

A diverse collection of fresh produce is arranged in a border around the central text. The items include various fruits like apples, bananas, grapes, oranges, lemons, and berries, as well as vegetables such as tomatoes, cucumbers, bell peppers, eggplants, corn, and leafy greens. A small basket of eggs is also visible near the bottom center.

DIVERSITY DAY 2020

Multicultural Cookbook

Table of Contents

Our Favorite Entrees:

Arroz con Pollo (chicken with Rice)

Badian Saturday Meal

Grace's Meatloaf

Grilled Lime Coconut Chicken with Coconut Rice

Jamaican Stewed Fish

Kenyan Chicken Pilau

Qaboli Palaw

Tali Bowl

Tortellini with Roasted Cauliflower

Our Favorite Side Dishes & Breads

Challah

Colombian Empanadas

Orange Sesame Seed Squash

Potato Latkes

Resurrection Rolls

Sweet Cheese Paska

Sweet Noodle Kugel

Our Favorite Desserts:

Armenian Nut Cake

Black Forest Cake

Cinnamon Rugelach

Family Night Fudge

Jamaican Coconut Bundt Cake with Rum Glaze

Merengón de Fresas (Colombian Strawberry Merengue Dessert)

Southern Pumpkin Pie

Torta de Tres Leches (Three Milks Cake)

Entrees





Ingredients:

Chicken and Stock

- 2 whole chicken breast, bone in and skin removed
- 1 scallion
- ½ white onion
- 2 garlic cloves
- ½ tablespoon ground cumin
- ½ tablespoon sazón Goya with azafran (saffron)
- 1 bay leaf
- Salt and Pepper

Rice

- 2 tablespoons olive oil
- ¼ cup chopped onion
- 1 garlic clove, minced
- ¼ cup chopped red bell pepper
- ¼ cup chopped green pepper
- 1 cup long-grain white rice
- 1 tablespoon tomato paste
- 1 chicken bouillon tablet
- 2 ½ cups chicken stock
- ½ tablespoon sazón goya with azafran (saffron)
- ¼ cup chopped fresh cilantro
- ½ cup frozen peas
- ½ cup frozen diced carrots
- ½ cup frozen diced green beans

Arroz con Pollo – Chicken and Rice

Word from Author: Rice with chicken is one of the most popular dishes in Colombia and South America, but every country has their own variation.

Instructions:

- Place the chicken breast, 5 cups water and the remaining ingredients for the stock in a medium pot. Bring to a boil, cover and reduce the heat to medium low. Cook for 20 to 25 minutes. Turn the heat off and let the chicken rest in the pot for about 15 minutes covered. Let it cool, shred and set aside. Strain stock and measure 2 ½ cups and set aside.
- In a medium pot, heat the olive oil over medium-high heat. Add the onions, green peppers, garlic and red bell pepper. Cook until the onions are translucent, about 4 to 5 minutes.
- Add the rice, tomato paste, chicken bouillon and sazón goya. Stir until the rice is well coated about 3 minutes. Add the chicken stock and bring to a boil. Then reduce the heat to low. Cover and simmer for about 15 minutes. Add the peas, carrots and green beans and cook for an additional 7 minutes, add the shredded chicken and cilantro, mix well with a fork, cover and cook for 5 minutes more.
- Serve and Enjoy!

Made with **Love** By: Wind of the Spirit from
My Colombian Recipes



Made with **Love** By: Beverly Tignor

Badian Saturday Meal (Badisches Samstagesessen)

Word from Author:

This recipe is a traditional southern German meal which was sent to us by Roland Winterhalder, from Gasthaus Zum Hirschen, Langenbach in the village of Vohrenbach in the Black Forest. This area is part of the state Baden-Wuerttemberg in southern Germany.

Ingredients:

- 2.2 lbs Brisket of Beef
- soup vegetables (1 leek, 1 stalk of celery, 2 carrots, 1 large onion)
- 1 bay leaf, salt and pepper
- ½ tsp kosher salt
- ½ tsp ground pepper
- 2 lbs potatoes
- 2 medium size carrots
- 1 leek
- 2 stalks celery
- 1 bunch chives
- ½ tsp. Nutmeg
- **Horseradish sauce:** 2 tbl butter, 2 tbl flour, 1 cup milk, 1 cup beef broth, ½ lemon, salt and pepper, 2 egg yolks, 2 tbl grated horseradish

Instructions:

- **Boiled Beef:** Add salt and pepper to taste; seer the beef for 3 minutes on each side to lock in flavor. Add 3 cups of water plus the soup vegetables, onion, bay leaf, salt and pepper. Simmer slowly in the oven for 4 hours on 325 until the beef and vegetables are soft to the touch.
- **Horseradish Sauce:** In a separate pan, sauté the butter and flour, infusing with milk and broth from the meat while constantly stirring. Add the lemon juice, salt and pepper and simmer for about 5 minutes. Then remove from the stove and stir in the egg yolks and horseradish.
- **Bouillon Potatoes:** Peel potatoes and carrots and cut all vegetable into 1 inch pieces. On the stovetop, Using water and broth from the beef, bring potatoes and beef broth to a boil and simmer on low heat, seasoning with salt and nutmeg. Sauté the carrots, leek, and celery in butter and add to potatoes. Cook until well done (about 30 minutes).
- **Preparation:** Cut the beef into thin slices; place on a plate with bouillon potatoes, pour horseradish sauce over it and top with chives. The characteristic addition to the meal is cranberry jam and beet-root salad as a side dish.



Made with **Love** By: Veronica “Rani” Sidhu

Chickpea Lentils with Green Squash Chanay Daal Kadoo (vegan)

Word from Author: My mother-in-law with whom I was privileged to cook for 30 years taught me this recipe. Chickpea lentils are high in protein with lots of flavor. This is the tardka daal of restaurant fame (without the squash).

Ingredients:

For the lentils:

- 1½ cups yellow chickpea lentils
- 5 cups water
- 1½ teaspoons salt, or to taste
- 1 teaspoon ground turmeric
- 2 cups kudoo/dudhee or zucchini peeled and cut into 1½” triangles

For the tempering or tardka:

- ¼ cup canola oil
- 1 teaspoon whole cumin seeds
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2-inch piece ginger, grated
- 1 small tomato or half a large one (optional)
- ½ teaspoon garam masala (optional)
- 1 tablespoon sliced cilantro leaves (optional)

Instructions:

Check the lentils for any debris or stones and rinse thoroughly. In a large pot, bring lentils to a boil for 15 minutes. Skim any foam that rises to the top, then add the turmeric. Add the squash. Reduce the heat, cover and continue cooking until the lentils are creamy, about 45 minutes, stirring occasionally and adding water if needed.

In a saucepan, heat the oil then add the cumin seed until fragrant—just a few seconds before adding the onion. Sauté until transparent, then add the garlic sautéing for another few minutes until cooked. Add the ginger for another few minutes until the onions are golden brown. add the (onion, garlic), and ginger and sauté until golden brown.. Stir into the lentil mixture just before serving. Sprinkle with garam masala. Garnish with cilantro.



- To cook the dumplings, steam them or pan-fry them. To steam, put the dumplings in a steamer lined with a bamboo mat, cabbage leaf, or cheese cloth, and steam for 15-20 minutes.
- To pan-fry, heat 2 tablespoons oil in a non-stick pan over medium high heat. Place the dumplings in the pan and allow to fry for 2 minutes. Pour a thin layer of water into the pan, cover, and reduce heat to medium-low. Allow dumplings to steam until the water has evaporated. Remove the cover, increase heat to medium-high and allow to fry for a few more minutes, until the bottoms of the dumplings are golden brown and crisp.
- Serve with our favorite dumpling sauce!

Made with **Love** By: Grace Liu Anderson

Chinese Dumplings

Word from Author: A tradition in my family growing up was making dumplings together. We would make everything from scratch including the dumpling wrappers and family members would all gather around filling the wrappers. It was an all day affair.

Ingredients:

Filling:

- 3 cups veggie napa cabbage (shredded)
 - 8 oz. ground pork (225g)
 - 1/2 cup leeks or scallions
 - 1 egg (beaten)
 - 1 Tbsp sesame oil
 - 1 tsp-1 Tbsp soy sauce
 - 3/4 tsp salt
 - 1/4 tsp sugar (optional)
 - 1/2 tsp garlic powder &/or however much fresh minced garlic as you'd like.
 - 1/8 tsp ground white pepper
- 1-2 packs round dumpling skins (can be egg or thick or thin skins depending on taste preference & packs come with different amounts) and depending on how much filling you put in you use more or less wrappers

Instructions:

- Put the ground pork into a large bowl
- Finely chop the leeks or scallions and the napa cabbage. Then add to the pork
- Add the next seven ingredients (egg through the white pepper)
- Mix until thoroughly blended
- Dipping your finger in water, lightly wet the outer edge of the dumpling skin
- Place a spoonful of the filling in the dumpling skin, fold in half to form a half moon and pinch closed in the middle. You may then seal the rest of the edges or pleat them following the instructions on YouTube <https://www.youtube.com/watch?v=gHEHMXGnR7c>
- Pan fry or boil according to directions on the left



Fish Balls:

- While the stock is boiling, put both types of ground fish into a very large bowl and chop for about 5 minutes
- Add ground onion and continue to chop and incorporate onion
- Mix in beaten eggs, seasonings, matzoh meal and club soda, stirring well to combine.
- Put some water into a separate medium sized bowl to use to wet your hands before making each fish ball
- Wet hands and take a handful of fish mixture and form into a ball about 3 inches in diameter
- Remove a couple of carcasses from the pot and Add each ball to the simmering fish stock until all the fish is used up
- Bring back to a boil, turn down to simmer; Cover and let cook for 2 hours
- Remove each fish ball and put into a casserole
- Make a loose gelatin by combining 2 cups water and 1 package Knox gelatin
- Pour liquid over fish balls and put one piece of carrot on each one
- Cover with Saran and refrigerate

Gefilte Fish

Word from Author: Gefilte fish is traditionally served during Passover as part of the Seder. It used to be made from scratch all the time but over the years, many people don't take the time to do this and use store bought. However, nothing compares to homemade!!

Ingredients: Makes about 25 balls

Fish Stock:

- Carcasses from the fish
- 1 ½ large onions, sliced
- 4 carrots, peeled and sliced diagonally
- 2 Tbls. Salt
- 1 Tbls. Sugar
- 2 tsp. Pepper
- A little Accent

For the fish balls:

- 2 lbs. Ground white fish (net weight after grinding)
- 1lb. Ground Pike (net weight)
- 1 ½ onions, grated in food processor or by hand
- 3 eggs, beaten
- 3 Tbls. Matzoh meal
- ½ cup club soda or seltzer
- Dash of Accent
- 2 Tbls. Kosher salt
- 1 tsp. Pepper
- 1 package clear Knox gelatin

Instructions:

Fish Stock

Fill a very large lobster pot 2/3 with water
Add all stock ingredients and bring to a boil; simmer on low boil for 30 minutes

Made with **Love** By: Lisa Wax

Graces's Meatloaf

Word from Author: Meatloaf is an American staple, but in my Italian family, my mother, Grace Bruno cooked from her tradition.

Ingredients:

Meatloaf

- 1 lb. ground beef
- 1 lb. ground pork*
- 2 eggs
- ½ cup plain breadcrumbs
- ¼ onion finely chopped
- 1 clove garlic finely chopped
- 1 tsp each parsley, basil, oregano
- ¾ cup raisins
- ½ cup coarsly chopped walnuts
- ¼ tsp. salt
- ¼ tsp. pepper

Sauce

- ¾ onion chopped
- ½ sweet pepper chopped
- 1 28 oz. can crushed tomatoes
- 1/3 cup chopped roasted peppers
- 1-2 cloves garlic chopped
- 1 ½ tsp each parsley, basil, oregano, marjoram
- ½ tsp. salt
- ¼ tsp pepper
- Water

***This may be made with all beef.**



Instructions:

For the sauce:

- Heat olive oil in a small skillet, and cook the onion and sweet pepper until lightly browned.
- In a 2 or 3 quart pot at medium heat, add the canned tomatoes , the cooked onion and pepper, and the other ingredients, with about ½ cup water.
- Bring to a simmer, and then cover and decrease heat to the lowest setting.
- Simmer slowly about 45 min. Add water as needed to thin it.

For the meatloaf:

- Preheat the oven to 375 deg.
- In a large bowl, thoroughly mix the beef and pork. Mix with one hand and keep the other hand clean for adding ingredients. When working with raw meat, wash hands as needed.
- Thoroughly mix in the eggs and then the breadcrumbs.
- Mix in the onion, garlic, herbs, salt, and pepper.
- Add the raisins and walnuts, more or less to taste, and mix thoroughly.
- Shape the meat into two loaves. Bake both or freeze one for future use.
- Place meatloaf on a lightly oiled baking pan and bake for 20 min.
- Remove pan, lower heat to 350, and add enough sauce to cover the meat.
- Bake another 20-25 min. – cooked through but still moist.
- Serve with pasta, the reserved sauce and grated romano or parmesan.

Made with **Love** By: Carol Graham



Made with Love By: Nancy Kofford

recipe credit: MELSKITCHENCAFE.COM

Grilled Lime Coconut Chicken with Coconut Rice

Word from Author: We love opportunities to gather and enjoy the company of one another.

Ingredients:

CHICKEN AND MARINADE/SAUCE:

- 3 tablespoons oil
- Zest and juice of 1 lime
- 1 teaspoon ground cumin
- 1 1/2 teaspoons ground coriander
- 2 tablespoons low-sodium soy sauce
- 1 1/2 teaspoons salt
- 2 tablespoons sugar
- 2 teaspoons curry powder
- 1/2 cup canned coconut milk, light or regular
- pinch cayenne pepper
- 2 pounds boneless, skinless chicken breasts
- 1/4 cup chopped fresh cilantro
- Fresh limes, cut into wedges

COCONUT RICE:

- 1 cup jasmine rice
- 1 cup canned coconut milk (light or regular)
- 1 cup water
- 1/2 teaspoon salt

Instructions:

- In a large liquid measuring cup or medium bowl, whisk together the oil, lime zest, lime juice, cumin, coriander, soy sauce, salt, sugar, curry powder, coconut milk, and cayenne pepper. Place the chicken in a large ziploc bag and pour the marinade over the chicken. Seal the bag and refrigerate for at least 2 hours and up to 8 hours.
- For the coconut rice, bring the rice, coconut milk, water and salt to a simmer in a medium saucepan. Cover, reduce the heat to low and simmer for 15-16 minutes until the liquid is mostly evaporated. remove from the heat and let stand for 10 minutes before fluffing with a fork and serving.
- Preheat a charcoal or gas grill (see note above if not grilling) to medium-high heat. Grill the chicken for 6-7 minutes per side (actual time will depend on the thickness of the chicken). While the chicken is cooking, pour the marinade into a small or medium saucepan. Bring the mixture to a rolling boil and boil for 10 minutes, stirring occasionally.
- Place the grilled chicken on a serving platter or plate. Drizzle with sauce (reserve the remaining sauce to serve separately) and sprinkle fresh cilantro over the top. Serve with lime wedges and additional sauce. SERVES 4



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Jamaican Stewed Fish

A Word from the Author: Jamaicans are of African and Indian roots. Food always involves fresh seafood/meats, vegetables and seasonings.

Ingredients:

Makes 4 serving. Total time 25 minutes

- 2 tablespoons canola oil
- 1 pound halibut, cod or other firm whitefish fillet, cut into 4 pieces
- 1 teaspoon salt (optional)
- ½ teaspoon ground black pepper
- 1 small onion, cut into rings or chopped for use
- ½ of two different colored peppers (sliced thinly to place on fish)
- 4 small plum tomatoes chopped tiny pieces
- 4 tablespoon jerk-seasoning powder or rub

Instructions:

- In nonstick skillet, heat oil ,medium-high heat. Season both sides of fish with salt with salt/pepper; add fish to skillet. Cook until underside in brown, about 3 minutes.
- Stir in tomatoes and jerk seasoning, cover and cook, low heat, until tomatoes break down slightly for 3 min.
- Return fish to skillet, browned side up, about 3 min. Cover and cook over low heat until fish is done, about 7 min.. Serve with brown or jasmine rice or pita bread.

Made With **Love** by: Rev. Forrest & Barbara Pritchett

Kenyan Chicken Pilau

Word from Author:

This is my favorite dish, and a Kenyan national food staple. Kenyan Pilau was originally an Asian dish made with oriental spices now grown in Kenya. The recipe may also be adapted for vegan and vegetarian diets.

Ingredients:

- 4 cups of Pilau or Basmati rice
- 2 lb of chicken thighs
- 1 large red onion sliced
- 4 cloves
- 1 tsp cumin seeds
- 1 tsp salt
- 4 tbsp. vegetable oil
- 1 bouillon cube

Instructions:

- Toast the spices in a pan over medium flame until fragrant (2-3 minutes)
- Grind the spices with mortar and pestle or spice grinder
- Heat the oil in a pot and add the sliced onions, browning slightly
- Add the chicken, bouillon cube, and spices; cook to brown about 5 minutes
- Stir in the rice, extra salt if needed
- Cook on low heat for 20 minutes
- Set aside from the flame for 5 minutes before serving



Made with **Love** By: Esther Mwkali

MANCHURIAN CAULIFLOWER (Vegan)

Word from Author: Many Indian restaurants serve this popular Chinese fusion dish and children love it!!

Ingredients:

- 1 large cauliflower (about 2 lbs.) in 2" florets
- Oil for frying

For the Sauce:

- 2 tablespoons canola oil
- 1 medium onion, finely chopped
- 6 cloves garlic, minced
- 2" piece of ginger, grated
- 1 mild long, green chile, small bell pepper, or 2 jalapenos, seeded and finely minced
- 1 tablespoon mild or hot paprika or chile powder
- 1 tablespoon soy sauce
- 1/4 cup ketchup
- Salt to taste
- 4 green onions, sliced finely
- Cilantro (optional)

For the Batter:

- 1 cup all-purpose flour
- 1/4 cup cornstarch
- 1/4-1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

Rinse the florets and drain. Microwave in a covered glass dish for 7 minutes. Drain again. Heat the oil for frying in a wok or kadai over medium heat.

Heat 2 TBLS. oil in a small saucepan and then add the onion. Saute for a few minutes until soft before adding the garlic and ginger. Add the minced pepper and stirfry for a minute before adding the chile powder or paprika. Stirfry for a few seconds and then stir in the soy sauce and ketchup. Cook over medium heat stirring constantly for a minute or two before adding the green onions. Taste for salt and heat. Set aside.

In a large bowl, stir together the batter ingredients, gradually adding a scant cup cold water, until smooth. Turn the heat to high under the oil and keep it high. Dip the larger pieces of cauliflower into the batter to coat evenly. Shake off excess batter and carefully place into the oil. Repeat with similar size pieces, but do not crowd. Fry for about two minutes and turn over. Both sides should be golden brown and crisp. Drain on paper towels. Repeat until all florets are fried and drained.

Remove oil from wok and add sauce. Fold in the cauliflower pieces, gently with a rubber spatula until coated. Serve immediately garnished with cilantro.



Made with **Love** By: Veronica “Rani” Sidhu

Qaboli Palaw



Made with Love By: Noor Jahan

Word from Author: A wonderful Afghan dish. Traditionally prepared with basmati rice, I like to use brown basmati or long-grained rice for the extra fiber and nutrition.

YIELD 4 servings

Ingredients:

- 1 medium onion, diced
- ½ C plus ¼ C vegetable oil
- 1 ½ lb. lamb, beef or chicken cut in cubes or pieces
- ½ tsp. each cinnamon, cumin, cardamom
- 1tsp. Sugar
- 1 cup seedless dark raisins
- ¼ tsp. saffron (optional)
- salt and pepper

Instructions:

- Brown 1 medium diced onion in oil. Fry until the onion is fairly dark.
- Add the meat and brown lightly.
- Add 2 cups of water, 1 tsp. salt and 1 to 1 ½ tsp each of the spices.
- Cover and simmer until meat is tender, about an hour.
- Remove meat from the juice and set juice aside.
- Bring the meat juice to a boil and add 2 cups rice, 1 ½ tsp salt and enough boiling water to come 2 inches over the rice.
- Cook until the water is absorbed and the rice is tender--but NOT mushy.
- Preheat oven to 300 deg.
- While the rice is cooking, cut 3 carrots into match stick size pieces. Saute carrots and 1 tsp sugar in about 1/4 cup of oil. Cook until they are lightly browned.
- Remove from oil, and add 1 cup of raisins to the oil and cook until they swell up. Mix the meat, carrots, raisins and rice together.
- Place in a large oven-proof casserole, cover and bake at 300 degrees for about a half hour--or up to an hour.
- To serve--place on platter, making sure the carrots and raisins show on top.



Instructions:

- **For the sauce:** measure out all ingredients and put in a food processor or blender and blend until silky smooth. If you want yours to be more liquidy, add additional tablespoon by tablespoon of water until desired consistency is reached. The sauce makes enough for 4 bowls, so store in the fridge in an airtight container for up to a week if not using all immediately (I've also frozen it and let it thaw before serving, it is also good microwaved and served warm.)
- **Bowl Assembly:** In the bottom of a bowl place brown rice and beans, then salsa, then ½ the amount of Tali Sauce, then the cheddar, olives, and on the sides the sour cream and remaining Tali Sauce, and top of with cilantro...yum!

The Whole Bowl - Tali Sauce Recipe {naturally Gluten Free}

Word from Author: The perfect vegetarian meal is the whole bowl tali sauce recipe which also happens to be naturally gluten free. This bowl of deliciousness is also great for healthy meal planning and make ahead meal prep.

Ingredients:

For the Tali Sauce:

- ¼ cup extra virgin olive oil
- ¼ cup water
- ¼ cup nutritional yeast (found in bins at health food stores)
- Juice of 1 lemon
- 3 garlic cloves
- 1/3 cup chickpeas (I used canned Garbanzo beans), drained
- ½ tsp mustard powder
- ¼ tsp each of: cumin, curry powder, turmeric powder, salt, garlic salt, onion salt
- 1/8 tsp cayenne pepper

Bowl Ingredients:

- 4 cups cooked brown rice (1 cup per bowl)
- 1 can (15 oz.) black beans (1/4 can per bowl)
- 1/2 cup salsa or pico de gallo (about 2 tablespoons per bowl)
- 1/2-1 cup sharp cheddar, shredded (2 Tbs per bowl)
- 1/4 cup black olives, roughly chopped (1 Tbs per bowl)
- 1 avocado, sliced (1/4 avocado per bowl)
- 1/4 cup sour cream (1 Tbs per bowl)
- 1/4 cup cilantro, fresh, chopped (1 generous pinch per bowl.)
- Tali Sauce (1/4 cup per bowl)

Made with Love By: Nancy Kofford

recipe credit is from Sweetphi.com

Tortellini with Roasted Cauliflower

Word from Author: This is one of my quarantine recipes when we made a meal with what we had available. I used fresh cauliflower, but I think frozen would also work.

Ingredients:

- 1 large head of cauliflower
- 4 Tbls. olive oil
- 2 Tbls. lemon juice
- 3-4 cloves garlic coarsely chopped
- 1 ½ tsp. dried basil
- 1 tsp. dried marjoram (Use about 1Tbl. or more of the herbs if fresh)
- 3/8 tsp salt and ¼ tsp pepper
- About 1/3 cup grated Romano or Parmesan cheese
- Two 12 ounce packages frozen cheese tortellini

Instructions:

- Preheat oven to 350 deg.
- Core the cauliflower and separate the florets. Cut large florets into medium-sized pieces.
- In a 5 or 6 qt. pot, add the next six ingredients and swirl the pot to combine them.
- Add the florets and stir with a large spoon to coat them evenly with the olive oil mixture.
- Spoon the florets onto a lightly oiled baking pan, about 15" size, and bake for about 35-40 min. or until florets are tender. Turn the pieces after about 25 min. and sprinkle on the grated cheese before returning the pan to the oven for the last 10 min.
- Cook the tortellini according to package directions. When the cauliflower is done, spoon it onto the tortellini and serve. Makes 4-6 servings.



Made with **Love** By: Carol Graham

Side Dishes and Breads



Challah {makes 6 challahs or 6 pans of challah rolls}

Word from Author:

Tasty bread traditionally served for the Jewish Sabbath and other holidays.

Instructions:

- In large measuring cup, add 3 packets of yeast and 1 tbsp. of sugar to 4 cups of very warm water. Stir and wait until “mushroom cloud” forms, about 10 minutes.
- In a very large bowl, mix 1 ¼ cups sugar with 3 eggs, 1 tbsp. salt and 1 ½ cups oil. Mix well. Add 2 cups of flour and mix until all flour is incorporated. Add yeast mixture to bowl and mix.
- Continue adding flour, 2 cups at a time until flour is well incorporated.
- When you can't mix with a spoon anymore, sprinkle work surface with flour and turn dough out of bowl onto work surface. Keep adding flour 2 cups at a time and kneading until you have used almost all of the bag and the dough is soft but not sticky. Amount of flour that it needs will vary based on humidity.
- Pour some oil into large bowl and drop dough ball into bowl. Toss it lightly in oil to coat. Cover it with saran wrap and then a clean dishtowel. Place it in a warm area (on stove top works well) and let rise for 1 ½ to 2 hours.

Once risen:

- Sprinkle work surface with a little flour.
- Turn dough out onto surface and make a large rectangle.
- Cut dough into 6 equal pieces. Cut each of these into three pieces, roll into snakes and then braid into a challah.
- Place finished challahs onto cookie sheet (2 per sheet).
- Make egg wash in a small cup by mixing 1 egg with 1 tbsp. of water.
- Brush egg wash onto all challahs.
- Let rise for another 30 minutes.
- Preheat oven to 350 degrees.
- Bake at 350 degrees for 20-30 minutes or until it is nice and brown.
- Remove from sheets onto cooling racks and let cool before wrapping.



Ingredients:

- 3 packets yeast
- 4 cups very warm water
- 1 ¼ cups sugar plus 1 tbsp. for yeast
- 3 eggs plus 1 egg for egg wash
- 1 tbsp. salt
- 1 ½ cups canola or vegetable oil
- 5 lb. bag of bread flour

NOTE: To make round challahs, create 1 long snake and wrap it around itself. To make challah rolls, take 1/6th section of original dough and cut it into 6 pieces. Roll each piece into a snake and roll it around itself. Place 6 rolls into a 9 inch cake pan with 5 around and one in the center.

Made with **Love** By: Temple B'nai Or



Ingredients for the Dough:

- 1 ½ cups precooked yellow cornmeal
- 2 cups water
- 1 tablespoon vegetable oil
- ½ tablespoon sazón Goya
- ½ teaspoon salt

Ingredients for the Filling:

- 2 cups peeled and diced white potatoes
- 1 chicken or vegetable bouillon tablet
- 1 tablespoon olive oil
- ¼ cup chopped white onions
- 1 cup chopped tomato
- ½ teaspoon salt
- ¼ cup chopped green onions
- 1 chopped garlic clove
- 2 tablespoon chopped fresh cilantro
- 2 tablespoon chopped red bell pepper
- ¼ teaspoon black pepper
- 1 pound of ground beef

Made with Love By:

**RICO PAN
BAKERY**

Colombian Empanadas

Word from the Author: These Colombian Empanadas are a popular snack in Colombia and are served by most Colombian restaurants in the USA. Traditionally, these delicious fritters are made with shredded pork and beef, but you can always make them with ground meat. Serve them with ají and lime wedges on the side.

Instructions:

To prepare the dough:

- Place the cornmeal in a large bowl. Add the sazón Goya and salt and stir to mix well.
- Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth.
- Cover with plastic and set aside for 20 minutes.

To make the filling:

- Cook the potatoes in a pot with water and the bouillon tablet for 20 minutes or until tender. Drain and gently mash the potatoes. Set aside.
- Heat 1 tablespoon olive oil in a large skillet. Add the onion and cook over medium low heat stirring frequently, for 5 minutes. Add the tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for 15 minutes.
- Add the ground beef. Cook for 10 to 15 minutes.
- Transfer the meat mixture to the mashed potatoes and mix well to combine.
- Break small portions of the dough, about 1 ½ tablespoons each one, and form each portion into a ball.
- Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tablespoon of the filling in the center of each.
- Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with a fork.
- Fill a large pot with vegetable oil and heat over medium heat to 360° F.
- Carefully place 3 or 4 empanadas at the time in the heated oil and fry for about 2 minutes until golden on all sides.

Orange Sesame Seed Squash



A word from the Author: A Caribbean Summer Salad

Ingredients:

- 2 medium zucchini, cut into julienne strips
- 1 small yellow squash cut into julienne strips
- 2 tablespoons of honey
- 1 teaspoon toasted sesame seeds
- Salt and pepper to taste
- Jasmine rice (cooked and packaged)

Instructions:

- Place steamer basket in ½ inch of water (water should not touch bottom of basket).
- Place zucchini and yellow squash in basket. Cover tightly and heat to boiling, reduce heat. Steam until squash is crisp-tender., 3 to 5 minutes, drain.
- Mix remaining ingredients; stir into vegetables.
- Add sesame seeds, orange sauce or your favorite salad dressing* .(*optional)
- Yields 4 servings

Made With **Love** by: Rev. Forrest & Barbara Pritchett



Potato 'Latkes' Pancakes {a traditional Chanukah food}

Word from Author:

Chanukah is the Festival of Lights commemorating the victory of the Maccabees over Antiochus of Syria. For eight days the home is brightly lit with candles and the festivities include spinning the dreidel. The menorah (candelabra) reminds us of the miracle of the oil that, according to tradition, lasted for not one but eight days. To remind us of this, foods fried in oil are served – especially traditional 'latkes'.

Ingredients:

- 6 medium potatoes, peeled & shredded, drained
- 1 medium onion, coarsely shredded
- 2 eggs, beaten slightly
- 3 TBL flour
- Salt & pepper to taste
- Oil, for frying

Instructions:

- Combine the potatoes, onion, seasoning, eggs and flour in large bowl.
- Mix well and drop by the tablespoon into hot oil in frying pan.
- Cook until golden brown on each side.
- Drain on paper towels.
- Serve with applesauce &/or sour cream.

NOTE: There are many variations on a traditional latke – carrots, zucchini, scallions, or parsnip may be added to the potatoes.

Made with **Love** By: National Council of Jewish Women,
West Morris Section, from 'Transcending Tradition' June 2000 ©



Ingredients:

- 1 can Pillsbury Crescent Dough
- 8 large marshmallows
- water
- cinnamon & sugar mixed together in a bowl

Instructions:

- Preheat oven to 375°F. Spray a cookie sheet with cooking spray or line with parchment paper.
- Unroll crescent dough and separate each triangle.
- Have children dip marshmallow in water. Roll in cinnamon and sugar mixture.
- Place marshmallow in the top of the crescent roll and roll into a crescent roll shape, then secure the sides by tucking them under and pinching them closed. (Don't worry about how they look! They will be yummy!)
- Place on prepared cookie sheet and repeat with remaining 7 rolls.
- Bake in preheated oven for 8-10 minutes or until golden brown on the outside.
- Let cool for a few minutes and then let the children pick a roll to open up. The marshmallow has disappeared!

Resurrection Rolls

Word from Author:

- First, gather the kids together (or your significant other, grandparents, aunts, uncle, whoever). Get your ingredients out and preheat the oven. Read **John 19** in the New Testament while the oven is pre-heating.
- Unroll the crescent rolls, separating each section. Explain that this is like the cloth they wrapped Jesus in.
- Give your child a marshmallow and explain that it represents Jesus. It's white and pure because He was without sin.
- Roll the marshmallow in a small bowl of water. This symbolizes the embalming oils.
- Now, roll the marshmallow in the cinnamon & sugar mixture. This is like the spices used to prepare his body for burial.
- Next up, wrap the marshmallow in the crescent roll dough, making sure to pinch the dough together securely on the sides. Don't worry about what they look like because they'll taste great no matter what! This represents how they wrapped Jesus' body.
- Repeat with each marshmallow and place the rolls in the oven (symbolizing the tomb) and bake for the amount of time specified on the package – 8 to 10 minutes.
- While the rolls are baking, read **John 20:1-18**.
- When the cook time is up, open the tomb and remove the rolls. When they're cool enough to handle, let your child(ren) open one and discover what happened to the marshmallow. It's disappeared! This signifies how Jesus has been resurrected.

Made with **Love** By: Nancy Kofford

Sweet Cheese Paska

Word from Author: Prepared for Russian Orthodox Easter

Ingredients:

- 3 lbs pot cheese (farmers cheese)
- ½ lb sweet butter
- 1 pt sour cream
- 1 box powdered sugar
- 1 medium can crushed pineapple (strained)
- 1½ cups slivered almonds
- 6 hard boiled egg yolks
- 1 tsp vanilla
- Pinch of salt

Instructions:

- Put cheese, butter and egg yolks through sieve.
- Add sugar, vanilla and sour cream then mix in pineapple and almonds.
- Put mixture in cloth bag and place in a colander to drain overnight.

In the photo to the left:

- *Easter Sweet Cheese Paska*
- *Kielbasa*
- *Yayechnik (cold-formed egg dish)*
- *Paska (Easter Bread)*
- *Hrin (Horseradish and Beets)*
- *Deviled Eggs*
- *Pysanky (family-made, hand-dyed/wax resist crafted Easter eggs)*



THE ENTIRE EASTER MEAL:



Made with **Love** By: Beth Yurkosky Bachmann

Sweet Noodle Kugel

Word from Author:

This recipe came from my mother and is a side dish often served as part of a dairy meal or for most Jewish holidays.

Ingredients:

- 12 oz. Bag WIDE egg noodles
- 16 oz. Large curd cottage cheese
- 8 oz. Bar cream cheese, room temperature
- 7 eggs, beaten
- 1 small can fruit cocktail, drained
- $\frac{3}{4}$ cup sugar
- 1 cup raisins (or more if preferred)
- 4 oz. Butter, melted
- 1 $\frac{1}{2}$ TBLS. Cinnamon, plus 1 TBLS. For topping
- Enough canola oil to cover the bottom of a 9X13 in. glass casserole

Instructions:

- Preheat oven to 350
- Boil the noodles according to package directions; Drain in colander and put in a large bowl;
- Add melted butter and stir to mix
- Beat cream cheese till smooth; add sugar and incorporate
- Add eggs and continue beating; mix in cottage cheese
- By hand, mix in fruit cocktail and then raisins
- Add this entire mixture to the noodles in the bowl
- Add 1 $\frac{1}{2}$ TBLS. Cinnamon and mix all together
- Put the EMPTY, oil covered casserole into the preheated oven until the oil is hot. Take it out and pour in the noodle mixture. Sprinkle with the remaining cinnamon and bake for 45-60 minutes until the custard is set and the top is golden crispy. Let cool slightly. Cut into squares.
- Can be eaten warm or cold.



Made with Love By: Lisa Wax

Desserts



Armenian Nutmeg Cake



Made with Love By: Cindy Caporaso

Word from Author: My Aunt and Uncle who lived in Belmar their whole lives, had a Bait and Tackle store which was divided into a luncheonette where they offered homemade foods. After the beach we would go into their shop and I still remember sitting at the counter. They were Armenian and this cake was always on their menu.

Ingredients:

- 2 cups brown sugar, firmly packed (I use dark brown)
- 2 cups plain flour, sifted
- 1 teaspoon baking powder
- 1 pinch salt
- ½ cup cold butter, roughly chopped
- 1 teaspoon baking soda
- 1 cup milk (or you can substitute sour cream)
- 1 egg, lightly beaten
- 1 teaspoon ground nutmeg
- ½ cup walnuts or 1/2 cup pecans, chopped
- Ground cinnamon (optional)

Instructions:

- Preheat oven to 350 degrees F.
- Grease a 9 inch square pan, and line with baking paper if desired.
- Combine flour, baking powder and salt, then rub in the butter until the mixture resembles fine breadcrumbs.
- Then add sugar, and combine.
- Press half this mixture evenly over the base of the prepared cake pan, and reserve other half.
- Dissolve baking soda in milk (or sour cream), add beaten egg and nutmeg, then add to reserved mixture.
- Combine well.
- Pour into pan and sprinkle nuts, and some cinnamon if desired, over top.
- Bake in oven for 45 minutes to 60 minutes (start testing for doneness with a skewer after about 45 minutes).
- Allow to stand for 10 minutes before turning onto a wire rack to cool.



Ingredients:

Cake

- 1 2/3 cups all purpose flour
- 1 1/2 tsp baking soda
- 1 tsp salt
- 2/3 cup cocoa powder
- 1/2 cup butter or preferred shortening
- 1 1/2 cups sugar
- 1 tsp vanilla
- 1 1/2 cups buttermilk

Filling

- 1/2 cup kirschwasser liqueur (adults only). If preferred, substitute cherry juice to retain cherry flavor without alcohol.
- 1/2 cup butter unsalted
- 3 cups confectionary sugar
- 1 1/2 lbs black cherries

Icing

- 2 cups heavy cream
- 1/2 tsp vanilla
- 2 TBS dry milk
- 1/2 cup shaved dark chocolate

Black Forest Cake {Schwarzwald Kirsch Torte}

Word from Author: My father's family (Winterhalder) has owned and operated a small Gasthaus in the Black Forest region of southern Germany for many generations. This dessert is a favorite locally and all over Germany.

Instructions:

- Pit the cherries except about 10 which will be used to decorate the top of the cake. Soak the pitted cherries overnight in 1/2 cup water or the Kirsch liqueur.
- Preheat the oven to 350 F, and use parchment to line the bottom of 3 (9 inch) cake pans.
- Sift all dry ingredients together.
- Cream the butter or shortening and sugar. Add the vanilla and eggs, mixing well.
- Add buttermilk to the dry ingredients alternately, mixing well.
- Pour into the cake pans and bake for 20 minutes, or until a toothpick comes out clean.
- Cool the cakes; prick the tops with a toothpick, and pour the 1/2 cup water or kirsch that the cherries soaked in over the cakes.
- For the filling, beat the butter and confectionary sugar, adding a little cherry juice if too thick.
- Set the base layer on a tray, and cover with 1/2 of the filling and cherries cut in half. Add the second layer and do the same. Place the third layer over that, cover and refrigerate for 24 hours.

Prepare the icing on the day you plan to serve:

- Whip the cream to stiff peaks; fold in the 2 TBLs of dry milk and confectionary sugar; add vanilla and kirsch (optional).
- Place the fresh cherries on top, and decorate with the chocolate shavings
- Ready to serve!

Photo by:



CAKE FOR YOU
we bake memories

Made with **Love** By: Beverly Tignor

Cinnamon Rugelach

Word from Author: This is what I think of when I think of Jewish foods. A delicious dessert!

Instructions:

- Cream the softened butter and cream cheese in a medium mixing bowl with the whisk attachment on medium high speed until fluffy.
- Scrape off the mixture from the whisk and replace with a paddle attachment. Add sugar, salt and vanilla extract and beat on medium to combine.
- Reduce mixer speed to low and slowly add the flour, mix until just combined.
- Scrape the dough out onto a well-floured board, and shape into a disk. Divide into four equal portions, shape each into a ball then flatten into a disk and wrap in plastic. Refrigerate for at least an hour.
- Combine the light brown sugar with cinnamon in a small bowl, whisk to distribute evenly.
- Remove the dough from the refrigerator and roll out into a 9" circle, working with one disk of dough at a time.
- Spread 2 tablespoon of the brown sugar cinnamon filling over the dough circle, leaving about 1/4" from the edge clean.
- Cut the circle into 12 triangles using a pizza cutter. First cut the circle into quarters, then cut each quarter into thirds.
- Roll the larger end of each triangle in to make a crescent shape cookie, place cookies on a parchment line baking sheet. (Try your best to keep the sugar filling from falling out.)
- Repeat with the remaining 3 disks of dough and place the baking sheet in the fridge to let the cookies rest.
- Preheat oven to 350°F.
- Beat one egg with a tablespoon of cream or milk to make egg wash.
- Combine 2 tablespoon of granulated sugar with 1/2 teaspoon of cinnamon in a pinch bowl for the topping.
- Brush egg wash all over the cookies, and sprinkle cinnamon sugar generously over the top.
- Bake for 18 minutes, until cookies are slightly brown.
- Remove from the oven and let cool completely on a wire rack.



Ingredients:

For the Rugelach:

- 8 ounce cream cheese – room temperature
- 8 ounce unsalted butter – room temperature
- 1/4 cup granulated sugar
- 1/4 teaspoon kosher salt
- 1 teaspoon pure vanilla extract
- 2 cup all-purpose flour
- Extra flour for rolling

For the cinnamon roll filling:

- 1/2 cup light brown sugar
- 1 teaspoon cinnamon

Egg wash & topping:

- 1 egg
- 1 tablespoon heavy cream or milk
- 2 tablespoon granulated sugar
- 1/2 teaspoon cinnamon

Made with **Love** By: Rabbi Ellie Miller

Family Night Fudge



Word from Author: In the Church of Jesus Christ of Latter-day Saints we encourage every Monday night to be Family Night, where families dedicate time together to have a short religious lesson or teach from the scriptures and then spend time doing an activity or game together. Usually a special treat or dessert is included and something the kids look forward to.

Ingredients:

- 1 (7 oz.) jar marshmallow crème
- 1 (12 oz.) bag chocolate chips
- 1/4 teaspoon salt
- 1 cup evaporated milk
- 1/4 cup butter
- 2½ cups sugar
- 1 teaspoon vanilla
- 1/2 cup chopped almonds or walnuts (optional)

Instructions:

- In large bowl, combine marshmallow crème, chocolate chips, and salt. Set aside.
- In saucepan, combine evaporated milk, butter, and sugar.
- Boil for 5 minutes, stirring occasionally. Remove from heat.
- Pour over marshmallow mixture and stir until dissolved.
- Add vanilla and chopped nuts (if desired).
- Pour fudge into greased 9×13- inch pan. Chill before cutting into 1-inch squares.
- Makes 2½ pounds.

Made with **Love** By: Nancy Kofford

Jamaican Coconut Bundt Cake with Rum Glaze

A Word from the Author: We spent our 25th Wedding Anniversary in Jamaica June 11th (many anniversaries ago). Great memories!

Cooking time-60 minutes - 325* F.

Prep Time- 20 minutes - Makes 20 servings

Ingredients:

- Vegetable oil spray a bundt pan.
- 1½ cups unbleached all-purpose flour
- 1½ tsp. baking powder
- ½ teaspoon salt
- ¼ cup sugar
- 2 large eggs
- 2 tsp. coconut extract
- 1 tsp. pure vanilla extract
- ½ cup of whole milk
- 1 cup sweetened shredded coconut
- Optional Rum Glaze(See directions, below)

Instructions:

- Position rack in lower third of oven: heat to 325°F.
- Coat Bundt pan with vegetable spray: dust with a little flour and tap out excess.
- Into large bowl, sift together flour, baking powder, and salt.
- Using an electric mixer, beat butter on medium speed until light and creamy. Add extracts. Beat in half the flour mixture, then half the milk and repeat.
- Stir in shredded coconut. Scrape into prepared pan.
- Bake until top is golden brown and center is firm to the touch, about 60 minutes.
- Let it cool in pan on wire rack 20 Minutes, then turn out of pan. Drizzle with glaze.

Glaze- In saucepan, mix 1 cup powdered sugar, 2 in 3 tablespoons rum flavor. Heat, just until melted.



© Sprinkle Some Sugar

Made with **Love** by: Rev. Forrest & Barbara Pritchett



Merengón de Fresas {Colombian Strawberry Meringue Dessert}

Word from the Author: Merengón is a traditional Colombian based meringue dessert. The classic Merengón is filled with whipped cream and guanabana, a popular Colombian fruit.

Ingredients:

Merengón

- 5 large egg whites, at room temperature
- 1 ½ cups cup of granulated sugar
- ½ tablespoon of lime juice
- 1 ¼ teaspoons of vanilla extract

Strawberry Filling

- 3 cups fresh strawberries, sliced
- ¼ cup sugar
- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 2 Tablespoons powdered sugar

Instructions:

- Place a rack in the center of the oven and preheat to 250° F degrees. Line two small, or one large, baking sheets with parchment and set aside.
- Place the egg whites in a bowl and with an electric mixer, whisk until soft peaks form.
- Increase speed to high and gradually add granulated sugar, about 3 tablespoons at a time, add the lime juice and keep whisking until stiff peaks form. The whites should be firm but moist. Occasionally scrape down the side of the bowl.
- Spoon half of the meringue onto the prepared baking sheet, flatten with a spatula making sure the base of the meringue is not too thin. Place the rest of the meringue on another baking sheet.
- Bake for about 2 hours until the meringue is crispy. Turn the oven off and leave the meringue in the oven, with the door ajar until cooled completely about 2-4 hours. Do not remove it from the oven when it is still warm.
- To make the filling: Place the strawberries in a bowl with the granulated sugar to macerate until the meringue is ready.
- Whisk the whipped cream with the vanilla and powdered sugar until stiff and fluffy.
- To assemble: Using a spatula, spread the whipped cream over the meringue, add strawberries then place the second meringue on top. Spread another cream layer and add the rest of the strawberries on top.

Made with **Love** By: St. Margaret Church
from My Colombian Recipes

Southern Pumpkin Pie



Ingredients:

Extra Flaky Crust

- 2 1/2 cups all-purpose flour, plus more for work surface
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- 1 teaspoon fine sea salt
- 1 cup cold unsalted butter, cut into 1/2-inch cubes
- 1 tablespoon apple cider vinegar
- 1/2 cup ice water, plus 2 to 3 Tbsp., if needed

Filling

- 2 cups canned pumpkin
- 1 cup heavy cream
- 3 large eggs, lightly beaten
- 2 tablespoons pure cane syrup or sorghum syrup
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger

Word from Author:

My Father's Mother Betty, used to make great pumpkin pie. I remember it being my favorite. Grandma Betty had a strong sense of family. She cooked every Sunday for many, many years and even though she only made pumpkin pie on the holidays, her traditions effectively kept the family bonds tight.

Instructions:

- **Prepare the Extra-Flaky Crust:** Whisk together flour, granulated sugar, baking powder, and salt in a medium bowl. Cut in butter using a pastry blender. Stir together vinegar and 1/2 cup ice water; drizzle over flour mixture, and stir lightly with a fork until flour is moistened. (If dough seems dry, add ice water, 1 to 2 tablespoons at a time, until a small piece of dough mostly holds together when slightly pressed.)
- Turn dough out onto a lightly floured work surface, and gather into a tight mound. Using the heel of your hand and working from side to side, smear dough by pushing away from you a little at a time and working your way down the mass of dough, creating flat layers. Once complete, use a dough scraper to bring both short ends of dough up and over, folding so ends meet in the middle and creating 2 layers. Repeat smearing-and-folding process once.
- Divide dough in half; shape each half into a flat disk. Wrap disks in plastic wrap, and chill at least 1 hour or up to overnight.
- Remove chilled dough disks from refrigerator; let stand at room temperature 10 to 15 minutes. Place 1 dough disk on a lightly floured surface; dust top of dough with flour. Using a lightly floured rolling pin, roll disk into a 12-inch circle (2 to 3 inches larger than pie plate and about 1/8 inch thick). Repeat process with second disk.
- Fit 1 piecrust into a 9-inch pie plate. Trim dough to allow about 1 1/2 inches of excess to extend over sides. Reserve scraps. Fold dough edges under and crimp. Cover with plastic wrap, and chill at least 30 minutes or up to 3 days, or freeze for up to 1 month
- Preheat oven to 400°F. Line chilled pie shell with aluminum foil or parchment paper; fill with dried beans or pie weights. Bake in preheated oven until edges are very lightly browned, 10 to 15 minutes. Remove foil and beans; return to oven. Continue baking until lightly golden, about 10 more minutes. Cool completely on a wire rack, about 30 minutes.

Prepare the Filling: Whisk together all Filling ingredients in a large bowl. Pour into cooled crust. Bake at 350°F until Filling is firm around edges but still jiggles slightly in center, 45 to 50 minutes. Cover edges with foil after 35 minutes, if needed, to prevent overbrowning. Cool completely, about 3 hours. (Filling will continue to firm up as it cools.)

Made with **Love** By: Cali Woods

Torta de Tres Leches

Word from Author: Torta de Tres Leches or Three Milks Cake is a popular dessert in Colombia and Latin America. This cake gets the name from the three milks we use, condensed milk, evaporated milk and heavy cream and it is what makes this cake so moist and delicious.

Instructions:

- Preheat the oven to 350° F.
- Grease and lightly flour a 7" X 11" baking dish.
- To make the cake: In a bowl whisk together the flour, salt and baking powder.
- In a small pot heat the milk and butter, remove from the heat and set aside.
- In a large bowl beat the eggs with an electric mixer on high speed for 2 minutes. Add the sugar and continue mixing for 5 minutes. Reduce the speed to low. Add the flour mixture, butter mixture and vanilla extract and mix for 1 more minute. Pour the batter into the baking dish and bake for 40 to 45 minutes or until a toothpick stuck in the middle comes out clean. Remove cake from the oven and with a fork make holes all over the top of the cake. Set aside to cool for 10 to 15 minutes.
- When the cake is cooling, make the milk sauce, whisk together sweetened condensed milk, evaporated milk, heavy cream and vanilla extract in a mixing bowl.
- Pour the 3 milks sauce over the cake until it is all absorbed. Refrigerate for a least 3 hours or overnight before frosting.
- For the frosting, in a small pot mix the water and sugar, over medium high heat, stirring constantly for 5 minutes. Set aside.
- Beat the egg whites with cream of tartar until stiff peaks are formed. While beating the egg whites, add sugar syrup and continue beating for 5 more minutes. Add vanilla extract and beat 1 more minute. Spread the frosting over the cake and refrigerate until ready to serve.

Ingredients:

Cake:

- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1 cup whole milk
- 5 eggs
- 1 teaspoon vanilla extract
- 6 tablespoons butter
- 2 cups sugar
- ½ teaspoon salt

Three Milks Sauce:

- 1 can sweetened condensed milk
- 1 can evaporated milk
- 1 cup heavy cream
- ½ tsp. vanilla extract

Frosting:

- 2 egg whites
- ½ tsp. cream of tartar
- ½ cup sugar
- ¼ cup water
- ½ tsp. vanilla extract



Made with **Love** By: St. Margaret Church from
My Colombian Recipes