover and freeze 1 hour until the mixture is icy around edges; stir well.
5. Cover and freeze 2 hours.
6. Remove mixture from freezer; let stand at room temperature 10 minutes.
7. Scrape entire mixture with a fork until fluffy. Top with garnish if desired.





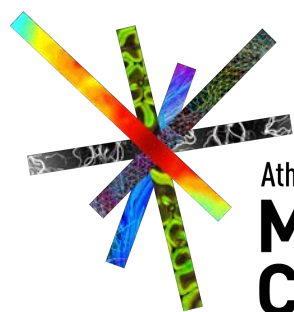
Acknowledgments

{thank you}

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Happy cooking!



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