Tales at the Table
Community Cookbook
Volume I

A collection of Windward family recipes celebrating our diverse and inclusive community.
<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forward</td>
<td>3</td>
</tr>
<tr>
<td>Entrées</td>
<td>4</td>
</tr>
<tr>
<td>Avgolemono Soup</td>
<td>5</td>
</tr>
<tr>
<td>Chicken Adobo</td>
<td>6</td>
</tr>
<tr>
<td>Chicken and Vegetable Curry</td>
<td>7</td>
</tr>
<tr>
<td>Irish Corned Beef Hash</td>
<td>8</td>
</tr>
<tr>
<td>Korean Braised Short Ribs</td>
<td>9</td>
</tr>
<tr>
<td>Romanian Stuffed Peppers</td>
<td>10</td>
</tr>
<tr>
<td>Sea Bass Provenal</td>
<td>11</td>
</tr>
<tr>
<td>Sticky Rice with Chinese Sausage</td>
<td>12</td>
</tr>
<tr>
<td>Sides</td>
<td>13</td>
</tr>
<tr>
<td>Sweet &amp; Fluffy Cornbread</td>
<td>14</td>
</tr>
<tr>
<td>Thomasina’s Cornbread</td>
<td>15</td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td>16</td>
</tr>
<tr>
<td>Honey &amp; Balsamic Roasted Brussels Sprouts</td>
<td>17</td>
</tr>
<tr>
<td>Desserts</td>
<td>18</td>
</tr>
<tr>
<td>Baklava</td>
<td>19</td>
</tr>
<tr>
<td>Grandma Ure’s Carrot Cake</td>
<td>20</td>
</tr>
<tr>
<td>Choreg Armenian Sweet Bread</td>
<td>21</td>
</tr>
<tr>
<td>Croatian Cookies</td>
<td>22</td>
</tr>
<tr>
<td>Ilia’s Gugelhupf</td>
<td>23</td>
</tr>
<tr>
<td>Lemon Meringue Pie</td>
<td>24</td>
</tr>
<tr>
<td>Pumpkin Bread</td>
<td>25</td>
</tr>
<tr>
<td>Shoo-Fly Pie</td>
<td>26</td>
</tr>
<tr>
<td>Grandma Ure’s Shortbread</td>
<td>27</td>
</tr>
<tr>
<td>Thank You</td>
<td>28</td>
</tr>
</tbody>
</table>
Congratulations! You are reading the first “Tales At The Table” Windward Cookbook! At Windward, we believe in history. As we constantly look to the future, we’re ever mindful of our past, and the rich traditions, stories, and relationships that have led us to where we are today.

With Tales at the Table, we hope to celebrate our community through the shared enjoyment of family and school traditions. The recipes contained here are diverse. Some have been passed down for generations, while others are newly created by families looking to begin traditions of their own. It is our hope that you find the recipes enclosed here as enjoyable as the actual coming together of our Community. By collecting such a wide variety of dishes from all backgrounds, we hope to learn more about the different cultures represented in the Windward Community, respecting and celebrating the many ways food is used to bring families together.

Tales At The Table is a multi-cultural event held on the Leichtman-Levine Bridge that brings our Community together to engage in conversation, hearing stories from students, parents, alumni, faculty and administrators. This cookbook serves as an extension of the time shared.

Sincerely,
Tyrone Powell and Ashley Goodman
Co-Directors of Diversity and Inclusivity
Entrées
AVGOLEMONO SOUP

Submitted by Eric Weller

A staple of Greek comfort food, Avgolemono is a classic chicken soup that uses eggs to give the base a creamy texture and lemons to add a bright, citrus punch.

Ingredients

- 1 soup hen or capon
- 1 ¼ cups rice or orzo
- 1 onion, sliced in half
- 2 ribs of celery
- 2 carrots, cut in half
- 3 or 4 fresh parsley sprigs
- 6 eggs, beaten
- 2/3 cup lemon juice
- salt and pepper to taste
- 1 tbsp flour or cornstarch, optional

Instructions

Place chicken in a pot of cold water. When it comes to a boil skim off the froth until it is clear and add onion, celery, carrots, and parsley. Season with salt and pepper and cook until chicken is tender, remove and strain the broth. Reserve 10 cups and return to a pan. Add the rice or orzo and cook until tender – 18 to 20 minutes.

In a bowl, beat eggs well and slowly pour in the lemon juice; add hot liquid to the eggs until it is heated through and pour back into the remainder of the broth and rice. Return to stove and let simmer (do not boil) for a few minutes.

Mom’s/ Yaiyia’s Hint: To make a clear broth, when the chicken comes to a boil, skim off the froth and remove the chicken. Strain the broth and return to a clean pot, rinse the chicken and place in the broth. If broth seems to be too thin, add a tablespoon of flour to the eggs while you are beating them. This does not alter the taste, but makes it creamier.

Eric’s grandmother, uncle and aunt (1st Generation Greek-Americans).
CHICKEN ADOBO

Submitted by Chris, Steve, Liana ’16, and Kara ’20 Smale

A flavor profile that is rich, sweet, sour, and salty all at once makes this dynamic entrée fit to be the unofficial dish of the Philippines.

Ingredients

- 1 tbsp oil
- 8 pieces bone-in chicken thighs
- 4 cloves garlic (finely chopped)
- 1 in ginger (grated)
- 1 large white onion (finely chopped)
- ½ cup white vinegar
- ½ cup light soy sauce
- 1 bay leaf
- 1 tsp ground black pepper

Instructions

In hot pan (cast iron is good), add oil and chicken pieces and brown both sides. Afterwards set heat to medium.

Remove chicken from pan and set aside in a bowl. Add garlic, ginger and onion to the pan. Pan fry for 3 minutes. Add chicken back into the pan.

Add the remaining ingredients into pan (vinegar, soy sauce, bay leaf, pepper).

Let the sauce simmer with the chicken for an additional 15 minutes (covered) until the sauce thickens.

Remove the bay leaf and serve chicken with rice.
CHICKEN AND VEGETABLE CURRY

Submitted by The Carney Family

An umbrella term for variety of dishes featuring a complex combinations of herbs and spices, this flavorful stew is delicious over rice or noodles. This is a Carney family favorite for Fall & Winter.

Ingredients

3 tbsp unrefined coconut oil or ghee
2 lbs boneless, skinless chicken meat (breast or thigh or combination), cubed
1 large onion, chopped
2 cloves garlic, finely chopped
1 tbsp finely chopped peeled fresh ginger
2 carrots, peeled and cut into chunks
2 stalks celery, cut into chunks
4 cups vegetables, cut into same size as carrots (e.g. cauliflower, root veggies, green beans, eggplant, potatoes…)
2-3 tbsp curry powder*
1 tsp ground cumin
¼ tsp ground turmeric
2 tsp sea salt
1 ½ cups vegetable or chicken stock or 1 -14.5 ounce can diced tomatoes
¼ cup chopped fresh cilantro (optional)
½ cup cashews, finely ground or ¼ cup cashew butter
1 cup coconut milk
A few handfuls of baby spinach leaves

Instructions

Season chicken pieces with sea salt and freshly ground black pepper. Heat oil or ghee in a large, heavy pot over medium heat. Without crowding, add the chicken in batches and lightly brown. Remove with a slotted spoon to a plate and continue cooking all the chicken in the same manner.

Add the onion, garlic and ginger to the pot and cook, stirring until softened, about 5 minutes. Add the carrots, celery and remaining vegetables. Cook another few minutes.

Add the chicken and any accumulated juices on the plate back in the pot. Add the curry powder, spices and salt and cook, stirring, 1 minute. Add the stock (or diced tomatoes) and chopped cilantro and bring to a simmer. Cover the pot and simmer gently, stirring occasionally until the chicken is cooked through, about 20 minutes.

Add the ground cashews or cashew butter to the curry along with the coconut milk, and simmer gently uncovered, stirring until sauce is thickened, about 5-10 minutes.

*Recipe adopted from Pamela Saltzman
IRISH CORNED BEEF HASH
Submitted by Whitney Burke

Deriving from the French word batcher meaning “to chop”, corned beef hash is a hearty mix of potatoes, onions, beef, and eggs perfectly suited for breakfast.

Ingredients

- 2 tbsp oil ( Anything with a high smoke point will work - coconut, canola, etc. )
- 8 baby Yukon gold potatoes, washed and diced ( or 3 regular ones - mine weighed around 14.7 ounces in total )
- ½ medium yellow onion, diced ( mine was about 3/4 cup )
- ½ bell pepper ( any color ), diced ( about 3/4 cup )
- 1 clove garlic, finely minced
- 4 ounces Fully cooked corned beef, diced
- 4 eggs
- salt and pepper, to taste

Instructions

Preheat oven to 375. Preheat a cast-iron ( or non-stick oven-safe skillet ) over medium heat, and add oil to the pan.
Add the potatoes, onions and peppers, and cook for about 15 minutes until veggies are tender, stirring frequently. ( Notes: I had to reduce my heat a little to medium-low. You want it sizzling, but no splattering everywhere. Also, use your intuition if you think you need more cook time. If the potatoes don’t look done yet, cook a few more minutes. )
Add salt and pepper, garlic and corned beef, turn off the heat ( the pan will stay really hot, especially if it’s cast iron ), and cook another two minutes.
Remove from heat, and taste to see if you want to add more salt and pepper. Crack the eggs over the top, and try to put an egg over each serving ( somewhat symmetrically, but it doesn’t have to be perfect ). Bake at 375 until eggs are cooked, about 15 minutes.
Remove from oven, and I like to salt and pepper my eggs here.
In a bowl of 1¼ cups hot water, soak dried Shiitake mushrooms for 15 min until the stems are fully soft. SAVE the mushroom water for later! In a separate bowl, soak short ribs for 15 min in fresh, cold water to draw out any impurities. After soaking, rinse and drain the ribs.

While mushrooms and ribs are soaking, Peel and cut Daikon radish or potatoes into big chunks, approx. ¾ inch thick by 2 inches. Peel and cut carrots into 1½ inch long chunks. Cut green onions into 2 inch long pieces.

When mushrooms are fully soaked, take them out of the water and cut into quarters. Remember to save the mushroom water! If using fresh or dried chestnuts, just use as is. If using canned chestnuts (which still stay crunchy after cooking), drain away the syrup and just save the chestnuts.

TO MAKE THE SAUCE: Combine all the sauce ingredients in a separate bowl. Add more honey or soy sauce to suit your taste.

IN THE PRESSURE COOKER, first add the ribs, then add the veggies (radish/potatoes, carrots, mushrooms, chestnuts, green onions). Pour the sauce on top. Mix 3 cups water with the mushroom water, and pour the mixture on top. Now close the lid and cook using the Meat/Stew function, which should be approx. 35 minutes of pressurized cooking. When it is done cooking, follow your machine’s instructions to safely release steam and open. Remove oil/fat from the stock.

Lastly, add 1-2 Tbs sesame oil and garnish with some fresh, julienned green onions to finish. Serve with steamed rice and kimchi. Also, a little leftover broth poured over rice is also very yummy!
Ingredients

6 medium bell peppers (red taste best, yellow work well too)
1 pound ground meat (we use chicken, but traditionally it is beef and pork)
¼ cup rice (white)
½ yellow onion - chopped
½ cup chopped fresh dill (can add chopped parsley to the dill)
1 slice of bread – soaked in water
1 egg
Salt and pepper to taste (garlic salt can be used)
15 oz. can tomato sauce

Instructions

Wash the bell peppers, cut around the stem and remove all seeds. Mix top 8 ingredients (all but the tomato sauce). Add only 3 tbsp of the tomato sauce and about 3 tbsp of water to the mix. Stuff the peppers with the meat mixture (do not stuff too tightly) and put them upright in a pot (we use a Dutch oven).

To the pot add the remaining tomato sauce and additional water so that the liquid rises about ¾ of the way up the side of the stuffed peppers.

Boil on medium heat about half hour, then put in oven at 350F for about half hour – the peppers should be soft (cooked but not mushy), and there should be liquid in the pot to serve with them (can put a lid on the pot when cooking, as needed).

(Note- grated zucchini may be used to substitute some of the meat.)

ENJOY! ENJOY! ENJOY!
SEA BASS PROVENCAL

Submitted by The Bell Williams Family

Originating from the South of France, dishes categorized as “Provencal” focus on preserving the taste and texture of seasonal, fresh ingredients like tomatoes, garlic, saffron, anchovies, olives, and wild herbs.

Ingredients

2 tsp olive oil
2 garlic cloves, minced
1 ½ cups diced tomato
½ cup chopped pitted Kalamata olives
¼ cup water
2 tbsp capers
24 ounces of sea bass (or cod)
2 tsp fresh lemon juice
¼ tsp black pepper
¼ tsp (or to taste) salt

Optional Toppings
1 garlic clove chopped
¼ cup chopped fresh parsley
1 tbsp grated lemon rind

Instructions

Heat oil in a large, nonstick skillet over medium-high heat.

Add garlic cloves, saute 30 seconds. Stir in tomato, olives, water and capers, and bring to a boil. Cover, reduce heat to medium, and cook 5 minutes.

Add fish fillets and sprinkle with lemon juice, salt and pepper. Cover and cook 10 minutes, or until fish flakes easily.

Remove from heat and serve over rice.

Serves 4
STICKY RICE WITH CHINESE SAUSAGE

Submitted by Toni Goldsobel

A staple on dim sum carts, this dish pairs traditional glutinous rice with Chinese sausages which are known for their extremely sweet flavor and an emulsified texture.

Ingredients

3 cups Chinese or Japanese short-grain sticky rice*
1 cup Chinese dried shiitake mushrooms
5 – 7 Chinese sausages* (6 to 8 oz total)
1 tbsp grapeseed oil
1 tbsp minced peeled fresh ginger
½ cup thinly sliced scallion (white and pale green parts only)
½ cup Chinese rice wine or medium-dry Sherry
3 - 4 tbsp soy sauce
2 tbsp oyster sauce or mushroom oyster sauce
2 tsp Asian sesame oil
Garnish: thinly sliced scallion greens
1 tsp salt
½ tsp white pepper
2 cups reduced-sodium chicken broth or mushroom water

Instructions

Cover rice with cold water by 1 inch in a large bowl and soak at least 2 hours. Drain in a sieve and rinse well under cold running water.

Soak mushrooms in warm water 30 minutes, then drain, squeezing excess liquid back into bowl, and saving some of the liquid (minus the stuff on the bottom). Rinse mushrooms to remove any grit, then discard stems and coarsely chop caps. Slice sausages into thin discs.

Heat a heavy dutch oven (or heavy covered pot) over high heat until just smoking. Add grapeseed oil and heat, swirling, until just smoking. Add ginger and scallion and stir-fry 30 seconds. Add sausage and stir-fry 1 minute, then add mushrooms and stir-fry 1 minute. Add chestnuts and stir-fry 1 minute. Stir in rice wine, soy sauce, oyster sauce, sesame oil, salt, and white pepper and remove from heat. Add drained rice and stir to coat.

Transfer mixture to a 4- to 6-quart heavy pot and add broth (broth will not completely cover rice). Bring to a simmer, stir once, then reduce heat to low. Cover and cook 25 minutes more, then remove from heat. Stir from bottom to distribute ingredients and let stand, covered, 10 minutes before serving.
**SWEET & FLUFFY CORNBREAD**

Submitted by Tricia Matuszak

![Image of cornbread]

"Being grateful is a very important part of our family culture. When we celebrate Thanksgiving each year, these are some of the traditional recipes we enjoy together. We are thankful for Windward."

**Ingredients**

- ½ cup cornmeal
- 1 ½ cups flour
- 2/3 cup sugar
- 1 tbsp baking powder
- ½ tsp salt
- 1/3 cup oil
- 3 tbsp melted butter
- 1 tbsp honey
- 2 eggs, beaten
- 1 ¼ cups milk

**Instructions**

- Preheat oven to 350°.

- In a bowl, combine cornmeal, flour, sugar, baking powder, and salt.

- Add the oil, melted butter, honey, eggs, and milk. Mix until combined. It should look lumpy. Do not overbeat!

- Pour into a greased 8-inch square pan.

- Bake for 35 minutes.
THOMASINA’S CORN BREAD

Submitted by Erika Johnson-Brooks

This native bread is older than the United States! Cornbread originated by Native Americans in the South before being adopted by the European settlers.

Ingredients

- 1 and ½ cups of flour
- ⅔ cup of sugar
- ½ cup of corn meal
- 1 tbsp of baking powder
- ½ tsp of salt
- 1 and ¼ cups of milk
- 2 large eggs
- ½ cup of vegetable oil
- 3 tbsp butter, melted

Instructions

- Heat oven to 350
- Grease 8 inch square baking pan
- Combine all dry ingredients (flour, sugar, corn meal, baking powder, and salt)
- Combine all wet ingredients (milk, oil, and eggs) MIX WELL
- Add wet ingredients to dry ingredients THEN add melted butter and mix until blended (it should be a little lumpy)
- Put in baking pan and bake at 350 for 30-35 minutes, or until wooden stick inserted in center comes out clean

**I rub a little extra butter across the top about 5 minutes before it’s done so that it gets that pretty golden color on top!
CRANBERRY SAUCE

Submitted by Kelly, Angie, and Jack Cunningham (’23)

One of the earliest true American foods, cranberry sauce makes for an excellent addition to more than just Thanksgiving dinner.

**Ingredients**
- 1½ bags of fresh cranberries
- 2 cups of sugar
- ½ cup of brandy

**Instructions**
- Mix all ingredients together. Spread mixture out in a large casserole dish.
- Bake uncovered at 350° for 2½ hours
- Remove from oven, cover, and let set for 10 minutes.
HONEY BALSAMIC ROASTED BRUSSELS SPROUTS

Submitted by Ashley Goodman

While native to the Mediterranean region, these sprouts were first seen being used in Northern Europe near Brussels, hence their name. They’re now found in dishes all over the world and, as demonstrated in this dish, can be prepared in myriad ways.

Ingredients

1 ½ lbs brussels sprouts
3 tbsp olive oil separated
¼ tsp kosher salt
½ tsp ground black pepper
2 tbsp balsamic vinegar

Instructions

Preheat oven to 425°F.

Line a baking sheet with aluminum foil.

Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.

In a large bowl, toss brussels sprouts with 2 tablespoons of olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.

Transfer the brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes. I like mine extra crispy so I sometimes leave them in for 30 minutes.

Place brussels sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.
Desserts
Prepare the syrup before assembling and baking the baklava. Mix the sugar and water and bring to a boil (stirring constantly), lower the heat immediately, and add cinnamon sticks, lemon and orange slices, and simmer for 15 minutes undisturbed. Add honey, and continue simmering until heated through. Remove from head and set aside to cool.

For baklava, combine ground nutmeats and spices and set aside. Depending on the width of your phyllo, place 8 to 10 sheets of phyllo, one at a time, in the bottom of a buttered 11” x 17” pan, buttering each sheet with melted butter. At least four sheets should overlap the pan at least 3 inches on all sides – being sure that each overlapped portion is also buttered. With a fork, prick the layered phyllo to aerate it. Sprinkle top sheet with about ½ cup or more of the nut mixture and cover with 2 to 3 more buttered phyllo sheets until all nut mixture has been used. Carefully fold in the phyllo that was overlapping the pan. To avoid having a heavy bulk at the corners, cut the phyllo on all four corners so that all sides fold over evenly.

Now start adding about 10 to 12 full size phyllo sheets that are larger than your pan, remembering to butter each sheet. When you have completely finished layering it, with a razor blade or a sharp knife and cut along the outside edge of the pan, and then with your fingers and a spatula, very gently turn under the phyllo to form a roll. Do this on the two long sides and one short side, leaving one short side open. Then with the palm of your hand, press down gently and push the air out to the side that is still open. Now roll that side under. Before cutting, set the pan in the freezer for no more than 10 minutes. You’ll be surprised at how much easier it is to cut. Cut through into desired size. Brush again with butter.

When ready to bake, sprinkle lightly with cold water place baklava in a preheated 325-degree over (2nd rack position) for 30 minutes. Remove baklava and transfer the oven rack to the middle (3rd rack position) of the oven and increase temperature to 350 degrees. Place baklava back into the oven and bake for 30 minutes or until golden brown. As soon as the baklava is removed from the oven sprinkle hot melted butter over it. Let stand for 5 minutes and gently pour cooled syrup on it. For a crispy baklava prepare it two or three days before serving – leave it uncovered the first day and then loosely covered with foil until ready to eat.

A very easy, no fail way to cut your baklava is to take a piece of wax paper (the width of your baklava, not your pan); fold it in half and fold again as many times as it takes to reach the width you desire your baklava to be cut. Set wax paper on top of the baklava and with a sharp knife or razor cut into the top layer of the phyllo along the folded and creased lines of the wax paper. Remove paper and with a sharp knife cut all the way through the baklava. Repeat the step above, cutting diagonally into diamond shapes.

### Ingredients

**Pastry**
- 2 lb phyllo
- 1 lb walnuts – finely ground
- 1 lb pecans – finely ground
- 2 tsp ground cinnamon
- 1 tsp ground cloves
- 2 pounds unsalted butter – clarified, melted, and hot

**Syrup**
- 4 cups granulated sugar
- 2 cups water
- 3 or 4 tbsp honey
- 2 cinnamon sticks
- ¼ in slice of lemon
- ¼ in slice of orange

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GRANDMA URE’S CARROT CAKE

Submitted by Robin Pickett

Carrot cake’s origins go back to the middle ages when sugar was expensive and hard to come by. Bakers used carrots as a substitute to give the cake a natural sweetness.

The United Kingdom

Ingredients

Cake
2 ½ cups flour
1 tsp cinnamon
1 tsp salt
1 tsp baking soda
2 cups sugar

3 eggs, beaten
1 cup vegetable oil
13 ½ oz. can crushed pineapple, drained
2 cups grated carrots
1 cup chopped walnuts
2 tsp vanilla

Frosting
3 tbsp butter, melted
2 3 oz. packages cream cheese
2 cups sifted powdered sugar
2 tsp. Vanilla
½ cup chopped walnuts (optional)

Instructions

In large mixing bowl combine the flour, cinnamon, salt, baking soda, and sugar.

Mix in by hand the eggs, vegetable oil, crushed pineapple, grated carrots, chopped walnuts, and vanilla.

Pour mixture into one 13 x 9 pan or two 8 x 8 pans. Bake in 350 degree oven for 50 minutes or until toothpick comes out clean.

To make the frosting, mix together butter, cream cheese, powdered sugar, and vanilla. Top with walnuts, if you like.
CHOREG
ARMENIAN SWEET BREAD

Submitted by Tyrone Powell

This Armenian sweet bread is traditionally made around Easter time and can be braided or twisted into a pretzel shape and topped with sesame seeds.

Ingredients

- 7 cups all-purpose flour
- 2 tsp salt
- 1 tsp mahleb (optional)
- 1 ¼ cup milk
- ½ cup butter
- ¼ cup vegetable shortening
- 1 cup sugar
- 2 ¼ ounces fast rise yeast
- ½ cup warm water
- 4 large eggs
- sesame seeds

Instructions

In a large bowl, stir together the flour, salt, and mahleb (optional).

In a medium saucepan heat milk until warm and add butter, shortening and sugar stir until dissolved. Remove from heat and set aside.

Dissolve yeast in 1/2 cup of warm water. Add a bit of sugar to activate the yeast. The mixture should be foamy.
Make a well in the center of the flour and add the eggs and the milk mixture to the flour. Pour in the activated yeast. Stir to blend well.

Turn out the dough on a lightly floured surface and knead until the dough is smooth and elastic. The dough should be slightly sticky, not dry.

Place the dough in a large greased bowl. Pat the top of the dough with a bit of vegetable oil to prevent sticking to the aluminum foil. Cover the bowl with foil and then a dish towel. Let rise in a warm place for two hours.

Break off small amounts of dough and shape into pretzels or braids. Put rolls on a baking sheet and allow to rise for 30 minutes. Brush with egg wash and sprinkle with sesame seeds

Bake in a 350-degree oven for 20 minutes or until golden brown.
Ingredients

½ pound (2 sticks) unsalted butter, at room temperature
½ cup granulated sugar
1 tsp pure vanilla extract
Zest and juice of 1 lemon
2 egg yolks
2 cups plus 7 tablespoons all-purpose flour
2/3 cup walnuts, finely ground
Apricot jam (I like Trader Joe’s reduced sugar one)
Confectioners (powdered) sugar

Instructions

Preheat oven to 350º. Line baking sheets with parchment paper and set aside. Cream butter and sugar, on medium with electric mixer until light and fluffy, about 2 minutes. Add vanilla, lemon juice and lemon zest. Beat until combined. Add egg yolks, one at a time, beating well after each addition. Reduce speed to low and gradually add flour and nuts until fully mixed.

Lightly flour a flat surface and roll out dough to ¼-inch thickness. Using a small cookie cutter (about one inch in diameter), cut out cookies and place on prepared baking sheets.

Bake for about 17 minutes, checking their color and consistency often. The cookies should only slightly change color to a slightly darker yellow. Do not let them get brown! It is OK if they are still slightly soft.

Let cool 5 minutes on pan, then transfer to cooling racks. When completely cool, spread the underside of half of the cookies with apricot jam. Make a sandwich with remaining cookies, pressing gently to spread jam to the edges.

Optional: Gently toss sandwich cookies in powdered sugar.

Store in a tightly sealed container. They will keep for at least two weeks in the fridge. Makes 4 dozen cookies
ILA’S GUGELHUPF

Submitted by the McPherson Family

"This recipe makes me feel like I am connected to my great-grandmother, who I never knew. She taught my Grandma how to make it, who taught it to me." - Macie McPherson ’23

Ingredients

- 1 cup butter
- 2 cups sugar
- 6 eggs separated
- 1 ½ cups all-purpose flour
- ½ tsp salt
- 2 tsp baking powder
- 6 tbsp whole milk
- 2 tsp lemon zest
- 1 tsp vanilla

Instructions

Preheat the oven to 350 degrees. Cream the butter to a consistency of mayonnaise. Add the sugar slowly while continuing to cream the butter until light and fluffy. Add in egg yolks one at a time. Sift together flour, salt, and baking powder. Combine the milk, vanilla, and lemon zest.

Add the flour mixture and milk alternatively to the batter stirring in gently but thoroughly. Beat egg whites until stiff. Fold the egg whites in thoroughly.

Spoon into well greased bundt pan. Bake for an 1 hour and 10 minutes. Cool for ten minutes in pan. Loosen around rim and center and invert onto a rack.
LEMON MERINGUE PIE

Submitted by the Hinds Family

This lemon curd pie piled high with fluffy meringue was first created by Swiss baker Alexander Frehse in the 19th century. This version of the classic dessert features a cookie crust and a perfectly toasted top!

Ingredients

Crust
2 cans condensed milk
4 egg yolks

Filling
2 cans condensed milk
4 egg yolks
1 cup lemon juice
Meringue:
4 egg whites
¾ tsp cream of tartar
½ tsp vanilla extract
8 tbsp sugar

Instructions

Preheat oven to 400 degrees. Put egg whites into refrigerator in metal mixing bowl to keep cold until ready to use.

Prepare Crust:
Using Cuisinart, pulse grind Nilla Wafers. Drop softened butter 1 tablespoon at a time into crushed Nilla Wafers, pulsing crumbs after each addition. Work butter throughout crumbs. Empty crumb/butter combination into 9 in. pie dish, spread across dish. Using fork, mash crumbs/butter into dish to create a crust making sure to spread the crumb/butter mixture evenly around the edges and bottom of pie dish. Set aside.

Prepare Filling:
Combine condensed milk, egg yolks and lemon juice in mixing bowl. Using mixer, blend ingredients until combined and smooth. Pour filling into prepared pie crust.

Prepare Meringue:
Place cold egg whites in mixing bowl (meringue will come together best if the mixing bowl is cool as well). Add cream of tartar. Beat egg whites and cream of tartar on high speed until the mixture begins to froth. Slowly add sugar 1 tablespoon at a time, blending so that peaks begin to form. Be sure to incorporate sugar throughout egg whites mixture after each sugar addition. Beat until meringue is stiff and peaks form. Add vanilla and mix quickly so as not to disturb the peaks. Using rubber spatula, spread meringue over pie filling, pushing meringue to edges of pie dish to cover pie filling and crust. Use edge of spatula to make decorative peaks in meringue.

Bake Pie:
Put prepared pie in heated over and bake for 15-20 minutes until meringue starts to brown (be careful not to burn the meringue). Allow pie to cool completely before serving (although pie is best served after cooling completely in refrigerator; allow pie to come to room temperature, then store in refrigerator until chilled).
Ingredients
3 ½ cups flour
2 tsp baking soda
1 ½ tsp salt
3 cups sugar
1 tsp cinnamon
1 tsp nutmeg
1 cup cooking oil
4 eggs
½ cup water
1 can pumpkin

Instructions
Set oven at 350 degrees. Sift and measure flour, baking soda, salt, sugar, cinnamon, nutmeg into a large bowl.

Make a “well” in the middle of the dry ingredients and put in eggs, oil, water and pumpkin.

Mix together using a whisk or wooden spoon until batter is smooth.

Bake in aluminum cans that have been sprayed with cooking spray OR in a sprayed bread loaf pan. Works well as pumpkin muffins too in sprayed tin. Bake loaf for 40 minutes but check with toothpick. A bread loaf pan may take longer. A bundt pan can be used too. Muffins take about 15 minutes. Sometimes we add chocolate chips too which is delicious.

Enjoy!

“This is Evan’s (’22) great grandmother’s Pumpkin Bread recipe. She would make it every Thanksgiving. The unusual part is she would bake it in tin cans so the tiny loaves were round. Her name was Irene Parker and she was as loved as her famous Pumpkin Bread.”
**Ingredients**

- 1 pie crust in a 9” pie pan
- ¾ cup dark Karo
- ¾ cup boiling water
- 1 tsp baking soda
- 1 tsp white vinegar
- ½ cup sugar
- 1 ½ cup flour
- ½ tsp salt
- ¼ cup butter

**Instructions**

Mix gently: Karo, water, baking soda, and vinegar.

In another bowl, mix: sugar, flour, salt, and butter. Remove 1 cup of this and set aside to use as crumbs on the top of the pie.

Mix remainder of second bowl with ingredients of first bowl – stir only several strokes, just to moisten (very little stirring is important!).

Pour into pie crust. Sprinkle crumbs (from second bowl) on top of pie. Bake at 350°F for 45 minutes. Cool before serving.

"Shoo-fly refers to when pies were set on windowsills to cool. You had to constantly “shoo” the flies away from this tasty pie! This Pennsylvania Dutch dessert is a very important part of our heritage – and it goes very well with coffee."
GRANDMA URE’S SHORTBREAD

Submitted by Robin Pickett

This buttery treat has its origins dating all the way back to the Palaeolithic times but the refinement of shortbread is credited to Mary, Queen of Scots in the 16th century. Today, shortbread is widely associated with Christmas and Hogmanay festivities in Scotland, but we encourage you to make this treat all year ‘round.

Ingredients

1 cup butter
1 cup sugar
1 egg, separated
2 cups flour, sifted
1 tsp cinnamon
1 cup finely chopped nuts

Instructions

Cream 1 cup butter with 1 cup sugar. Separate one egg and add the yolk, mixing in thoroughly. Sift 2 cups flour with 1 tsp cinnamon and slowly add to mixture. Press the mixture evenly in jelly roll pan.

Beat egg white slightly and brush over top. Sprinkle 1 cup finely chopped nuts over top, and press in. Bake at 275 degrees for one hour.

Immediately cut into 4 length strips and then 6 crosswise strips and cut diagonally (48 cookies) and remove from pan.
Thank You!

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