



iCSU

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# THE GLOBAL PANTRY

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CULINARY CONNECTIONS  
CURATED RECIPES THAT BRING US TOGETHER

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CURATED RECIPES THAT BRING US TOGETHER

Editors of iCSU





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## Foreword

We've spent countless hours working together—side by side or screen to screen—and over time, we've learned about each other's lives beyond iCSU. One detail that brings us closer? The food we cook, crave, and share. There's something powerful about a meal that forges bonds and opens the door to new conversations.

Food allows us to share a part of ourselves, connecting cultures, backgrounds, and regions in a way few other things can. It's a way of gathering, even when miles apart, and it's woven into our own work culture here. Creating this cookbook in support of Give felt like the perfect way to celebrate that connection.

Within these pages, you will find recipes that reflect the heart and diversity of our team. From Croatian Rizot to Japanese Nikujaga to Ricardo Carvalho's great-grandmother's Empadas da bizavó, or Wriju Ghosh's grandmother's Khichri, it's a collection you won't find anywhere else.

Thank you to everyone who contributed a cherished or created recipe, and to everyone who supported our Give Campaign by purchasing this cookbook. Flip through these pages, get inspired, and cook up something delicious. May it bring you a little closer to our team, wherever you are.

—Charlotte Becker

## Breakfast & Breads

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## Fruit Salad

An iCSU Special | From The Editor

Serves 4 to 6

**1 cup / 5 oz / 140 g  
raspberries, cut in half**

**2 cups / 10 oz / 280 g  
seedless grapes, whole  
or cut in half**

**6 small fresh figs,  
quartered**

**2 small apples or pears,  
cored and cut into 1-inch  
/ 2.5cm pieces**

**1 large nectarine, pitted  
and cut into 1-inch /  
2.5cm pieces**

**Big squeeze of fresh  
orange juice**

**1 tbs mint, chopped  
(optional)**

**Drizzle of honey**

What is it about fruit as part of breakfast? It's a must, right? It almost feels obligatory. Fruit adds natural sweetness, vibrant color, and a refreshing contrast to traditional breakfast items, making it a perfect pairing. It complements rich, hearty dishes like eggs or oatmeal, balances flavors in yogurt or granola, and offers a quick burst of vitamins and hydration to start the day. Plus, its versatility allows it to be served fresh, blended, or even cooked, fitting any breakfast mood.

1. Just before serving, combine the raspberries, grapes, figs, apples, and nectarine in a large bowl.

2. Add orange juice, mint, and honey. Toss very gently. The last thing you want is for the fruit to get banged up and mushy.

3. Serve immediately.

## Yogurt Biscuits

From Michelle Strub / Executive Office / USA

Makes about 12 biscuits

**1¼ cups (140 g) spelt flour or whole wheat pastry flour**

**1¼ cups (155 g) unbleached all-purpose flour, plus more if needed**

**1½ tsp fine-grain sea salt**

**1 tbs aluminum-free baking powder**

**½ cup (115 g) unsalted butter, chilled and cut into tiny cubes**

**1 ⅓ cup (310 g) Greek-style yogurt (or regular plain yogurt or even creme fraiche)**

This recipe makes the most light and flaky biscuits you can imagine. Perfectly paired with a pat of butter and jam, plus a carafe of mixed citrus juice (another recipe for another day), there isn't a better way to start the day. For some savory takes, consider mixing in fresh herbs and a bit of grated lemon zest, some finely chopped sun-dried tomatoes, crumbled feta, and a few minced olives, or some finely chopped serrano chiles plus a handful of shredded aged artisan Cheddar cheese.

1. Preheat the oven to 450-degrees F / 230-degrees C with a rack in the middle of the oven. Place an ungreased baking sheet in the oven to preheat as well.

2. Combine the flours, salt, and baking powder in a food processor. Sprinkle the butter across the top of the dry ingredients and pulse about 20 times, or until the mixture resembles tiny pebbles on a sandy beach.

3. Add the yogurt and pulse a few times, or until the yogurt is just incorporated. Avoid overmixing; it's fine if there are a few dry patches.

4. Gather the dough into a ball and turn it out onto a lightly floured surface. Knead five times and press into an inch-thick square. Cut in half and stack one on the other. Repeat two more times—flattening and stacking, then cutting. Add more all-purpose flour to prevent sticking when needed. Press or roll out the dough into a ¾-inch (2cm) thick rectangle, but no thicker. If the dough is too tall, the biscuits will tilt and tip over while backing. Cut the dough into twelve equal biscuits.

5. Transfer the biscuits to the preheated baking sheet leaving ½ inch (1.5cm) between each biscuit. Bake for 15-18 minutes, until the bottoms are deeply golden, and the biscuits are cooked through. My kids like to eat them hot, split through the middle, with a touch of butter and jam on each half.





## Blueberry Muffins with Lemon-Ginger Sugar

An iCSU Special | From The Editor

Makes 12 muffins

2 large eggs

½ cup (113 g) salted butter

½ cup (110 g) granulated sugar

½ cup (110 g) dark brown sugar

1/3 cup (85 g) skyr or Greek yogurt

1 tsp vanilla extract

2 cups (280 g) all-purpose flour

2 tsp baking powder

1 tsp kosher salt

⅓ cup (80 mL) milk of choice

3 cups (320 g) fresh blueberries

For lemon-gingered sugar:

½ cup (125 g) turbinado sugar

1 tsp freshly grated ginger

1 tsp lemon zest

If there was a contest for blueberry muffins, these just might win it. Moist, fluffy interiors, packed with blueberries and a lemon-ginger sugar crust on top as an extra treat. Plus, they come together in just one bowl and are insanely easy to make. Don't forget to use paper liners because if not, occasionally, a blueberry gets lost, stuck to the pan, and, well that's just no way for a blueberry to go out.

1. Position a rack to the center of the oven and preheat to 375-degrees F / 191-degrees C.
2. In a large bowl, whisk together the eggs, butter, sugars, yogurt, and vanilla until smooth.
3. Add the flour, baking powder, and salt. Mix, adding splashes of milk in a few tablespoons at a time to help ease it into a smooth batter.
4. Mix in the blueberries with a spatula.
5. In a small bowl, add the turbinado sugar, ginger, and lemon zest. Use your fingers to press the ginger and zest into the sugar, rubbing the zest and ginger in. It should start to smell amazing, and the sugar should take on the texture of damp sand. Set aside.
6. Line a jumbo muffin tin and equally portion the batter into each cup. This will make size jumbo muffins or twelve standard-size muffins. Sprinkle with a generous helping of lemon-gingered sugar.
7. Bake for 20-25 minutes (32-25 minutes if doing jumbo muffins) or until the tops are domed and golden and you no longer hear any "bubbling" of the batter. (The toothpick trick won't work here, unfortunately, you'll run into some blueberries!)

# Chocolate Chip Banana Nut Bread

From Victoria Neff / Executive Office / USA

Makes 1 loaf, 8-10 slices

2 cups flour, sifted

1 tsp baking powder

½ tsp baking soda

1 tsp salt

½ cup butter, room temperature

1 cup sugar

1 ½ - 2 cups mashed bananas, about 4 bananas

2 eggs

½ cup walnuts, chopped

½ cup chocolate chips

From the beginning of time, food and its preparation has been extremely important to unforgettable memories, superb tastes and the survival of mankind. This recipe comes from my Nanie's Pennsylvania State Grange 1972 cookbook, which has since been passed down to me. The cookbook's pages are compiled of fifteen hundred tried and proven recipes from kitchens throughout the magnificent Keystone State.

1. Sift flour, baking powder, baking soda, and salt together in a bowl. Set aside.

2. In another bowl, cream the butter and gradually add sugar. Blend in the 2 eggs, one at a time. Add bananas and mix well.

3. Gradually blend in the sifted dry ingredients, adding the chopped walnuts and chocolate chips.

4. Pour in greased 9 x 5 x 3 in. loaf pan. Bake at 350-degrees F for 60-70 min or until edges are slightly browned and a knife can be inserted and removed cleanly from center of bread. Cool well before serving.





## Quinoa Johnnycakes

An iCSU Special | From The Editor

Makes 10 to 12 pancakes

**2 cups red quinoa**

**2 cups all-purpose flour**

**¼ cup evaporated cane sugar**

**2 tbs plus 1 ½ tsp baking powder**

**Pinch of salt**

**1 tsp ground cinnamon**

**2 cups whole milk**

**4 large eggs**

**1 tsp vanilla extract**

**½ tsp expeller-pressed canola oil**

**1 cup blueberries**

**1 cup Greek-style plain or vanilla nonfat yogurt**

**Maple syrup, for serving**

New England johnnycakes are usually made with corn flour, but this version uses quinoa instead. Serve them with blueberries in season and bananas the rest of the year.

1. Bring a saucepan with 4 cups water and 1 teaspoon salt to a boil. Add the quinoa and stir. Lower the heat to a simmer, cover, and cook until the quinoa is dry and fluffy, about 20 minutes. Let cool.

2. Combine the flour, sugar, baking powder, salt, and cinnamon in a large bowl. Whisk well to combine. In another large bowl, combine the milk, eggs, vanilla, and canola oil and whisk to combine. Add the dry ingredients to the wet and blend until just combined. Fold in the cooked quinoa, taking care not to overmix. Let the batter rest for at least 1 hour.

3. Lightly brush the cooking surface of a nonstick pan or griddle with canola oil. Ladle about 1/3 cup of the batter onto the hot pan. Drop 8-10 blueberries on top of each pancake. When bubbles form in the batter, flip and cook on the other side until lightly browned. Continue with the remaining batter and blueberries. Serve topped with a dollop of yogurt and maple syrup on the side.

# Sunday Morning Oatmeal

An iCSU Special | From The Editor

Serves 4

1 ½ cups whole milk,  
plus extra for serving

1 ½ cups quick-cooking  
(not instant) oatmeal

½ tsp kosher salt

1 banana, sliced

½ cup dried cherries

½ cup golden raisins

Pure maple syrup or  
brown sugar, for serving

Cozy up with a warm bowl of oatmeal (or “porridge” as it’s called in many places). This classic breakfast is hearty, comforting, and endlessly customizable—though we’ve taken any guesswork out of add-ins here with the perfect combination of fruits, spices, and sweeteners. Perfect for a nourishing start to the day, no matter where you are in the world.

1. Heat the milk plus 2 cups of water in a medium saucepan until it starts to simmer.
2. Add the oatmeal and salt, bring to a boil, then lower the heat and simmer for 4-5 minutes, stirring occasionally, until thickened.
3. Off the heat, stir in the banana, cherries, and raisins. Place the lid on the pot and allow to sit for 2 minutes.
4. Serve hot with maple syrup or brown sugar and extra milk.





## Coddled Eggs with Potato Puree

An iCSU Special | From The Editor

Serves 4

**¼ cup fine sea salt, plus more for garnish**

**1 pound russet potatoes, peeled and cut into ¾-inch dice**

**10 ½ tablespoons unsalted butter, softened**

**Kosher salt**

**4 large eggs**

**2 tbs fresh chives, thinly sliced**

**8 ¼-inch-thick slices baguette, cut on a diagonal and toasted**

**4 half-pint mason jars with sealable lids**

This recipe is a spin on “The Slut”—a menu item on Eggslut’s popular menu in its locations across Los Angeles, Las Vegas, Tokyo, Seoul, Kuwait, London, Singapore, and Hong Kong. Inspired by classic French techniques and made famous by the modern brunch scene, this dish combines comforting flavors with a little gourmet flair. Dive into layers of silky, savory goodness perfect for breakfast or brunch.

1. In a large stockpot, bring 7 quarts of water to a rolling boil over high heat. Stir in the sea salt. Add the diced potatoes and cook until fork-tender, 15-20 minutes. Turn off the heat, and remove the potatoes with a slotted spoon, reserving the water in the pot. Run the potatoes through a food mill or ricer until smooth. Stir in the butter. Add kosher salt to taste.

2. Transfer the potato puree to a piping bag (or zip-top plastic bag with the corner snipped off) and divide it evenly among 4 half-pint mason jars, filling each about one-third of the way. Crack an egg into each jar on top of the puree and seal the lids.

3. Return the water on the stove to a simmer over medium-high heat. Place the jars in the simmering water and cook for 15 minutes, or until the egg whites are set.

4. Remove the jars from the water and take off the lids. Garnish each with a sprinkle of chives and sea salt. Serve with the toasted baguette alongside for scooping.

## Southwest Chorizo Scramble

An iCSU Special | From The Editor

Serves 1 – 2

**¼ pound ground chorizo**

**4 large eggs, whisked**

**¼ tsp turmeric powder**

**Sea salt and black pepper, to taste**

**¼ cup salsa (homemade or premade), for serving**

**1 large avocado, peeled, pitted, and sliced, for serving**

This recipe brings bold flavors from the American Southwest to your breakfast table. With smoky chorizo and a touch of spice, this scramble is inspired by the region's love of vibrant, hearty ingredients and Tex-Mex flair.

1. Heat a sauté pan over medium heat. Add the chorizo and cook until lightly browned, for about 5 minutes.
2. Add the eggs and turmeric and season lightly with salt and pepper. Scramble the eggs, stirring with a spatula, for about 3 minutes.
3. Transfer the scramble to plates and top with salsa and avocado slices.





## Spinach and Sausage Frittata

An iCSU Special | From The Editor

Serves 6

**9 eggs**

**¼ cup plain whole milk yogurt**

**1 tsp dried oregano**

**¼ tsp fine sea salt**

**1 tbs extra-virgin olive oil**

**2 mild Italian sausages (chicken or pork), chopped**

**4 cups baby spinach**

**½ cup grated Parmesan**

This dish is the ultimate in adaptability as it can be served any time of day—chow down for a hearty brunch, pack a wedge in a glass container for lunch to go, or serve alongside a salad for a complete dinner. Get creative—frittatas are a great way to use up any assortment of leftover veggies.

1. Preheat the oven to 375-degrees F. In a large bowl, whisk together the eggs, yogurt, oregano, and salt. Set aside.

2. Heat the oil in a 10-inch to 12-inch oven-safe skillet over medium-high heat. Add the sausage and onion and cook, stirring occasionally, until they begin to brown, about 5 minutes. Add the spinach and cook just until wilted. Remove skillet from heat.

3. Pour the egg mixture over top and lightly stir to evenly spread out the spinach and sausage. Sprinkle the Parmesan on top.

4. Bake in the center of the oven for 25 minutes, or until the eggs have set and the top is golden. Cut into 6 slices and serve.

## Drinks

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## Morning Glory Smoothie

An iCSU Special | From The Editor

Serves 1

1 banana

8 frozen strawberries

2 tbs coconut milk

2 tsp agave nectar (or  
substitute with honey)

The modern smoothie has sometimes become too sophisticated, often featuring exotic fruits. This one returns to 1970s-era smoothie essentials, with its strawberry-banana base, but it gets an update from coconut milk and agave nectar.

1. Put all the ingredients into a blender. Blend until smooth. Pour into a glass and serve.

# Immunity Smoothie

An iCSU Special | From The Editor

Serves 2

1 apple, quartered, core removed

½ banana (frozen or fresh)

2 kale leaves, stems removed

1 celery stalk, quartered

½ lemon, seeds removed, peeled

¼ cup parsley leaves

1-inch knob fresh ginger, peeled (optional)

2 cups coconut water

1 cup ice

This smoothie will give you the immunity boost you need to keep going. And unlike most veggie juices and smoothies, this one actually tastes good too.

1. In a blender, combine the apple, banana, kale, celery, lemon, parsley, ginger (if using), coconut water, and ice. Blend on high speed for several minutes until smooth.





## Sparkling Rosemary Lemonade

An iCSU Special | From The Editor

Serves 6

**For the simple syrup:**  
1 ½ cups sugar

1 ½ cups water

Lemon zest, from 3 lemons

6 sprigs Rosemary

**For the lemonade:**  
6-8 lemons, juiced

2 quarts sparkling mineral water (lemon flavored, optional)

Rosemary twigs and lemon slices, for garnish

A refreshing twist on a classic, with the earthy aroma of rosemary elevating the bright citrus flavors. Lemonade itself has origins in the Middle East, where lemon-based drinks date back to medieval Egypt, often sweetened with honey. This version adds a bit of sparkle and a fragrant herbaceous note, perfect for hot days or unique as a mocktail. Make it a cocktail by adding your favorite vodka.

1. Make the simple syrup by combining ingredients into a small saucepan and bringing them to a slight boil, stirring until sugar dissolves. Remove from the heat and let cool completely. Remove the rosemary sprigs.
2. In a large pitcher, combine simple syrup—you don't have to use all of it. Use as much to your taste. The more you add, the sweeter the lemonade will be—lemon juice, and sparkling water. Stir and garnish with rosemary twigs and lemon slices.
3. Pour over ice to serve.

## Sparkling Panakam

An iCSU Special | From The Editor

Makes 4 Cups / 1 Liter

**½ cup / 1.25 oz / 35 g fine-grain natural cane sugar or muscovado sugar**

**2 tsp ground ginger**

**1/8 tsp ground cardamom**

**1 tbs fresh lime juice**

**1/8 tsp fine-grain sea salt**

**4 cups / 1 liter sparkling water, chilled**

**Ice cubes**

One of the most refreshing drinks we've discovered to date is panakam, a traditional Indian beverage typically made during the Hindu festival Sri Rama Navami. If you can imagine a frosty cold, light, bright ginger beer, you'll have an idea of its taste. This version is sparkling, and because the traditional jaggery is sometimes hard to come by (and slow to dissolve), we use whatever full-flavored, fine-grain, natural cane sugar we have on hand—muscovado works nicely. This version also dials back the sweetness. Feel free to adjust the sweetness to your liking.

1. In a medium pitcher, make a thick paste by stirring together the sugar, ginger, cardamom, lime juice, salt, and a small splash of the sparkling water. Stir until any lumps have dissolved. Add more water, a little at a time, stirring all the while. The mixture will get quite fizzy, so just take it slow.

2. Serve as cold as possible with as many ice cubes wedged into the pitcher as possible.





## Grapefruit Paloma

An iCSU Special | From The Editor

Serves 1

**2 thin slices or small wedges grapefruit**

**Kosher salt for rim, if desired**

**2 tbs grapefruit juice**

**2 tbs pomegranate juice**

**1 tsp honey, sugar, or agave syrup**

**¼ cup white tequila**

**About 3 medium-sized ice cubes**

**¼ cup club soda or seltzer water**

**A few pomegranate arils, for garnish**

Meet the Paloma: the zesty, refreshing cousin of the margarita that's here to shake up your happy hour/Apéro / aperitivo / borrel / social hour. Rumor has it that in Mexico, the Paloma is the go-to cocktail—easygoing, bright, and a little bit sassy. Size-wise, this fits neatly in an 8.65-oz tumbler. To make it a mocktail, remove the tequila and just add a bit more fizz.

1. If you'd like to salt the rim of your glass, put a little kosher salt on a small plate. Swipe the rim of your glass with a wedge of grapefruit (or a wedge from the emptied grapefruit you've just juiced) and place the damp rim in the salt, twisting to coat it.

2. Place both juices and honey or sugar in the bottom of your glass and use a long spoon to stir it until combined, and/or until the sugar has dissolved.

3. Add tequila, stir to combine. Add ice then club soda or seltzer. Garnish with additional grapefruit slices and pomegranate arils. Repeat as needed.

## The Best Manhattan

An iCSU Special | From The Editor

Serves 1

2 oz rye or bourbon  
whiskey

½ oz sweet vermouth

½ oz dry vermouth

2 dashes Angostura or  
orange bitters

Bing cherries, pitted and  
stem-on (like Bada Bing  
cherries from Stonewall  
Kitchen/Tillen Farms)

The Manhattan is a cocktail classic that brings a taste of New York sophistication to any occasion. It's the drink that's equal parts bold and balanced—just like the city itself! Born in the heart of Manhattan in the late 1800s, this cocktail is now enjoyed worldwide.

1. In a mixing glass or cocktail shaker filled with ice, combine whiskey, vermouth, and bitters. Stir well, about 20 seconds, then strain into a cocktail glass. Add cherry or twist some lemon peel directly over the drink to release essential oils, and serve.



## Snacks & Sides

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## Mango Pomegranate Guacamole

An iCSU Special | From The Editor

Serves 8

**4 ripe avocados (2 lbs total)**

**1 cup white onion, finely chopped**

**2 fresh serrano chiles, finely chopped and including seeds (about 2 tbs)**

**¼ cup fresh lime juice, or to taste**

**¾ cup pomegranate arils (from 1 pomegranate)**

**¾ cup peeled mango, diced**

**½ cup cilantro, chopped**

**Lime, as garnish**

**Plantain chips, to serve**

A fresh spin on the classic, combining creamy avocado with juicy mango and pops of pomegranate for a sweet-tart twist! It's a recipe shared by one of our teammates that brings a colorful upgrade to traditional guac—perfect for gatherings or just spicing up your snack game.

1. Halve, pit, and peel avocados. Coarsely mash in a bowl.

2. Stir in onion, chiles, ¼ cup lime juice, and 1 ¼ tsp salt, then fold in pomegranate seeds, mango, and cilantro. Season with salt and additional lime juice.

**For the hummus:**

2 15 ½-oz cans garbanzo beans (chickpeas), rinsed and drained

1 large garlic clove, mashed

1 small jalapeno chili, seeded and coarsely chopped

2 tbs plus 1 ½ tsp tahini

¼ cup freshly squeezed lemon juice

Juice of 1 lime

1 tsp agave nectar

¼ cup coarsely chopped fresh cilantro

1 ½ tsp ground cumin

Pinch of cayenne pepper

½ tsp salt

1/3 cup extra-virgin olive oil

**For the yogurt dressing:**

¼ cup freshly squeezed lemon juice

¼ cup white balsamic vinegar

1 shallot, minced

2 tbs whole-grain Dijon mustard

2 tbs agave nectar

2 tbs chopped fresh oregano

¼ tsp salt

Pinch of freshly ground black pepper

½ cup expeller-pressed canola oil

½ cup extra-virgin olive oil

1 ½ cups Greek-style plain yogurt

**For the Greek salad:**

¼ cup thinly sliced cucumber

¼ cup thinly sliced red onion

1 cup cherry tomatoes, halved

¼ cup Kalamata olives, pitted and quartered

¼ cup crumbled feta cheese

6 tbs chopped mixed fresh herbs, such as parsley, oregano, and basil

4 pita bread rounds, each cut into 6 wedges, warmed

## Hummus with Greek Salad

An iCSU Special | From The Editor

Serves 4 to 6

Along with the usual components of hummus—chickpeas, tahini, olive oil, lemon juice, garlic, and salt—this version features Mexican accents, including cumin, jalapenos, and cilantro. The salad dressing adds a European touch via Greek yogurt and French mustard. This dish is a multicultural flavor rush!

1. For the hummus: Place the beans, garlic, jalapeno, chili, tahini, lemon juice, lime juice, agave nectar, cilantro, cumin, cayenne, and salt in a food processor and blend until it is a smooth paste. Add the olive oil slowly in a thin stream and blend until smooth and well combined. Transfer to a bowl. Store in the refrigerator for up to 3 days.

2. For the yogurt dressing: Combine the lemon juice, vinegar, shallot, mustard, agave nectar, oregano, salt, and pepper in a blender. Blend for 30 seconds on low speed and then turn the blender to medium speed. Slowly drizzle in the oils and blend until the mixture is emulsified and thick, like mayonnaise. Transfer to a bowl and whisk in the yogurt. Store in the refrigerator for up to 4 days.

3. For the Greek salad: To serve, put 2 cups hummus on a plate. Mix the cucumber, red onion, cherry tomatoes, and olives with ¼ cup of the yogurt dressing. Top the hummus with this mixture and sprinkle with the crumbled feta and herbs. Serve with warm pita.





## Vegan Chickpea Ceviche

From Margarita Madrigal | Csam | Mexico

Serves 4

3 cups cooked chickpeas

1 red bell pepper,  
chopped

2 tomatoes, chopped

1 zucchini, chopped

1 serrano chili (optional),  
finely chopped

1 small bunch of parsley,  
coarsely chopped

¼ red onion, sliced

Juice of 2 lemons

2 sheets of nori seaweed

3 radishes, chopped

Salt, pepper, and paprika  
to taste

Last year I wanted to eat healthier and took advantage of Perks+ to sign up for healthy cooking classes. This Vegan Chickpea Ceviche is a recipe from that cooking class.

1. Mix the chickpeas with all the vegetables.

2. Add the lemon juice and mix well again.

3. Add salt, pepper, and paprika to taste.

# Caprese Tortellini Skewers

From Ann Walsh | CSAM | USA

Makes 20 skewers

1 package fresh tortellini

20 grape tomatoes (I like to use the variety color pack)

20 bite size fresh mozzarella balls

20 fresh basil leaves

20 pieces of pepperoni or turkey pepperoni (if you want to make this vegetarian, leave this ingredient out)

2 tbs hot honey

2 tbs date syrup

Salt and pepper to taste

20 bamboo skewers

I made these skewers for a recent Chicago Boat outing on Lake Michigan, and they were a HIT! These are great appetizers for a brunch. Enjoy!

1. Cook tortellini according to package directions, minus 1 minute. Let cool.

2. Place one tortellini, one tomato, one basil leaf, one piece of pepperoni, and one mozzarella ball on each skewer. Repeat for all 20 skewers.

3. Before serving, drizzle with hot honey and date syrup, plus salt and pepper.





## Burrata with Grilled Grapes and Basil

An iCSU Special | From The Editor

Serves 8

**1 1/4 oz seedless red grapes, pulled off their vine**

**2 tbs Valdespino vinegar (or other best-quality sherry vinegar)**

**3 tbs olive oil**

**1 garlic clove, crushed**

**1 1/2 tsp dark brown sugar**

**1 1/2 tsp fennel seeds, toasted and lightly crushed**

**Flaked sea salt and black pepper**

**3 large balls of burrata or buffalo mozzarella**

**6 small purple or green basil springs, to serve**

**Bamboo skewers, soaked**

Burrata—which means “battered” in Italian—is one of life’s great pleasures. This Mediterranean-inspired dish brings creamy, dreamy burrata together with smoky-sweet grapes and fresh basil. It’s a simple yet elegant dish that captures the spirit of Italian cuisine—fresh, flavorful, and perfect for sharing! If you can’t get hold of burrata, balls of mozzarella make an absolutely fine alternative.

1. Put the grapes in a medium bowl with vinegar, oil, garlic, sugar, 1 tsp of the fennel seeds, 1/4 tsp of flaked salt, and plenty of pepper. Mix well and marinate for at least 1 hour and up to 1 day. Thread 5 or 6 grapes onto each skewer.

2. Place a grill pan over high heat and ventilate your kitchen well. Once hot, add the grape skewers in batches and grill for 2-3 minutes, turning after 1 1/2 minutes. Remove from the heat.

3. When ready to serve, tear the balls of burrata in half and place one-half on each plate. Arrange the grape skewers to lean against them, 2 per portion—and spoon 1 1/2 tsp of the marinade over the cheese. Alternatively, arrange on a platter to serve a crowd. Sprinkle with the remaining 1/2 tsp of fennel seeds, garnish with a sprig of basil, and serve.

## Sautéed Kale with Pine Nuts and Raisins

An iCSU Special | From The Editor

Serves 4

2 tbs raisins

¼ cup hot water

1 ½ lbs Tuscan / Lacinato kale

3 tbs extra virgin olive oil

3 large cloves garlic, minced

2 tbs pine nuts, toasted

Salt, to taste

This is a flavorful Mediterranean-inspired side that balances earthy greens with a hint of sweetness and crunch. The tender kale, roasted pine nuts, and plump raisins come together for a quick, nutritious dish that's as vibrant as it is delicious.

1. Put the raisins in a small bowl, add the hot water, and soften for 20 minutes. Drain.
2. Remove the ribs from the kale leaves and discard the ribs.
3. Bring a large pot of salted water to a boil over high heat. Add the kale and cook until just tender, about 5 minutes. Drain in a colander and immediately run under cold running water until cool. Drain again and squeeze to remove excess water. Chop coarsely.
4. Heat the olive oil in a large skillet over moderate heat. Add the garlic and sauté until lightly colored, about 1 minute. Add the kale, pine nuts, and raisins and season with salt. Cook, stirring until all the ingredients are well mixed and the kale is evenly coated with oil.





## Roasted Cauliflower with Dukkah and Yoghurt

From Richard Bumann | CSA Manager | Data & Ai | Switzerland

Serves 3 – 4

**For the cauliflower:**  
1 cauliflower (approx.  
1 kg)

100 g tahini (sesame  
paste)

4 tbs olive oil

1 ½ tsp turmeric

2 tsp sweet paprika

½ tsp ground cumin

1 ½ tsp salt

**For the yoghurt dressing:**  
200 g plain Greek yoghurt

1 garlic clove, pressed

½ organic lemon, use  
grated zest and 2 tbs of  
juice

Salt, to taste

**For toppings:**  
½ bunch flat-leaf parsley,  
finely chopped

1 pomegranate, seeds  
removed

2 ½ tbs Dukkah (spice  
mix)

Be creative with the cauliflower marinade and vary different spices. I usually add honey and put the soaked cauliflower in the fridge for some time.

1. For the cauliflower: Remove the cauliflower stalk, the leaves can be left intact. Place on a baking tray lined with baking paper. Combine the tahini, oil, and spices. Rub the marinade into the cauliflower.

2. Bake for approx. 1 hour in the centre of an oven preheated to 180-degrees C (until golden brown and cooked through).

3. For the yoghurt dressing: Combine the yoghurt with the garlic and lemon, season with salt.

4. To serve, sprinkle roasted cauliflower with parsley, pomegranate seeds, and dukkah. Cut into slices and serve with the yoghurt dressing.

## Coconut Rice from the Colombian Atlantic Coast

From Angelica Noguera | CSAM | Colombia

Serves 4

**1 pound white rice,  
rinsed until the water is  
clear**

**1 coconut, pulp removed  
and grated**

**50 g panela (or brown  
sugar loaf)**

**2 cups water**

**1 tsp salt**

**1 cup Coca Cola  
(optional)**

**Handful of raisins  
(optional)**

This is a side that is very traditional in the Colombian Atlantic Coast, but this recipe in particular has been in my family for years and we all grew up with this special side that was done on Sundays or special occasions. It is usually made to go with fried fish, avocado salad, and patacón (green plantain, flattened and then fried), but it is so good, it can really be eaten by itself and a fried egg. The result should be brown-colored rice with a hint of sweetness and a lot of coconut flavor. Enjoy!

1. Pass the coconut shavings through a filter cloth and squeeze it. Add this first “coconut milk” you get from this process into a pot and boil it. Make sure to stir it often, until it is caramelized and there is only some browned coconut left with its oil.
2. While this is cooking, add 2 cups of water to the coconut shavings left in the filter cloth and squeeze it again to get coconut water. Set aside.
3. Add 50 g of panela to pot of caramelized coconut milk and continue to stir, on low heat, until it has melted. Be careful not to overcook it as the flavor can become strong.
4. Once melted, add the pound of rice to the same pot, along with the coconut water, and 1 tsp of salt. Stir well. Check for saltiness. If you'd like to make this sweeter, add in the cup of Coca Cola and the raisins.
5. On medium heat, continue to stir the rice in the pot and cook until the water disappears. If at this point you check and the rice has not completely cooked, add another cup of coconut water and cover with the lid. Leave it to finish cooking, until the water disappears, on low.





## Garlic Fried Rice

An iCSU Special | From The Editor

Serves 4

8 garlic cloves, thinly sliced

1/3 cup grapeseed or vegetable oil

Kosher salt

1 (2") piece ginger, peeled, finely chopped

1 large egg, beaten to blend

3 cups chilled, cooked short-grain rice

2 tsp toasted sesame oil

4 scallions, thinly sliced on a diagonal

3/4 cup cilantro, coarsely chopped

2 tsp toasted sesame seeds

A simple, savory dish packed with bold flavors and a satisfying crunch. A staple in Filipino cuisine, it's traditionally made with leftover rice and lots of fragrant garlic, turning humble ingredients into something truly delicious.

1. Toss garlic and grapeseed oil in a large nonstick skillet. Arrange garlic in a single layer and set over medium heat. Cook, shaking pan often, until garlic is barely golden and crisp (oil should stop bubbling at this point), about 5 minutes. Using a slotted spoon, transfer garlic chips to paper towels to drain; season with salt.

2. Increase heat to medium-high and cook ginger in oil in the same skillet, stirring occasionally, until just softened and fragrant, about 2 minutes. Add egg and stir to break up; cook until just set (this will take a matter of seconds). Add rice and sesame oil and toss to combine. Cook, undisturbed, pressing down on rice with a spatula so it makes good contact with the pan, until rice begins to crisp, about 2 minutes. Give rice a toss, then press down on it again, cooking until you get more crispy bits, about 2 minutes. Remove skillet from heat and toss in scallions and half of garlic chips; season with salt.

3. Transfer fried rice to a platter and scatter cilantro, sesame seeds, and remaining garlic chips on top.

## Gougères (French Cheese Puffs)

An iCSU Special | From The Editor

Makes 24

1 cup (250ml) water

5 ½ tbs (80 g) butter  
(unsalted), cut into  
½-inch (1 ½ cm) cubes

1 cup (150 g) all-purpose  
flour

¾ tsp salt (kosher)

Pinch nutmeg (powder or  
freshly grated)

Pinch black pepper

4 eggs (2 oz / 60-65 g  
each)

2 cups (200g) Gruyere  
cheese, freshly shredded

For topping:

½ cup Gruyere cheese,  
extra, freshly shredded

1 egg yolk, for brushing

Fabulous light-as-air cheese puffs hailing from France, perfect for any occasion that calls for a touch of elegance. Made with a classic pâte à choux dough and loaded with Gruyère or comté cheese, these savory bites are crisp on the outside, soft on the inside, and irresistibly cheesy. Whether served warm from the oven, for dunking into soups and stews, or paired with wine, gougères bring a little bit of French bistro charm to your table!

1. Preheat the oven to 425-degrees F / 220-degrees C. Lightly grease 2 trays then line with parchment / baking paper.
2. Place water, butter, and salt in a saucepan over medium high heat. Bring to boil until butter is fully melted.
3. Remove from the stove, add flour, salt, pepper, and nutmeg. Mix until incorporated.
4. Return to the stove on low heat and mix for 1 minute (this dries the mixture out).
5. Remove from the stove and leave it to rest for 2 minutes.
6. Add 1 egg, mix vigorously until incorporated—the batter splits at first, but it always comes together!
7. Add 3 more eggs, one at a time, mixing until incorporated before adding the next.
8. Stir in 2 cups of cheese.
9. Drop 1 tbs mounds onto trays (small cookie scoop is ideal, otherwise use a measuring tablespoon and a teaspoon to scrape out).
10. Brush with yolk, then top with a pinch of reserved cheese for topping.
11. Bake for 25 minutes.
12. Allow to cool for 15 minutes so they become crusty and inside dries out a bit.
13. Serve warm as pre-dinner nibbles, finger food at gatherings, or dunk into soups and stews!





## Tortilla de Patatas

An iCSU Special | From The Editor

Serves 4

**3 to 4 (1 ¼ to 1 ½ lbs)  
Yukon Gold potatoes**

**1 small onion**

**1 cup olive oil**

**6 extra-large or 7 large  
eggs**

**Salt and freshly ground  
black pepper (don't  
skimp)**

Our favorite ways to eat this: alongside pan con tomate or in a spread with other Spanish favorites. Warm, in wedges, with salad (and even jamon serrano) for dinner. Cold, in wedges, with salad for lunch. Cut into cubes and served with toothpicks for parties/cheese courses. As a sandwich filling, on a crusty baguette with aioli. Trust us.

1. Peel potatoes and onion and slice them very thin with a mandolin, the slicing blade of a food processor, or by hand. If either are on the large side, first cut them in half lengthwise so the slices will be in half-moons.

2. Heat oil in an 8- to 10-inch skillet, ideally nonstick over medium-high until very hot, about 3 minutes. Add potatoes and onions in even layers and reduce heat to medium-low. Cook for 15 minutes, flipping and nudging potatoes around to ensure they cook evenly. Potatoes are done when they are tender when pierced with the tip of a knife. They should not get brown or fall apart in flipping (unless you like your tortillas with softer, more broken-up potatoes, as some do).

3. Transfer potatoes and onion to a colander set over a bowl and drain them. Season potatoes and onion with salt and pepper and let cool slightly, about 5 minutes.

4. In the bottom of a large bowl, lightly beat eggs with a couple of good pinches of salt and freshly ground black pepper. Stir in drained potatoes and onions. If you have 10 minutes, definitely let them soak together for that long; it makes a difference in how well the final tortilla stays together. If you're in a rush, it's not going to ruin the dish if you skip it.

5. Add 2 tbs of the drained cooking oil back to the skillet over medium-high heat. Pour potato mixture into skillet and flatten the potatoes with a spatula until they're mostly even. Reduce heat to medium-low. Cook, moving and shimmying the skillet and nudging the egg around (so it runs underneath) for a minute before letting the tortilla cook undisturbed until the top is wet but not very running, and it is golden underneath.

6. Loosen the tortilla with a spatula then slide it onto a large dinner plate. With your hands in potholders, invert the skillet over the plate, take a deep breath, and flip it back into the skillet. You can do it! Shake the skillet to straighten the tortilla and use a spatula to gently tuck the edges back under, if needed.

7. Return the skillet to the stove and cook tortilla to your desired doneness, another 2-3 minutes. If you like an ever-so-slightly loose center, 3-4 minutes, or until a toothpick inserted into the center comes out dry, for full doneness.

8. Slice onto a plate and serve in wedges, hot, cold, or at room temperature, plain, or with a dusting of smoked paprika and/or squiggle of aioli or mayo.

# Salmon Gravlax

From Marcelo Santa Rita | CSAM | Brazil

Serves 4 to 6

**1 pound (450 g) fresh salmon fillet, skin on**

**½ cup (100 g) coarse sea salt**

**4 tbs yellow mustard**

**2 tbs fennel seeds**

**1 bunch fresh dill, chopped**

This tasteful recipe has been given to me by my father and it was his “trademark” for many family gathering. It is very simple to make and delicious as a snack or as a starter dish. The main tip is to not hurry and give it the appropriate time to cure properly. Be aware that you will become addicted to its savory flavor.

1. Prepare the salmon: Check the salmon for any pin bones and remove them with tweezers. Pat the salmon dry with paper towels. Cut the salmon in half to get 2 pieces of the exact same size.

2. Mix the cure: In a bowl, combine the sea salt and the fennel seeds.

3. Apply the cure: Lay out a large piece of plastic wrap. Cover the salmon with the salt mixture, ensuring it is evenly coated. Put the 2 pieces of salmon together keeping the skin on the outside.

4. Wrap and weigh down: Wrap the salmon tightly in the plastic wrap. Place the wrapped salmon in a baking tray. Place a heavy object (like a small cutting board or a few cans) on top to weigh it down.

5. Cure the salmon: Refrigerate the salmon for 48-72 hours. The longer it cures, the more intense the flavor will be. Turn the salmon over halfway through the curing time each 12 hours. At the time of turning the salmon you should also throw away any excess liquid from the tray. Sprinkle half of the dill on the plastic wrap, then place the salmon fillet on top, skin-side down. Sprinkle the remaining dill on top.

6. Final preparation and slicing: After curing, unwrap the salmon and take off the cure mixture gently (do not rinse). Using a knife, spread a thin layer of mustard on the salmon and then place the chopped dill on top of the mustard, covering the entire salmon (opposite to the skin). Using a sharp knife, slice the salmon thinly at an angle.

7. Serving: Serve the gravlax on blini bread or bagels with sour cream or cream cheese and enjoy it with your preferred drink. It harmonizes well with sour drinks, like a good Belgian Lambic beer.





## Curried Egg Salad

An iCSU Special | From The Editor

Serves 2

### For the dressing:

¼ cup plain whole milk yogurt

1 tbs apple cider vinegar

2 tsp curry powder

1 tsp Dijon mustard

¼ tsp fine sea salt

### For the salad:

4 hard-boiled eggs, peeled

½ cup apple, chopped

½ cup celery, chopped

¼ cup walnuts, chopped (optional)

2 scallions, white and green parts, sliced (optional)

Egg salad reminds us of childhood lunches at grandma's house. But we promise, this egg salad in no way resembles the mayo-saturated, gloppy egg salad of yesteryear. This vibrant twist is inspired by Indian flavors. The curry powder adds depth and a gentle kick, transforming everyday egg salad into something exotic and exciting. Perfect for sandwiches, wraps, or scooping with veggies or crackers.

1. In a medium bowl, whisk together the yogurt, vinegar, curry powder, mustard, and salt. Add the eggs and smash with a fork. Stir in the apple, celery, walnuts (if using), and scallions (if using).

2. Serve on top of salad greens or toast or wrap in a tortilla.

# Classic Cocktail Meatballs

An iCSU Special | From The Editor

Serves 10 to 12

**For meatballs:**  
22 square saltines

1 cup milk

2 lbs 85% lean ground beef

1 cup Parmesan cheese, grated

1 tsp garlic powder

1 tsp salt

½ tsp pepper

**For sauce:**  
1 cup hot pepper jelly

1 cup water

½ cup soy sauce

3 tbs distilled white vinegar

2 garlic cloves, minced

2 tbs cornstarch

These slow-cooked glazed meatballs are the ultimate party pleasers. Juicy, tender, and coated in a sweet-and-tangy glaze, they're easy to prep and even easier to enjoy. A recipe for happy party guests and a guaranteed crowd favorite.

1. For the meatballs: Adjust oven rack to upper-middle position and heat oven to 450-degrees F. Set a wire rack in an aluminum foil-lined rimmed baking sheet and spray rack evenly with vegetable oil spray.

2. Place saltines in a large zipper-lock bag, seal bag, and crush fine with a rolling pin (you should end up with 1 cup). Combine saltines and milk in a large bowl and let sit for 5 minutes to soften. Mash with a fork until a smooth paste forms.

3. Add beef, Parmesan, garlic powder, salt, and pepper to saltine mixture and mix with your hands until thoroughly combined. Divide mixture into about 70 (1-tbs) portions. Roll portions between your slightly wet hands to form meatballs and evenly space on the prepared wire rack. Roast meatballs until they are beginning to brown, about 15 minutes. Transfer meatballs to a slow cooker.

4. For the sauce: Whisk jelly, water, soy sauce, vinegar, and garlic together in a bowl. Pour half of the sauce (about 1 ½ cups) over meatballs in a slow cooker. Cover and refrigerate remaining sauce until needed. Cover slow cooker and cook until the meatballs are tender, 3-4 hours on high or 4-6 hours on low.

5. Whisk cornstarch into reserved sauce. Microwave until sauce is bubbling and has consistency of thick jam, about 6 minutes, whisking halfway through microwaving. Add the sauce to the slow cooker and gently fold with a rubber spatula until the meatballs are thoroughly coated. Serve. (Meatballs can be held in slow cooker on low or warm setting, partially covered, for 2-3 hours).



## Soups & Salads



## Mango Mozzarella Salad

From Claus Lindemann | CSAM Manager | Germany

Serves 1

½ of one mango, sliced

125 g Mozzarella, sliced

1 lime, zest and juiced

½ of one red chili pepper

1 tbs sugar

Handful of coriander or  
parsley

1 tbs olive oil

A few drops of Aceto  
Balsamico

I had never thought of combining Mango with cheese, until I saw Mango Mozzarella salad on a menu in a restaurant, tried it and since then, make it frequently myself.

1. Distribute mango and mozzarella onto a large plate. I prefer layering one slice of cheese, one slice of mango, and so forth.
2. Mix the oil, vinegar, lime zest and juice, sugar, and chili in a small bowl. Drizzle over the top of the mango and mozzarella.
3. Add the coriander/parsley as garnish on top. Enjoy!





## Cucumbers with Ajo Blanco

An iCSU Special | From The Editor

Serves 4

**5 mini seedless or  
Persian cucumbers  
(about 12 oz)**

**Kosher salt**

**3 tsp sherry vinegar or  
red wine vinegar, divided**

**¾ cup blanched  
almonds, divided**

**1 garlic clove, finely  
grated**

**½ cup extra-virgin olive  
oil**

**Flaky sea salt**

Ajo blanco, a chilled almond and garlic soup from Andalusia, takes on a new role here as a creamy, flavorful dressing over crisp cucumber slices. It's a light yet flavorful dish that's perfect for warm days, offering a taste of Spain in every bite!

1. Preheat oven to 350-degrees F. Cut cucumbers about 1-inch thick on a steep diagonal and place in a medium bowl. Add a large pinch of kosher salt and 2 tsp vinegar and toss to combine; let marinate 10 minutes. Pour off any liquid that is released.

2. Toast ¼ cup almonds on a rimmed baking sheet, tossing once, until golden, about 5 minutes. Let cool, then coarsely chop. Set aside.

3. Blend garlic, oil, remaining 1 tsp vinegar, remaining ½ cup almonds, and ½ cup since water in blender until smooth and creamy, about 2 minutes; season generously with salt.

4. Divide sauce among plates and top with cucumber salad and chopped almonds. Sprinkle with flaky sea salt.

¾ cup uncooked quinoa

2 cups red cabbage,  
shredded

1 red bell pepper, diced

¼ cup red onion, diced

1 cup carrot, shredded

½ cup cilantro, chopped

¼ cup green onions,  
diced

½ cup cashew halves or  
peanuts (honey-roasted  
is good)

1 cup edamame or  
chickpeas (optional)

Fresh lime, for a bit of  
tang

For the dressing:  
¼ cup all natural peanut  
butter

2 tsp freshly grated ginger

3 tbs gluten-free soy  
sauce or coconut aminos

1 tbs honey (use agave  
or pure maple syrup if  
vegan)

1 tbs rice vinegar or red  
wine vinegar

1 tsp sesame oil

1 tsp olive oil or more  
sesame oil

Water to thin, if  
necessary

## Crunchy Cashew Thai-Inspired Quinoa Salad

An iCSU Special | From The Editor

Serves 4

Packed with vibrant colors, flavors, and textures! Loaded with crisp veggies, fluffy quinoa, and cashews, it's all tossed in a zesty, tangy peanut-lime dressing that brings a taste of Thai cuisine to your table. Perfect as a light lunch or a side, this salad is a refreshing, protein-rich (yet vegan and gluten-free) dish with a satisfying crunch in every bite!

1. To cook quinoa: In a medium saucepan, bring 1 ½ cups of water to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes. You should have a little over 2 cups of quinoa.

2. To make dressing: Add peanut butter and honey or agave to a medium microwave safe bowl; heat in microwave for 20 seconds. Add ginger, soy sauce, vinegar, and both sesame and olive oil and stir until mixture is smooth and creamy. If you want a thinner dressing, simply stir in a teaspoon or two of water or olive oil.

3. Add as much or as little dressing as you'd like to the quinoa. I always start out with a little bit of dressing and usually add more to suit my taste preferences. Alternatively, you can save the dressing for later and add when you are ready to eat; however, the flavors of the dressing usually soak into the salad so it's OK to add to the quinoa first.

4. Next, fold in the red pepper, onion, cabbage, carrots, and cilantro into the quinoa. Garnish with cashews and green onions. Serve chilled or at room temperature with lime wedges, if desired.





## Laguna Kale and Farro Salad

An iCSU Special | From The Editor

Serves 4

1 cup farro, cooked

$\frac{2}{3}$  bunches kale,  
chopped

$\frac{1}{2}$  cup sliced almonds,  
toasted

$\frac{1}{4}$  cup pumpkin seeds,  
toasted

$\frac{1}{2}$  cup Kalamata olives,  
minced

$\frac{1}{2}$  cup golden raisins or  
dried cherries

4 oz feta, crumbled

For the dressing:  
Juice from 1 lime

2 tsp honey

$\frac{1}{4}$  cup olive oil

1 tbs harissa (optional)

Salt and pepper, to taste

This salad brings a taste of laid-back Laguna Beach. With its fresh, vibrant ingredients and coastal California flair. Earthy farro, nutrient-packed kale, and a medley of other ingredients come together with a zesty citrus dressing, inspired by the breezy, health-forward vibe of this beach town.

1. For the dressing: Whisk all ingredients together until blended.

2. Combine all other ingredients in a large bowl. Pour the dressing over the top, then toss to combine. Serve immediately.

## Grilled Salad

From Khaled Elbedri | CSA Manager | Security | Germany

Serves 4

6 sweet peppers (more if you want it sweeter)

3 hot peppers

3 tomatoes

1 garlic bulb

Olive oil

Salt to taste

Caraway to taste

Coriander to taste (optional)

Canned Tuna in olive oil (optional)

Slata Mechouia, “Mechouia” means “grilled salad” in Arabic, is not just a salad; it’s a symbol of Tunisian hospitality and culinary tradition. It’s commonly served with fresh bread and is a perfect accompaniment to grilled meats, seafood or simply French fries. The smoky flavour from the grilled vegetables combined with the freshness of the ingredients makes it a unique and flavourful dish that captures the essence of Tunisian cuisine.

1. Wash all the vegetables.
2. Grill the peppers and tomatoes, rotating every few minutes until the skin is charred, and the peppers are soft. Alternatively, you can roast them in the oven.
3. Wrap the garlic bulb in aluminum foil and roast it in the oven.
4. Let the vegetables cool.
5. Place the peppers and tomatoes in the mixer. Squeeze the onion bulb in and blend until just crushed.
6. Season with salt, coriander, and caraway.
7. Drizzle with olive oil.
8. Garnish with tuna if desired.





## Tuscan Kale Salad

An iCSU Special | From The Editor

Serves 4

**4 to 6 cups Lacinato kale,  
loosely packed, sliced**

**Juice of 1 lemon**

**3 to 4 tbs olive oil**

**2 cloves garlic, mashed**

**Salt and pepper, to taste**

**Hot red pepper flakes,  
to taste**

**2/3 cup Pecorino  
Romano, Asiago, or  
Parmesan, grated**

**½ cup freshly made  
bread crumbs (or  
alternatively, purchase  
pre-made croutons and  
crush using the smooth  
side of a meat tenderizer)**

This salad brings a taste of laid-back Laguna Beach. With its fresh, vibrant ingredients and coastal California flair. Earthy farro, nutrient-packed kale, and a medley of other ingredients come together with a zesty citrus dressing, inspired by the breezy, health-forward vibe of this beach town.

1. For the dressing: Whisk together lemon juice, olive oil, garlic, salt, pepper, and red pepper flakes.

2. Pour dressing over kale in a large serving bowl and toss well.

3. Add 2/3 of the cheese and toss again. Let kale sit for 5 minutes.

4. Add bread crumbs, toss again, and top with remaining cheese.

## Grilled Gazpacho

An iCSU Special | From The Editor

Serves 8

3 ½ lbs tomatoes

1 red bell pepper

1 red onion, quartered

2 slices French or  
country-style bread,  
crusts removed

2 garlic cloves, chopped

1 cucumber, peeled,  
halved seeded and  
cubed

3 tbs sherry vinegar

2 cups tomato juice or  
water

1 tbs sugar

1 tbs Spanish paprika

3 tbs plus ½ cup extra  
virgin olive oil

By grilling the tomatoes, peppers, and onions before blending, this recipe brings a rich depth of flavor to the refreshing, veggie-packed dish. Each spoonful combines smoky, tangy, and savory notes—a unique way to enjoy a twist on the classic Spanish chilled soup.

1. Place tomatoes, bell pepper, and onion on a baking sheet. Brush with 3 tbs of olive oil and sprinkle with salt and pepper. Grill the vegetables until the skins are charred, about 8 minutes for the tomatoes, 10 minutes for the onion, and 15 minutes for the pepper. Grill the bread about 1 ½ minutes per side.

2. Remove the charred skins on the vegetables and de-seed the pepper. Coarsely chop the vegetables, then add into a food processor with the other ingredients, including the grilled bread. Purée until desired consistency. Season with salt and pepper, then chill for a minimum of 2 hours to allow the flavors to come together.

3. To serve, top with crushed salted pistachios, chopped tomato, chopped cucumber, chopped bell pepper, chopped onion, chopped hard-boiled egg, and/or lemon wedges.





## Cold Beans Soup

From Stef D'antonio | CSA | App Innovation | Italy

Serves 1

250g borlotti beans,  
divided

60g Pecorino, cubed

Pepper, as needed

Olive oil, as needed

Garlic powder, as needed

Cooking rice cream, as  
needed

Salt

Multiple textures are a great way to elevate an ordinary dish into something fancier.

1. Set aside about 10% of your beans onto a baking sheet and put into an oven at high heat (or an air fryer) and bake until crispy.

2. Using an immersion blender and high-rimmed bowl or pot, blend the remaining 90% of your beans.

3. Add cubes of Pecorino, plus salt and pepper to taste.

4. To serve, top with the crispy beans from the oven/air fryer, drizzle with olive oil and rice cream, and add more pepper if you'd like. You can also add salt flakes to give it an extra salty kick.

## Farmer's Market Minestrone

An iCSU Special | From The Editor

Serves 8

1 tbs plus ¼ cup extra-virgin olive oil, divided

2 tbs salted butter

2 garlic cloves, minced

1 onion, thinly sliced

2 large carrots, peeled and diced

2 celery stalks, diced

1 large russet potato or 2 small Yukon Gold potatoes, peeled and diced

½ pound green beans, trimmed and halved

2 medium zucchini, cubed

3 cups shredded Savoy cabbage or green cabbage

4 cups vegetable or beef broth

2 cups water

Parmesan rind (optional)

½ cup canned plum tomatoes with their juice

Salt and pepper, to taste

2-3 cups cooked white heirloom beans, such as Marcella beans, or Cranberry beans

½ cup grated Parmesan cheese, for serving

Inspired by Marcella Hazan's iconic Minestrone alla Romagnola, this streamlined version of the veggie-packed soup has even been adapted for a slow cooker if you so choose!

1. Stove top directions: In a large stockpot, warm the ¼ cup oil and the butter over medium-low heat. Add the onion and garlic; cook until soft and golden, about 10 minutes. Add the carrots and celery; cook for 2 minutes. Add the potato; cook for another 2 minutes. Add the green beans and zucchini; cook for 2 minutes more. Add the cabbage; cook until wilted, another 5 or so minutes.

2. Add the broth, water, cheese rind (if using), and tomatoes stir well and season with salt. Cover, reduce the heat to low, and cook until the cabbage is almost falling apart, about 2 hours. Stir in the beans and cook for another 30 or so minutes.

3. Just before serving, remove the cheese rind (if using). Swirl in the grated cheese; season with salt and pepper. Divide among bowls, drizzle with olive oil, and serve.

4. Slow cooker directions: If you prefer to start with dried beans and cook them in the slow cooker: Add ½ pound dried beans (picked over and rinsed) to the slow cooker and add water to cover by about 2 inches. Cover and cook on the high-heat setting until the beans are just beginning to soften, about 2 hours.

5. Meanwhile, sauté all the vegetables as directed above. Add the sauteed vegetables to the slow cooker along with the broth, water, tomatoes, and cheese rind (if using).

6. Cover and continue cooking until the beans are soft and the soup is very flavorful, 2-3 more hours.

7. Just before serving, remove the cheese rind (if using). Swirl in the grated cheese; season with salt and pepper. Divide among bowls, drizzle with olive oil, and serve.





## Cauliflower Soup with Aged Cheddar and Mustard Croutons

An iCSU Special | From The Editor

Serves 4 to 6

This creamy-textured cauliflower soup with back notes of aged Cheddar cheese, accompanied by crunchy mustard-slathered croutons, will quickly become a favorite. If you're looking to make this a one-dish meal, serve over cubes of pan-friend paneer cheese or poached eggs.

1. Preheat the oven to 350-degrees F / 180-degrees C with a rack in the middle of the oven.

2. To make the croutons, put the torn bread in a large bowl. In a small saucepan, melt the butter over medium-high heat. Whisk the olive oil, mustard, and salt into the butter and pour the mixture over the bread. Toss well, then turn the bread onto a baking sheet.

3. Bake for 10-15 minutes, until the croutons are golden and crunchy. Flip them once or twice with a metal spatula along the way.

4. While the croutons are toasting, start the soup. Heat the butter in a large saucepan over medium-high heat. Stir in shallots, onion, and a big pinch of salt. Sauté until the onions soften, for a couple of minutes. Stir in the potato, cover, and cook for about 4 minutes, just long enough for the pieces to soften up a bit. Uncover, stir in the garlic, then the broth. Bring to a boil, taste to make sure the potatoes are tender, and if they are, stir in the cauliflower. Cook, covered, for 3-5 minutes, just until the cauliflower is tender throughout.

5. Remove the pan from the heat and puree the soup with an immersion blender. Stir in half the Cheddar cheese and the mustard. Add more broth or water if you feel the need to thin the soup at all. Taste and add more salt, if needed. Serve sprinkled with the remaining cheese, some croutons, and a drizzle of olive oil.

### For the croutons:

6-oz / 170g chunk artisan whole wheat bread, torn into little pieces (less than 1 inch / 2.5 cm) in size (3 cups total)

2 tbs unsalted butter

2 tbs extra-virgin olive oil

1 ½ tbs Dijon-style mustard

¼ tsp fine-grain sea salt

### For the soup:

2 tbs unsalted butter, clarified butter, or extra-virgin olive oil

2 shallots, chopped

1 yellow onion, chopped

Fine-grain seal salt

1 large potato, peeled and cut into tiny cubes

2 cloves garlic, chopped

3 ½ cups / 830 ml vegetable broth or water

12 oz / 340 g cauliflower, cut into small florets

2/3 cup / 1.2 oz / 45 g freshly grated aged Cheddar cheese, plus more for topping

2 tsp Dijon-style mustard

Extra-virgin olive oil, to serve

# Penicillin Soup

An iCSU Special | From The Editor

Serves 4 to 6

4 cups chicken stock or bone broth

6 cups water

4 tsp chicken bouillon

5 large carrots, peeled and chopped

5 celery stalks, chopped

1 white onion, chopped

5 cloves garlic, minced

1 tsp Calabrian chili paste (optional)

8 oz Pastina, cooked

1-2 cups shredded cooked chicken

Juice of 1 lemon

1 cup Pesto

**Toppings:**

Fresh shaved Parmesan

Parsley, chopped

Fresh cracked black pepper

Penicillin soup, inspired by Italy's tradition of healing broths, is comfort in a bowl! It's brimming with immune-boosting ingredients like garlic and lemon, alongside tender vegetables. Italians have long turned to warm, nourishing broths for wellness, and this version brings that old-world charm with a modern, revitalizing kick.

1. In a large stock pot, add the water and broth, bouillon, all the vegetables, chili paste, herbs, and bring to a boil.

2. Once boiling, cover and bring down to low heat until the vegetables are tender, about 20 minutes.

3. While that is cooking, cook your Pastina following the directions on the box.

4. Using a slotted spoon, remove the carrots, onions, celery, and garlic and put into a blender with 1-2 cups of the liquid. Blend until smooth, then pour back into the pot.

5. Add the chicken and lemon juice into the pot.

6. To serve, put a dollop of pesto and a mound of Pastina into the bottom of a soup bowl. Ladle the broth on top, then add fresh shaved Parmesan, chopped parsley, and black pepper.





1 tbs olive oil

2 onions, finely chopped  
(plus more for topping)

2 habanero peppers,  
chopped (optional for  
spice level)

1 oz unsweetened  
chocolate (see note 1)

1 clove garlic, minced

2 tbs chili powder

1 tbs dried oregano

1 ½ tsp ground cinnamon

¾ tsp allspice

½ tsp ground cloves

2 cups chicken broth

16 oz tomato sauce

2 tbs apple cider vinegar

2 tbs tomato paste

2 tsp brown sugar

2 cans dark red kidney  
beans

2 tsp Worcestershire  
sauce

Salt and freshly ground  
black pepper, to taste

2 lbs ground beef  
(preferably 85/15, see  
note 2—can be half  
ground turkey if you want  
to make it leaner)

Cooked Spaghetti, for  
serving

Shredded cheese, finely  
chopped onions, and  
oyster crackers, for  
serving (see note 3)

## Cincinnati Style Chili

From Steve Vassallo | CSA | Data & Ai | USA

Serves 10

Growing up in Cincinnati, family dinners at Skyline Chili or making a big pot of Cincinnati Chili before the football game are some of my fondest memories. What makes Cincinnati Chili truly unique is the addition of chocolate and cinnamon, giving it a delightful, sweet profile. We serve the chili over spaghetti and top it with a generous amount of shredded Cheddar cheese. You can also go with the traditional Cheese Coney. I love adding some oyster crackers and a dash of hot sauce for that extra kick. My recipe has a bit more meat, and I like to spice things up with some habanero peppers.

1. In a Dutch oven or large pot over medium-high heat, heat oil until shimmering. Cook onions until softened, about 5 minutes. Add habanero for spice level.

2. Stir in chocolate, garlic, chili powder, oregano, cinnamon, allspice, and cloves until fragrant, about 30 seconds. Add broth, tomato sauce, vinegar, tomato paste, brown sugar, and Worcestershire sauce.

3. Stir in beef and bring to boil. Reduce heat and simmer until thickened, about 20 to 25 minutes. Season to taste with salt and pepper (about 1 tsp and ½ tsp, respectively).

4. Add red kidney beans, simmer for 10 minutes.

5. Serve over cooked Spaghetti with desired toppings such as cheese, beans, onions, and crackers.

Notes:

1. Unsweetened chocolate: Just one ounce is all you need; it is a key piece to the flavor profile.

2. Ground beef: You won't have a chance to drain the fat from the beef in this recipe. I think 85/15 is ideal for maximum flavor without too much grease, but you can choose something leaner if you want to.

3. Toppings: Build your bowl with spaghetti, chili, and cheese, then top it off with onions, kidney beans, or even oyster crackers if you want to. Here's the official guide to the "ways" Skyline serves their chili:

2-Way: Spaghetti, Chili

3-Way: Spaghetti, Chili, Cheddar Cheese

4-Way: Spaghetti, Chili, Cheddar Cheese, Onions OR Beans

5-Way aka "the works": Spaghetti, Chili, Cheddar Cheese, Onions AND Beans

4. Yield: This recipe makes 10 generous servings of Cincinnati Chili.

5. Storage: Store leftovers covered in the refrigerator for up to 4 days.

6. Freezer: Cool and portion into freezer-safe containers, label and date. Thaw overnight in the refrigerator.

## Kulith Rasam (Horse Gram Stew)

From Pooja Shanbhag | CSA | Azure Infrastructure | India

Serves 2

½ cup horse gram

3-4 green chilies, slit open

10-12 garlic cloves, peeled and smashed

1 dried red chili

3 tbs of oil

Salt to taste

¼ tbs Asafetida(hing) (optional)

Horse gram is cooked until soft and seasoned with garlic for a heavenly taste. Paired with steaming hot rice, this stew is simply the best. I love drinking this delicious stew; it's too good to be true!

In Konkani (Konkani is an Indo-Aryan language spoken mainly in Goa and the western coast of India), this horse gram stew is called kulitha saaru or kulitha kadhi. Kulithu means horse gram in Konkani. It's a simple recipe: cook horse gram, season with garlic, and enjoy.

Traditionally, horse gram (kulith) has been used in cooking, especially during the rainy season and winters. It's believed to have warming effects and strengthen bones.

1. Prep the horse gram: Soak horse gram in water for faster cooking (overnight is best, but at least 30 minutes helps). If in a hurry, just wash them well.

2. Add the horse gram to a pressure cooker with 1 1/5 cups of water until soft. It takes 5-6 whistles without soaking, and 3-4 whistles while soaking.

3. Preparing the stew: Transfer cooked horse gram and its stock to a cooking vessel.

4. Add slit green chilies and salt, then bring to a boil.

5. If needed, add ½ - ¾ cup more water. For thicker stew, grind 2-3 tablespoons of cooked horse gram with 1/2 cup of water and add to the mixture.

6. Simmer for 3-4 minutes to thicken and for the stew to absorb the salt.

7. Remove from heat and prepare the seasoning.

8. For the seasoning: Heat oil in a pan over medium-high heat. Add the garlic and fry until the garlic cloves are brown. Add the dried red chilies, Asafetida, and fry for 30 more seconds. Mix into the stew.

9. Serve hot stew with steaming rice. Pure bliss!

Notes:

1. To make more stew, cook and grind more horse gram and add more water.

2. Traditionally, oil is used for the garlic seasoning, but ghee can be used as well, as it balances the heat from the horse gram.





## Nikujaga (Japanese Meat and Potato Stew)

From Azusa Gondo | CSAM | Japan

Serves 2

200 g thinly sliced beef  
(pork is also fine)

2 to 3 potatoes (about  
600g), cut into 3-4 cm  
cubes

120 g onion, sliced into 1  
cm wide

60 g carrot, thinly sliced  
into 4-5 mm thick, then  
cut in halves or quarters

100 g shirataki (konnyaku  
yum noodles), cut into  
long strands about 10cm  
long (not mandatory)

1 tbs oil

350 ml dashi stock

2 tbs cooking sake

1/2 tbs mirin

2 tbs soy sauce

1 tbs sugar

\* tbs=15ml, cup=250ml

Nikujaga (肉じゃが) or Japanese Meat and Potato Stew is synonymous with good old home cooking in Japan. It's the dish that everyone frequently eats at home and remembers fondly that their mom used to make. Let's make a delicious Nikujaga that steals your family's heart!

1. If each slice of beef is large, cut it into large bite-size pieces.
2. Add oil to a saucepan and heat over medium-high heat. Sauté meat, breaking the meat pieces apart.
3. When the meat changes colour to dark brown, add vegetables, including shirataki, and cook further for about 1 minute, ensuring that all vegetable pieces are coated with oil.
4. Add dashi stock and bring it to a boil. Remove scum using a ladle, then add sake, mirin and sugar.
5. Once boiling again, bring the heat down to low, add soy sauce and place a drop lid. Cook for about 10 minutes until the potatoes are tender



The Main Thing

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## Granny's Simple Khichri

From Wriju Ghosh | CSA | India

Serves 1 to 2

1 cup rice

½ cup Masoor Dal  
(lentils)

3 cups water

1 ½ tsp salt

Pinch of Black Jeera

Pinch of red/green chili

Pinch of turmeric powder

This is a simple item, but brings back memories of my childhood, when granny used to make it as a surprise for the post-school meal at home. Warm in all aspects.

1. Wash both the rice and dal very well.
2. Preheat a frying pan on medium-high heat. When ready, add 1 tbs of oil or butter. Add the black jeera, chili, turmeric, and salt and cook until fragrant, about 1 minute.
3. Add rice and lentils, stir with the spices about 1 minute.
4. Add 3 cups (about double the amount of rice and lentils) of water to the pan. Cover and cook until fully boiled. Do not add extra water later, it will damage the test.
5. Serve it warm with ghee or butter.





200 g beef tenderloin,  
thinly sliced

1 tbs soy sauce

2 tbs honey, divided

3 tbs plus 2 tsp sesame  
oil, divided

3 spring onions, chopped  
and divided

1 clove of garlic, minced

2 tsp sesame seeds,  
divided

320 g round grain rice

½ a cucumber, diced

1 tsp sugar

3 tsp rice vinegar, divided

1 tsp sugar

1 ½ tsp chili powder,  
divided

1 small zucchini

1 large carrot

100 g shiitake or brown  
mushrooms

100 g bean sprouts

200 g spinach

2 tbs Gochujang (chili  
paste)

4 eggs

Rapeseed oil, for frying

Salt, to taste

## Bibimbap (비빔밥)

From Kessy Hamann | CSAM | Germany

Serves 4

I love Bibimbap because you can use whatever feels yummy for you and get your intake of so many different veggies without it getting boring! These are my favorite ingredients, but you could change it, however you like e.g. marinate Tofu instead of beef to make it vegetarian.

1. For the meat: Mix 1 tbs soy sauce, ½ of the spring onions, 1 tbs sesame oil, 1 tbs honey, garlic, and 1 tsp sesame seeds. Pour over sliced beef and let marinate for at least 30 minutes. Continue with the other ingredients preparation.

2. For the rice: Cook according to instructions or in a rice cooker. Set aside.

3. For the cucumber: Mix with 2 tsp rice vinegar, 1 tsp sugar, and ½ tsp chili powder. Set aside.

4. For the carrot, mushrooms, and zucchini: Cut into strips and fry individually in a pan with a pinch of salt and rapeseed oil until soft. Set aside.

5. For the bean sprouts and spinach: Blanch separately. Mix the sprouts with the remaining spring onions, then add 1 tsp chili powder, 1 tsp sesame oil, and salt, to taste. Mix the spinach with 1 tsp sesame oil, 1 tsp sesame seeds, and salt, to taste. Set aside.

6. For the sauce: Mix 2 tbs gochujang, 1 tsp vinegar, 1 tbs honey, and 1 tbs sesame oil (add a little water if necessary) until thick. Set aside.

7. Once the meat has finished marinating, fry in a hot pan with rapeseed oil until cooked through.

8. Wipe out the pan. Add more oil to the pan, then crack 4 eggs into the pan and fry until done but the yolks are still soft. You can also choose to just use a raw egg yolk if you'd rather.

9. To serving: Fill a bowl with rice. Then place the vegetables and meat side-by-side in a circle on top. Add sauce to taste (and desired level of spiciness). Place a fried egg on top. Done! Now everyone can mix their bowl themselves!

Notes: Ready-made carrot strips from the supermarket work great and save you time on chopping. Leave out the sauce and chili powder for kids or those who can't handle spice ;)

## Rizot (Croatian Chicken & Rice)

From Charlotte Becker | ICSU Leader | USA

Serves 4

- 1 whole chicken
- 2 chicken breasts, cut into small pieces
- 1 onion, chopped
- 1 handful parsley, chopped
- 2 garlic cloves, minced
- 1 can tomato sauce
- 2 chicken bouillon cubes
- 2 cups hot water, plus more as needed
- 1 tsp salt
- ½ tsp pepper
- ½ tsp allspice
- Olive oil, for cooking

This is a family recipe for Croatian Chicken & Rice from my grandmother. Her and my grandfather were from the island of Vis, Croatia, and we ate this often for Sunday family dinners.

1. Prepare the whole chicken by cutting it into pieces, getting as much fat out as possible and taking the skin off.
2. Put enough olive oil in the pan to cover the bottom. Heat the oil and add chopped onion, parsley, and the garlic to sauté until light brown.
3. Add parts of the whole chicken and stir, cooking for about 15 minutes.
4. Add the small pieces of chicken breast and stir, cooking for another 10 minutes.
5. Add salt, pepper, and allspice, give it a good stir, then add the tomato sauce and let simmer for about 10 minutes.
6. Add 2 cups of hot water with 2 chicken bouillon cubes dissolved in it. Let cook at medium heat, stirring occasionally. Always make sure there is enough liquid to cover the chicken by adding more hot water as needed. The chicken should be nearly ready in about 1 ½ hours from the start.
7. When close to finished, take out the big chicken pieces and in the liquid, add about ¾ cup rice. Keep stirring until the rice is ready.
8. You may like to cook some peas on the side and then add them to your rice. Or eat them with the chicken. Anyway, you'll love it and come out clucking like a hen (or grandma). Hahaha.





## Chicken Biryani

Rom Vinod Kumar M | Asia Time Zone Lead | Singapore

Serves 3 to 4

300 g basmati rice

25 g butter

1 large onion, finely sliced

1 bay leaf

3-4 cardamom pods, slit

1 small cinnamon stick

1 tsp turmeric

2 tbs or 50g Curd

4 skinless chicken breasts, cut into large chunks or any other variation

750 ml chicken stock (better/preferred), else 750 ml water

30 g coriander, half chopped, half leaves picked)

4 tbs curry paste (balti or your favourite) or 2 tsp Chili Powder + 1 tsp Garam masala

This is a favourite at home. My daughter and family loves it, and so do my in-laws (a compliment I will always take with pride :)).

You can make variations of these with different chicken types (mince meat, chicken legs, etc.). To add spices and sometimes various veggies like potato, peas, carrots, almonds, and raisins can give a different twist to the same dish.

1. Soak the rice: Soak 300g of basmati rice in lukewarm water for 15 minutes, then wash in cold water until it runs clear.

2. Cook the onion and spices: Heat 25g butter in a saucepan / pressure cooker / rice cooker and cook 1 finely sliced large onion with 1 bay leaf, 3 cardamom pods, and 1 small cinnamon stick for 5 minutes.

3. Add chicken and curry paste (or dry masalas): Sprinkle in 1 tsp turmeric, then add 4 chicken breasts (cut into large chunks) and 4 tbs curry paste. Cook until aromatic.

4. Combine rice and stock: Stir the rice into the pan, then pour over 750ml chicken stock / water.

5. Cook the Biryani: Place a tight-fitting lid on the pan/cooker and bring it to a hard boil, then lower the heat to a minimum and cook the rice for another 5 minutes.

6. Rest and serve: Turn off the heat and leave for 10 minutes. Stir well, mixing through 15g chopped coriander. To serve, scatter over the leaves of the remaining 15g coriander (or 15g mint leaves also gives different aroma) and 2 tbs toasted almonds/raisins (optional) as seasoning.

Notes: To have it with raita / curd or spicy curry or all by itself is a delight.

# Jerk Shrimp and Coconut Milk Grits with Motherless Greens

From Scorey Dubose | CSA | Azure Core | USA

Serves 2

## Jerk Seasoning:

1½ tbs onion powder

1½ tbs garlic powder

1 tbs ground ginger

1 scant tbs dried thyme

1 teaspoon ground white pepper

½ tbs cinnamon

1 tbs ground allspice

1 tbs smoked paprika

½ tbs ground nutmeg

3 tbs dark brown sugar

1 tbs Maggi granulated chicken bouillon

2 dried and smoked habanero peppers, crushed with a mortar and pestle

Coconut Milk Grits:  
2 cups chicken stock

1 13.5-oz can coconut milk

2-inch piece of ginger, peeled and minced

1 cup instant grits

1 large stalk lemongrass

2 tbs unsalted butter, divided

Salt and white pepper, to taste

In honor of Juneteenth, I'm sharing my daughter's Sasha's Jerk Shrimp and Grits with Collard Greens recipe. This dish, a fusion of African American and Jamaican cuisines, was their final exam project for their Techniques of Regional Cuisines class. They explored African American foodways through soul food greens, uniting jerk shrimp and creamy coconut milk grits. This recipe combines our love for Afro-Caribbean flavors and family traditions.

1. Put the bag of frozen shrimp into lukewarm water to defrost. Set aside.
2. Combine Jerk Seasoning spices into a bowl and mix well. Transfer to a jar and set aside.
3. Remove the stems of the collard greens, chiffonade, and wash them thoroughly until the water running through the greens is clear.
4. Melt coconut oil in a medium sauté pan over medium heat. Add onion, green onion ginger, garlic, and jerk seasoning. Sauté until onion is soft and beginning to brown, about 7 minutes.
5. Stir in greens and stock and bring to a simmer. Decrease the heat to medium-low, cover, and simmer, stirring occasionally, until greens are tender or until there is no more liquid, about 25 minutes. Season with salt, sugar, lime juice, and black pepper to taste.
6. Melt one tbs of butter in a medium pot. Once butter is melted, add the minced ginger and minced lemongrass bulbs. Sauté until fragrant.
7. Add the chicken stock, coconut milk, and the tops of the lemongrass stalks to the pot.
8. Bring the mixture to a boil and reduce it to a simmer for 5 minutes.
9. Remove the lemongrass tops and add the grits. Stir frequently until grits have absorbed all of the liquid, about 5 minutes.
10. Finish with the remaining 2 tbs of butter. Add salt and pepper to taste.
11. Pat the defrosted shrimp dry, peel, and devein them, then toss them in a bowl with 1 tbs of your prepared jerk seasoning. Work the seasoning into the shrimp to ensure it is fully coated. It is okay if there is extra jerk seasoning at the bottom of the bowl.



Jerk Shrimp:  
6 oz frozen large shrimp (or between 12 and 14 large shrimp), peeled with the tails removed

2 tbs unsalted butter

1 tsp coconut oil

1 ½ tbs jerk seasoning (see above)

1 lime, cut in quarters

Motherless Greens:  
¾ pound collard greens, washed thoroughly, and chiffonade

1 small onion, diced

1 clove garlic, minced

½ tsp ginger, peeled and minced

½ cup chicken stock

1 stalk green onion, thinly sliced

2 tsp jerk seasoning (see above)

1 tbs coconut oil

White sugar, lime juice, salt, and black pepper, to taste

12. Heat 2 tbs of butter in a nonstick skillet over medium-high heat. Once the butter is melted, add 1 tsp of oil. Add the shrimp and cook for 2 minutes. When the edges turn pink, typically after the first minute, flip the shrimp with tongs and cook the other side for 30 seconds to 1 minute. Remove to a plate or bowl. If you don't have a nonstick skillet large enough to hold all the shrimp, do it in batches, do not overcrowd the pan.

13. Prepare two bowls with grits, layer the greens, then top with the shrimp. Use the remaining oil from cooking the shrimp as a sauce to drizzle on top. Do not forget the bits of jerk seasoning towards the bottom of the pan!



## Brown Udon Noodles

From Ishita Ghosal | CSAM | India

Serves 2

400 g fresh udon noodles  
(or dried udon noodles,  
cooked according to  
package instructions)

2 tbs vegetable oil

3 cloves garlic, minced

1 tbs ginger, minced

4 green onions, sliced,  
whites and greens  
separated

1 cup mixed vegetables,  
like bell peppers, carrots,  
mushrooms, or broccoli

Optional protein, like  
tofu, chicken, shrimp, or  
lamb slices

Sauce:  
3 tbs soy sauce

2 tbs oyster sauce (or a  
vegetarian oyster sauce  
alternative)

1 tbs hoisin sauce

1 tbs brown sugar

1 tsp sesame oil

1 tbs rice vinegar

½ tsp chili flakes  
(optional, for heat)

Cornstarch Slurry:  
1 tsp cornstarch mixed  
with 2 tbs water (to  
thicken the sauce)

Sesame seeds,  
additional green onions  
(green parts), and chili oil  
for garnish

The first time I made brown udon noodles, I was looking for a quick yet satisfying meal that could be thrown together with whatever I had in the fridge. What I discovered was that the magic lies in the sauce—deep, savory, and slightly sweet, it clings to the chewy udon noodles like a comforting hug. It's one of those dishes that feels like a takeout favorite but is actually super easy to make at home. Plus, it's highly adaptable, making it perfect for cleaning out your vegetable drawer!

1. Cook the noodles: If using dried udon noodles, cook them according to package instructions until tender. Drain and set aside. If using fresh udon, rinse them under warm water and set aside.

2. Prepare the sauce: In a small bowl, whisk together soy sauce, oyster sauce, hoisin sauce, brown sugar, sesame oil, rice vinegar, and chili flakes. Mix in the cornstarch slurry and set aside.

3. Stir-fry: Heat vegetable oil in a large skillet or wok over medium-high heat. Add the minced garlic, ginger, and the white parts of the green onions. Stir-fry for about 30 seconds until fragrant.

4. Add vegetables and protein: Add your choice of vegetables and protein to the skillet. Stir-fry until the vegetables are tender and the protein is cooked through. This should take about 4-5 minutes.

5. Combine noodles and sauce: Add the cooked udon noodles to the skillet. Pour the sauce over the noodles and toss everything together. Stir-fry for another 2-3 minutes, until the noodles are well-coated and heated through.

6. Garnish and serve: Remove from heat and garnish with sesame seeds, the green parts of the green onions, and a drizzle of chili oil if desired. Serve immediately and enjoy!

600 g / 1.2 lb bone-in beef short ribs

**Beef marinade:**  
2 tsp soy sauce

2 tsp white sugar

2 tsp garlic, finely minced

½ tsp black pepper

**Noodle dressing:**  
¼ cup soy sauce

2 tsp white sugar

½ tsp garlic, finely minced

1 ½ tbs sesame oil

½ tsp kosher salt

½ tsp black pepper

**Noodles and vegetables:**  
250 g / 8 oz sweet potato noodles (dangmyeon), dried

4 tbs vegetable oil (or other plain oil)

1 tsp kosher salt, divided

1 onion, peeled, halved, sliced into 6 mm / 1/4-inch wedges

3 green onion stems, cut into 5 cm / 2-inch lengths, white and green parts separated

200 g / 7 oz fresh shiitake mushrooms, stem removed, cut into 5 mm / 1/5-inch slices

2 carrots, peeled, cut into 3 mm / 1/8-inch batons

1 red bell pepper/capsicum, cut into 0.5 cm / 1/5-inch slices

4 ½ cups (tightly packed) baby spinach

2 tbs white sesame seeds

## Japchae

An iCSU Special | From The Editor

Serves 4 to 6

Sort of a stir fry, sort of a noodle salad, this big, colourful Korean noodle dish is tossed together in a bowl rather than on the stove and served barely warm. Made with chewy, slippery sweet potato noodles (dangmyeon) which are available in large grocery stores, though can be substituted with glass noodles (bean thread noodles) or vermicelli noodles in a pinch. This makes a big batch which can be served as a side or a main meal!

1. Cut beef into strips that are about 5mm thick, 1 cm wide and about 5 cm long. If using short ribs, trim excess fat, cut the meat off the bone. Then cut each piece in half lengthwise, then slice into 5mm thick.

2. Put the beef into a bowl. Add marinade ingredients, then mix. Set aside and marinate while you proceed with the recipe, about 15-20 minutes is all it needs.

3. Mix the sauce ingredients in a very large mixing bowl.

4. Cook sweet potato noodles per packet directions (normally 8 minutes in boiling water). Drain, briefly rinse under tap water, then shake off excess water well. Add noodles into the bowl with the dressing. **DO NOT MIX.**

5. Batch 1 – Heat 2 tbs of oil in a large non-stick pan over high heat. Cook the brown onion, white part of the green onion, and shiitake mushrooms with ½ tsp salt for 2 ½ - 3 minutes, stirring constantly, just until starting to soften but not going golden. Pour on top of the noodles—don't mix yet!

6. Batch 2 – Using the same pan still on high heat, heat 1 tbs oil then cook the carrot and red bell pepper/capsicum for 1 ½ minutes, constantly stirring. Add spinach, green onion, and the final ½ tsp salt. Keep cooking for 1 ½ minutes until the spinach is wilted. Transfer into the noodle bowl—still don't mix!

7. Cook beef – In the same pan, heat the final 1 tbs of oil still on high heat. Add beef and cook for 1 ½ minutes until very lightly golden and just cooked through. Add to the noodle bowl. Don't mix!

8. Mix! Add most of the sesame seeds (reserve some for topping). NOW you can mix! Toss, toss, toss.

9. Serve – Transfer into a serving bowl, sprinkle with remaining sesame seeds. This is meant to be eaten warm, not piping hot. Eat!





## Empadas da bizavó

From Ricardo Carvalho | CSA | Security | Portugal

Serves 6

**1 cup whole milk, room temperature**

**1 cup flour, put through a sieve**

**1 egg**

**1 tbs butter, melted**

**1 tsp baking powder**

**Pinch of salt**

**Leftover meat, fish, or vegetables, finely ground for MIX**

This recipe comes from my great-grandmother's mother with almost 200 years behind it, and was always used in our family with leftovers like beef, pork fillet, stews, etc. The meat should be ground, and if mixed with bechamel, even better. It will be softer and easier to eat. This can be made with any kind of leftover meat, fish, or vegetables. The original recipe is with flour, but you can also do this with wholemeal or oatmeal. Flour may have yeast or not. Instead of whole milk, you can use semi-skimmed or low-fat milk, or even with soya milk. I've already tested with all of them!

We always do 3x the recipe, which is around 18 empadas, depending on size of the cups. Cups should be made of metal—you can use a muffin pan. However, if using silicone, you do not need to spread them with butter.

1. Add the flour, milk, eggs, melted butter and baking powder into a bowl. Mix everything until you get a thick and homogeneous liquid. Add pinch of salt. Let this rest for 30 minutes.
2. In the meantime, prepare your leftovers (the MIX), we use the Bimby (Portuguese name) - also known as Vorwerk - to grind everything. If you want, you may add some homemade bechamel (storebought is fine) to create a paste.
3. Quickly roll out the dough on a work surface.
4. Grease the cups, or muffin pan if using, then fill with a first layer of dough, making sure it sticks out.
5. Serve "1 finger" with liquid, then add 1 tsp full of MIX (leftover) and cover with liquid.
6. Put the second layer of dough into the cup. Seal the edge with the hand. Continue until all cups are full.
7. Put in oven at 180° C or ~350° F for 20 to 25 minutes, this will depend on type of oven, electric or electric ventilated, until golden.

# Karniyarik

From Didem Celikkanat Ozam | CSA Manager | Modern Work | Turkey

Serves 4

4 medium-sized eggplants

300g minced beef

2 medium onions, finely chopped

3 tomatoes, peeled and finely chopped (or 1 can of chopped tomatoes)

3-4 cloves of garlic, minced

½ tsp ground black pepper

1 tsp paprika

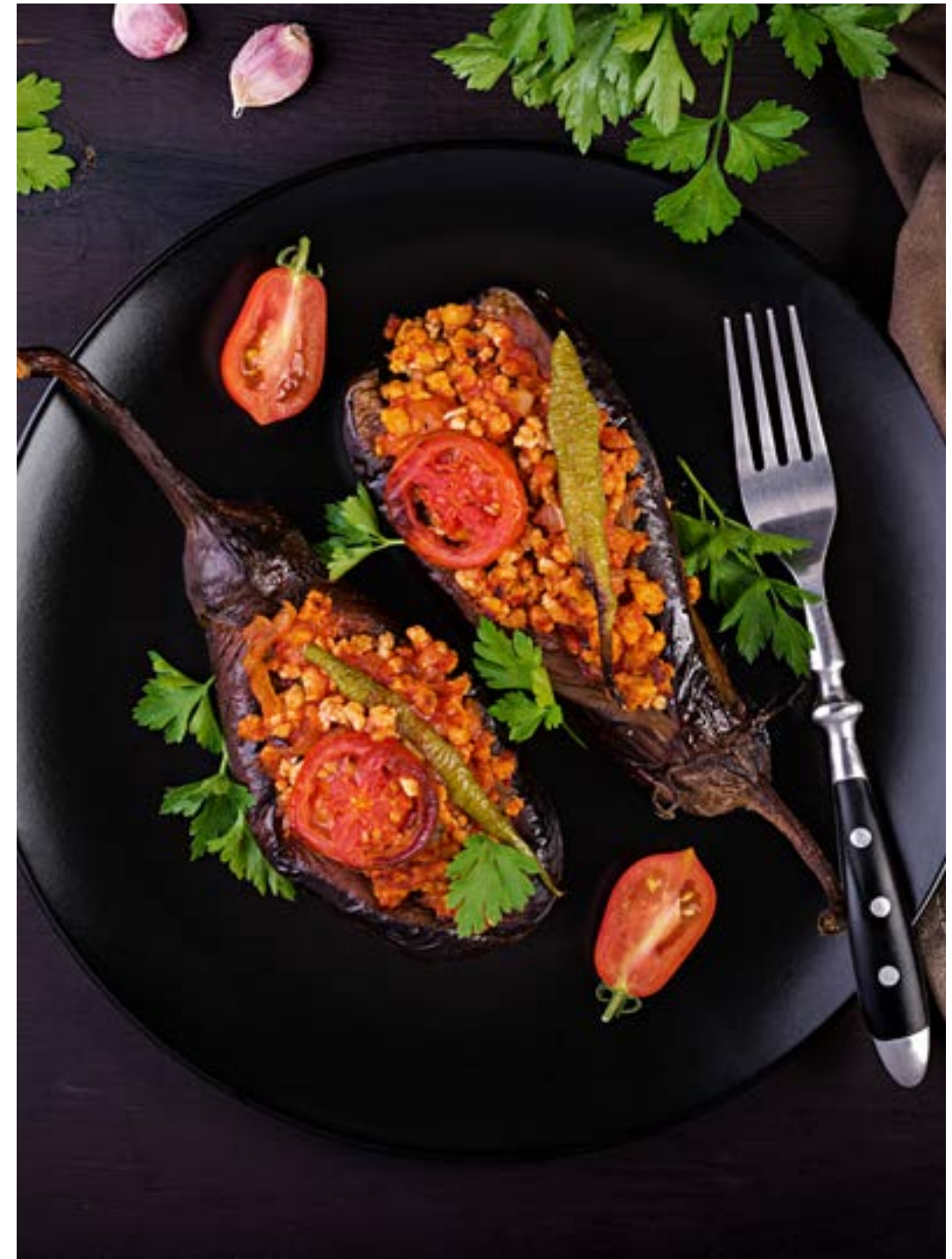
Salt, to taste  
Olive oil, for frying

½ cup water

Karniyarik, which translates to “split belly” in Turkish, is a beloved dish with roots in Ottoman cuisine. The dish embodies the rich, flavorful traditions of Turkish home cooking. It’s often served during special family gatherings and holidays, bringing people together with its comforting and hearty flavors. The combination of tender eggplant and savory meat filling creates a harmonious blend that has made Karniyarik a staple in many Turkish households.

Quick tips: Select firm and glossy eggplants without blemishes. Salting the eggplants before cooking helps to draw out any bitterness. Frying the eggplants before stuffing them not only enhances their flavor but also gives them a soft, melt-in-your-mouth texture. Karniyarik pairs wonderfully with rice or bulgur pilaf and a side of yogurt or a simple green salad.

1. Prepare the eggplants: Wash the eggplants and pat them dry. Cut each eggplant lengthwise, leaving the stem intact, and then make a deep slit in the center, but do not cut all the way through.
2. Salt the eggplants: Sprinkle salt inside the slits and set aside for about 30 minutes. This helps to reduce bitterness. After 30 minutes, rinse the eggplants under cold water and gently squeeze out excess liquid. Pat them dry with paper towels.
3. Fry the eggplants: Heat a generous amount of olive oil in a large frying pan over medium-high heat. Fry the eggplants on all sides until they are golden brown and slightly softened. This should take about 5-7 minutes per side. Remove the fried eggplants from the pan and place them on paper towels to drain excess oil.
4. Prepare the filling: In the same pan, add a bit more olive oil if necessary and heat over medium heat. Add the chopped onions and sauté until translucent. Add the minced garlic and cook for another minute. Add the minced beef and cook until browned, breaking up any lumps with a spoon. Stir in the chopped tomatoes, black pepper, paprika, and salt to taste. Cook for about 10 minutes until the mixture thickens. Remove from heat and let it cool slightly.
5. Stuff the eggplants: Preheat the oven to 180-degrees C (350-degrees F). Stuff each fried eggplant with the meat mixture, pressing gently to fill the slits.
6. Bake the Karniyarik: Place the stuffed eggplants in a baking dish. Pour 1/2 cup of water into the baking dish (this helps keep the eggplants moist). Drizzle a little olive oil over the eggplants. Cover the baking dish with aluminum foil and bake in the preheated oven for about 40-45 minutes, or until the eggplants are tender.
7. Serve: Remove from the oven and let cool slightly before serving. Garnish with additional parsley if desired. Karniyarik is typically served warm with rice pilaf, bulgur pilaf, or just plain Turkish bread. Enjoy your Karniyarik!





## Pasta e Ceci

An iCSU Special | From The Editor

Serves 4

**¼ cup (60 ml) extra-virgin olive oil, plus extra for drizzling**

**4 medium garlic cloves (20 g), lightly crushed**

**1 sprig fresh rosemary**

**Kosher salt, to taste**

**14 tsp red pepper flakes**

**2 tbs (30 g) tomato paste**

**½ cup (120 ml) dry white wine**

**2 15-oz; 425 g cans low-sodium chickpeas, drained and rinsed, divided**

**4 cups (950 ml) chicken or vegetable stock, divided**

**¼ tsp freshly ground black pepper**

**8 oz (225 g) small tubular pasta, such as ditalini**

**2 oz (55 g) finely grated Pecorino Romano cheese, plus extra for serving**

Pasta e Ceci is a comforting Italian classic that combines tender pasta and creamy chickpeas in a savory, rosemary-infused broth. Hailing from rustic kitchens across Italy, this dish is beloved for its simplicity, warmth, and satisfying texture—a true embodiment of Italian cucina povera, or “peasant cooking.”

1. In a large Dutch oven, heat oil over medium heat until shimmering. Add garlic and rosemary, season lightly with salt, and cook, stirring frequently, until garlic softens and turns golden, about 5 minutes. Add pepper flakes and continue to cook, stirring constantly, until fragrant, about 30 seconds. Add tomato paste and cook until tomato paste is fragrant and turns dark brick red, for about 1 minute.

2. Stir in wine, scraping up any browned bits with a wooden spoon. Bring to a simmer and cook until wine has emulsified with olive oil and mixture is slightly reduced, about 2 minutes.

3. Remove Dutch oven from heat; remove and discard rosemary sprig. Add 1 cup (170g) chickpeas and 1 cup (240ml) stock, and, using an immersion blender, blend mixture until smooth, 1-2 minutes. (If you do not have a handheld immersion blender, transfer mixture to blender and blend until smooth, about 1 minute. Pour mixture back into Dutch oven.) Stir in remaining 2 cups (340ml) of chickpeas, 3 cups (710ml) of stock, and black pepper. Season with salt to taste.

4. Bring chickpea mixture to a boil over medium-high heat. Stir in pasta and cook, stirring frequently, until pasta is just shy of al dente (1-2 minutes less than the package directs, as the pasta will continue to cook off-heat), and liquid is reduced to a consistency that falls between soupy and saucy. Adjust consistency as needed with additional water, stock or chickpea cooking liquid, keeping in mind that liquid will tighten up as it cools due to starch from the chickpeas.

5. Remove from heat, add cheese, and stir rapidly to incorporate. Season with salt to taste. Divide between individual serving bowls (for the dried chickpea version, look out for the garlic cloves and rosemary sprig; remove and discard them), and drizzle each serving with olive oil. Serve, passing extra grated cheese at the table.

# Simple Fettuccine Alfredo

An iCSU Special | From The Editor

Serves 4

**1 lb dried fettuccine**

**2 tbs kosher salt, plus ½ tsp, plus more as needed**

**8 tbs (1 stick) unsalted butter, cut into cubes**

**1 large garlic clove, halved lengthwise and finely sliced so you end up with semi-circles about ¼-inch thick**

**½ tsp freshly cracked black pepper**

**1 cup heavy whipping cream**

**2 cups firmly packed microplaned Parmesan and/or Pecorino Romano (or a 50-50 mix)**

**1 small bunch parsley, sliced into thin ribbons, for serving**

Ask the person to your left and the person to your right how to make fettuccine Alfredo, and you'll get two different (and equally passionate) responses. Fettuccine Alfredo is said to have originated in the 20th century in Rome, at a restaurant run by Italian Alfredo di Lelio. It was a riff on fettuccine al burro: warm noodles, tossed with Parmigiano-Reggiano and butter until emulsified. Others root for creaminess at every turn. This is a fettuccine Alfredo recipe for that second group. Its sauce is thick, buttery, and sharply salty. Strictly classic fettuccine Alfredo it is not—but you might just live it more.

1. Set a large pot of water on the stove over high heat to come to a boil. Add 2 tbs salt when it's at a simmer, and once it reaches a boil, add the fettuccine. Cook according to package instructions, except that you'll reserve 1 cup of the cooking water before draining and drain the pasta 1 minute earlier than the package recommends for al dente (it'll continue to cook in the sauce).

2. In a large saucepan over a medium-low flame, melt butter with garlic. Add the pepper, and let it bloom in the butter for about 30 seconds—at this stage, the butter will be foaming and making crackling noises. Add the heavy whipping cream, and whisk to fully combine. Let the mixture come to a rolling simmer, not a boil (adjust the flame if needed). Cook at a simmer uncovered for 2 minutes, giving it a whisk every 30 seconds. Turn the flame down to low and add half the cheese. Whisk until the cheese is fully melted and integrated, then add the second half and whisk again. At this point, you'll have a super thick, creamy sauce.

3. With the flame still turned to low, add the cooked fettuccine to the cheesy sauce along with the ½ cup reserved cooking water, and use pasta tongs or two large forks to fully combine. Taste, and if needed (depending on the saltiness of your cheese and cooking water), add the remaining ½ tsp of kosher salt, or more to taste. Feel free to add a little more pasta water as needed to bring everything together.

4. Serve immediately, topping each bowl with more grated cheese and parsley.





## Jumbo Shell Manicotti

From April Hazel | CSA | Data & Ai | USA

Makes 6

### Mixture:

1 package jumbo shell pasta (we use Barilla 12 oz)

1 8-oz package cream cheese

1 8-10 oz package frozen spinach, thawed

3 tbs Parmesan cheese

1 cup shredded cheese (your choice)

1 ½ tbs garlic, minced

1 tsp Italian seasoning

1 jar spaghetti sauce (or homemade)

More shredded cheese for topping, to taste

Tip: Crush a few Ritz crackers into your cream cheese mix and pair it with a homemade spaghetti sauce to take it to the next level.

1. In a large pot, boil noodles for ~10 minutes; immediately cover with cold water. Set aside.
2. Hand-mix “mixture” ingredients in a large bowl. Set aside.
3. Using a casserole dish, cover the bottom with half of the jar of spaghetti sauce.
4. Gently stuff shells with mixture. Place each stuffed shell seam down into the casserole dish. If you have multiple layers of shells, cover each layer with a bit of spaghetti sauce.
5. Cover the dish with foil and bake for 30 minutes at 375-degrees F until the sauce is bubbling and the shells are cooked.
6. Remove foil and add more shredded cheese. Put the dish back in the oven and bake just until the cheese is melted.
7. Serve and enjoy.

## Pasta with Shrimp

From Rok Palcic | Emea Time Zone Leader | Slovenia

Serves 4

28 medium size langoustines

3 cloves garlic, divided

½ medium onion, chopped

1 sprig small celery

0.3 L tomato passata or chopped fresh tomato

1 dL white wine

1 fresh bay leaf

1 tsp or more chili flakes

Olive oil, for cooking

Salt, pepper, leek leaves, thyme, and oregano, to taste

8 oz. fresh Tagliatelle (or your choice of pasta)

This is a great summer dish, especially if you have access to fresh shrimp or langoustines.

1. First, you need to make shrimp stock. This will be used as part of the pasta sauce. Peel and devein shrimp. In a large pot over medium-high heat, add the shrimp shells and legs only, with 1 tbs of olive oil and the onion. After a minute or so of cooking, add one litre of water to cover the shells together. Add some leek leaves, thyme, and the 1 bay leaf. Let simmer for a maximum of 40 minutes.

2. Once the stock is finished, you can begin making the pasta sauce. Heat a generous amount of olive oil into a pan and add the garlic and chili flakes. Make sure it doesn't burn, or it will taste bitter. You can add a teaspoon of water to help prevent burning if you'd like. Add shrimp, and after a minute of cooking, deglaze the pan with the white wine and let half of it evaporate before adding the tomato passata or fresh tomato.

3. Cook for a few minutes, adding the stock you made – the stock should be quite strong, so add as per your taste and to make the right consistency.

4. While the sauce cooks, prepare your pasta. For pasta I would suggest fresh tagliatelle. Once the pasta reaches al dente, drain and add to your sauce. Make sure you preserve some pasta water to add to the sauce to thicken it.

5. Season with salt and pepper as per your taste.





## Scallion Crusted Arctic Char

An iCSU Special | From The Editor

Serves 4

**4 – 6 scallions, finely chopped**

**1 tbs mayonnaise**

**¾ lb Arctic Char fillet, cut into equal portions**

This elegant yet simple dish lets fresh ingredients shine. With a light crust of crispy scallions, each bite of tender, flaky char is bursting with flavor. Arctic char's rich, mild taste pairs perfectly with the slight kick of scallions, making this recipe an easy but impressive option for weeknights or special dinners alike.

1. Preheat the broiler. Line a rack or broiler pan with foil.

2. Stir the chopped scallions together with the mayonnaise. Set aside.

3. Pat the fillet dry. Place cut fillets, skin side down, onto the broiler pan and season each fillet with a generous pinch of salt and pepper. Spread scallion mixture evenly over the tops.

4. Broil 3-4 inches from the heat until the scallions are slightly charred, and the fish is just cooked through, about 8 minutes.

# Salmon all'Arrabbiata

An iCSU Special | From The Editor

Serves 4

- 1 tbs olive oil
- 1 tbs unsalted butter
- 4 salmon fillets, skin removed
- 4 garlic cloves, minced
- 1 small onion, finely chopped
- 2 tsp each of salt and black pepper
- 1 tsp each of dried oregano, dried sage, and sweet paprika
- 1 tsp chopped fresh chili, or red chili flakes, more to taste
- 1 anchovy, in oil
- 3 tbs double-concentrate tomato paste
- ¼ cup chicken broth
- 1 2/3 cups crushed tomatoes
- 3.5 oz spinach
- 1.5 oz grated Parmesan
- 2 tbs parsley, chopped
- Crushed red pepper flakes, for serving

This recipe combines the beloved Arrabbiata sauce with pan-seared salmon. It has all of the traditional essentials as well as some additions, including wilted spinach for a feel-good hit of green. So delicious. Plus, it's ready in about 30 minutes and all made in one skillet. Serve with pasta or some crusty bread and a big salad.

1. Get all the prep done before you start cooking: finely chop the onion and mince the garlic. Pat the salmon fillets dry with a paper towel, season both sides with 1 tsp salt and black pepper.
2. Heat oil and butter in a large nonstick skillet over medium heat. Add salmon and sear, about 3-4 minutes on each side. Remove from the skillet and set aside.
3. Reduce heat to low. Add onion and garlic, cook for 2 minutes, or until soft and fragrant. Stir in anchovy, red chili, the remaining salt and pepper, oregano, sage, and paprika. Add tomato paste, stir to incorporate, about 1 minute. Deglaze with chicken broth, simmer for 2 minutes, stirring with a wooden spoon while scraping up the brown bits on the bottom of the skillet. Pour in crushed tomatoes, simmer for 5 minutes.
4. Add spinach and simmer until slightly wilted, about 2 minutes. Stir in grated Parmesan and transfer salmon back to the skillet. Allow to cook for 3 more minutes or until the salmon is just cooked through. If needed, thin with additional broth.
5. Serve topped with red pepper flakes, freshly ground black pepper and chopped parsley. Enjoy!





## Cuban-Style Pollo a la Plancha

An iCSU Special | From The Editor

Serves 4

6 medium cloves garlic

¼ cup (60 ml) freshly squeezed orange juice (from about 1 orange)

¼ cup (60 ml) freshly squeezed lime juice (from about 2 limes)

1 ½ tsp ground cumin

1 ½ tsp dried oregano

1 tsp freshly ground black pepper

½ tsp ground allspice (optional)

Kosher salt

4 boneless, skinless chicken breast halves (about 10 oz; 285 g each) or 8 chicken cutlets

1 tbs (15 ml) neutral oil, such as canola or vegetable, plus more as needed

1 large white or yellow onion (about ¾ pound; 340 g); sliced crosswise into ¼-inch thick rings

Cooked long-grain rice and black beans, for serving

Picked cilantro leaves, for serving

Lime wedges, for serving

This marinated and griddled chicken recipe is a flavorful, easy-to-make dish that brings the taste of Havana to your kitchen. Marinated with garlic, lime, and spices, the chicken is then grilled to golden perfection on a flat pan, or plancha, creating a deliciously crisp exterior and juicy interior. Often served with sautéed onions and fresh lime wedges, this Cuban classic is vibrant, zesty, and perfect for any night you're craving a tropical escape!

1. Using a blender or food processor, puree garlic, orange juice, lime juice, cumin, oregano, black pepper, allspice (if using), and 2 tsp kosher salt until smooth.

2. If using chicken breast halves, cut into cutlets, pounding to an even thickness of about ¼ inch (if desired, you can butterfly the breast halves by not fully cutting all the way through, so that they open like a book; butterflied breasts also need to be pounded to an even thickness).

3. Place chicken cutlets in a large zipper-lock bag or shallow baking or glass storage dish. Add marinade, making sure it coats chicken evenly all over. Press out excess air and seal zipper-lock bag or cover dish with plastic or a lid. Refrigerate for 30 minutes; if chicken is in a dish, turn it once halfway through.

4. Remove the chicken breasts from the marinade and wipe off any excess. In a stainless-steel skillet, heat oil over medium-high heat until shimmering. Working in batches if necessary to prevent crowding the pan, add the chicken cutlets and cook until golden brown on each side, 2-3 minutes per side. Transfer cooked cutlets to a platter and cover with foil or place in a low oven to keep warm. Repeat with remaining chicken, adding more oil if the pan gets too dry.

5. In the same skillet that you cooked the chicken, add more oil if the pan is dry and heat over medium-high heat until shimmering. Add the onion rings, season with salt, and sauté until the onions have softened a bit and started to brown, 7-10 minutes; lower heat and/or add a small splash of water if the contents of the pan threaten to burn.

6. Arrange cutlets on serving plates and top with browned onions. Serve with black beans and rice and garnish with cilantro leaves and lime wedges.

## Chicken Thighs with Lemon

An iCSU Special | From The Editor

Serves 4

1 tbs olive oil

8 bone-in, skin-on  
chicken thighs

Salt and freshly ground  
black pepper

Rind from half a  
preserved lemon, finely  
chopped

Lemon wedges, for  
serving

You don't sear, and you don't roast, and you don't grill—you don't do any of the things we're taught to do to chicken. Instead, this recipe has you lay the chicken, skin side down, in a barely hot pan. Then you leave it mostly alone for about 30 minutes, flipping only once. The skin becomes impossibly crisp, enough to satisfy your darkest fired chicken cravings. This recipe is adapted from the legendary Canal House, a James Beard award-winning restaurant in New Jersey.

1. Put the olive oil into a large, heavy skillet over medium heat. Season the chicken thighs with salt and pepper and add them to the skillet, skin side down. Cook them like this, without moving them, until the fat has rendered out and the skin is deep golden brown and crisp, 15-30 minutes. Fiddle with the heat, reducing it to medium-low if the skin begins to burn before it gets evenly golden brown. Turn the thighs over and stir the preserved lemon rind into the fat in the skillet. Continue cooking the thighs until the meat closest to the bone is cooked through, about 15 minutes more. Serve the thighs and lemony pan drippings with the lemon wedges.





## English Sausage Rolls

An iCSU Special | From The Editor

Serves 2

### For filling:

½ tbs olive oil

2 cloves garlic, minced

1 brown onion, small,  
finely chopped

1 celery stalk, finely  
chopped

5 oz / 150 g bacon, finely  
minced (streaky and  
fatty, not the lean stuff)

2 tsp fennel seeds,  
toasted (optional)

1 lb / 500 g pork mince  
(ground pork, not lean)

¾ cup / 40 g panko  
breadcrumbs

1 egg

½ tsp salt

Black pepper

### For dough:

2 ½ sheets puff pastry,  
thawed then each cut  
in half

1 egg

Ketchup / tomato sauce

Sausage rolls, a beloved staple with origins in the UK, bring flaky pastry and savory sausage together in one delicious bite. Originally enjoyed as a snack or pub fare, these classic British treats have earned a place at the table as a main meal, thanks to their hearty, satisfying nature. Paired with a side salad or roasted veggies, they make a cozy dinner that's both comforting and filling—a true taste of British comfort food, any night of the week!

1. Heat oil in a nonstick fry pan over medium-high heat. Sauté garlic, onion, and celery for 2 minutes, then add bacon.

2. Cook for a further 2 minutes (don't make bacon golden), then transfer to bowl and allow to cool for 10 minutes.

3. Add remaining filling ingredients into the bowl. Use your hands to mix well.

4. Lay out a rectangle of pastry, long edge closest to you. Brush egg along one long edge.

5. Get 1/5th of the filling and shape into a long log shape down the middle of the pastry. Ensure the meat is tight and compact, without gaps.

6. Brush the edge of pastry with egg. Then roll up, finishing with the seam side down. Roll up, sealing on the edge with egg wash on it.

7. If you have time/patience, refrigerate for 1 hour (makes it easier/neater to cut).

8. Preheat oven to 350-degrees F / 180-degrees C.

9. Cut each log into four equal lengths, or just two if you want full size sausage rolls. Brush with egg.

10. Place on 2 baking trays lined with baking paper (or sprayed with oil). Bake for 30-35 minutes in total, swapping tray shelves at 20 minutes, or until the pastry is deep golden brown. (Note: The filling will still look pink because of the bacon, but it's easy to tell from texture that it's cooked).

11. Cool slightly on trays. Serve hot or warm with tomato sauce or ketchup!

## Qeema

An iCSU Special | From The Editor

Serves 4

3 tbs vegetable or canola oil, or other neutral oil

4 tsp ginger, finely minced

5 large garlic cloves, minced (about 4 tsp)

1 large onion, finely diced

500 g / 1 lb beef mince (ground beef)

¾ tsp cooking salt / kosher salt

1 tsp cayenne pepper or chili powder (pure, not the U.S. chili powder spice mix), omit for not spicy

1 ¼ tsp garam masala

1 ¼ tsp cumin powder

1 ¼ tsp coriander powder

½ tsp turmeric powder

1 cup water

1 green cayenne pepper, deseeded, finely sliced, for garnish

Cilantro/coriander leaves, for garnish

An authentic Indian spiced ground (minced) beef recipe known as Qeema (or keema or kheema). This is a gem of a recipe because it tastes incredible but unlike many Indian dishes, there are no hard-to-find spices in the ingredients. And it's super fast—on the table in 20 minutes! Serve over basmati rice. Great with plain yogurt, even better with mint yogurt.

1. Heat oil in a skillet over high heat. Add ginger and garlic and sauté for 30 seconds until golden, don't let it burn! Add onion and cook for 1 minute until it starts to turn translucent.

2. Add beef and cook, breaking it up as you go, until it changes from pink to light brown. Add the remaining ingredients EXCEPT water. Cook for a further 2 minutes to let the spices bloom.

3. Add water, give it a stir, then put a lid on (or cover with a baking tray). Turn heat down to medium and let it simmer for 10 minutes or until most of the water has evaporated.

4. Serve over with basmati rice or plain white rice, garnished with extra chili and coriander/cilantro, and lots of mint yogurt. Naan or flatbread would make it even better, though if time is not our friend, try frozen roti.





## Skirt Steak with Chimichurri Sauce

An iCSU Special | From The Editor

Serves 4

### **Chimichurri sauce:**

**1 cup parsley leaves,  
tightly packed**

**1 tbs oregano leaves,  
tightly packed**

**4 garlic cloves, minced**

**0-2 tsp red pepper flakes  
(optional)**

**¼ cup (65 ml) red wine  
vinegar**

**½ tsp salt**

**Black pepper**

**½ cup (125 ml) extra  
virgin olive oil**

### **Steak:**

**700 g / 1.4 lb flat iron,  
flank, skirt steak or other  
steak of choice, at room  
temperature**

**Salt and pepper, to taste**

An essential part of Argentinian cuisine, chimichurri sauce is steadily growing in popularity throughout the rest of the world—with good reason! This bright, herbaceous sauce with a bit of bite perfectly complements a simple grilled steak, making it a staple at asados (Argentinian barbecues). The sauce is also fantastic with fish, chicken, and pork!

1. For the chimichurri sauce: Place all ingredients except oil in a food processor. Whizz until parsley is finely chopped, but not pureed. Alternatively chop parsley by hand.
2. Transfer into a small bowl. Add oil, gently stir. Set aside for 1 hour before use, overnight is even better!
3. Store in an airtight container in the refrigerator and use within 3 days. Makes ¾ cup.
4. For the steak: Take steak out of the fridge for 30 minutes prior to cooking.
5. Heat BBQ or heavy based skillet with 1 tbs vegetable or canola oil over high heat until smoking.
6. Sprinkle each side of steak generously with salt and pepper.
7. Add steak and cook to your liking. For steak 2 cm / 4/5" thick, 2 min on each side for medium rare (until internal temperature is 52-degrees C / 125-degrees F, will rise to 54-degrees C / 130-degrees F after resting) or 2 ½ minutes each side for medium.
8. Transfer to a plate, cover loosely with foil and rest for 5-10 minutes.
9. Cut thin slices against the grain and serve with chimichurri sauce on the side so people can help themselves.

## Pete's Curried Slow-Cooked Short Ribs

From Peter Mckeen | CSAM | USA

Serves 4

### For the ribs:

2 lbs beef short ribs

1 tsp curry powder

¼ tsp cumin

½ tsp Paprika

Salt and pepper, to taste

### For the sauce:

1 cup onion, chopped

4 garlic cloves, chopped

Jalapeno or other  
peppers chopped, to  
taste

½ tsp curry powder

1 ½ cups beef broth (or  
vegetable broth)

2 cans fire roasted diced  
tomatoes or fresh diced  
tomatoes

2 thyme springs or ½ tsp  
thyme

I made up this recipe when my wife and I were following a Paleo diet during our Whole30 month. It really blends together all of the right tasting notes: salt, acid, sweet and heat (if you so choose). We honestly crave this dish.

1. Directions: In a large skillet, stir fry all the ingredients for the sauce and reserve when done.
2. Dry rub the ribs with the spices and then braise them in the same skillet (quickly braising each side).
3. When complete, add the ribs in a crock pot or Dutch oven, then pour the sauce to cover and put on low 10hrs.
4. When ribs are done, prepare the mash (if you choose to add this as a side).
5. For the mash: peel and cut 3 sweet potatoes into chunks, peel and cut 2 ripe plantains or bananas into chunks, ½ sweet onion cut into wedges, 4 tbs ghee, 2 tbs olive oil, and salt to taste.
6. Melt the ghee or butter and brush on parchment paper on top of a baking sheet.
7. Slaters potatoes and onions with spices and olive oil in a bowl.
8. Bake all ingredients in an oven at 425-degrees F until tender.
9. When done, mash them up together and add spices to your liking.
10. Plate the ribs with greens, mash and then spoon a little of the extra sauce on them.





## Braciolo (Bra' Zul)

From Scott Paladion | CSAM | USA

Serves 5

**2/3 cup breadcrumbs**

**1/4 cup Italian seasoning  
(or use 1/2 cup of Italian  
style breadcrumbs  
which has most Italian  
seasonings blended in)**

**1 clove (2 tbs) minced  
garlic**

**2/3 cup grated Pecorino  
Romano**

**2/3 cup grated provolone**

**2 tbs fresh Italian parsley  
(can use dried 3 tbs)**

**4 tbs olive oil (use good  
quality oil; rancid or low-  
quality oil can affect the  
taste of the meat)**

**Salt and freshly ground  
black pepper in liberal  
quantities to season the  
breadcrumb mixture**

**1 1/2 - 2 lb flank steak**

**1 cup white table wine  
(dry)**

**3-4 cups of your favorite  
red pasta sauce**

**Butcher's twine**

An Italian tradition handed down from my grandmother. One of the few good applications of flank steak :)

1. Blend the breadcrumbs, seasonings, garlic, parsley and cheeses together.
2. Flatten / tenderize the flank steak using a roller or tenderizer. The meat should be laid flat and not curled back.
3. Spread the breadcrumb mixture over the meat to cover evenly and roll the meat from the short end to ensure a tightly rolled presentation. Use the butcher's twine to tie the meat securely.
4. Sprinkle salt (and pepper if you like) over the meat to help with release of juices while it cooks.
5. Set your oven to 350-degrees F.
6. On the stove top, over medium high heat in a large oven proof skillet, heat the remaining olive oil. Brown all sides of the braciolo (takes about 8-10 minutes). Do not cook through.
7. Add the white wine to the pan and bring to a boil.
8. Add the marinara (pasta sauce) to the pan and stir in around the braciolo.
9. Cover the pan loosely with aluminum foil. Bake 30 minutes. Turn the braciolo and leave the foil off. Cook another 1 hour, turning the meat every 30 minutes.
10. The braciolo should be tender and ready to serve after 1 and a half hours.
11. Remove the braciolo from the sauce and using a cutting board or serving plate and a large sharp knife, cut across the braciolo crosswise and diagonally. The slices should be no more than 1 inch thick - 1/2 inch is best.
12. Plate the slices and spoon sauce over the top.
13. ENJOY!!!!

# Sweets

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# Homemade Chocolate

From Srividya Lakshmiraghavan | CSA Manager | Security | India

Makes 40 pieces

**Milk powder - 1 cup (300 ml) milk powder**

**1 cup (300 ml) finely ground sugar powder**

**¼ cup (75 ml) Hershey's 100% unsweetened cocoa powder**

**½ cup (150 ml) melted unsalted butter**

Use two pans, one small and one big, a small stand that can be put into the big pan, on which to balance the small pan, for double boiling. This will ensure that the boiling water does not get into the chocolate mixture, and you don't have to hold the inner pan while stirring the mixture.

1. Start by keeping two pans ready, one big and one small. Keep a sturdy stand in the big one, fill water up to 80% and bring to a boil.
2. Mix all ingredients together in the smaller pan. Place this pan on the stand inside the smaller pan, to start the double boiling process.
3. Stir the mixture once every 5 minutes. Keep some water heating on another burner. When the water in the outer pan decreases to 50%, add extra hot water from the other burner to ensure the water level in the outer pan remains at 80% of the volume.
4. As the ingredients get heated, the butter melts, then the sugar melts and we end up with a beautiful soft mixture.
5. Keep this process going till all the butter is absorbed.
6. Coat a tray with butter (or use a silicone mold) and gently pour the mixture into it. Let it cool completely.
7. Use a knife to make pieces, squares or diamonds, as per your preference. The process is cumbersome and takes close to 2 hours. But the results are totally worth it. You end up with really soft, tasty chocolates that melt in your mouth :)





## Zabaglione with Mixed Berries

From Michelle Strub | Executive Office | USA

Serves 6

**For the zabaglione:**  
6 large egg yolks

½ cup sugar

½ cup Marsala (you can substitute 1 tbs of vanilla extract if you avoid alcohol)

Pinch of kosher salt

Fresh berries (optional)

Homemade whipped cream (optional, if serving cold)

**For berries (optional):**  
1 tsp granulated sugar (more or less depending on the amount of berries)

1 tbs freshly squeezed orange juice (more or less depending on the amount of berries)

**For whipped cream (optional):**  
1 cup heavy whipping cream

1 tbs granulated sugar (up to 2 tbs – optional)

This is how I like to use the leftover egg yolks whenever I make Pavlova (see my other recipe in this book). Hot or cold, you'll want to spoon this wine-infused dessert over everything.

You're probably wondering why I said "cold" above. Hot is the traditional way of enjoying this classic Italian dessert. But I'm in favor of pouring the zabaglione over berries in small glass jars that can be sealed and stored in the refrigerator until I bring them to my friends' homes to enjoy together after Sunday Supper. Or until my family finds them and devours every last bit of the sort-of-but-not-really-kind-of-almost-panna-cotta-like-but-more-creamy-pudding-ish-deliciousness. I don't claim that this cold way does it any more or less justice than the hot way, but these never last long if that's any indication.

1. Set up a double boiler. Bring 1-inch of water to a boil in a 4-quart saucepan set over high heat.
2. Meanwhile, if doing up the berries, toss with the granulated sugar and orange juice and set aside (in the refrigerator) to macerate.
3. In a heat-proof bowl, add the egg yolks and sugar. Either by hand or using an electric hand mixer at the highest speed, beat the egg yolks and sugar until the mixture is thick, pale yellow, and the sugar is completely dissolved, about 4-5 minutes. Decrease the mixer speed to low and add the Marsala (or vanilla extract) and salt.
4. Decrease the heat on the double-boiler to maintain a simmer. Place heat-proof bowl with the yolk mixture atop the saucepan with the simmering water, making sure the bottom of the bowl does not touch the water and so no water can escape and get into the mixture. Beat the mixture on medium speed, until it is thick, frothy, and holds a ribbon, and the temperature reaches 145- to 150-degrees F on an instant-read thermometer (about 8-10 minutes).
5. Remove from the stove and continue to whisk/mix until it cools down slightly. Spoon the warm mixture into custard cups or serving glasses and serve immediately. The zabaglione can either be poured over the berries or the mixture can be topped with the berries, whichever you prefer.
6. To serve cold: If you'd like to serve the zabaglione cold, whip the heavy cream and 1-2 tbs sugar until stiff peaks form (to make whipped cream). Set aside.
7. Follow directions above and prepare an ice bath in a bowl larger than the heat-proof bowl. Once zabaglione custard mixture is finished on the stove, quickly transfer the bowl into the ice bath, continuing to whisk or mix until cooled down completely. Fold in the whipped cream until smooth.
8. Spoon into custard cups or other glass serving ware and put in the refrigerator to serve later, adding the berries either now or later.

# Scotcheroos

An iCSU Special | From The Editor

Makes one 9 x 13-inch pan

1 cup light corn syrup

1 cup sugar

1 cup creamy peanut butter

6 cups Rice Krispies cereal

1 cup butterscotch chips

1 cup semisweet chocolate chips

The people who market breakfast cereal are smart people. They must have realized that confining your product to one meal a day wouldn't do the trick, so they got us hooked on Rice Krispie treats and Chex Mix. They are probably responsible, in some nefarious way, for cereal milk ice cream. We think there's a boardroom of people masterminding it all: the Ministry of Cereal.

Instead of fighting it, we might as well just give in. And with these rich and—dare we say—wanton, extravagant bars, surrender never tasted so good. Scotcheroos are another invention of the Ministry of Cereal (or, in this case, just the Kellogg's recipe testers). The base is a pseudo-Rice Krispie treat. Instead of marshmallows, you heat corn syrup, sugar, and creamy peanut butter into a smooth sauce. Once the cereal is coated in this mixture, it gets topped with a melted mix of semisweet chocolate and butterscotch chips.

Sophisticated it is not, but this dessert is a serious crowd-pleaser.

Make sure to prepare the ingredients in advance because you have to move quickly so that you can mix it all together before anything cools. Word of advice: Use generic ingredients. It will taste just as good as the fancy stuff.

1. Line a 13x9-inch pan with parchment and lightly grease the parchment.
2. In a small saucepan, stir the corn syrup and sugar to form a grainy paste. Bring to a boil and cook until the sugar dissolves and large bubbles form across the surface. Remove from the heat and quickly stir in the peanut butter.
3. Place the Rice Krispies in a large bowl and pour the peanut butter mixture over top. Stir to coat evenly. Pour the cereal mixture into the prepared pan.
4. Wet your hands and press the cereal mixture evenly and firmly into the pan.
5. In a medium heatproof bowl, microwave the butterscotch chips and chocolate chips in 30-second increments until melted and smooth. Stir between each 30-second increments (it usually takes a total of 1 ½ minutes).
6. Pour the chocolate mixture over the top of the cereal. Use a spatula to smooth the chocolate layer.
7. Let the bars cool at room temperature or in the refrigerator for at least 1 hour to firm up. Slice and eat!





## 5-Ingredient Chocolate Hazelnut Brownies

An iCSU Special | From The Editor

Makes one 8 x 8-inch pan

**1 cup chocolate-hazelnut spread, like Nutella**

**2 large eggs**

**2 tbs salted butter, melted**

**2 tsp pure vanilla extract**

**½ cup all-purpose flour**

**½ cup semisweet chocolate chips (optional)**

These are a decadent treat made incredibly simple! Perfect for when you're craving something sweet and indulgent but don't want a long ingredient list and minimal fuss.

1. Preheat oven to 350-degrees F. Line an 8 x 8-inch baking dishes with parchment.
2. In a bowl, whisk chocolate-hazelnut spread, eggs, butter, and vanilla. Add flour and mix until just combined. Fold in the chocolate chips if using.
3. Spread in baking dish and bake for about 25-30 minutes.
4. Let cool in dish for about 5-10 minutes. Lift out of dish using parchment. Let cool completely on a cooling rack.
5. Cut and serve.

# The Best Chocolate Chip Cookies

An iCSU Special | From The Editor

Makes 1 ½ dozen

**2 cups minus 2 tbs cake flour (8 ½ oz)**

**1 2/3 cups bread flour (8 ½ oz)**

**1 ½ tsp baking soda**

**1 ½ tsp baking powder**

**1 ½ tsp coarse salt**

**1 ¼ cups unsalted butter (2 ½ sticks)**

**1 ¼ cups light brown sugar (10 oz)**

**1 cup plus 2 tbs granulated sugar (8 oz)**

**2 large eggs**

**2 tsp natural vanilla extract**

**1 ¼ lb bittersweet chocolate disks or fèves, at least 60 percent cacao content**

**Sea salt**

World's Best Chocolate Chip Cookie isn't just facetious here. This may become your new favorite chocolate chip cookie recipe. It's a little more complicated, and you'll have to plan ahead: after assembling the dough, you must chill it for at least 24 hours before baking it, and preferably up to 36. But this leads to a marvelously chewy, chocolate-rich cookie.

1. Sift flours, baking soda, baking powder, and salt into a bowl. Set aside.

2. Using a mixer fitted with paddle attachment, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla. Reduce speed to low, add dry ingredients and mix until just combined, 5-10 seconds. Drop chocolate pieces in and incorporate them without breaking them. Press plastic wrap against dough and refrigerate for 24-36 hours. Dough may be used in batches and can be refrigerated for up to 72 hours.

3. When ready to bake, preheat oven to 350-degrees F. Line a baking sheet with parchment paper or a nonstick baking mat. Set aside.

4. Scoop 6 3 ½-oz mounds of dough (the size of generous golf balls) onto baking sheet, making sure to turn horizontally any chocolate pieces that are poking up; it will make for a more attractive cookie. Sprinkle lightly with sea salt and bake until golden brown but still soft, 18-20 minutes. Transfer sheet to a wire rack for 10 minutes, then slip cookies into another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated, for baking remaining batches the next day. Eat warm, with a big napkin.





## Iced Oatmeal Cookies

An iCSU Special | From The Editor

Makes 28 cookies

**2 cups (170 g) old-fashioned whole rolled oats**

**2 cups (250 g) all-purpose flour, spooned and leveled**

**1 tsp baking soda**

**1 tsp salt**

**1 ½ tsp ground cinnamon**

**½ tsp ground nutmeg**

**1 cup (2 sticks; 230 g) unsalted butter, softened to room temperature**

**1 cup (200g) packed light or dark brown sugar**

**½ cup (100 g) granulated sugar**

**2 large eggs, at room temperature**

**1 tbs (15 ml) unsulphured or dark molasses (do not use blackstrap)**

**2 tsp pure vanilla extract**

**For icing:**  
**1 ½ cups (180 g) sifted confectioners' sugar**

**¼ tsp pure vanilla extract**

**1 ½ - 2 tbs milk**

Dial up the nostalgia with these copy-cat Mother's Iced Oatmeal Cookies. IYKYK.

1. Make the cookies: Pulse the oats in a food processor 10-12 times until you have a variety of texture—chopped oats with some oat flour.

2. Whisk the pulsed oats, flour, baking soda, salt, cinnamon, and nutmeg together in a medium bowl. Set aside.

3. In a large bowl using a hand mixer or a stand mixer fitted with a paddle attachment, beat the butter, brown sugar, and granulated sugar together on medium-high speed until creamed about 2 minutes. Add the eggs, molasses, and vanilla extract and beat on high speed until combined, about 1 minute. Scrape down the sides and up the bottom of the bowl and beat again as needed to combine.

4. Add the dry ingredients to the wet ingredients and mix on low until combined. Dough will be thick and sticky. Cover and chill the dough for at least 45 minutes in the refrigerator (and up to 4 days). If chilling for longer than a few hours, allow to sit at room temperature for at least 30 minutes before scooping and baking because the dough will be quite hard.

5. Preheat oven to 350-degrees F (177-degrees C). Line baking sheets with parchment paper or silicone baking mats. Set aside.

6. Scoop cookie dough, about 1 ½ tbs of dough per cookie, and place 3 inches apart on the baking sheets. Bake for 11-12 minutes or until lightly browned on the sides. The centers will look very soft.

7. Remove from the oven and allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely before icing.

8. Make the icing: Place sifted confectioners' sugar in a medium bowl. Add the vanilla extract and 1 tbs of milk. Use a fork to whisk until combined. It will be impossible to fully combine because this isn't enough liquid. Add only enough extra milk to make a very, very thick icing, about 1 more tbs of milk. Lightly dip the tops of the cookies into the icing. Icing will set after a few hours, so you can stack and gift the cookies.

9. Cookies stay fresh covered at room temperature for 3 days or in the refrigerator for up to 10 days.

## Besan Laddu (Traditional Indian Sweet)

From Sweetly Garg | CSA | Modern Workplace | Singapore

Makes 8 to 10 laddoos

**2 cups besan (gram flour)**

**1 cup boora sugar  
(coarse powdered sugar)**

**½ cup desi ghee (Indian  
version of butter)**

**1 pinch cardamom  
powder (optional)**

**A handful of dry fruits  
chopped**

**A handful of cashews or  
almonds for decoration**

**1 tbs powdered pistachio  
for garnish (optional)**

Growing up in an Indian household, I was often handed a precious, round morsel to savor during any holiday, religious festival, or simply as a doting gift from a relative. Known as “laddoo,” which translates to “round ball,” these beloved confections of clarified butter, various flours, sugar, dried fruit, and nuts have always held a sweet place in my heart.

Some quick tips and tricks: Always dry roast the gram flour (besan) for 5 minutes on low flame. This helps to remove the raw flavor and also increases the besan aroma. The ration of besan to sugar to ghee is 4:2:1. You MUST use boora! Make sure to cool the mixture completely before adding sugar or else you will have a watery mess.

1. Dry roast the gram flour in a frying pan for 5 minutes over low heat.
2. Add ghee to the flour in the pan and keep stirring for 15-20 minutes. The heat must be low, and you have to stir continuously. Ensure that there aren't any lumps of besan and that everything has mixed well.
3. When the color deepens (brownish) and you can see the besan shining with ghee, that's when you know that it is ready.
4. Remove it from the flame and transfer it to a cool plate. Spread mixture out and let it cool down completely.
5. Add the dry fruits, cardamom powder and the boora (powdered sugar) and then use your hands to mix this well.
6. Gather up mixture and make small balls by rolling them on the palm of your hand to shape them.
7. Place the laddoos on a plate and garnish them with pistachio powder and cashews.
8. Serve immediately or store in an airtight container in the refrigerator. It stays well for 2 weeks.





## Chocolate Pavlova

From Michelle Strub | Executive Office | USA

Serves 8

**6 large egg whites**

**1 ½ (300 g) cups  
granulated sugar**

**A couple pinches of sea  
salt**

**1 tsp (5 ml) balsamic or  
red wine vinegar**

**½ cup (20 to 25 g) cocoa  
powder, the best you  
have, sifted**

**2 oz (55 g) semi- or  
bittersweet chocolate,  
finely chopped**

**For serving:  
1 ½ cups (355 ml) heavy  
whipping cream**

**2 tsp (10 g) granulated  
sugar**

**1 tsp (5 ml) vanilla extract**

**4 cups mixed fresh  
berries, washed and  
dried**

**1 oz (30 g) semi- or  
bittersweet chocolate,  
shaved, to finish**

This is a favorite in my household (yes, even before my kids saw the Bluey episode featuring pavlova). My daughter often asks me to make this for her instead of birthday cake for her celebration. This recipe will have your home be steeped in eau de chocolate, the very best home scent.

To reduce waste, I often use the leftover egg yolks for zabaglione, which is an equally magic dessert.

1. Prepare your pan: Heat your oven to 350-degrees F (177-degrees C). Line your largest baking sheet – it needs to hold at least a 12-inch round. Because these can spread, I use a pizza pan with a sheet of parchment paper. Draw a 9-inch circle on it with a pencil and flip the paper over so that you can see the line, but it won't get into the pavlova.

2. Make the meringue: Beat the egg whites with a mixer until satiny peaks form and then beat in the sugar a spoonful at a time until the meringue is stiff and shiny. Sprinkle the sea salt, cocoa, vinegar and the chopped chocolate over the egg whites and gently fold everything with a rubber spatula. I intentionally leave mine a little swirly/undermixed.

3. Shape the pavlova: You can secure the parchment to the baking sheet with a dab of meringue underneath it if you want. Mound the rest of the meringue onto the 9-inch circle, smoothing the sides and top if you desire.

4. Bake the meringue: Place in the oven and immediately turn the temperature down to 300-degrees F. The pavlova will bake for 60-90 minutes, but most likely in the middle. When it's ready, it should look crisp on the top and feel dry, but when you prod the center, you should feel the promise of squidginess beneath your fingers. Turn the oven off, leave the door slightly ajar, and let the meringue cool completely inside. You can leave it overnight. It can also be kept at room temperature until needed.

5. To serve: When you're ready to serve, invert the cooled pavlova onto a big plate and peel off the parchment. Whip the cream with the sugar and vanilla until soft peaks form. Pile it onto the meringue. Scatter with berries and shaved chocolate over the top. Serve in wedges and keep leftovers in the fridge.

# Peach Tart

An iCSU Special | From The Editor

Serves 4 to 6

**1 ½ cups plus 2 tbs  
all-purpose flour**

**¾ tsp kosher salt**

**¾ cup plus 1 tsp sugar**

**¼ cup vegetable or  
canola oil**

**¼ cup mild olive oil**

**2 tbs whole milk**

**½ tsp almond extract**

**2 tbs cold, unsalted  
butter**

**3 small ripe peaches (up  
to 5), pitted and thickly  
sliced (about ½-inch  
wide)**

Simple, stunning, and bursting with juicy summer peaches. Each slice is a celebration of summer's best flavors. This tart is perfect for gatherings or just a sweet treat for yourself, and it's guaranteed to make any occasion feel extra special.

1. Heat the oven to 425-degrees F. In a mixing bowl, stir together 1 ½ cups flour, ½ tsp salt, and 1 tsp sugar. Stirring enables the salt and sugar to sift the flour, so you don't need to sift it in advance.

2. In a small bowl, whisk together the oil, milk, and almond extract. Pour this mixture into the flour mixture and mix gently with a fork, just enough to dampen; do not overwork it. Then, transfer the dough to an 11-inch tart pan (you can use a smaller one if needed), and use your hands to pat out the dough so it covers the bottom of the pan, pushing it up the sides to meet the edge. This will work if you pat firmly and confidently, but not if you curl your fingertips into the dough. It should be about 1/8-inch thick all around; trim and discard excess dough.

3. In a bowl, combine ¾ cup sugar, 2 tbs flour, ¼ tsp salt and the butter. (If your peaches are especially juicy, add 1 tbs additional flour.) Using your fingers, pinch the butter into the dry ingredients until crumbly, with a mixture of fine granules and tiny pebbles.

4. Starting on the outside, arrange the peaches overlapping in a concentric circle over the pastry; fill in the center in whatever pattern makes sense. The peaches should fit snugly. Sprinkle the pebbly butter mixture over top (it will seem like a lot). Bake for 35-45 minutes, until shiny, thick bubbles begin enveloping the fruit and the crust is slightly brown. Cool on a rack. Serve warm or at room temperature, preferably with generous dollops of whipped cream.





## Gajar Halwa (India Style Carrot Cake)

From Bhargav Shukla | CSA | Modern Work | USA

Serves 10

**1 kg carrots, grated (for best results, try and avoid using the core as much as possible)**

**4 tbs ghee**

**1 L milk**

**¾ cup sugar**

**1 tsp cardamom powder**  
**½ cup whole almonds (badam), blanched and cut lengthwise**

**2 pinch saffron strands**

I had never made it myself before the iCSU Offsite in Seattle. It was a hit! Pay attention to the mixes, especially sugar, and make sure to stir constantly while you're waiting for milk to evaporate.

1. To begin making the Gajar Halwa, make sure you have all the ingredients ready and kept by the side. Grate the carrots using a hand grater or a food processor.

2. Heat 2 tbs ghee in a heavy bottomed pan; add the carrots and sauté for a few minutes until the carrots become lightly soft.

3. Add the milk and turn the heat to medium high. Allow the milk and carrot mixture to come to a boil. Once the milk and carrot mixture come to a boil, turn the heat to medium low and cook the gajar halwa until all the milk is evaporated.

4. This process will take close to 35-40 minutes. Make sure you keep stirring the gajar halwa with a wooden spoon every time the milk froths up. Stirring also prevents the halwa from sticking to the bottom of the pan.

5. Halfway through this process, add the sugar and cook and stir until all the milk is evaporated and until the gajar halwa mixture is thickened.

6. When you notice a halwa-like consistency, add the remaining ghee, cardamom powder, saffron and the sliced almonds. Simmer for another 5 minutes and turn off the heat.

7. Transfer the gajar halwa to a serving bowl and serve hot or cold for a delicious dessert after a meal.

8. You can serve the gajar halwa topped with vanilla ice cream or on its own.

## Castellina in Chianti Cake

An iCSU Special | From The Editor

Serves 4 to 6

**9 tbs unsalted butter, at room temperature**

**1 cup plus 2 tbs sugar**

**3 large eggs**

**1 ¼ cups all-purpose flour**

**1 pinch salt**

**1 cup fresh ricotta**

**Zest of 1 lemon**

**1 tbs baking powder**

**1 apple, peeled and grated (should yield about 1 cup)**

**Confectioners' sugar for serving**

Inspired by the charm of Castellina in Chianti, a Tuscan village known for its simple yet flavorful cuisine. This cake is moist, subtly sweet, and highlights fresh apples with a delicate hint of lemon. Perfect with an afternoon espresso or a morning cappuccino.

1. Heat the oven to 400-degrees F. Butter and flour a 9- or 10-inch spring form pan.
2. Cream the butter and sugar in a standing mixer until light and fluffy.
3. At the lowest speed, add the eggs one at a time.
4. Slowly add the flour, salt, ricotta, lemon zest, baking powder, and apple.
5. Scrape the batter into the prepared pan, smooth the top and bake for 25-30 minutes, until the cake is golden brown, and the sides start to pull away from the pan.
6. Cool in the pan on a wire rack for 10 minutes. Turn the cake out of the pan and cool completely on the rack. Sift confectioners' sugar over the top or serve with your favorite seasonal fruit.





## Sprinkle Cake with Buttercream Frosting

An iCSU Special | From The Editor

Makes one 9-inch round

### For the cake:

6 tbs (85 g) unsalted butter, at room temperature

$\frac{3}{4}$  cup plus 1 tbs (160 g) granulated sugar

1 large egg

2 large egg yolks

2 tsp (10 ml) vanilla extract

$\frac{3}{4}$  tsp baking powder

$\frac{1}{4}$  tsp baking soda

$\frac{1}{2}$  tsp table or fine sea salt

$\frac{3}{4}$  cup (175 ml) buttermilk

2 tbs (15 g) cornstarch

1  $\frac{1}{4}$  cups plus 2 tbs (18 g) all-purpose flour

$\frac{1}{4}$  cup rainbow sprinkles

### For the vanilla buttercream:

$\frac{1}{2}$  cup (115 g) unsalted butter, at room temperature

1  $\frac{1}{4}$  cups (150 g) powdered sugar (sifted if lumpy)

Pinch of fine sea salt (optional)

1 tbs (15 ml) cream or whole milk

$\frac{1}{2}$  tsp vanilla extract

Many people are intimidated by the thought of making an entire cake from scratch, but this recipe will change your mind and forever remind you that 'you can do hard things.' It's a one-bowl cake, one-bowl frosting, no sifting, no special ingredients, but absolutely no compromise on flavor or texture kind of cake. The frosting is meant to be swooshed and swirled messily over the top and maybe the sides if you're trying to get fancy. And add some extra sprinkles because well, they're sprinkles!

Make this cake for a party, birthday, anniversary, or just because it's Tuesday night and it's been too long since you've had cake.

1. For the cake: heat the oven to 350-degrees F / 177-degrees C. Coat either a 9-inch round cake pan, or 8-inch square cake pan with nonstick spray and line the bottom with parchment paper.

2. Beat the butter and sugar together in a large bowl with an electric mixer until fluffy. Beat in the egg, yolks, and vanilla, until combined, scrape down the bowl, and then sprinkle the baking powder, baking soda, and salt over the batter and beat until very well combined. Add the buttermilk and mix to combine; the batter may look curdly, but this isn't a problem. Add the cornstarch and flour and mix until the flour just disappears.

3. Scrape the batter into the prepared pan and smooth the top. Bake for 25-27 minutes, until a toothpick inserted into the center of the cake comes out batter-free. Let cool in the pan on a cooling rack for 10 minutes, then run a knife around the cake to ensure it is loose, flip it out onto a cooling rack, and then flip back right side up again onto another. Let cool completely before frosting. You can hasten this process along in your freezer, where it shouldn't take more than 15 minutes to fully cool.

4. For the frosting: using a hand or stand mixer, beat the butter, powdered sugar, and salt, if using, in a large bowl with electric beaters (for a hand mixer) or the paddle attachment, not the whisk (for a stand mixer), until fluffy. Drizzle in the cream or milk and vanilla, and beat until combined, then 1 more minute to whip it further. You can also do this with a food processor.

5. Frost your cake and serve.

## Thank You

This cookbook was a true team effort, reflecting the heart of our iCSU team and our shared commitment to giving back. At our core, we're passionate about addressing critical issues in our communities and around the world—a mission that guides our work and inspires us daily.

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