



A TASTE OF THE NATIONS

DF PTSA Diversity Committee

INTERCULTURAL COOKBOOK

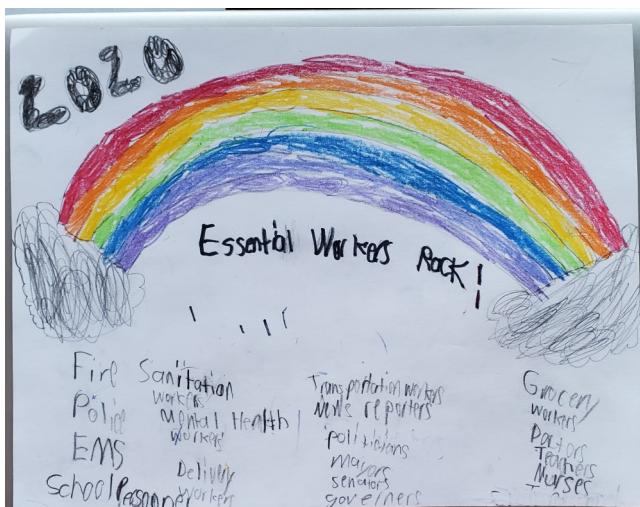
2019-2020



Essential Workers Rock

This cookbook is dedicated to Kathy Weinborg.

Ms. Weinborg worked tirelessly to ensure that our families continued to have access to nutritious meals. Her essential services positively impacted parents through out the district in countless ways. She was always courteous, kind, caring and energetic.



Our Graduates Rock, Too!

Your resiliency and perseverance is inspiring.



Intercultural Fair 2019

Desserts:

- ◆ Chocolate Meatball Cookies (Italian)
- ◆ Fritas de Banana (Guatemala)
- ◆ Hundeschmerze (Germany)
- ◆ Mexican Cookie (Mexico)
- ◆ Mexican Jello (Mexico)
- ◆ Noodle Pudding (Eastern Europe)
- ◆ Flan (Peru)
- ◆ Altajores (Peru)
- ◆ Tembleque (Puerto Rico)



Entrees:

- ◆ Curry Chicken (India)
- ◆ Empanadas, chicken & beef (Portugal)
- ◆ Samosas (Kerdia, India)
- ◆ Pulled BBQ Chicken Sandwich (American)
- ◆ Sarma (Serbia)
- ◆ Pork Adobo (Philippines)
- ◆ Fried Taco (Guatemala)
- ◆ Chaufa de Carne Pollo (Peru)
- ◆ Papa la Hauncaina (Peru)
- ◆ Roast Pork (Puerto Rico)

Side Dishes:

- ◆ Papa la Hauncaina (Peru)
- ◆ Pastizzi (Malta)
- ◆ Red Pea Soup (Caribbean)
- ◆ Simit Bread (Turkey)
- ◆ Chicken Rolls (Guyana)
- ◆ Saisage (Poland)
- ◆ Irish Soda Bread (Ireland)
- ◆ Chana Marsala (India)

Crispy Ranch Chicken

A coating of rice cereal, Parmesan cheese and ranch dressing gives chicken a tasty crunch.

A household favorite for Kathy Weinborg and her family.

Ingredients:

- ♦ 2 cups crispy rice cereal (corn flakes, substitute)
- ♦ 1/2 Cup grated Parmesan Cheese
- ♦ 1 Envelope (1 oz) of ranch salad dressing mix
- ♦ 2 egg whites, beaten
- ♦ 8 Skinless, boneless chicken thighs (about 5 oz each)



Step 1:

- ♦ Preheat oven to 350 degrees.
- ♦ Spray a large baking sheet with nonstick cooking spray.
- ♦ Combine the rice or cornflakes parmesan and ranch salad dressing mix into a large bowl.

Step 2:

- ♦ Place beaten egg whites in a medium bowl.
- ♦ Dip each chick thigh in the egg whites and then in the cereal

Step 3:

- ♦ Arrange the coated chicken on the prepared baking sheet and place in the oven.
- ♦ **Optional:** Drizzle 1/4 cup of melted butter over chicken before baking
- ♦ Bake until golden and juices run clear when chicken is pierced with a knife, approximately 20-25 minutes.

Ackee & Salt Fish

This West Indian/Caribbean staple is sure to please.
Recipe courtesy of jamaicatravelandculture.com

Ingredients:

- ◆ 1/2 lb Saltfish (dried, salted codfish)
- ◆ 12 fresh ackees or 1 (drained) can of ackees
- ◆ 1 medium onion
- ◆ 1/2 tsp black pepper
- ◆ 3 tbsp of butter
- ◆ 1/2 a hot chili pepper (ideally Scotch Bonnet)
- ◆ 1 sweet pepper
- ◆ 1 chopped tomato
- ◆ 1 sprig fresh thyme or 1 tsp dried thyme

Optional Ingredients:

- ◆ 2 cloves of garlic
- ◆ 4 Scallion (or spring onions)
- ◆ 6 Slices of bacon



Preparation:

- ◆ Cover the saltfish in cold water. Let soak overnight (minimum 8 hours) changing the water several times (this removes most of the salt)
- ◆ Bring a pan of cold water to the boil and gently simmer the fish for 20 minutes (until the fish is tender).
- ◆ Once boiled, Remove the fish from water and allow to cool.
- ◆ While the fish is boiling, Chop the onion, sweet pepper, chili pepper and tomato.
- ◆ Remove all of bones and skin then flake the flesh of the fish.

Cooking:

- ◆ Melt the butter in a frying pan and stir fry the onion, black pepper, sweet pepper, chili and thyme for about 3 minutes.
- ◆ Add the tomatoes and flaked fish and stir-fry for another 10 minutes
- ◆ Add the Ackee and cook until hot throughout. Stir gently to avoid breaking-up the Ackee
- ◆ Serve with white yam, boiled banana, dumplings, fried plantains or callaloo.

Dumplings

A satisfying accompaniment for Ackee and Salt Fish.
Recipe courtesy of jamaicatravelandculture.com

Ingredients:

- ◆ 3 cups flour
- ◆ 2 teaspoons baking powder
- ◆ 1 teaspoon salt
- ◆ 1/2 cup butter
- ◆ 1/2 cup milk
- ◆ Oil for frying or water for boiling



Preparation:

- ◆ Sieve the flour in to a bowl, stir in the salt and baking powder
- ◆ Cut the butter in to small lumps and add to the mixture
- ◆ Work the mixture in to a breadcrumb-like texture
- ◆ Add the milk a little bit at a time and work in to the mixture (if it is added too quickly the mixture may not bind properly)
Knead the mixture until it is smooth
- ◆ Divide the mixture in to small balls about 5cm in diameter then flatten the balls so they are about 2cm thick. The dumplings are now ready to be either boiled or fried.

Cooking Boiled Dumplings:

Bring a large pot of water to a boil
place the dumplings in boiling water for 15 minutes
Drain and serve.



Cooking Fried Dumplings:

- ◆ Heat the oil over a low heat
- ◆ Fry until golden brown (this should take about five minutes)
- ◆ Place on a paper towel to absorb the excess oil

Red Velvet Cake

This southern favorite will be an instant hit in your home. It brings our family much joy. Recipe courtesy of Food Network

Cake Ingredients:

- ◆ Vegetable oil for the pans
- ◆ 2 1/2 cups all-purpose flour
- ◆ 1 1/2 cups sugar
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon fine salt
- ◆ 1 teaspoon cocoa powder
- ◆ 1 1/2 cups vegetable oil
- ◆ 1 cup buttermilk, at room temperature
- ◆ 2 large eggs, at room temperature
- ◆ 2 tablespoons red food coloring (1 ounce)
- ◆ 1 teaspoon white distilled vinegar
- ◆ 1 teaspoon vanilla extract
- ◆ Cream Cheese Frosting, recipe follows
- ◆ Crushed pecans, for garnish
- ◆ 1 teaspoon vanilla extract

Cream Cheese Frosting Ingredients:

- ◆ 1 pound cream cheese, softened
- ◆ 4 cups sifted confectioners' sugar
- ◆ 2 sticks unsalted butter (1 cup), softened



Preparation:

- ◆ Preheat the oven to 350 degrees F. Lightly oil and flour three 9 by 1 1/2 inch round cake pans.
- ◆ In a large bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In another large bowl, whisk together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla.
- ◆ Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed.
- ◆ Divide the cake batter evenly among the prepared cake pans. Place the pans in the oven evenly spaced apart. (Use 3 9 inch pans; Bundt pan; cup cake pans.

Baking Instructions:

- ◆ Bake, rotating the pans halfway through the cooking, until the cake pulls away from the side of the pans, and a toothpick inserted in the center of the cakes comes out clean, about 30 minutes.
- ◆ Remove the cakes from the oven and run a knife around the edges to loosen them from the sides of the pans.
- ◆ One at a time, invert the cakes onto a plate and then re-invert them onto a cooling rack, rounded-sides up.
- ◆ Let cool completely.

Cream Cheese Frosting:

- ◆ In a standing mixer fitted with the paddle attachment, or with a hand-held electric mixer in a large bowl, mix the cream cheese, sugar, and butter on low speed until incorporated.
- ◆ Increase the speed to high, and mix until light and fluffy, about 5 minutes. (Occasionally turn the mixer off, and scrape the down the sides of the bowl with a rubber spatula.)
- ◆ Reduce the speed of the mixer to low. Add the vanilla, raise the speed to high and mix briefly until fluffy (scrape down the bowl occasionally).
- ◆ Store in the refrigerator until somewhat stiff, before using. May be stored in the refrigerator for 3 days.

Cake Assembly and Frosting:

- ◆ Place 1 layer, rounded side down, in the middle of a rotating cake stand or plate.
- ◆ Using a palette knife or offset spatula spread some of the Cream Cheese Frosting over the top of the cake. (Spread enough frosting to make a 1/4 to 1/2-inch layer.)
- ◆ Carefully set another layer on top, rounded-side down, and repeat.
- ◆ Top with the remaining layer and cover the entire cake with the remaining frosting.
- ◆ Decorate with pecans, strawberries or cake shavings.



Thai Steamed Fish

This is a recipe for a way to cook fish from my mother-in-law, who is from Thailand. We like to use a flaky white fish, such as cod. The fish is steamed, making it deliciously moist and healthy. Recipe compliments of Marie Sae-Hau

Ingredients:

- ◆ 4 Fish filets. Use fish that has not been in your freezer for best taste.
- ◆ Salt
- ◆ Soy sauce
- ◆ Sesame oil
- ◆ 3-4 cloves of garlic
- ◆ 1-2 bunches scallions
- ◆ ground pepper
- ◆ ginger (about one inch of the root)

What you will need:

- ◆ a pot with a steamer insert (a level that has holes in it) and the lid for the top.
- ◆ Glass pie pan or other oven safe dish that will fit inside the steam, i.e. pyrex bowl



Preparation:

- ◆ Place about 1.5 inches of water in bottom of pot. Close lid and let boil while you prepare fish.
- ◆ Salt both sides of the fish.
- ◆ Sprinkle generous amount of soy sauce onto the fish.
- ◆ Place a few drops only of Sesame Oil on fish (two drops per filet).
- ◆ Smash the garlic cloves to help discard the peel, and chop them up finely; sprinkle over fish.
- ◆ Sprinkle a little ground pepper on fish to taste.
- ◆ Cut the brown skin off ginger root and discard; chop ginger into match stick like pieces and sprinkle over fish.
- ◆ Cut green part of scallions into 1/2 inch long pieces, and cover over top of fish.
- ◆ Place the steamer insert (the level with the holes) into pot that already has boiling water in the bottom, and then place glass pie pan with fish in it on that steamer level.
- ◆ Cover pot with lid. Steam on high for about 20 minutes. Fish is cooked at 145 degrees.
- ◆ Serve with rice.

Italian Easter Bread

Dough Ingredients:

- ◆ 3 cups flour
- ◆ 1/4 cup sugar
- ◆ 1 tsp salt
- ◆ 1 package rapid rise yeast
- ◆ 2/3 cup milk
- ◆ 2 tsp anise extract
- ◆ 2 tbsp butter
(room temperature)
- ◆ 2 eggs
- ◆ 1 beaten egg

Glaze Ingredients:

- ◆ 3/4 cup confectioner's sugar
- ◆ about 2 tbsp milk
- ◆ 1/2 tsp vanilla
- ◆ colored sprinkles (optional)

I was fortunate enough to have my lovely Great Grandma Mini with me for my entire childhood. My memories of her always include homemade pastas, delicious rich sauces, and lots and lots of cookies!

But my favorite memories were always around Easter, when Great-grandma Mini would bake something extra special. For each of her great grandchildren, she baked individual Italian Easter bread baskets. Each loaf was lovingly woven into the shape of a basket, complete with a braided handle and a colored egg baked right into it!

I have no pictures of her amazing handiwork, and there were no recipes left behind. She did all of her baking from memory. I have only the memory of how excited I was to receive my basket, how incredible it looked, and how delicious it tasted.

I've searched dozens of Italian Easter Bread recipes to find one that matches Great Grandma Mini's. Here's the one that I've been using for the last couple of years. My parents and I agree that it tastes the most like hers. I haven't been able to recreate the basket shape or even successfully gotten the colored egg to bake into the bread, but the taste is perfect. This is a wonderful bread to serve as a dessert or as a sweet breakfast treat on Easter morning!

Enjoy!

Claudia Ducic, Dobbs Ferry Middle School Personnel

Step 1: Making the Dough

- ◆ In a large bowl, mix together 1 cup of the flour, sugar, salt, and yeast.
- ◆ In a heat proof container, warm the milk and anise extract (not too hot - between 100-110 degrees F).
- ◆ Make a small well in the dry ingredients and slowly pour the warm milk mixture into the well. Use your hands or a wooden spoon to gently combine the wet and dry ingredients.
- ◆ Next, add the butter and mix together.
- ◆ Then, add in the 2 eggs.
- ◆ Combine, and then slowly add the extra flour to the mix until the dough begins to pull away from the sides of the bowl.
- ◆ Now, turn the dough out onto a floured surface and begin kneading the dough until it becomes soft and pliable. You may need to add flour as you go. Add just a little at a time until the dough has a smooth, pliable feeling and doesn't stick to your hands. It will take about 8-10 minutes.
- ◆ Once the dough feels smooth and ready, form it into a ball.
- ◆ Coat the sides of a clean bowl with olive oil and place the ball in the bowl.

Cover the bowl with a clean, wet towel and let sit for 10-20 minutes.



Step 2: Shaping the Dough

- ◆ Roll the dough onto a floured surface and cut into two halves.
- ◆ Work each half into a long piece. Length may vary, but usually the lengths can be from 12-20 inches.
- ◆ Form each half to be the same length.
- ◆ Lay the lengths side by side and pinch the ends of one side together.
- ◆ Then gently twist the two lengths together to form a long, loose braid.
- ◆ Pinch the ends together and leave as a long loaf, or you can bring the pinched ends together to form a circular loaf. (I like the circular loaf because it reminds me of the baskets my great-grandma used to make.)

Step 3: Preparing to Bake

- ◆ Place the loaf onto a greased baking sheet.
- ◆ Cover with a damp cloth and set aside for one hour, or until the loaf doubles in size.
- ◆ Brush the loaf with the beaten egg. This will give it a nice, glossy finish and help it to turn golden brown.
- ◆ Bake in a preheated oven at 350 degrees for 20-25 minutes, or until it's a pretty golden color.
- ◆ Remove from the baking pan and let cool on a wire rack.



Step 4: Decorating

While the bread is cooling, make the glaze.

In a small bowl, whisk together the confectioner's sugar, milk, and vanilla.

You can adjust the amount of milk accordingly - less milk for a thicker glaze, more milk for a thinner glaze.

Drizzle the glaze over the bread and then sprinkle the decorative sprinkles over the glaze.

Let the glaze and sprinkles set before serving.

Nan's Noodle Pudding

Noodle Pudding is a staple in my family at all the Jewish holidays. Some people call it noodle kugel, we call it noodle pudding. There is a very big divide among those who like the fruit cocktail and those who don't, so often we have to make both! Although it is sweet, it is served with the main meal and not considered a dessert (for us anyway). Hope you enjoy it!

Courtesy of Brooke Bass & Family

Ingredients:

- ♦ 16 oz wide/broad egg noodles (a standard bag has 12 oz, so you will need 2 bags)
- ♦ ¾ stick of unsalted butter
- ♦ 1 cup sugar
- ♦ 4 eggs
- ♦ 1 lb cottage cheese
- ♦ 1 lb sour cream
- ♦ 1 tsp vanilla
- ♦ 1 can of fruit cocktail (optional)



Preparation:

- ♦ Preheat oven to 350 degrees

Directions:

1. Parboil the noodles and drain.
2. Put the noodles back in the pot and add the butter. Mix thoroughly.
3. Once the butter is melted, add the sugar and mix some more.
4. In a separate bowl, mix the eggs, cottage cheese, sour cream and vanilla.
5. Take that mixture and pour it into the noodle, butter and sugar pot.
6. Mix thoroughly.
7. If you are opting-in on the fruit cocktail, drain it first and then add at the end.
8. Pour mixture into a 9 x 13 dish.
9. Back at 350 for about an hour.

Note:

- ♦ Once the noodles on top start getting crispy, it is done!

lugaw

Ingredients:

- ◆ 1 Fresh chicken cut-up, washed and boiled in 8 cups water
- ◆ 3-4 cloves garlic, minced
- ◆ 1 small knob of ginger, minced or cut into long slices
- ◆ 1 medium onion, chopped
- ◆ 2 Tbsp patis (fish sauce), more to taste (I prefer the Red Boat brand)
- ◆ 3 Tbsp cooking oil
- ◆ 1 - 1/2 c uncooked white rice, washed (medium or short grain)
- ◆ Spritz of lemon or calamansi



This is Filipino comfort food, (pronounced loo-gow) and often made when you are not feeling well, or on a cold winter's day (although it doesn't get cold in the Philippines!). In our house we make this year-round and often! There are many variations of this rice-based dish, also known as Arroz Caldo so feel free to add your own twist to suit your taste buds. Other cultures have a similar type of rice porridge. In Chinese cuisine this dish is similar to congee, and in Italy it is a little like risotto. Some Latin cultures also have a dish called Arroz Caldo, which can mean "Rice Soup". The Philippines has its origins from Spain, so this most likely derived from that culture and added local Asian flavors such as ginger. This recipe is from my mother, who the boys call Lola, which means Grandmother in Tagalog, one of the major dialects of this island-nation.

Sarap! Michellene Jaeger & Family

Directions:

- ◆ Bring chicken to boil then simmer until tender and cooked. Skim off any occasional scum. Set aside.
- ◆ Sauté garlic in oil until golden brown. Remove from oil and set aside for garnish.
- ◆ Sauté onion in the same oil til translucent. Add ginger. Add washed rice and **patis**. Stir for a minute or two to toast the rice.
- ◆ Slowly add the cooking water from the poached chicken - about 6 cups. Lower heat to simmer and stir occasionally, about 15-20 minutes. The rice will thicken and become creamy with stirring. If rice absorbs too much broth and thickens, lower heat and add more broth. It should have the consistency of porridge or thick soup, but feel free to adapt to personal preference.
- ◆ While rice is cooking, remove meat from the bones and cut up chicken into small pieces. Add the chicken to the rice porridge. Season to taste - you can always add more patis or salt.
- ◆ Ladle into bowls and garnish with fried garlic, chopped scallion. Add a spritz of lemon

Notes:

- ◆ You can always use rotisserie chicken meat and chicken broth, or boneless chicken breasts.
- ◆ Kids may not like the strong flavor of ginger, so you can remove the slices right before serving.
- ◆ If you don't have fish sauce, you can use salt to taste, although fish sauce adds some good umami flavor.

uove spezzatetu

Peasant Sicilian Egg Stew Recipe compliments of Ms. Holly Cicero. Feel free to add as much garlic as you like... for Italians, there is no such thing as too much garlic! Stale crusty bread is preferred. Use it to slurp up the garlicky yolk juices. If you happen to overcook the yolks, eat them anyway, they'll still be delicious. Just start all over again and make another batch!

Ingredients:

3-4 Cloves of Garlic
1-2 Tablespoons of Olive Oil
Pinch of Crush Red Peppers
3-4 Cups of Water
2 Eggs per serving/person
Chopped Fresh Parsley
Hard Crusty Bread (stale, preferred)



Directions:

1. Sautee 3 or 4 cloves of chopped garlic in olive oil. Be careful not to burn.
2. Once garlic is nice and fragrant add a pinch (or 2) of crushed red pepper.
3. After a few minutes add a few cups of water and turn up heat and salt the water to taste.
4. Bring to a boil and then turn down to a simmer.
5. Carefully crack eggs in the simmering water and throw in a nice handful of chopped fresh parsley. You want to keep those yolks intact! Cover and watch the eggs dance around while they poach.
6. When the eggs have a white coat over the yolks they are ready.
7. Pour into a bowl and eat with some hard, crusty Italian bread (stale is good)

No Knead Crusty Bread

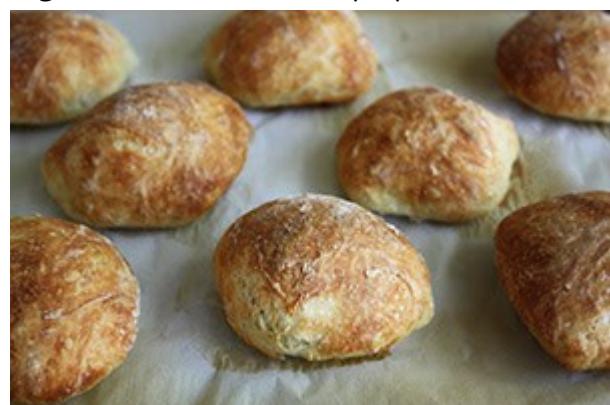
Recipe compliments of Wendi Ferreira.

Ingredients:

- ◆ 2 1/2 cups (300 g/10 3/4 ounces) bread flour or all-purpose flour.
 - ◊ Aerate flour before measuring.
 - ◊ Spoon it into measuring cup, don't pack it in.
- ◆ 1/4 teaspoon (1 g) instant or dry active yeast
- ◆ 1 teaspoon salt
- ◆ 1 1/2 cups hot tap water (up to 130° F) Add a little more if too thick.

Instructions:

1. In a large bowl combine dry ingredients. Stir in water. Mixture will be thick and sticky.
2. Cover with plastic wrap & let stand on counter top for 3 hours.
3. After 3 hours (mixture will be puffy and bubbly on top) place dough on a well-floured surface. Using a scraper fold over about 12 times, adding enough flour so it doesn't stick (about 2 Tbsp).
4. Using a scraper cut dough into 8 pieces. With floured hands, shape each into a ball by folding and tucking, like making a drawstring bag.
5. Place on parchment paper-lined baking sheet (not wax paper) & cover with a dish towel. Let stand at room temperature for 35 minutes. They will puff up but will not double in size.
6. As soon as rolls are covered, start preheating oven to 450° F. **Oven must be 450° so use an oven thermometer if possible.**
7. Bake for 25-30 minutes until golden brown. To re-crisp the next day, preheat the oven to 325° F and place the rolls directly on the oven rack for 10-12 minutes.



Paulette's Pasta

Shrimp Ingredients:

- ◆ 2 lbs of uncooked shrimp
- ◆ 4 cloves of garlic, sliced
- ◆ 4 tblsp of butter
- ◆ Salt and peper to taste
- ◆ Optional: old bay seasoning
- ◆ Optional: red pepper flakes

My Little Muse, who is such a picky eater and could live off of fried chicken wings, rice, seaweed and Pizza dubbed this simple, yet satisfying meal "Paulette's Pasta". After a long day at work, fighting rush hour traffic to pick up Shi from afterschool on time, I was sure I did not want to spend a lot of time in the kitchen as I was eager to get back to the work I had brought home with me. After the very first bite, Shiloh continued to rave over the deliciousness of the meal. After ensuring that it was not a Hello Fresh staple (we order from them often), he insisted that this was a meal worthy of five stars and should be the highlight of the menu in my new restaurant (imagine that!). This meal is now at the top of the his list of favorite foods. We hope it brings you all as much joy as it did our family!

Submitted by Paulette Rivers-White & Family

Pasta Ingredients:

- ◆ 4 servings of the pasta of your choice (we prefer angel hair or thin spaghetti)
- ◆ 4 tblsp of butter
- ◆ 6 Fresh bay leaves (or as many to taste)
- ◆ 2 cloves of garlic, sliced
- ◆ Salt and pepper to taste

Directions:

- ◆ Boil pasta according to package, adding salt to boing water for taste . Drain and set aside once done.
- ◆ Sauté garlic in melted butter, adding shrimp and spices, cooking until pink. Remove from heat and set aside.
- ◆ Sauté additional garlic cloves in remaining butter. Remove from heat, add pasta, cooked shrimp and basil leaves, tossing to coat evenly.
- ◆ Toast bread. Rub whole garlic clove across toasted bread. Spread with butter.
- ◆ Divide pasta amongst plates, serve with a slice of garlic bread.

Garlic Bread Ingredients:

- ◆ Crusty bread of your choice
- ◆ 1 Clove of Garlic
- ◆ Butter



Optional Add-ins:

- ◆ Sautéed Asparagus
- ◆ Fresh Spinach
- ◆ Zucchini slices
- ◆ Halved Cherry Tomatoes
- ◆ Squeeze of Lemon Juice

Recipe compliments of Laura Metrano-Garafalo and Family.

3rd Place at 2014 DF Pumpkin Fair Chili Contest

Ingredients:

- ◆ One pound 80-20 chop meat
- ◆ One pound ground pork
- ◆ Two 15 oz. can black beans
- ◆ Two 15 oz. cans red kidney beans
- ◆ 2 cloves Garlic
- ◆ One large onion
- ◆ Green onion for topping
- ◆ One 28 oz. can crushed tomatoes
- ◆ Two 6 oz. cans tomato paste
- ◆ One 10 oz. can Rotel diced tomatoes and green chilies
- ◆ One bottle dark lager beer
- ◆ One tablespoon apple cider vinegar (more to taste)
- ◆ A second squeeze of Sriracha hot chile sauce
(the more you add the spicier it is)
- ◆ 2 bags McCormick Chili original seasoning mix
- ◆ 1 block freshly grated cheddar cheese
- ◆ Parsley
- ◆ Salt and pepper

Garafalo Family Chili



Directions:

- ◆ Turn the slow cooker (crock pot) on high.
- ◆ Melt butter in a large skillet.
- ◆ Chop the onions and cook until soft at medium heat. Then throw them in the slow cooker.
- ◆ In the same skillet brown the beef and pork. Season the meat with lots of salt and pepper while cooking. Drain the juices. Then put the meat mix in the slow cooker.
- ◆ Add the entire beer bottle to the slow cooker and mix.
- ◆ Add the fresh garlic, and all the canned tomatoes and beans in any order. Stirring occasionally.
 - ◆ (I include all the liquid from the cans of beans in my chili)
 - ◆ Mix in the chili seasoning and parsley and stir
 - ◆ Add the squeeze of sriracha and the apple cider vinegar and mix.
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 - ◆ Add the squeeze of sriracha and the apple cider vinegar and mix.
 - ◆ Add the squeeze of sriracha and the apple cider vinegar and mix.
 - ◆ Taste and see what you need more of (More spice? More salt? More pepper?)
 - ◆ Taste and see what you need more of (More spice? More salt? More pepper?)

Pasta E. Fagioli

Recipe compliments of the Conti Family.

Ingredients:

- ◆ 1 tbsp olive oil
- ◆ 3oz turkey bacon, chopped
- ◆ 1 onion, diced
- ◆ 1 rib celery, chopped
- ◆ 4 garlic cloves, minced
- ◆ 1 tsp dried oregano
- ◆ $\frac{1}{4}$ tsp red pepper flakes
- ◆ 1 tsp anchovy paste
- ◆ 1 (28oz) can diced tomatoes with liquid
- ◆ 2 cans (15oz) each cannellini beans, drained and rinsed
- ◆ 3 $\frac{1}{2}$ cups broth
- ◆ 2 $\frac{1}{2}$ cups water
- ◆ 1 tsp salt
- ◆ 8oz orzo pasta



Directions:

- ◆ Heat oil 2 minutes in large pot.
- ◆ Add bacon, cook and stir 3-5 minutes.
- ◆ Add onion & celery, cook and stir 5-7 minutes.
- ◆ Add garlic, oregano, red pepper flakes, & anchovy paste, cook and stir 1 minute.
- ◆ Add diced tomatoes with liquid, cannellini beans, bring to boil, reduce to low, and simmer 10 minutes.
- ◆ Add broth, water, salt, bring to a boil. Add pasta, cook 10 min.

Quick and Easy Summer Broccoli Salad

Assistant Principal Raymond Cavallo's favorite salad.

Salad Ingredients:

- ◆ 5-6 cups broccoli florets (1 lb, about 2 1/2 heads of broccoli)
- ◆ 1 cup sharp cheddar cheese thicker, not finely shredded
- ◆ 2/3 cup dried cranberries
- ◆ 1/2 cup crumbled bacon
- ◆ 1/2 cup salted sunflower seeds
- ◆ 1/3 cup red onion diced into small pieces



Dressing Ingredients:

- ◆ 3/4 cup mayo
- ◆ 1/4 cup sour cream
- ◆ 1 1/2 Tablespoon white wine vinegar
- ◆ 3 Tablespoons sugar
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon pepper

Preparation:

- ◆ Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
- ◆ In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
- ◆ Pour dressing over broccoli combination and toss or stir well.

Notes:

- ◆ Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.
- ◆ Keep refrigerated if not consuming right away.

Homemade Ice Cream in a Bag

This American dessert is sure to please all through the summer. Variations of this recipe can be found on the internet.

Ice Cream Ingredients

- ◆ 1 cup of half and half
- ◆ 2 tablespoons of granulated sugar
- ◆ 1/2 teaspoons of vanilla extract
- ◆ Toppings of your choice

Other ingredients and supplies:

- ◆ 3 cups of ice
- ◆ 1/2 cup of Kosher Salt
- ◆ 1 sandwich sized zip lock baggie
- ◆ 1 large Quart, storage zip lock baggie

Preparation (5 Minutes):

- ◆ Combine half and half, vanilla extract and sugar in the small baggie
- ◆ Push out air and seal
- ◆ Place salt and ice in large baggie
- ◆ Place smaller baggie in larger baggie with ice and salt.
- ◆ Seal larger baggie and shake vigorously for 7-10 minutes until ice cream has hardened.
- ◆ Remove smaller baggie from the larger baggie.
- ◆ Open and add your favorite toppings
- ◆ Eat right out of the small baggie and enjoy.

Notes:

- ◆ Yields 1 serving
- ◆ You can substitute half and half for 1/2 cup of whole milk or cream
- ◆ For **Mint Chocolate chip**: add 1/2 tablespoon of mini semi-sweet chocolate chips and 1/8 teaspoon of mint extract
- ◆ For **Strawberry**: add chopped 1-2 chopped strawberries
- ◆ For **Chocolate ice cream**, add 1/2 tablespoon of unsweetened cocoa powder



Grandma's Brisket

Recipe compliments of Lauren DeVilbiss & Family.

Ingredients:

- ◆ 1 brisket from the butcher
- ◆ 3- 4 Potatoes (white, sweet or both), enough to cover the bottom of the pan
- ◆ 4-5 Carrots
- ◆ 1 packet of Lipton's Onion Soup Mix
- ◆ Ketchup
- ◆ 3-5 cups of water



Preparation:

- ◆ Preheat oven to 350 degrees
- ◆ Cut potatoes and carrots
- ◆ Trim the fat excess from the brisket
- ◆ Heat a large drizzle of oil (3 tablespoons) in a pan over medium high heat
- ◆ Season brisket with salt and pepper

Cooking:

- ◆ Sear brisket in olive oil on both sides, 4-5 minutes per side
- ◆ Place the brisket in the roasting pan
- ◆ Arrange potatoes and carrots around the brisket.
- ◆ Sprinkle soup packet over brisket.
- ◆ Drizzle ketchup over the brisket in a zig zag pattern
- ◆ Pour water over brisket
- ◆ Cook 1 hour per pound (i.e. if brisket weighs 3 pounds, cook three hours)
- ◆ Check brisket often, marinating meat with gravy forming at the bottom of the pan.
- ◆ Enjoy.

Stuffed Peppers on top of the stove

Dr. Lisa Brady, Superintendent shares her favorite meal, made by her mother, Yole Amoroso Brady.

Ingredients:

- ◆ 8 medium/large green peppers
- ◆ 2 lbs. lean ground beef
- ◆ 1 ½ cups of cooked Minute Rice
- ◆ 2 eggs
- ◆ ½ cup milk
- ◆ 2 medium onions – finely diced or in food processor
- ◆ 3 (29 oz.) cans tomato sauce



Directions:

- ◆ Combine ground beef, rice, eggs, milk and onion in a large bowl and mix well.
- ◆ Clean and hollow the peppers and stuff with the ground meat mixture (loosely).
- ◆ Place large heavy pot on the stove and pour 1 can of tomato sauce to cover the bottom.
- ◆ Place peppers side by side in pot and one pepper in the center. (You can also use 2 pots with 4 peppers).
- ◆ Pour remaining sauce over top of peppers.
- ◆ Cook uncovered for at least 2 hours on low heat until peppers are tender.

Greens and Pastina Soup

Principal Julia Drake's new favorite recipe

Ingredients:

- ◆ 3 large cans or boxes of College Inn Chicken Stock (I use non-fat)
- ◆ 1 bunch broccoli rabe (cleaned, stems removed)
- ◆ 1 head of escarole
- ◆ Chop into 2 inch pieces
- ◆ 1 large onion (chop very fine or in food processor)
- ◆ 3 whole garlic cloves wrapped in cheesecloth
- ◆ 1 lemon
- ◆ ½ box pastina pasta



Preparation:

- ◆ Chop escarole into 2 inch pieces
- ◆ Place onion in food processor or chop very fine
- ◆ Wrap garlic gloves in cheesecloth

Directions:

- ◆ Sautee greens with onion in olive oil, about 5 minutes or until somewhat tender.
- ◆ Add chicken stock and garlic cloves and bring to a boil.
- ◆ Simmer for about 45 minutes.
- ◆ Add pastina and cook until tender (a couple of minutes)
- ◆ Squeeze juice of whole lemon into soup
- ◆ Remove garlic cloves
- ◆ Sprinkle with grated Parmesan or Locatelli before serving.

DIVERSITY COMMITTEE

Mission Statement: To partner with parents, students, teachers, district administration, and the wider community in helping to promote and support equity of access, agency, experience, affirmation and voice for the diversity of individuals in our community.

Vision: To honor and grow from the differences that enrich our children's experience, our families' lives and our community's future.

Goals:

- To engage and empower Dobbs Ferry residents of varying cultural, ethnic, racial, religious, linguistic, ability, gender, sexual orientation and family compositions.
- To strengthen multiculturalism through communication and connection; to grow understanding and enhance resources and support by celebrating our community's differences.
- To support further development of an enriching ***Intercultural*** learning experience that promotes cohesiveness of the increasingly diverse Dobbs Ferry community through family oriented multicultural initiatives.

Intercultural describes communities in which there is a deep understanding and respect for all cultures. Intercultural communication focuses on the mutual exchange of ideas and cultural norms and the development of deep relationships. In an intercultural society, no one is left unchanged because everyone learns from one another and grows together.

2020 Strong

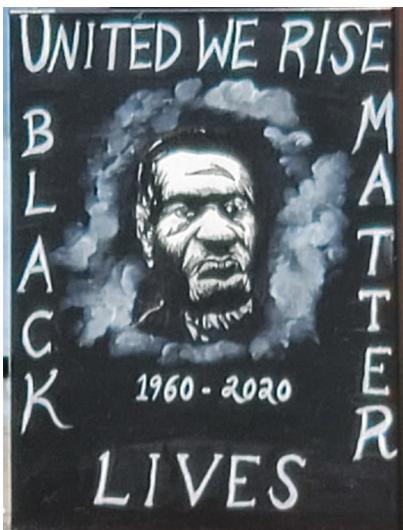
As PTSA community members and stakeholders, we have the responsibility to our students and community to openly and loudly affirm that ALL of our students MUST be safe from racism and discrimination and to condemn the murder of George Floyd.

The aftermath of George Floyd's death has, once again, laid bare the deep and distinct pain that is endured by people of color. Racism, inequality and unprovoked violence continue to be ingrained in the fabric of our society. We acknowledge those members of our community who have experienced racism and we stand with you. For those of us who have not been the victims of racism, tolerance is not enough. We need to be active participants in rooting out racism by listening, learning and opening our minds to a different perspective. We need to support our Black families.

Including our children in this process is critical. We must use this moment to teach them history, humanity, respect and kindness, so they do not repeat the mistakes of prior generations. We are sharing some resources to help you address these difficult issues with your children.

The Diversity Committee is still in its infancy. We hope that we will continue to impact this community through our Intercultural Fair and other events. We look forward to enriching discussions about eradicating racism and we hope more of you will join us in this mission. If you would like to get involved, please contact diversity.dfpsa@gmail.com.

6/4/2020



Peaceful Rally organized by Recent Becca Baron and other DF HS Graduates in collaboration with The Children's Village at the Waterfront on 6/4/20