

2021

SMITH HERITAGE COOKBOOK

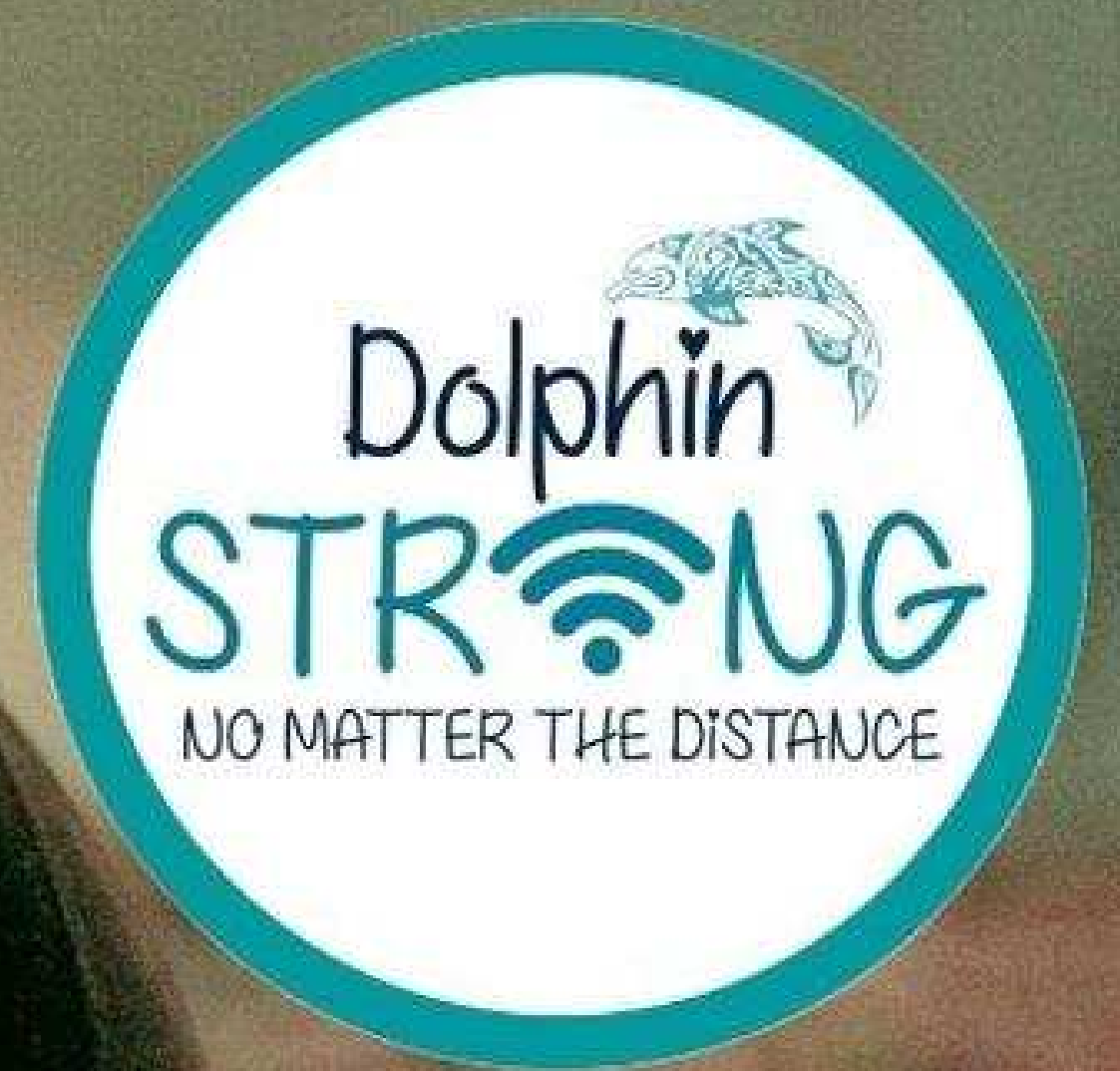
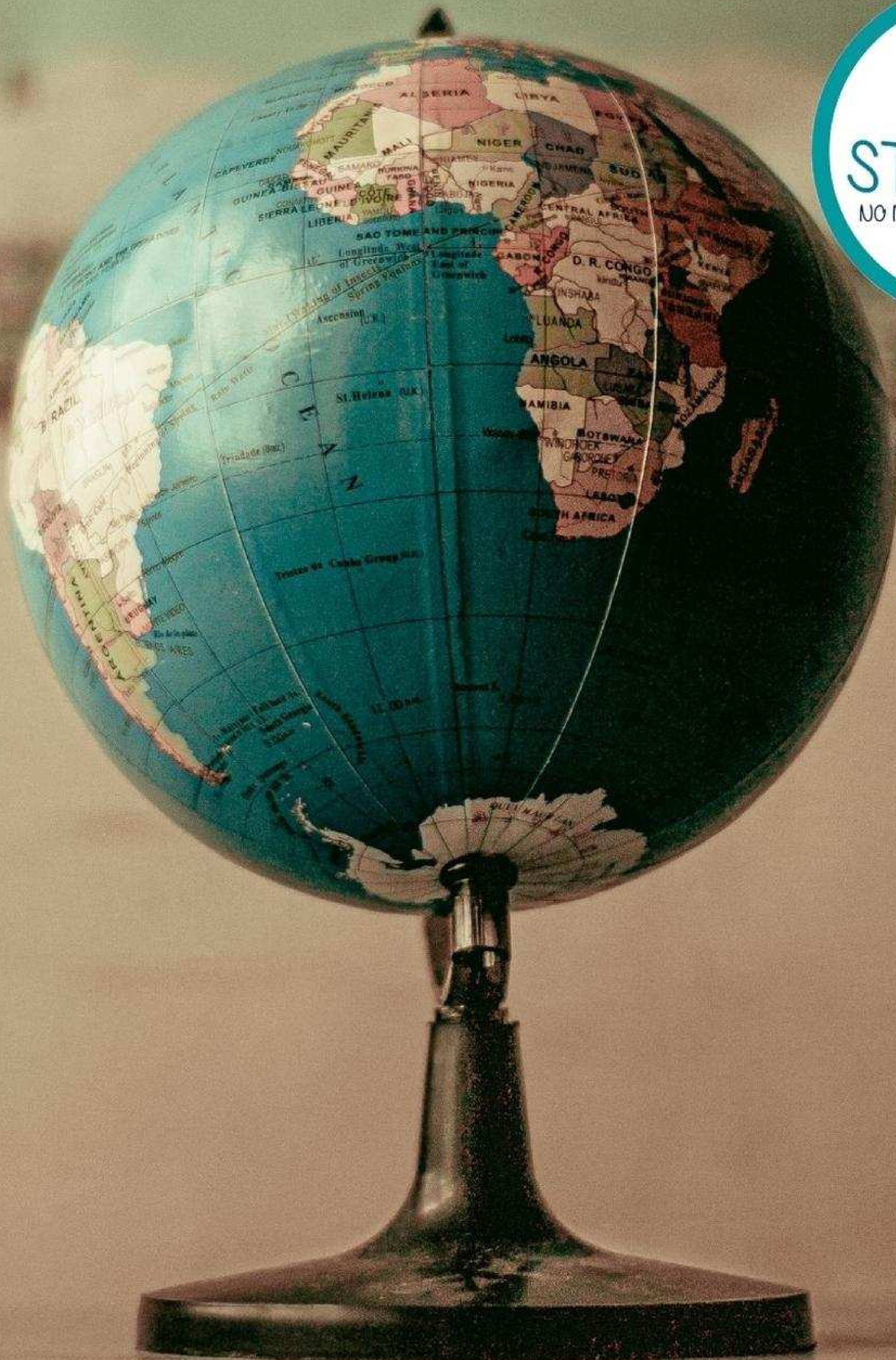


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Chinese Mantou Recipe

By: Justin & Yasmine Chen

- 1) Put 500g flour, 5g yeast, (you can add 10g sugar if you like), 200g milk or room temperature water In a bread machine pan.
- 2) Select dough setting.
- 3) When cycle is completed after 1.5h, turn dough onto a lightly floured surface.
- 4) Divide dough into 20-24 portions. Knead it to make sure the dough is smooth.
- 5) Shape dough into balls.
- 6) Place on a piece of parchment paper.
- 7) Let the dough rise at room temperature for 20mins until about 50% of the original size.
- 8) Steam the buns for 20 minutes.
- 9) After steaming, turn off the heat. Let the buns sit there for 5 minutes.



Israeli Challa Bread Recipe

By: Ella Ragoler

Ingredients (for two challa loaves):

- 7 cup flour
- 2 tablespoon dry yeast
- 1/2 cup sugar
- 2 eggs
- 1 3/4 cup water
- 1/2 cup oil
- 1 tablespoon salt

Instructions:

- 1) In a large bowl, mix the flour and the yeast.
- 2) Add sugar, eggs, water, oil, and salt, and mix until well blended.
- 3) Put the dough into the mixture and knead the dough using the mixer for ten minutes at medium speed. The dough should be smooth and shiny and should stick to the bottom of the bowl.
- 4) Grease the surface of the dough with some oil. Cover and let it rise until the volume has doubled.
- 5) Divide the dough into six pieces, roll them into long strips, and plait the strips into two separate braids, with each braid having 3 pieces.
- 6) Take two trays, put the braids on separate trays, and let them rise until their volume doubles.
- 7) Put the braids into the oven for 25 minutes, at 350 degrees Fahrenheit, or until they are slightly brown.



Indian Lassi Recipe

By: Anish Pentyala

Ingredients:

- 1 cup chopped very ripe mango or
- frozen chopped mango, or a cup of canned mango pulp
- 1 cup plain yogurt
- 1/2 cup milk
- 4 teaspoons honey or sugar, more or less to taste
- A dash of ground cardamom (optional)
- Ice (optional)

Instructions:

- 1) Put mango, yogurt, milk, sugar and cardamom into a blender and blend for two minutes.
- 2) If you want a more milkshake consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.
- 3) Pour contents into a glass and sprinkle with a tiny pinch of ground cardamom to serve.
- 4) The lassi can be kept refrigerated for up to 24 hours.

Paneer Pakora - Indian Recipe

By: Anya Parson

Ingredients:

1. Besan (Chickpea flour) 1 cup
2. 17 paneer (Indian Cheese) rectangles
3. Salt as per taste
4. (Optional) Red Chilli Powder per taste
5. Chopped Cilantro (Coriander) - 1 to 2 tablespoons
6. Oil for deep frying
7. Water to make a thick batter

Instructions:

- 1) Add water to Besan slowly and mix to make a thick batter in order to coat the paneer before frying.
- 2) Add salt, red chili, and cilantro to the mix.
- 3) Dip the Paneer to coat it, one by one into the mixture.
- 4) Carefully drop it in hot oil for deep frying. Turn it to fry from all the sides.

Remove the pakoras on a paper towel after frying.

- 5) Enjoy with ketchup or hot sauce or cilantro chutney!

Konafa - Egyptian Recipe

By: Kenzy Bassiouny

Konafa filled with handmade Egyptian ice cream, mastic flavored:

Mastic ice cream:

- 1 cup heavy whipping cream
- 1/2 cup milk
- 1/4 corn starch
- 5 pieces of mastic gum (crashed)
- 1/2 cup sugar Pistachio (optional)
- Cardamom (optional)

Whisk them all together over stove until it thicken, then add them into freezer or ice cream maker

Konafa:

- Let a Konafa packet (you can get it from Mediterranean Grocery store) cool into room temperature.
- Use your hands to fluff the Konafa.
- Add sugar and melted butter, and mix well to the Konafa fluff.
- Put it into a pan or cupcake pan and then into the oven until golden.
- After getting it out of the oven, add sugar syrup.
- When it cools, serve it with added Mastic ice cream.



Chicken Dum Biryani - Indian Recipe

By: Tanisha Jungali

INGREDIENTS

- Marination for Chicken:
- 2 pounds skinless chicken drumsticks(about 6 drumsticks)
- 2 tablespoons ginger garlic paste(homemade ginger-garlic paste)
- 1/4 cup loosely packed mint leaves
- 1/4 cup cilantro/coriander leaves
- 1/2 cup plain yogurt
- 1/2 teaspoon Turmeric powder
- 1 tablespoon Red chilli powder (adjust as per your taste)
- Salt(as per needed, only for the chicken)
- 1 tablespoon coriander powder
- 1 teaspoon garam masala powder
- 1/4 cup fried onion
- 5-7 green chilies sliced
- juice of half a lemon
- For the gravy:
- 2 tablespoons Ghee
- 1 tablespoon whole cloves
- 1 cinnamon stick
- 1 teaspoon Shah Jeera/Black cumin
- 1 bay leaf
- 3-4 cardamom
- 1 star anise
- For making the rice:
- 3 cups Extra long Basmati rice
- 2-3 cardamom pods
- 1 bay leaf
- 2 tablespoons butter/oil
- Salt
- For the final Dum:
- 5-6 eggs (optional)
- 1/4 cup fried onion
- 1/2 cup chopped cilantro
- a pinch of saffron threads (optional)
- 1 tablespoon butter/ghee



Chicken Dum Biryani - Indian Recipe -continue-

METHOD

- Marinating the chicken:
- Clean the chicken and put cuts on drumsticks, so that the masalas seep in.
- Then, we add ginger-garlic paste, lemon juice, green chilies, mint-coriander, plain yogurt, Salt, Turmeric, Red chilli powder, coriander powder, garam masala powder and fried onion.
- Let the chicken marinate in refrigerator for 4-6 hours or overnight.
- After 4-6 hours of marination, making the gravy:
- Wash and Soak the basmati rice for 30-60 minutes.
- Soak the saffron in warm water.
- If you using a pan to cook the chicken, check the steps above the recipe card. If you are using Instant pot, Turn on the sauté mode on Instant pot and add ghee. Add whole garam masala spices to the warm ghee and sauté for a minute. Add cloves, cinnamon, shah jeera, bay leaf, cardamom, star anise.
- Add the marinated chicken and sauté for 5 min till the oil starts to ooze out.
- If you are using eggs, put the instant pot trivet and place eggs on it. Cancel Sauté mode, close the lid and set pressure cook/Manual mode for 3 minutes, QPR carefully after 5 min. If you are using small pieces of chicken, reduce the sauté time to 3 minutes and pressure cook time to 1 minute.
- Once the pressure is released, peel the eggs once cooled and set it aside.
- Making the rice:
- Boil a large pot of water, add salt, 2 tbsp butter, cardamom and a bay leaf. There is no measure for water. Just a large pot more than half way filled. The water should be salty like sea water. The butter makes sure the rice doesn't stick.
- Add rice and boil for 5-6 minutes or until the rice is almost 70% done. We do not need to cook the rice completely. The rice should still have a bite to it but almost cooked. Check the salt in rice and add more if needed.
- Drain the rice and let the water drain out completely.
- Dum/Slow cook in Conventional Oven:
- Preheat the oven to 375 degrees F . Apply some butter/ghee to a large flat tray and pour the chicken gravy at the bottom.
- Add a handful of fried onions on the rice and add chopped cilantro.
- Spread the rice on top of the gravy.
- Add a handful of fried onions on the rice and add chopped cilantro again.
- Add butter and place eggs in rice.
- Add saffron water, Seal it with aluminum foil and bake on the top rack for 40-45 minutes.
- Open it up after its done and mix it gently to mix the gravy through the rice.

Mexican Tamales Recipe

By: Javier Matias Yanez

Ingredients (for the filling):

- 1 pound boneless pork shoulder
- 1/2 large white onion
- 2 cloves garlic, divided
- 1 bay leaf
- 1 pound tomatillos
- 4 serrano peppers
- 1 tablespoon canola oil
- 1 tablespoon kosher salt, plus more for seasoning
- 1 teaspoon ground cumin
- 1 teaspoon Mexican oregano
- 1/2 teaspoon freshly ground black pepper, plus more for seasoning



Instructions:

1) Soak the corn husks. Place 1 package corn husks in a large pot or bowl and add enough hot tap water to cover. Make sure the husks are submerged by weighing them down with a few coffee mug.

Cook the pork.

2) Cut 1 pound pork shoulder into 2-inch chunks. Season with kosher salt and black pepper. Place in a large saucepan.

3) Cut 1/2 large white onion into 2 pieces, and add 1 piece to the pan. Add 1 of the garlic cloves, 1 bay leaf, and 2 1/2 cups water. Bring to a simmer over high heat, about 7 minutes. Reduce the heat to low, cover, and cook until the pork is fork tender and falling apart, stirring every 20 minutes to prevent the bottom of the pot from burning, 1 to 1 1/2 hours total. Meanwhile, start the chile sauce.

4) Cook the chile sauce ingredients. Husk and rinse 1 pound tomatillos. Place in a medium saucepan. Add the remaining onion piece, remaining garlic clove, and 4 serrano peppers, and cover with 1 inch of cold water. Bring to a boil, then lower the heat to medium.

5) Simmer, stirring occasionally, until the items have softened, about 8 minutes for the tomatillos and peppers, and 12 minutes for the onion and garlic.

6) Use a slotted spoon to transfer the items to a bowl as they are ready. Let cool slightly, then coarsely chop the peppers (discarding any tough stems), onion, and garlic.

7) Cool the meat. When the pork is ready, use a slotted spoon and transfer it to a bowl. Remove 1/4 cup of the broth for the sauce. Let the pork cool slightly, then shred with your fingers or two forks.

8) Blend the sauce. Place the tomatillos, chopped chiles, onion, garlic, and 1/4 cup broth in a blender and blend until smooth.



Mexican Tamales Recipe

-continue-

9) Combine the sauce and meat. Heat 1 tablespoon canola oil in a medium saucepan over high heat until shimmering.

Add the sauce in one quick pour. Stir in the shredded pork. Add 1 tablespoon kosher salt, 1 teaspoon ground cumin, 1 teaspoon Mexican oregano, and 1/2 teaspoon black pepper. Bring to a boil and cook for 3 to 4 minutes to let the flavors meld. The filling should taste salty—it needs to be saltier than you'd think, to stand out inside the tamales. Remove from the heat and set aside.

10) Knead the dough. If using masa harina for your dough, place 3 cups masa harina in a deep mixing bowl and pour in 2 1/4 cups chicken broth. Mix with your hands until the dough is moist and soft. If using fresh masa, knead 1/2 cup chicken broth into 2 pounds masa with your hands until a firm dough forms.

11) Mix the dough. Pour 1 1/4 cups canola oil into a stand mixer fitted with the paddle attachment. (Alternatively, use an electric hand mixer and large bowl.) With the mixer on low speed — and don't wear your best clothing, because it will splatter — add the masa in golf-ball-sized pieces one at a time. The dough may look rather lumpy and unattractive here, but it will eventually transform. Stop the mixer and sprinkle in 2 teaspoons kosher salt and 1 1/2 teaspoons baking powder. If using masa harina, stir in an extra 1/2 cup chicken broth. Mix on high speed until the dough is very light and fluffy, about 10 minutes more.

12) Spread the dough inside the husks. Remove 1 corn husk from the water and wipe off any extra water with a towel. Use a rubber spatula to spread about 1/4 to 1/2 cup of dough (the amount depends on the size of the corn husk) in a large rectangle. Leave a few inches of space at the top so the dough doesn't burst out once it's cooking, and leave about 3 inches of space at the narrower end of the leaf so you have room to fold it.

13) Add the homemade filling. Add a small amount of the pork filling (about 2 tablespoons) in a line down the center of the tamal. Don't add too much, or else it will spill out of the husk when you're folding it.

Fold the tamales closed. To close the tamale, bring one side of the tamal toward the other, like an empanada or a taco, and press lightly to seal. Then tuck the leaves of the husk over each other into a tube-shape. Press down on the narrower end to seal, then fold up toward the wider end. Set aside folded side down and repeat with the remaining tamales.

14) Steam the tamales for 35 minutes. Add water to a steamer pot and line the insert with a layer of corn husks. (This helps keep the steam trapped inside and adds a bit of flavor.) Bring the water to a light boil. Place the tamales vertically, open-side up in the steamer, but don't pack them too tightly or they won't have room to expand. Cover with some extra corn husks. Cover and steam until the corn husk easily pulls away from the tamal, about 35 minutes.

15) Let the tamales cool 10 to 15 minutes. Don't eat the tamales immediately after you remove them from the pot, as they'll be too soft still. Let the tamales cool for 10 to 15 minutes — they'll firm up quite a bit and be ready to eat.

Chinese Dan Dan Noodles Recipe

By: Tianle Zhang

Ingredients:

- 6 tablespoons chili oil with flakes
- 4 tablespoons Chinese light soy sauce
- 4 tablespoons Zhenjiang vinegar
- 1 1/2 tablespoons Chinese sesame paste
- 1 teaspoon sugar
- 1/4 to 1/2 teaspoon freshly ground Sichuan pepper (see note)
- 1/4 cup chicken broth
- 4 tablespoons suimiyacai preserved vegetable
- 2 scallions, finely chopped
- 2 tablespoons lard or oil
- 1/3 pound finely ground pork
- 1 tablespoon Shaoxing wine
- 2 teaspoons sweet wheat paste (tian mian jiang)
- 1/4 teaspoon salt
- 4 baby bok choy, cut in half vertically
- 10.5 ounces (300 grams) medium, round Chinese wheat noodles, fresh or dried

Instructions:

- Combine chili oil with flakes, soy sauce, vinegar, sesame paste, sugar, Sichuan pepper, chicken broth, yacai and scallions and add to a serving bowl or divide among 4 individual-serving bowls.
- While bringing water to a boil in a large pot, heat a dry wok until very hot and add lard (or oil). When lard is hot, add the pork and stir-fry, breaking up into very small bits, until it loses its pinkness. Add the wine, sweet wheat paste and salt and continue to stir-fry until the pork is lightly crisp. Drain the pork and keep in reserve.
- Add bok choy to boiling water and cook 1 to 2 minutes, or until done; remove and hold. Add noodles to same pot and cook until just done. Reserve 1/4 cup of the noodle water.
- Drain noodles, leaving them slightly wet, and immediately layer into the bowl(s) on top of the sauce. Top the noodles with the
- pork and bok choy. At table, mix the noodles in with the sauce, distributing ingredients throughout. If the noodles are too dry, mix in a bit of the reserved noodle water. Alternatively, pre-mix the noodles in the sauce, then portion between bowls and top with pork and bok choy.

Mango Lassi - Indian Recipe

By: Anika Agrawal

- 1) Prepare the mangos, peel and cut them into cube like slices.
- 2) Add the mango slices, chilled milk, little sugar, and, some yogurt, into a blender.
- 3) Blend to a smooth and thick consistency.
- 4) You can add saffron, cardamom, or rosewater, to flavor your lassi. You can also add nothing and keep it simple.
- 5) You're done! You can drink it fresh or store it in your fridge for 2-3 days.



Pulihora - Indian Recipe

By: Yashika Voruganti

Ingredients:

- 2 tbsp oil
- 1 tsp musturd seeds
- 1 tsp urad dal
- fistfull of peanuts with skin (not salted)
- 1/4 tsp asafoetida
- 8-10 curry leaves
- 6 small green chilli (slit)
- 1 1/2 tsp salt
- 4 cups white rice
- 1/4 tsp turmeric
- 2 tbsp tamarind extract

Instructions:

- 1) First, in a tempering pan, heat 2 tbsp oil and add these following ingredients: mustard seeds, urad dal, chana dal, peanuts, asafoetida.
- 2) add the curry leaves and the green chilli.
- 3) Now add tamarind extract, turmeric and salt.
- 4) Cook until the oil seperates from tamarind extract.
- 5) Now cook the rice. Once done, transfer the pulihora masala mix into the rice. Mix gently so that the pullihora mix combines well with the rice.
- 6) And there you go! You have made some pulihora!

You can enjoy the pulihora with plain curd, and other curries!

American Mac & Cheese Recipe

Ingredients:

1 1cup uncooked elbow macaroni
1/4 cup butter
1/4 cup all-purpose flour
1/2 teaspoon salt
ground black pepper to taste
2 cups milk
2 cups shredded Cheddar cheese

Instructions:

- 1) Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.
- 2) Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add Cheddar cheese to milk mixture and stir until cheese is melted, 2 to 4 minutes.
 - Keep a careful eye on the milk when boiling, as milk boils fast and burns easily. Burnt milk will show up in the recipes flavor if overcooked.
- 3) Fold macaroni into cheese sauce until coated.



Rice Pudding ("kh-eer" in Hindi)

By: Aarav and Yuti Agrawal

This dessert is very popular in Northern India. It can be eaten warm or chilled depending on your preference and the weather 😊

Ingredients (for 8 to 10 servings):

- White rice- 1/2 Cup
- Milk (whole preferred)- 1/2 Gallon
- Sugar- 1/2 cup or less

Optional-

- Cardamom, slightly crushed using mortar pestle- 5 to 10
- Almonds, soaked overnight, peeled, and shredded or just shredded- handful
- Raisins- Handful

Instructions:

- 1) Wash and soak rice overnight.
- 2) Drain water and crush them gently once or twice, with hand.
- 3) Heat/Boil the milk separately in a thick bottomed wok.
- 4) Once it starts to steam/boil, add the rice and sugar to it.
- 5) Keep stirring to avoid burning at the bottom till the milk thickens and reduces to at least 3/4th of original quantity.
- 6) At any point during the thickening, add cardamom and raisins.
- 7) Sprinkle almonds on top just before serving or before refrigerating.

The recipe is very simple and quick, but milk takes a while to thicken depending on its quantity (anywhere between 1-1.5 hrs). Constant monitoring of the wok is required.

It's good for 1-2 days if refrigerated.



Japanese Temaki - Shushi

By: Aarav and Yuti Agrawal

Tamaki -sushi (self hand rolled sushi) is a Japanese favorite food that is very delicious delicious with surprisingly simple cooking.

Ingredients:

- 200g sushi rice
- 2 sheets nori seaweed
- 50ml sushi vinegar
- 1 tbsp soy sauce (optional)

Suggested fillings: tinned tuna with mayonnaise, tuna, salmon, tamagoyaki omelette, avocado, seafood sticks, prawns, cucumber.

Any ingredients you like are ok!

Optional seasonings: mayonnaise, white sesame, black sesame, wasabi.

Instructions:

- 1) After cooking 200g of rice, mix with 50ml of sushi vinegar and leave to cool before using.
- 2) Prepare your fillings in thin 10cm strips and cut the nori seaweed sheets in half.
- 3) On the rough side of 1 piece of nori spread your sushi rice so that it covers the left half of it. You do not need to spread rice to the edges.
- 4) If you'd like, sprinkle some sesame seeds over the rice for extra flavour.
- 5) Place the sheet of nori seaweed horizontally in your left hand (you can do this from the beginning but may find it easier after the rice has been spread).
- 6) Start adding any ingredients in the centre on top of the rice. You can use any combination, but salmon and avocado often compliment each other well.
- 7) Now to roll the temaki. First fold in the filled side of the left over the filling. Next roll the plain side of the nori seaweed in from the right, making a cone with your hands. secure the end of the roll with a pressed piece of moist rice from the filling.
- 8) your Temaki sushi is now ready to eat. Enjoy!

