



FHfamily

COOKBOOK

Spring 2019

AN FH PERSPECTIVES INITIATIVE



FLEISHMANHILLARD



INTRO

Like music, food can transcend cultures, backgrounds or experiences to bring people together. Food sparks joy, love and conversation – from delicious memories to stories of where, or from whom, we learned the recipe. Our differences can melt away and bring meaningful connections to life through flavors and spices.

We asked FHers from around the globe to send in their favorite recipes, traditional or newly discovered. Through this effort, we're hoping to capture a snapshot of the rich diversity within our network and bring fresh perspectives to the table. We all have memories tied to food; the first FH Perspectives Cookbook seeks to share those connections, from our FHamily to yours.

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Click [here](#) to submit a recipe to be included in the next annual FH Perspectives Cookbook!

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* **V** Vegetarian **VG** Vegan

* Vegetarian options including eggs





TORTILLA ESPAÑOLA V

Submitted by Amelia Gomez
Miami, Florida, USA

BACKGROUND

Origin: Spain

Background: Tortilla Española is a dish commonly eaten in Hispanic cultures, originating from Spain and enjoyed year-round at large family gatherings, holidays, etc. It is a delicious omelet prepared as a tart, eaten cold or room temperature - unlike American omelets. Simple with its ingredients, it is a staple usually enjoyed with a side of Chorizo or crusty bread and good quality olive oil. Many Hispanic families have descendants from Spain. Cubans (where my family is from) in particular, have direct relatives from recent generations that were born in Spain and have passed down cultural delicacies like Tortilla Española to the younger generations in the family. It is a dish that always reminds me of my grandfather, my father and the European roots of my ancestors.



SERVES
8 - 10



PREP TIME
20 min



COOK TIME
40 min



TOTAL TIME
1 hr

INGREDIENTS

- 1 ¼ lbs onions, diced
- 4 cloves garlic, minced
- 2 ½ lbs russet potatoes
- Kosher salt to taste
- 4 cups extra-virgin olive oil
- 10 large eggs

DIRECTIONS

1. Place the onions and garlic in a large bowl. Peel the potatoes, quarter them lengthwise, and slice those crosswise into ¼ inch tiles. (A mandolin is great for this.) Add them to the onion mixture and season with 2 teaspoons kosher salt.
2. Heat the oil over high heat in a 12-inch, deep-sided skillet (preferably nonstick or well-seasoned cast iron). Drop 1 potato tile into the oil as it heats; when it floats and then begins to fry vigorously, carefully add all the potato-onion mixture and stir gently.
3. Cook the potatoes at a vigorous simmer, stirring occasionally so they don't brown too much on the bottom, until they are very soft but not quite losing their shape, 20-25 minutes. Drain the potatoes through a colander and let them cool until warm.
4. Beat the eggs in a large bowl. Taste the potatoes for salt and season the eggs with salt accordingly. Stir the potatoes into the eggs.
5. Place the skillet over medium high heat. When it is very hot, pour in the potato mixture, spread evenly and turn heat to medium. Using a spatula, gently pull the edges of the tortilla towards the center to release them from the pan and let any liquid egg run out the sides.
6. After 4 minutes, cover the pan with the bottom of an oiled baking sheet. Using towels or oven mitts, carefully flip the pan onto the sheet, place the pan back over the heat, then slide the inverted tortilla back into the pan. Cook, without stirring, for 3 minutes. Both sides of the tortilla should be golden brown.
7. Insert a long skewer into the side of the tortilla to see how wet it is inside. Some prefer the inside a little moist, some fully cooked. You can continue to cook it, flipping the tortilla as described once a minute, until it's done to your liking. Serve at room temperature or cold.



CHILI MEATBALL SOUP

Submitted by Paula Verkuylen
Southern California, USA



SERVES
6



PREP TIME
15 min



COOK TIME
30 min



TOTAL TIME
45 min

BACKGROUND

Origin: Dutch - Wisconsin, USA

Background: This is my absolute favorite soup! It is hearty and warm with a little bit of spice! My family eats this throughout the year, but especially during Fall and Winter – as that’s the only time “cold” enough in Southern California to eat hot soup. This is my grandma’s recipe that she passed on to my aunt who has passed it on to everyone else. When my dad’s family immigrated to Wisconsin from the Netherlands, they continued to make homey, filling meals that were affordable and able to feed six children. This soup was one of those meals and we continue to eat it regularly.

INGREDIENTS

- 1 lb lean ground meat
- Vegetable oil
- 2 regular cans or 1 family size can of tomato soup
- 1 packet of chili mix (spices)
- 4 cups of broth (chicken or beef)
- 1 small onion
- 1 can of chili beans
- 2 cups of small egg noodles

DIRECTIONS

1. Roll tablespoon sized meatballs.
2. In a large pan, sauté onions in vegetable oil.
3. Over medium high heat, stir in tomato soup, broth, and chili mix.
4. Add meatballs and heat until center of the meatball is no longer pink.
5. Add chili beans and egg noodles.
6. Garnish with shredded cheese and diced onions for taste.



LOHIKEITTO (FINNISH SALMON SOUP)

Submitted by Julia Zenk
Frankfurt, Germany



SERVES
4



PREP TIME
15 min



COOK TIME
30 min



TOTAL TIME
45 min

BACKGROUND

Origin: Finland

Background: Finland is my second home, as my mother’s family is Finnish, and the capital Helsinki is one of my all-time favorite cities. I’ve been visiting regularly since childhood and later lived there for a couple of years. The calm and modest presence in this country has always amazed me – it shows in nature, people and even the local cuisine. That is also why most Finnish dishes seem quite simple, but they certainly do not lack in taste. One example is the “Lohikeitto” which simply translates into salmon soup. It’s the best dish for enjoying something light and savory at the same time and warming up quickly on cold days. When eating it, I immediately feel like I’ve just returned from a walk in the Punavuori quarter in Helsinki.

INGREDIENTS

- 250g potatoes
- 1 carrot, peeled and chopped
- 2 shallots, peeled and chopped
- ½ leek, sliced
- 6dl water
- ¼ tsp ground black pepper
- 1 or 2 bay leaves
- ~ 500g salmon fillet
- 2.5dl thick cream
- ½ Tbsp salt
- 2 Tbsp dill

DIRECTIONS

1. Peel the potatoes and cut them into cubes. Simmer them in water and add the carrot, shallots, the leek, pepper and the bay leaf. Keep it on the stove for 15 minutes, occasionally stir.
2. Remove the skin from the salmon and cut the fillet into cubes. Add them to the soup and keep simmering for 5 more minutes. Keep stirring.
3. Add the cream and salt. Heighten the temperature to boiling and add dill, let it all boil for just a few minutes. Keep checking the taste and add more spices or salt if needed.
4. Serve the soup with toasted rye bread and butter. Enjoy!



SERVES
6



PREP TIME
15 min



COOK TIME
30 min



TOTAL TIME
45 min



TAGLIATELLE

WITH MEATBALLS IN A MUSHROOM CREAM SAUCE

Submitted by Sarah Bungert
Frankfurt, Germany

INGREDIENTS

- Olive oil
- 1 onion
- 250g mushrooms
- ½ tsp oregano
- 500g minced beef
- ¼ cup breadcrumbs
- 1 egg
- 1 Tbsp parsley
- ½ tsp piment¹
- ¼ tsp ground nutmeg
- ½ tsp salt
- Black pepper
- 1 Tbsp butter
- 1 Tbsp all-purpose flour
- 350ml vegetable or chicken stock
- 2 heaping tsp Dijon mustard
- Fresh lemon juice
- 250ml cream or cream cheese
- Tagliatelle pasta

¹ Can substitute for paprika

BACKGROUND

Origin: My mum - who probably stole it from an Italian or Swedish cookbook

Background: This is my all time favourite dish. As a child, whenever my mum asked me what I wanted for lunch, I chose this dish. And after having moved out of my family home, whenever I came back home for a weekend, this was on the table. No other food gives me as much comfort as this creamy, delicious pasta.

DIRECTIONS

- 1.** Chop up the onion and fry in a large pan until translucent. Put to the side.
- 2.** Slice the mushrooms and cook in the same pan until turned brown. Lightly season with oregano and salt. Put to the side.
- 3.** To make the meatballs, combine and mix the minced beef, sautéed onion, breadcrumbs, egg, chopped parsley, spices, salt and pepper. Roll into 20-25 meatballs. Fry in olive oil until brown on all sides. Put to the side.
- 4.** Add the butter to the pan and heat up. Then stir in the flour and cook for 2 minutes. Slowly add the hot vegetable or chicken stock. Keep whisking all the while.
- 5.** Once all the stock is incorporated, add Dijon mustard and lemon juice.
- 6.** Stir in the cream or cream cheese and bring slowly up to boil.
- 7.** Return the meatballs to the pan and mix into the sauce. Simmer for 4-5 minutes until the meatballs are cooked through and the sauce is thickened.
- 8.** Serve with buttered tagliatelle pasta.



PICADILLO

Submitted by Isabel Abislaiman
Miami, Florida, USA



SERVES
4



PREP TIME
10 min



COOK TIME
20 min



TOTAL TIME
30 min

INGREDIENTS

- 1 lb ground sirloin
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 green pepper, chopped
- 1 red pepper, chopped
- Olive oil
- ½ tsp cumin
- 3 bay leaves
- ¼ cup Spanish olives
- 1 can crushed tomatoes
- ¾ cup white dry cooking wine
- 1 Tbsp adobo
- Salt and pepper to taste

BACKGROUND

Origin: Cuba

Story: This was my mom's recipe and a meal we enjoyed weekly during my childhood. Now, it's my go-to comfort food when I'm missing mom or just want that home-cooked, classic Cuban dish that just doesn't taste the same anywhere else.

DIRECTIONS

1. Sauté the onion, olive oil, garlic, green pepper and add ground sirloin. Cook until ground sirloin is no longer pink.
2. Add in cumin, adobo, red pepper, olives, crushed tomatoes, bay leaves and white dry cooking wine. Simmer on low heat for 10-15 minutes.
3. Serve over white rice and with sweet plantains. A side bowl of black beans complements it nicely too!



TUNA NOODLE CASSEROLE

Submitted by Johanna Paschek
Frankfurt, Germany



SERVES
6



PREP TIME
20 min



COOK TIME
30 - 40 min



TOTAL TIME
1 hr

BACKGROUND

Origin: Ohio, USA, 1960s

Background: My grandparents immigrated to the United States with my aunt and uncle in the middle of the 1950s, where my mom was born in 1960. The family did not have much money back then and tuna noodle casserole was a dish my grandmother used to make very often to both feed hungry mouths and serve a tasty meal. Today and back in Germany, it is my favorite food and reminds me of my family's rich history and the grandparents I never got to meet.

INGREDIENTS

- 1 lb medium egg noodles
- 2 cans tuna, drained
- 1 onion
- 1 pepper
- 2 cans mushroom cream soup
- 1 Tbsp mustard
- Salt and pepper
- Potato Chips
- Butter

DIRECTIONS

1. Preheat oven to 375°F (190°C) and butter a medium baking dish.
2. Bring a large pot of lightly salted water to a boil. Add noodles, cook for 8-10 minutes, until al dente, and drain.
3. Melt butter in a skillet over medium-low heat. Stir in the diced onion and pepper and cook 5 minutes, until tender. Increase heat to medium-high and mix in creamy mushroom soup, tuna and mustard, season with salt and pepper. Continue to cook and stir 5 minutes.
4. Stir with cooked noodles and transfer to baking dish.
5. Put the potato chips in a freezer bag and then sprinkle them over the casserole for a crunchy topping.
6. Bake 30-40 minutes in the preheated oven, or until bubbly and lightly browned.



LUMPIA

Submitted by John Soriano
Los Angeles, California, USA

BACKGROUND

Origin: Philippines

Background: Lumpia is a staple at all Filipino gatherings. Whether celebrating Christmas, New Year's, birthdays, graduations or just because, these crispy and savory treats are a must-have for any occasion. Lumpia is often made with ground meats and diced up veggies that are rolled up in lumpia wrappers and deep fried until golden brown. Think of it as the Filipino version of an eggroll. Besides it being one of my favorite Filipino foods, each time I eat lumpia it reminds me of home and my family in the Philippines. I remember as a child looking into the kitchen and seeing members of my family (immediate and extended) gathered around the table helping one another make lumpia while sharing stories that would have everyone laughing. I love this dish because it's simple, delicious and always a hit at any celebration.



MAKES
50 pieces



PREP TIME
35 min



COOK TIME
25 min



TOTAL TIME
1 hr

INGREDIENTS

- 2 ½ lbs ground pork
- 1 piece Knorr pork cube
- 50 pieces lumpia wrapper
- ¾ cup carrot, minced
- ¾ cup onions, minced
- 2 eggs
- ¼ cup parsley, minced
- ½ tsp ground black pepper
- 1 tsp salt
- 1 tsp sesame oil
- 1 tsp garlic powder
- 2 cups cooking oil

DIRECTIONS

1. Combine ground pork, carrots, onions, and parsley in a bowl. Mix well.
2. Add eggs, ground black pepper, salt, garlic powder, and sesame oil. Continue mixing until the ingredients are incorporated.
3. Crush the Knorr pork cube and add it into the mixture. Mix the ingredients altogether completely.
4. Put 1 to 1 ½ tablespoons of meat mixture over a piece of lumpia wrapper. Wrap and roll to secure the mixture. Continue this step until you run out of meat mixture or lumpia wrappers.
5. Heat oil in a cooking pot on low to medium heat. Deep fry the lumpia until it turns golden brown. Remove from the pot and place on a plate lined with paper towel.
6. Transfer to a serving plate. Serve with sweet and sour sauce. Share and enjoy!



CHANA MASALA V

Submitted by Sonia Mehrotra
Frankfurt, Germany



SERVES
4



PREP TIME
5 min



COOK TIME
25 min



TOTAL TIME
30 min

BACKGROUND

Origin: Northern India (Punjab)

Background: My parents are of Indian origin and live in Frankfurt since more than 40 years. We do travel to India regularly. Chana Masala is my favorite Indian dish, since it reminds me of my relatives, of India, of Indian spices such as ginger, "garam masala" and coriander. Hmmm - yummy. So whenever I visit my parents on Sundays my Mom asks me, "Do you have a special wish in terms of lunch?" Without a doubt my feedback is: "Chana Masala".

INGREDIENTS

- 3 Tbsp grape seed oil
- 1 medium white or yellow onion, finely diced
- 1 Tbsp ground cumin
- ¾ tsp sea salt (divided, plus more to taste)
- 6 cloves garlic, minced
- 2 Tbsp fresh ginger, minced
- ½ cup fresh cilantro, chopped
- 2-3 fresh green chilies, sliced with seeds
- 1 Tbsp ground coriander
- 1 tsp chili powder
- 1 tsp ground turmeric
- 28 oz can pureed or finely diced tomatoes (if unsalted, you'll add more salt to the dish)
- 2 15 oz cans chickpeas, slightly drained
- 1 tsp garam masala
- 2-3 tsp coconut sugar
- 2 Tbsp lemon juice (plus more to taste)

DIRECTIONS

1. Heat a large pot over medium heat. Once hot, add oil, onion, cumin, and one-third of the salt (¼ tsp as original recipe is written/adjust if altering batch size).
2. Add garlic, ginger, cilantro, and green chilies to a mortar and pestle and grind into a rough paste (or use a small food processor to pulse into a paste. Alternatively, just finely mince.) Then, add to the pan with the onions.
3. Next add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.
4. Next add pureed tomatoes and chickpeas and remaining salt (½ tsp as original recipe is written). If the mixture looks a little too thick, add up to 1 cup water (I added ~½ cup) // amount as original recipe is written // adjust if altering batch size). You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.
5. Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.
6. In the meantime, if you don't have garam masala seasoning, make your own by adding (amounts as original recipe is written // adjust if altering batch size) 2 small dried red chilies, 1 tsp black peppercorns (or ½ tsp ground black pepper), 1 tsp cumin seeds (or ½ tsp ground cumin), 1 tsp cardamom pods (or ½ tsp ground cardamom), ½ tsp cloves (or ¼ tsp ground cloves), and ¼ tsp nutmeg to a mortar and pestle or spice grinder and grind/mix into a powder. Set aside.
7. When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of coconut sugar for sweetness and to offset the heat of the chilies.
8. Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Fresh cilantro and lemon juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with white or brown rice or cauliflower rice. I love Chana Masala the classy way - with Indian naan bread.

*Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month





SOPA CRIOLLA

Submitted by Loredana Schelper
Frankfurt, Germany



SERVES
4



PREP TIME
10 min



COOK TIME
20 - 30 min



TOTAL TIME
40 min

INGREDIENTS

- 3 Tbsp vegetable oil
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 tsp aji panca paste
- 1 tsp dried oregano
- 2 Tbsp tomato paste
- 1 lb ground beef
- 4 cups beef stock
- 4 oz angel hair pasta
- ½ cup evaporated milk
- 4 eggs
- Salt and pepper

BACKGROUND

Origin: Andes Mountains, Peru

Background: Whenever we spend time at my family's hotel in Huaraz, Andes Mountains, Peru, we will eat Sopa Criolla in the evenings. It's a filling and flavorful beef and angel hair soup, prepared with a special kind of chili from Peru (Aji Panca), which gives it its rich taste. It's perfect for getting comfy next to the fireplace and to warm up during the cold evenings.

DIRECTIONS

1. Heat the oil in a saucepan over medium heat. Add and sauté onion, garlic, and aji panca, stirring for 5 minutes.
2. Add oregano and tomato paste, stir, add ground meat, and cook until brown.
3. Add 4 cups boiling stock. Put the lid on, lower the heat, and simmer for 15 minutes.
4. Add angel hair and cook for 5 minutes or until al dente. Season with salt and pepper. Turn off the heat, and incorporate the milk.
5. Serve the soup in bowls and top with a fried egg.



TRADITIONAL FRANKFURTER GRUENE SOSSE (GREEN SAUCE) V

Submitted by Sascha Galette
Frankfurt, Germany



SERVES
2



PREP TIME
10 min



COOK TIME
25 min



TOTAL TIME
35 min

INGREDIENTS

- 6 eggs
- 500g potatoes
- Salt
- 2 handfuls mixed herbs: borage, chervil, cress, parsley, burnet, sorrel, & chive
- 100g sour cream
- 80g yogurt
- 1 tsp mustard, your preferred kind
- 1 tsp vegetable oil
- Black pepper

BACKGROUND

Origin: Frankfurt, Germany, 1840

Background: It's my favorite food on Good Friday.

DIRECTIONS

1. Put eggs in boiling water and boil them for 10 minutes.
2. Scrub, then peel potatoes and boil them together in salted water for approximately 25 minutes.
3. Shortly place the eggs in cold water, then keep four eggs warm. Peel the others and cut in halves.
4. Clean the herbs, pat them dry and chop them. Leave a few to garnish.
5. Press the egg yolks from the cooled eggs through a sieve. Chop the egg-whites.
6. Stir the sour cream, yogurt, yolks, mustard, and oil together. Add the egg-whites and the herbs. Add salt and pepper to taste.
7. Enjoy together with the boiled potatoes and remaining eggs. Garnish with herbs.



PLATANOS VG

Submitted by Gaetane Joseph
Atlanta, Georgia, USA



PREP TIME
5 min



COOK TIME
10 min



TOTAL TIME
15 min

BACKGROUND

Origin: Dominican Republic

INGREDIENTS

- 1 Tbsp olive oil
- 1 tsp sea salt
- Ripe green plantains¹

¹Yellow plantains may be substituted for a sweet version

Variations: Plantains can be sliced in rounds if desired. They can also be served with olive oil and garlic as a garnish.

DIRECTIONS

1. With a small sharp knife, cut ends from each plantain and halve crosswise. Cut a lengthwise slit through skin along inside curve.
2. Beginning in center of slit, pry skin from plantain and with rippled blade of a mandoline or decorating knife cut flesh crosswise into diagonal 1/8-inch-thick slices.
3. In a deep fryer or large deep skillet heat 1 1/2 inches oil to 375°F. on a deep-fat thermometer and fry 12-15 plantain slices at a time, turning them, 2-3 minutes, or until golden, transferring as fried with a skimmer or slotted spoon to paper towels to drain. Plantain slices should be slightly crisp on outside but soft on inside. Season plantain slices with salt.
4. Plantain slices are best served immediately but may be made 1 day ahead.



ASPARAGUS WRAPPED IN CRISP PROSCIUTTO

Submitted by Marco Malavasi
Frankfurt & Dusseldorf, Germany



MAKES
16 pieces



PREP TIME
10 min



COOK TIME
10 min



TOTAL TIME
20 min

BACKGROUND

Origin: Italy

Background: Italian Weddings mainly consist of a three-day celebration with food from dusk till dawn (and beyond). Every time my family meets back in Modena to celebrate a wedding (my Father has 8 siblings and around 39 cousins, so there is a lot of marrying going on), I look forward to the never-ending parade of Antipasti, which are easy to eat and light on the stomach. One of my favorite dishes is as simple as it is delicious. Just like us Italians.

INGREDIENTS

- 1 Tbsp olive oil
- 16 spears fresh asparagus, trimmed
- 16 slices prosciutto

DIRECTIONS

1. Preheat the oven to 450°F (220°C). Line a baking sheet with aluminum foil, and coat with olive oil.
2. Wrap one slice of prosciutto around each asparagus spear, starting at the bottom, and spiraling up to the tip. Place the wrapped spears on the prepared baking sheet.
3. Bake for 5 minutes in the preheated oven. Remove, and shake the pan back and forth to roll the spears over. Return to the oven for another 5 minutes, or until asparagus is tender, and prosciutto is crisp. Serve immediately.



SUFGANIYOT V (JELLY DONUT)

Submitted by Meaghan Krohn
VOX, Washington, D.C., USA

BACKGROUND

Origin: *Israel, my mother's paternal grandmother*

Background: Sufganiyot is a jelly donut made during Chanukah. It's deep fried (oil is a central part of Chanukah cooking) and filled with jam. Some people fill with custard, but my family were never big fans of custard and most versions I've tried use jelly/jam. It's a traditional Israeli Chanukah recipe and I think most Jews, regardless of origin, have a recipe or have integrated sufganiyot into their cultures. This and latkes are probably the most common Chanukah recipes, and I think more people have tried latkes before, so I thought I'd share this (plus I prefer sweet over savory). My mom and I would make this before the first night of Chanukah, and eat them after we lit the menorah, sung Rock of Ages and opened presents.



MAKES
12 - 14 donuts



PREP TIME
1 hr + overnight
rising time



COOK TIME
20 min



TOTAL TIME
9 hrs 20 min

INGREDIENTS

- 2 packages dried yeast
- 4 Tbsp sugar, plus additional for rolling¹
- ¾ cup warm milk (105-115° F)
- 2 ½ cups all-purpose flour, sifted
- 2 eggs
- 1 tsp cinnamon²
- Pinch of salt
- 1 tsp salt
- 1 ½ Tbsp softened butter
- Apricot, strawberry or raspberry preserves³
- Oil for frying

DIRECTIONS

1. Dissolve the yeast and 2 tablespoons of sugar in milk and let sit for at least 10 minutes.
2. Sift flour and place on a board. Make a well in the center and add yeast mixture, egg yolks, salt, cinnamon and remaining sugar. Knead well.
3. Work in butter and knead until dough is elastic.
4. Cover and let rise in the refrigerator overnight.
5. Roll out dough on floured board to ¼ inch thickness.
6. Use a glass to cut into 2 inch rounds (diameter). Cover and let rise an additional 15 minutes (or more as needed).
7. Use hands to form balls from the rounds, inserting a teaspoon of jam in each donut and enclosing completely.
8. Fry in hot oil (at least 375° F), 4-5 at a time, turning when brown.
9. Drain on paper towels.
10. Roll in sugar and serve immediately.

¹You can also use a cinnamon/sugar mixture for rolling, or powdered sugar

²The recipe calls for 1 tsp, I always like a little more

³My personal favorite is raspberry



SNOWSTORM VG SUGARED CRANBERRIES

Submitted by Monica Lefton
Atlanta, Georgia, USA



MAKES
2 cups



PREP TIME
20 min



COOK TIME
10 min + 8 hrs
overnight



TOTAL TIME
8.5 hrs

BACKGROUND

Origin: Virginia, USA

Story: I make these cranberries each year with my family during the holidays. The first year I made them, I was with my aunt in Arlington, VA and there was a heavy snow. Since that day, I always associate these cranberries with snowfall. These sweet treats are a perfect way to bring a bit of the winter wonderland outside in to your holiday table.

*Store in a cool place uncovered (but not refrigerated) so the sugar stays dry and crunchy

INGREDIENTS

- 2 cups granulated sugar
- 2 cups water
- 2 cups fresh cranberries
- ¾ cup superfine sugar

DIRECTIONS

1. Combine granulated sugar and water in a small saucepan over low heat, stirring mixture until sugar dissolves. Bring it to a simmer; remove from heat. (Do not boil, or cranberries may pop when added). Stir in cranberries; pour mixture into a bowl. Cover and refrigerate for 8 hours or overnight.
2. Drain cranberries in a colander over a bowl, reserving the steeping liquid for another batch if desired. Place superfine sugar in a shallow dish. Add the cranberries, a few at a time, rolling to coat with sugar. Spread the sugared cranberries in a single layer on a baking sheet, let stand at room temperature one hour or until dry.
3. Serve in a festive bowl or martini glass.



PARISH FAIR CAKE V

Submitted by Nicole Rosenberger
Frankfurt, Germany



MAKES
1 cake



PREP TIME
25 min + 1 hr
rising time



COOK TIME
35 min



TOTAL TIME
2 hrs

INGREDIENTS

Yeast Dough:

- 500g all-purpose flour
- 75g sugar
- Dash of salt
- 1 cube fresh yeast
- 200ml tepid milk
- 100g soft butter
- 2 eggs

Topping:

- 7 rose buns¹
- 225g curd
- 2 eggs
- 2 cups cream
- 225g brown sugar
- 225g white sugar
- Juice from 1 lemon
- 2 sachet cinnamon
- 2 Tbsp all-purpose flour

BACKGROUND

Origin: Lower Franconia, Germany

Background: This cake is only prepared once a year for the annual parish fair ("Kirchweih") in October. Receipt is given from mother to daughter and we have a hand written one from my great-grandmother. Unfortunately, we do not know how old the recipe actually is.

DIRECTIONS

1. Prepare yeast dough: mix flour, sugar and salt in a bowl. Add yeast and 5 tablespoons milk and mix. Set aside at a warm place for 15 minutes.
2. Add butter, eggs, milk. Use a mixer and mix until well combined and continue to form a ball with the hands. Set aside at a warm place for another 45 minutes and cover with kitchen towel until volume doubled. Roll out dough and place on baking tray.
3. Prepare topping: rasp dried buns and mix with all other ingredients. Spread over dough.
4. Bake 30-35 minutes in the preheated oven at 200°C.

¹A special kind of bread roll - let dry for 4 days



RAINBOW CAKE V

Submitted by Marco Malavasi
Frankfurt & Dusseldorf, Germany



SERVES
16



PREP TIME
1 hr



COOK TIME
30 min



TOTAL TIME
1 hr 30 min

BACKGROUND

Origin: *Over the Rainbow, Early 2000s*

Background: Culture is not only a regional aspect. And as we all know: EVERYTHING gets better with a little bit of glamour and lots of colors. That's why the LGBTQ Community chose the Rainbow as the sign of diversity and inclusion of all. The rainbow shows that we can all be our true color, but still come together in peace and love to form a rainbow that unites all of us.

INGREDIENTS

- Vegetable shortening
- 3 cups all-purpose flour
- 4 tsp baking powder
- ½ tsp salt
- 1 cup unsalted butter, room temp
- 2 ⅓ cups sugar
- 5 large egg whites, room temp
- 2 tsp pure vanilla extract
- 1 ½ cups milk, room temp
- Red, orange, yellow, green, blue, & purple gel food coloring
- Lemony Swiss meringue buttercream frosting

DIRECTIONS

1. Preheat oven to 350°F. Brush six 9-inch-round cake pans (or as many 9-inch cake pans as you have, reusing them as necessary) with shortening. Line bottom of each cake pan with parchment paper; brush again and set aside.
2. In a large bowl, whisk together flour, baking powder and salt; set aside. In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugar. Slowly add egg whites and mix until well combined. Add vanilla and mix until fully incorporated. Add flour mixture and milk in two alternating additions, beginning with the flour and ending with the milk. Mix until well combined.
3. Divide batter evenly between six medium bowls. Add enough of each color of food coloring to each bowl, whisking, until desired shade is reached. Transfer each color to an individual cake pan. Transfer to oven and bake until a cake tester inserted into the center of each cake comes out clean, about 15 minutes (working in batches if necessary).
4. Remove cakes from oven and transfer to a wire rack; let cool for 10 minutes. Invert cakes onto a wire rack; re-invert and let cool completely.
5. Using a serrated knife, trim tops of cakes to make level. Place four strips of parchment paper around perimeter of a serving plate or lazy Susan. Place the purple layer on the cake plate. Spread a scant 1 cup buttercream filling over the first layer with a small offset spatula so it extends just beyond edges. Repeat process with blue, green, yellow, and orange layers.
6. Place the remaining red layer on top, bottom-side up. Gently sweep away any loose crumbs with a pastry brush. Using an offset spatula, cover the top and sides with a thin layer of frosting (also use any of the excess frosting visible between the layers). Refrigerate until set, about 30 minutes.
7. Using an offset spatula, cover cake again with remaining frosting.



KITCHEN CONVERSIONS

DRY INGREDIENTS

WET INGREDIENTS

CUPS	TBSP	TSP	GRAMS	OUNCES	ML	DL
1 c	16 Tbsp	48 tsp	227 g	8 oz	237 ml	2.37 dl
3/4 c	12 Tbsp	36 tsp	170 g	6 oz	177 ml	1.77 dl
2/3 c	11 Tbsp	32 tsp	141 g	5 oz	158 ml	1.58 dl
1/2 c	8 Tbsp	24 tsp	113 g	4 oz	118 ml	1.18 dl
1/3 c	5 Tbsp	16 tsp	85 g	3 oz	79 ml	0.79 dl
1/4 c	4 Tbsp	12 tsp	57 g	2 oz	59 ml	0.59 dl
1/8 c	2 Tbsp	6 tsp	29 g	1 oz	30 ml	0.30 dl
1/16 c	1 Tbsp	3 tsp	15 g	.5 oz	15 ml	0.15 dl

OVEN TEMPERATURE

250°F	300°F	325°F	350°F	375°F	400°F	425°F	450°F
121°C	150°C	160°C	180°C	190°C	200°C	220°C	230°C