From Pantry to Palate: An International Cookbook Unveiling Cultural Comforts Amidst Food Insecurity on Campus

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FROM PANTRY TO PALATE: AN INTERNATIONAL COOKBOOK UNVEILING CULTURAL COMFORTS AMIDST FOOD INSECURITY ON CAMPUS

A Recipe Compilation
By Victoria Main
Acknowledgements

Bowling Green State University and its affiliated campuses are situated in the homelands of numerous Indigenous and Native tribal nations. Our campus footprint holds many contemporary and historical ties to the Wyandot, Kickapoo, Miami, Odawa, Potawatomi and multiple other Indigenous tribal nations, present and past, who were forcibly removed to and from the area.

This area’s history reveals an arterial network of complex economic and cultural significance. We recognize the stewardship, dedication, and presence of those for whom the Great Black Swamp and the Lower Great Lakes region is home. Through this statement, we aim to trace the past to the present to inform current conditions. It is within BGSU’s responsibility as an academic institution to disseminate knowledge about Indigenous peoples and the University’s relationships, past and present, with tribal nations and individuals.

As such, we recognize the forced relocation of tribal nations to and from this land and we strive to decolonize history and present conditions. We thank Indigenous individuals and communities who have been living and working on the land from time immemorial. This type of acknowledgment must not only be through statement, but in action and practice as well, in order to foster an inclusive, respectful and sustainable community.
Acknowledgements

To My Children,
Your unwavering love and encouragement have been a guiding light throughout my educational journey. Without your constant support, I would never have had the courage to pursue my goals. This cookbook is dedicated to you with all my heart.

To the Faculty and Staff of Bowling Green State University,
Your support and guidance have been invaluable to me. I extend my deepest gratitude to Dr. Sandra Faulkner, Dr. Shannon Orr, and Dr. James Foust for their mentorship and encouragement. Your belief in my abilities has inspired me to reach for the stars.

To the International Community at BGSU,
Your camaraderie and encouragement have meant the world to me. I am grateful for the sense of belonging and support you have provided. This cookbook is a token of my appreciation for your kindness and friendship.

To All My Friends,
Thank you for standing by me every step of the way. Your support and sacrifices have made all the difference. This is a tribute to our shared journey and the memories we've created together.

And to J.D.C., for just being you

With Heartfelt Appreciation
"From Pantry to Palate: An International Cookbook Revealing Cultural Comforts Amid Food Insecurity on Campus" extends a warm greeting to all food enthusiasts! Prepare to embark on a flavorful journey that highlights the diverse culinary experiences of our campus, especially among our well-traveled students.

Food goes beyond sustenance; it symbolizes culture, history, and identity. While navigating the campus food scene can be intricate, this cookbook is more than just recipes; it honors resilience, creativity, and togetherness.

With beloved family recipes, original poems, and inspiring quotes, you are invited to immerse yourself in a blend of culinary traditions that offer comfort and joy, even in uncertain times.

So please take a fork and dive into this delightful adventure! Indulge in each dish and celebrate the diversity of our campus community—one meal at a time. Let's rejoice in the resilience and cultural richness that shines through culinary challenges.

Enjoy your meal!
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Appetizers
4 large potatoes, Russets works best
2 cups cheese curds
2 cups beef gravy
Salt to taste
Vegetable oil for frying

Prepare the Potatoes:
Peel the potatoes and cut them into fries, about 1/4 to 1/2 inch thick.
Soak the potato fries in cold water for about 30 minutes to remove excess starch.
Drain the fries and pat them dry with a clean kitchen towel or paper towels.

Fry the Potatoes:
Heat vegetable oil in a deep fryer or a large pot to 325°F
Fry the potato fries in batches for about 4-5 minutes or until they're cooked through but still pale in color. They should not yet be crispy.

Remove the fries from the oil and place them on a paper towel-lined plate to drain excess oil. Let them cool slightly.
Prepare the Gravy:
While the fries are cooling, heat the beef gravy in a saucepan over medium heat. Keep it warm until ready to use.

Fry the Potatoes Again:
Increase the temperature of the oil to 375°F (190°C).
Fry the partially cooked potato fries in batches for a second time, until they are golden brown and crispy, about 2–3 minutes. Be careful not to overcrowd the fryer or pot.
Once fried, remove the fries from the oil and let them drain on paper towels.

Assemble the Poutine:
Place a portion of the crispy fries on a serving plate or in a bowl. Sprinkle a handful of cheese curds over the hot fries. The cheese curds should start to melt slightly from the heat of the fries. Ladle hot gravy over the fries and cheese curds, ensuring that the cheese begins to melt further.

Repeat layering with another portion of fries, cheese curds, and gravy.
Serve immediately while hot.

Feel free to customize your poutine with additional toppings such as pulled pork, bacon, sautéed mushrooms, caramelized onions, or chopped green onions.

Quick Tip!
Use frozen French fries, and canned gravy for a fast, easy poutine
Jiaozi

Ingredients

Wrappers
2 1/3 Cup all-purpose flour plus more for dusting
2/3 cup water room temperature
1/3 tsp salt

Pork and chive filling:
1 lb Ground pork, at least 20% fat (you can replace 1/3 pork with shrimp)
7 oz Chives, hard ends removed
1 tsp salt
1 tbsp. cooking wine
1/2 tsp white pepper
1 tbsp light soy sauce
1 tbsp oyster sauce

Dipping sauce:
1 tbsp minced ginger
2 large eggs
3 tbsp sesame oil, divided
1/3 cup chopped scallion
2 tbsp hot oil
Dipping sauce
2 tbsp vinegar
3-4 ginger shreds

cook time: 1hr-overnight yield: 8-10 servings
Wrappers

Combine a pinch of salt with flour, create a well in the center, and gradually add water while stirring. Mix the flour and water using chopsticks to adjust the water quantity as needed.
Knead the dough for 8-10 minutes until almost smooth, either by hand or with a stand mixer.
Cover and let the dough rest for 15 minutes, then knead again for 2-3 minutes until very soft. Cover and let it rest for another hour.
Once the dough is soft and smooth, divide it in half and shape each half into a round ball.
Make a hole in the center of one half, shape it into a large circle, then cut it into a long log about 1 inch in diameter.
Cut the log into small pieces for dumplings, dusting them to prevent sticking.
Flatten and roll each piece into a wrapper around 4 inches in diameter.
Enlist your helpers to speedily wrap the dumplings, as the wrappers tend to dry out quickly and become harder to seal.

Quick Tip
use store bought wonton wrappers

Recipe dedicated to Baoshi by Man Luo
To make the filling, combine ground pork, a pinch of salt, egg, light soy sauce, white pepper, oyster sauce, grated ginger, and salt in a mixing bowl. Add green onions on top and drizzle hot oil over them to enhance the aroma. Stir the filling in one direction for 2-3 minutes until it forms a paste-like texture and becomes sticky. Let it rest for 1 hour or cover with plastic wrap overnight.

Finely chop chives and mix them with 2 tablespoons of sesame oil or another vegetable oil. Combine the chives with the pork before wrapping.

For the pan-fried version, oil a pan (nonstick pan recommended), place the dumplings with the pleats facing up. Cook over medium heat until one side browns, then add 1/2 cup of water and cover immediately. Cook until all water evaporates, then reduce heat to crisp the bottom.

For boiled dumplings:
Boil a large pot of water with a pinch of salt. Cook the dumplings in batches, moving them slightly with a ladle to prevent sticking. Add 1/4 cup of cold water once the water boils again. Repeat until dumplings turn transparent and expand due to trapped air.
Begun Bhaja

Recipe Courtesy of Debipreeta Rahut and Shaheen Ali

Cook time: 10 mins  Yield: 4-8 servings

Ingredients

1 big Eggplant (Brinjal)
1 tsp Turmeric powder
1/2 tsp Red chili powder
1/4 tsp Dry mango powder (Amchur) (optional)
Salt, as needed
1 tsp Sugar (for sprinkling)
5–6 tbsp Mustard oil (for shallow frying)

Directions

Wash and dry the eggplant with a clean kitchen towel. On a cutting board, slice the eggplant into rounds, excluding the stem part.

Arrange the round slices on a plate and season with turmeric powder, red chili powder, amchur (optional for a tangy flavor), and salt.

Coat the slices with the spices on both sides and set aside.

Heat a non-stick pan or tawa, drizzle a few drops of oil, and place the slices on it. Add oil around the edges of the slices. Pan-fry the slices on both sides, flipping them at regular intervals.
Once the slices are cooked on both sides, transfer them to a plate, sprinkle a little sugar over them. The sugar will quickly melt as the slices are hot. Squeeze a bit of lemon juice over the slices and serve hot. You can skip the lemon juice if you have used amchur.

**Quick Tip!**
If you have trouble finding mustard oil, just add a pinch of mustard powder to regular oil.
Baba Ganoush

(Armenian Eggplant Dip)

Ingredients:
1 medium-size eggplant
2-3 cloves of garlic crushed
1/4 cup of lemon juice
1/3 cup of taheen
1 tsp. of salt
2 tbs. olive oil
1 tbs. chopped parsley
dash of paprika

Wash and dry the eggplant. Prick with a fork in three or four places.
Place on a baking sheet and broil approx. 4" away from heat. Turn it to char on all sides
(this will take 15 - 20 mins.).
Remove from oven and allow to cool until easily handled.
Peel off skin and drain excess liquid.
Mash eggplant to a pulp.
Combine lemon juice, garlic and salt. Add to eggplant.
Blend in taheen and mix well.
Add more seasoning and lemon juice if required.
Place in a flat serving plate and drizzle olive oil over mixture and garnish with parsley and paprika.

Serves 4 - 6

Taheen is a sesame seed oil that has the consistency much thicker than standard olive oil but is still liquid. It can be purchased at specialty food shops. Tenny serves this dip with larger than bite-size pita pieces where you use the bread almost like a scoop. You could also use crudites, and sliced green or red peppers would be ideal. It is an ancient Armenian recipe that has been in the Nigoghossian family for generations.
Soups, Salads and Sides
Ash Reshteh

Recipe Inspired by Elaheh Afroozan

Ingredients:
- 1 cup chickpeas, soaked overnight
- 1 cup kidney beans, soaked overnight
- 2 onions, finely chopped
- 2 cloves garlic, minced
- 1 bunch fresh parsley, finely chopped
- 1 bunch fresh cilantro, finely chopped
- 1 bunch fresh scallions, finely chopped
- 7 oz Persian noodles (Reshteh)
- Salt and pepper to taste
- 1 teaspoon turmeric
- 1 tablespoon dried mint
- 2 tablespoons vegetable oil
- Kashk (fermented whey) for serving

Directions:
1. Heat vegetable oil in a large pot, then cook one onion until it turns golden brown.
2. Combine garlic, chickpeas, kidney beans, parsley, cilantro, scallions, salt, pepper, and turmeric in the pot. Add enough water to cover everything and bring to a boil.
3. Lower the heat, cover the pot, and let it simmer for about 2 hours until the beans are tender.
4. In a separate pan, sauté the remaining onion with dried mint until it becomes crispy and brown.
5. Boil Persian noodles in salted water until they are al dente. Drain and add them to the soup.
6. Serve Ash Reshteh hot, garnished with the sautéed onion and mint mixture, along with a spoonful of Kashk.
ingredients

2 large cucumbers, preferably Korean or English cucumbers
2 teaspoons salt
2 tablespoons rice vinegar
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon sugar (optional)
1 clove garlic, minced
1 teaspoon sesame seeds, toasted
1 green onion, finely chopped (optional)
Red chili flakes or fresh red chili (optional, for heat)
Roasted sesame seeds, for garnish

directions

Prepare the Cucumbers:
Begin by washing the cucumbers thoroughly under cold water. If the skin is tough or waxed, you have the option to peel it off; otherwise, keep it on for added texture and color. Slice the cucumbers thinly using a knife or a vegetable peeler.

Salt the Cucumbers:
Place the cucumber slices in a colander over a bowl or in the sink. Evenly sprinkle salt over the cucumber slices and toss to ensure they are coated. Allow the cucumbers to sit for approximately 15-20 minutes. This step helps remove excess moisture from the cucumbers.
Prepare the Dressing:
In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, sugar (optional), minced garlic, sesame seeds, chopped green onion (optional), and red chili flakes or fresh red chili to taste. Adjust the seasoning to your preference.

Rinse and Drain the Cucumbers:
After letting the cucumbers sit for 15-20 minutes, rinse them under cold water to remove the excess salt. Gently squeeze the cucumber slices to eliminate any remaining moisture.

Combine and Mix:
In a mixing bowl, mix the rinsed and drained cucumber slices with the prepared dressing. Toss thoroughly to ensure the cucumbers are evenly coated with the dressing.

Chill and Serve:
Cover the bowl with plastic wrap or transfer the salad to an airtight container. Refrigerate for at least 30 minutes to let the flavors blend. Before serving, give the cucumber salad a final toss and sprinkle with additional toasted sesame seeds for garnish if desired. Serve the chilled cucumber salad with rice and other dishes.
**Githeri**

**Ingredients**
- 1 tbsp oil or butter
- 1 medium onion, chopped
- 2 cloves garlic, minced, (or 3/4 tsp garlic powder)
- 1 tbsp curry powder
- 1 large bunch kale or other greens, chopped
- 1 28-oz can tomatoes, diced or crushed, (or 4 cups chopped fresh tomatoes)
- 2 cups corn
- 2 cups cooked beans, any kind
- 1 1/4 tsp salt, plus more to taste
- 1/4 tsp pepper, to taste
- 1 Lemon

**Directions**

In a large pot, heat oil over medium heat.

Saute the onion until translucent, about 3 minutes.

Add garlic and curry powder, cook for 1 minute.

Mix all ingredients except lemon juice and stir.

Bring to a boil, cover immediately, reduce heat to low, and cook for 20 minutes until onions and greens are cooked.

Season with salt and pepper to taste.

Slice the lemon in half, and serve githeri in bowls with a splash of lemon juice.

**Cook time:** 30 mins  
**Yield:** 4 servings
Taiwanese Beef Noodle Soup

cook time: 3 hr 30 mins yield: 4 servings

For the Broth:
2 lbs beef bones (such as marrow bones or knuckle bones)
1 lb beef shank or stewing beef, cut into chunks
1 onion, halved
4 garlic cloves, smashed
2-inch piece of ginger, sliced
2 cinnamon sticks
3 star anise pods
3 cloves
1 tablespoon Sichuan peppercorns
2 dried bay leaves
1/4 cup dark soy sauce (for color)
2 tablespoons rock sugar or regular sugar
Salt to taste
Water

For the Soup:

1 pound of fresh or dried wheat noodles (like thick Chinese wheat noodles or udon noodles)
Chopped green onions
Chopped bok choy or baby bok choy (optional)
Chopped fresh cilantro leaves for garnish
Chili oil or chili paste (optional, for serving)
Prepare the Broth:
Rinse the beef bones in cold water, then place them in a large pot and cover with water.
Boil over high heat for about 5 minutes, then drain and rinse the bones again.
In the same pot, add the blanched beef bones, beef shank or stewing beef chunks, onion, garlic, ginger, cinnamon sticks, star anise pods, cloves, Sichuan peppercorns, bay leaves, soy sauce, dark soy sauce, and rock sugar.
Add enough water to cover all the ingredients in the pot (usually about 10–12 cups).

Bring to a boil, then simmer on low heat, partially covered, for at least 2–3 hours to enhance flavor.
Skim off any foam or impurities that rise to the surface.
Once done, strain the broth through a fine-mesh sieve or cheesecloth into another pot. Discard solids and keep the broth warm over low heat.

Prepare the Noodles and Toppings:
Cook the noodles until al dente following package instructions.
Drain and rinse under cold water to halt the cooking process before setting aside.

Blanch the chopped bok choy in boiling water for 1–2 minutes until tender, then drain and set aside.
To assemble the soup:

Distribute the cooked noodles and blanched bok choy into serving bowls. Pour the hot beef broth over the noodles and bok choy, making sure each bowl has enough broth and beef pieces.

Garnish with chopped green onions and fresh cilantro leaves. Serve hot with chili oil or chili paste on the side for those who like extra spice.

Quick tip!

*Use store bought broth and add spices*
Olivye Salad

Ingredients

- 4 large potatoes, boiled and cubed
- 3 large carrots, boiled and cubed
- 4 hard-boiled eggs, chopped
- 1 cup cooked peas (fresh or frozen)
- 1 cup cooked diced ham or chicken (optional)
- 1 cup diced dill pickles
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons sour cream or Greek yogurt
- 2 tablespoons pickle juice (from the jar of pickles)
- Salt and pepper to taste
- Fresh dill or parsley for garnish (optional)

Directions

- Boil the potatoes and carrots until they are tender but still firm. Let them cool, then peel and dice them into small cubes.
- Cook the peas according to package instructions if using frozen peas.
- Hard-boil the eggs, then cool, peel, and chop them.
- If using ham or chicken, cook it and dice it into small pieces.
- Dice the dill pickles, onion, and celery into small pieces.
Prepare the Dressing:
Combine mayonnaise, Dijon mustard, sour cream or Greek yogurt, and pickle juice in a small bowl. Whisk until the mixture is smooth. Season with salt and pepper to your liking.

Put Together the Salad:
In a large mixing bowl, mix diced potatoes, carrots, chopped eggs, cooked peas, diced ham or chicken (if using), diced pickles, onion, and celery.
Pour the prepared dressing over the salad. Gently toss all the ingredients until they are coated evenly with the dressing.

Chill and Serve:
Cover the salad bowl with plastic wrap and refrigerate for 1–2 hours to blend the flavors.
Before serving, taste the salad and adjust the seasoning, if necessary.

Optionally, garnish with fresh dill or parsley.

Quick Tip
use canned chicken and frozen peas
3 cups Vermicelli
3 tbsp oil
2 tbsp Urad dal/Toor dal/moong dal
1 tsp Mustard seeds
8–10 Curry leaves
1 large Onion chopped
1 large Tomatoes chopped
Chopped Vegetables - peas/carrot/beans (optional)
1/2 tsp Turmeric powder
1 tsp Red chilli powder
1/2 tsp Garam masala powder
1–2 Green chillies chopped
1 tsp Ginger- garlic paste
Salt to taste
Water - twice the amount of vermicelli in volume or 6 cups
2 tbsls Corriander/cilantro chopped

“Especially the month of Ramadan there was no boundaries when it came to food, it was always, shared and anybody would just drop by and we would have a meal for them. It was not like we would need to invite them or they had to beforehand tell us before coming”

-Zainab Lnu
On a nonstick pan, roast vermicelli over low heat until they turn slightly brown, which usually takes about 10-15 minutes. Meanwhile, heat oil in a nonstick or regular steel pan with high sides. On low heat, add mustard, lentils, green chilies, and curry leaves until the lentils become slightly brown. Proceed by adding onions and frying for a few minutes, then mix in ginger-garlic paste. Stir in all the spices and cook for a while. If you have any vegetables, add them and cook for a bit. Add tomatoes and cook until they become mushy. Include coriander/cilantro leaves. Then, add water. Once it starts boiling, mix in the roasted vermicelli. Cover and cook over low heat until they become soft, approximately 5-8 minutes.
Latke

Recipe inspired by Nick Stern
With special thanks to The authors of The Art of Jewish Cooking

Potato Latkes

2 eggs
3 cups grated, drained potatoes
4 tablespoons grated onion
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons cracker or matzo meal
½ cup fat or butter

Beat the eggs and add the potatoes, onion, salt, pepper and meal.

Heat half the fat or butter in a frying pan and drop the potato mixture into it by the tablespoon. Fry until browned on both sides. Keep pancakes hot until all are fried and add more fat or butter as required. Serves 8.
“Reformed Jew” Not Kosher
Columbus’ Olive Tree
Home Away From Home
—for Nick
Grind the walnuts in a food processor until they form a paste. Heat vegetable oil in a large pot and sauté the onions until golden brown.

Add the chicken pieces to the pot and brown on all sides. Add turmeric, salt, and pepper to the pot. Stir well.

Add the walnut paste, pomegranate molasses, sugar, and water. Stir until well combined.

Cover the pot and simmer for about 2 hours or until the chicken is tender and the sauce has thickened. Adjust the seasoning if necessary. Serve Fesenjan hot with basmati rice.

Quick Tip
Slowly cook the walnut mixture to release its oils and develop rich flavors.
Joojeh Kabab

In a bowl, combine the grated onions, lemon juice, saffron threads, salt, pepper, and olive oil. Mix well. Add the chicken pieces to the marinade and coat them thoroughly. Cover the bowl and refrigerate for at least 2 hours.

Preheat the grill or broiler. Skewer the marinated chicken pieces onto metal or soaked wooden skewers. Grill the skewers over medium-high heat, turning occasionally, until the chicken is cooked through and slightly charred, about 10–12 minutes. Serve the Joojeh Kabab hot with a side of rice, flatbreads, and fresh herbs.

Quick Tip
Marinate meat overnight if possible to develop flavors
Iran, Islam, the Shah, the King
Promises of advantages never seen...

government betrayal leads to desperation

Nazr supports the poor, the famished,
left in the wake of corruption

-for El
**Chicken Biryani**

*Recipe courtesy of Syeda Zainab Akbar Lnu*

*cook time: 1 hrs  yield: 4 servings*

**Ingredients**

- 2 lbs Chicken
- 3 cups Basmati rice
- 4 medium-sized Onions
- 2 medium-sized Tomatoes
- 1 cup Cilantro (Kothimir)
- 1 cup Mint leaves
- 2 cups Curds
- Salt to taste
- 1 cup Oil
- 2 tsp Red chili powder
- 1/2 tsp Garam Masala powder
- Salt to taste
- Juice of 2 Lemons
- 1 Carrot, cut into round pieces
- 1/2 cup Peas
- Whole Garam Masala (2 black cardamoms, 2 cinnamon sticks, 2 cloves)
- 1 tbsp Kasuri Methi (fenugreek) or 1 cup fresh Methi leaves
- 2 heaped tbsp Ginger-Garlic paste
- Orange-red color
- Apple green color
Wash the chicken and drain water, Wash and soak rice for 30 mins
Slice onions length wise, cut tomato pieces, wash coriander Mint leaves.

Squeeze lemon juice and mix in Garam Masala powder.
Fry three-fourths of the onion until crispy and brown.

Heat oil in a cooker and sauté the remaining onion until light brown, then add ginger-garlic paste.
Mix in the chicken thoroughly.
Season with salt, red chili powder, coriander, and half of the mint leaves. Stir well.
Incorporate the curds into the mixture.
Introduce tomatoes, cook briefly, and cover without adding water.
Pressure cook on low heat for 3 minutes.
In a separate 4.4 lb vessel, fill halfway with water.
Add carrots, peas, whole Garam Masala, and the rest of the mint leaves and coriander. Bring to a boil.
Add soaked rice after draining, and season with salt. Cook until half-done, then drain the water.
Remove the oil from the cooker.
Layering:
Begin with a layer of rice, sprinkle a pinch of orange-red color, and top with a layer of fried onions.
Sprinkle lemon juice and Garam Masala powder.
Add a layer of chicken from the cooker, followed by a layer of half-cooked rice. Sprinkle apple green color.
Repeat the layering process until the top layer consists of rice.
Garnish with a few mint leaves on top. Drizzle the reserved oil over the dish. Cover and simmer with a heavy object on the lid.
After 5 minutes, check to see if the rice is cooked.
Serve the dish hot.
Boneless beef 1 lb (cut into small pieces)
1 cup Chana dal
Salt to taste
10–12 green chilies
Coconut pieces (2x2 inch)
1/2 tsp Garam masala powder
1 cup chopped Coriander
1/2 tsp Ginger garlic paste
1 egg

Rinse and dry the beef pieces thoroughly and let it cook on medium heat. Add all other ingredients (except the egg!) Wait for the water to evaporate (this step removes excess water). Next, add 2 cups of water, seal the cooker, and turn off the heat 5 minutes after the whistle blows (or cook until the meat is tender). Once the cooker cools down, grind the mixture in a food processor with minimal water. Mix in one egg with the paste and shape into small patties. Pan-fry the patties until they are lightly browned on both sides, then serve.
Onion-Curry Leaves
Crispy Pakodas

Recipe courtesy of Syeda Zainab Akbar Lnu

2 Onions, chop thin and lengthwise. Mash with hand to separate it
1/2 cup Karyapak (curry leaves)Chopped.
1/2 cup Palak (Spinach) or kothimir (Coriender) or soya bhaji (dill leaves) chopped and washed
Salt. To taste
1/4 tsp Haldi
1/4 tsp Ginger garlic paste
1 tsp Red chilli powder
2 tsp Rice or corn flour
Besan flour, As much that can be mixed in onions
1/2 pinch Baking soda

Put everything in a bowl and go on mixing without adding water. Flour will suck the water content of onion. Then sprinkle small quantity of water for consistency, if necessary. Do not make it thin or thick. Use spoon and put small quantity of the battered onions in oil and deep fry on low flame. Drain on a paper towel and serve hot

cook time:30 mins yield:4 servings
**For Dal (Lentil Soup):**
1 cup split yellow lentils
4 cups water
1 onion, finely chopped
2 tomatoes, chopped
2 cloves garlic, minced
1-inch piece of ginger, minced
1 green chili, chopped (optional)
1 teaspoon turmeric powder
1 teaspoon cumin seeds
1 teaspoon mustard seeds
1 teaspoon coriander powder
1 teaspoon garam masala (optional)
Salt to taste
2 tablespoons cooking oil or ghee
Fresh cilantro leaves for garnish

**For Bhat (Steamed Rice):**
2 cups Basmati rice
4 cups water
Salt to taste

**Prepare the Dal:**
Rinse the lentils under cold water until the water runs clear.
In a large pot, heat oil or ghee over medium heat. Add cumin seeds and mustard seeds and fry until the begin to pop.
Add chopped onions and sauté until they turn translucent. Stir in minced garlic, ginger, and green chili (if using). Sauté for another minute.
Add chopped tomatoes, turmeric powder, coriander powder, and salt. Cook until the tomatoes soften.

Add the rinsed lentils to the pot and mix them well with the spices and vegetables.
Pour in water and bring the mixture to a boil. Once boiling, lower the heat and let the dal simmer, partially covered, for approximately 20-25 minutes until the lentils are cooked and the consistency thickens. Stir occasionally to prevent sticking.
Taste and adjust salt, then add garam masala if desired. Remove from heat and garnish with fresh cilantro leaves.

Cook the Rice (Bhat):
Rinse the Basmati rice under cold water until the water becomes clear.
Combine the rinsed rice, water, and salt in a rice cooker or pot. Follow the rice cooker’s instructions for cooking or bring the water to a boil in the pot, then simmer on low heat, covered, for about 15-20 minutes until the rice is tender and the water is absorbed.

Quick Tip
Accompany with various sides and condiments such as pickles, yogurt, sliced tomatoes, and fresh vegetables.
Recipe inspired by Hyacinth Bangero, in honor of her grandmother

Ingredients

- 2 lbs Fish (preferably milkfish, tilapia, mackerel tuna)
- Rock Salt (to taste)
- Pepper (to taste)
- 3-5 tbls Fish Sauce
- 1/2 cup Water
- 1/2 cup Vinegar
- 4 cloves Garlic (pounded)
- small piece fresh Ginger (sliced into strips)
- Green Pepper (depending on spice level)

Directions

- Place the fish evenly in a pan (preferably with a cover).
- Place all the rest of the ingredients.
- Cover the pan over high heat for 10 minutes. Add fish sauce to taste.
- Once done, fry the vinegared fish.
Recipe courtesy of Debipreeta Rahut and Rupal Bhatikar

**Macher Jhol**

**Ingredients**

- 4 White Fish Steaks (Hapuka)
- 6-8 Cauliflower Florets
- 1 Potato (sliced into wedges)
- 1 cup Brown Onion (finely chopped)
- ¾ cup Fresh Tomato Puree
- 1 tsp Ginger (crushed/paste)
- 1 tsp Garlic (crushed/paste)
- 1 Green Chilli (slit)
- 3-4 tbsp Cold Pressed Mustard Oil (see notes)
- 1 tsp Nigella Seeds (Kalonji)
- ¾ tsp Turmeric Powder
- 1½ tsp Kashmiri Chilli Powder
- ½ tsp Cumin Powder
- 1 tbsp Coriander Powder
- 1 cup Hot Water (use as required)
- 1 tsp Sugar (to balance)
- Salt (to taste)

**Directions**

Marinate your fish steaks with salt and turmeric and set aside for 15 minutes.

In a pan, lightly toast your whole spices for the Bengali Garam Masala (cardamom, cloves and cinnamon) until fragrant. Let them cool and then grind them to a powder.

In a heavy bottom pot, add the mustard oil and bring it up to temperature until hot and mildly smoky. This is an important step – making sure the oil is hot enough.
Add the potato wedges and season with salt. Turn them every minute or so until you get an even golden crust over it. Cover it to let some of the steam form and help cook the potato while also getting color. You are not trying to cook the potato fully. Set aside. Repeat the process for the cauliflower florets. Set aside.

Add a bit more oil at this point and sear the fish steaks on both side until lightly golden (in a medium-hot pan this should take just about a minute on each side depending on the size of the fish. Set aside.

In the same oil, add your nigella seeds and green chili, let them sizzle lightly. Add the chopped onion and cook until softened and starting to turn golden around the edges. Add the ginger garlic paste and cook until the raw smell goes away.

Add all the dry spices (turmeric, chili, cumin and coriander powders) and let them nicely coat in the oil before adding the fresh tomato puree. It is important to cook the tomatoes until all their water has evaporated and you start to see that slick of oil on the sides. Taste the sauce at this stage and balance with sugar.

Add a bit of hot water to give you a saucy consistency. Bring back the potatoes, cauliflower and fish steaks into the sauce, and cook gently for about a couple of minutes so everything finishes cooking together. When almost ready, taste add salt if necessary. Sprinkle a generous pinch of the Bengali garam masala and turn off the heat. Let it rest for at least 20 minutes before serving. Steamed rice is the only real way to enjoy this curry.
Chicken and Chipped Beef

cook time: 1 hrs 30 mins  yield: 4 servings

Recipe courtesy of Virginia Bergsten

4 boneless chicken breasts (or thighs)
4 10 oz cans cream of mushroom soup
1 jar dried beef

place all ingredients into a crockpot
cook on high 4 hours or low for 6–8 hours
alternately, place all ingredients into a buttered casserole dish and bake at 350 degrees for 50 mins until chicken fall apart
serve with vegetables' or over rice, noodles or toast
Sweet Treats
Black Sesame Cookies

Ingredients:
1 cup all-purpose flour
1/2 cup black sesame seeds
1/2 cup unsalted butter, softened
1/2 cup granulated sugar
1 egg
1/2 teaspoon vanilla extract
1/4 teaspoon baking powder
A pinch of salt

Optional Glaze:
1/2 cup powdered sugar
1-2 tablespoons milk or water
1/4 teaspoon vanilla extract

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or silicone baking mat.

Toast the Sesame Seeds:
Spread the black sesame seeds evenly on a baking sheet. Toast them in the preheated oven for about 8-10 minutes, or until fragrant and slightly darker in color. Keep an eye on them to prevent burning. Once toasted, remove from the oven and let them cool.
In a food processor or blender, grind the toasted black sesame seeds until they form a coarse powder, then set them aside. Cream together the softened butter and granulated sugar in a mixing bowl until the mixture is light and fluffy. Add the egg and vanilla extract to the creamed mixture, blending until well combined.

In a separate bowl, whisk together the all-purpose flour, ground black sesame seeds, baking powder, and salt.

Gradually incorporate the dry ingredients into the wet ingredients, mixing until a dough forms. The dough may be slightly crumbly, but it should stick together when pressed.

Shape the Cookies:
Roll tablespoon-sized portions of dough into balls and place them on the baking sheet, ensuring they are about 2 inches apart. Use a fork to gently flatten each cookie, creating a crisscross pattern on the top.

Bake the Cookies:
Bake in the preheated oven for 10-12 minutes, or until the edges turn golden brown. Once baked, allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack for complete cooling.

Optional Glaze:
For an optional glaze, drizzle the cooled cookies with a simple mixture of powdered sugar, milk or water, and vanilla extract. Combine the powdered sugar, milk or water, and vanilla extract until smooth, then drizzle it over the cooled cookies.

Serve and Enjoy
Coconut Macaroons

Recipe inspired by Nick Stern

**Ingredients**
- 3 large egg whites
- ½ teaspoon vanilla or almond extract (optional)
- 1½ cup powdered sugar
- 1½ cups sweetened flaked coconut (or more as needed)

**Directions**
Let the eggs get to room temperature before separating. Prepare a baking sheet by greasing it very well. Preheat the oven to 350°F.
Place the egg whites in a medium bowl and starting on low speed, beat the egg whites until they begin to foam. As the foam continues to build, you can turn the speed to medium and then high.
Beat until the foam forms stiff, glossy peaks. Add the extract as desired.
With a spatula, fold in the powdered sugar until just combined.

“I’m not Kosher, but if I was, it would influence my relationship with food (here at BGSU) because I wouldn’t be able to eat most of the stuff on campus. It would make things very difficult.” - Nick Stern
Spoon the batter onto the pan in rounded mounds. The batter should be of a consistency that a spoonful will stand as a mound \( \frac{3}{4} \)-inch high on the pan. If the batter is too thin and tries to run, add more coconut. If the last few cookies are too thin, add more coconut again.

Bake 15 minutes for small- to medium-sized cookies; 18 minutes for larger cookies, or until the cookies are a light brown color.

Immediately remove the cookies with a thin metal spatula by slipping the edge of the spatula under the edge of the cookie and sawing back and forth.

Cool on wire racks.
Kołaczki

Recipe courtesy of Nina DiCapua, in memory of her great-grandmother

2 (8 ounces) packages of cream cheese, room temperature
2 cups unsalted butter, softened
4 cups all purpose flour
½ cup of sugar
1 tsp of salt
1 oz of whiskey
Fruit preserve of your choice (apricot or raspberry store bought or homemade)
Powdered sugar
1 egg

In a large bowl, combine cream cheese, sugar, and butter until thoroughly blended.
Once mixed, add the shot of whiskey.
Then, add salt and incorporate one cup of flour at a time, ensuring each cup is well blended before adding more.
When the dough is stiff after adding all four cups of flour, remove it and knead until it is no longer sticky.
Prepare a separate small bowl with only the egg white for folding on the side.
Preheat the oven to 350°F (175°C). Roll out the dough on a well-floured surface to a thickness of ¼ inch. Avoid making the dough too thick to ease folding and filling. Use a regular drinking cup's rim or a small circular or square cookie cutter, approximately 3x3 inches, to cut the dough. Place ½-1 teaspoon of fruit preserve in the center of each dough piece. Fold two opposite ends together, pinching and folding to secure. Seal the fold with a light brush of egg white.

Bake for 23 minutes in the preheated oven until the cookies turn golden brown. Once cooled, dust them with powdered sugar.

Quick Tip

For the best taste, allow the cookies to cool completely before enjoying. Warm cookies might not taste as good due to the cream cheese content, so ensure they are fully cooled before serving!
Recipe for Resilience

Ingredients:
1 cup of community support
A pinch of individual kindness
2 tablespoons of creativity
1 dash of culinary knowledge

Instructions:
Preheat the oven of empathy to 350°F (175°C).
In a mixing bowl, combine community support and individual kindness. Stir gently until well blended.
Sprinkle in creativity and culinary knowledge. Mix until the batter of resilience forms.
Pour the batter into the pan of life’s challenges, spreading it evenly with a spoon of understanding.
Bake in the oven of empathy for 20 minutes, or until golden brown.
While baking, reflect on moments of unexpected help and kindness. Let them infuse the recipe with warmth and hope.
Remove from the oven and let cool on the rack of reflection.
Serve with a side of cultural connection and a sprinkle of shared memories.
Enjoy the taste of resilience, knowing that together, we can overcome any obstacle.
Share with others, spreading the recipe for resilience far and wide.

—for Erin and Maddie
Cinnamon Toast

Ingredients
- 1 tbsp Cinnamon
- 3 tbsp white sugar
- 4 slices Bread of choice
- Butter to taste

Directions
Mix cinnamon and sugar together adjusting for sweetness
toast bread
butter and sprinkle cinnamon mixture lightly over toast
enjoy this sweet treat with coffee for breakfast or a late night snack

“I definitely think that food brings people together, and when we’re talking about food that’s from our home or that we’re closely related to, it’s a comfort, especially for international students that don’t have access to food from their homes or or even ingredients to make food from their homes, so I can understand why it would be upsetting and even depressing to not have access to things that you grew up with that make you happy”

—Erin Main
Useful Tips and Tricks
Tips

- Maintain sharp knives: A sharp knife is safer and more effective than a dull one. Invest in a high-quality knife sharpener and regularly sharpen your knives.
- Prepare ingredients beforehand: Prior to cooking, chop, dice, and measure all ingredients. This will streamline the cooking process and save time.
- Clean as you progress: Prevent the accumulation of dirty dishes and spills. Clean utensils, cutting boards, and countertops while cooking to keep a neat and orderly workspace.
- Taste during cooking: Continuously sample your dish while cooking to adjust seasoning and flavors as necessary. This habit helps avoid over or under-seasoning.
- Use kitchen timers: Set timers for different cooking tasks to prevent food from overcooking or burning, especially when managing multiple tasks in the kitchen.
- Master cooking techniques: Learn essential cooking methods like sautéing, braising, and roasting. Mastering these techniques will improve your cooking skills and allow for a broader range of dishes.
- Organize pantry efficiently: Stock up on necessary ingredients like spices, oils, and grains. Arrange the pantry for easy access to items while cooking.
- Avoid overcrowding the pan: When sautéing or frying, avoid overcrowding the pan. Cook in batches if necessary for even cooking and a nice sear on your food.
Adjust seasoning to enhance flavor: Taste your dish and identify which flavors are lacking. If it needs more saltiness, add a pinch of salt. For more depth, consider adding spices like paprika, cumin, or chili powder. Herbs like parsley, basil, or thyme can also add freshness and flavor.

Balance flavors with sweetness, acidity, or salt: If your dish is too salty, you can balance it out with a touch of sweetness from honey, maple syrup, or brown sugar. Alternatively, you can add acidity with a splash of vinegar or citrus juice. Conversely, if it's too sweet or acidic, a pinch of salt can help balance the flavors.

Dilute or thicken sauces and soups as needed: If a sauce or soup is too thick, gradually add more liquid (such as broth, water, or milk) until you reach the desired consistency. Conversely, if it's too thin, you can thicken it by simmering it longer to reduce and concentrate the flavors or by adding a slurry made of equal parts flour and water.

Adjust texture by adding or removing ingredients: If your dish is too dry or tough, consider adding moisture with ingredients like broth, sauce, or yogurt. For dishes that are too wet or mushy, you can add texture by incorporating crunchy elements like nuts, seeds, or crispy vegetables.
• Transform leftovers into new dishes: Repurpose leftover roasted vegetables into a hearty vegetable soup or blend them into a creamy pasta sauce. Shred overcooked meat for use in tacos, salads, or sandwiches. Stale bread can be repurposed into croutons, breadcrumbs, or bread pudding.

• Conceal errors with toppings or garnishes: If a dish has minor flaws, clever garnishes or toppings can often mask them. Enhance the appearance and flavor of a dish with a sprinkle of chopped herbs, grated cheese, or a drizzle of balsamic glaze.

• Learn from mistakes to enhance future cooking: Analyze what went wrong with the dish and strategize how to prevent similar issues in the future. Did you overlook setting a timer while cooking pasta? Forgot to taste the sauce before serving? Each culinary mishap is a chance to develop and evolve as a chef.

• Embrace creativity and experiment with diverse techniques: Step out of your comfort zone and try new ingredients, flavors, and cooking methods. Culinary breakthroughs often stem from trial and error and innovative experimentation.

• Utilize leftovers in salads or stir-fries: Incorporate leftover cooked vegetables, meats, and grains into salads or stir-fries for a quick and tasty meal. Chop them up and mix with your preferred dressing or sauce for a satisfying dish.
• To rescue overcooked vegetables, transform them into purees or dips: Puree the overcooked vegetables into smooth soups, sauces, or dips by blending them with broth, seasonings, and other flavorings until creamy.

• Make use of overripe fruit in smoothies, jams, or baked goods: Overripe fruit that may not be ideal for eating fresh can be used in smoothies, jams, muffins, or cakes by pureeing or mashing and incorporating them into recipes.

• Create a sauce or gravy to complement dry meat: Pair dry or overcooked meat with a flavorful sauce or gravy by simmering onions, garlic, herbs, and broth until thickened, then drizzle it over the meat for added moisture and taste.

• Combine overcooked grains with broth and vegetables for a soup: Repurpose overcooked grains such as rice or quinoa into a hearty soup by simmering them in a pot with broth, vegetables, and seasonings. Serve hot with crusty bread for a satisfying meal.

• Transform overcooked pasta into a pasta bake or frittata: Salvage overcooked pasta by incorporating it into a pasta bake or frittata. Mix the pasta with eggs, cheese, vegetables, and seasonings, then bake until golden and bubbly for a delicious meal.
• Repurpose overcooked potatoes into patties or croquettes: Turn overcooked potatoes into tasty patties or croquettes by mashing them and combining with breadcrumbs, herbs, and seasonings. Shape the mixture into patties and pan-fry until crispy and golden.

• Create a creamy dip or spread by blending overcooked beans: Blend overcooked beans with garlic, lemon juice, olive oil, and seasonings to create a smooth dip or spread. Serve alongside crackers, bread, or raw vegetables for a flavorful snack.

• Utilize overcooked fish in fish cakes or chowders: Flake overcooked fish and mix with breadcrumbs, herbs, and seasonings to make delicious fish cakes or chowders. Shape into patties and pan-fry for a crispy texture or simmer in a pot with broth, vegetables, and seasonings for a satisfying chowder.

• Incorporate overcooked eggs in sandwiches, salads, or wraps: Chop overcooked eggs and add them to sandwiches, salads, or wraps for a protein-packed meal. Mix with mayonnaise, mustard, herbs, and seasonings, then spread on bread or wrap in lettuce leaves for a delightful lunch option.
- Revive stale bread by toasting or turning it into breadcrumbs: Stale bread can be revived by toasting it in the oven or toaster until golden and crispy. Alternatively, you can turn stale bread into breadcrumbs by pulsing it in a food processor until finely ground, then use the breadcrumbs to coat meats, thicken soups, or top casseroles.
- Freeze leftovers for future use or as ingredients in other recipes: If you have leftover food that you can't eat right away, consider freezing it for future use. Simply portion the leftovers into airtight containers or freezer bags, label them with the contents and date, then freeze for up to several months. Frozen leftovers can be reheated and enjoyed later as a quick and convenient meal option.
Kitchen Equivalency Chart
Volume Measurements

1 tablespoon (tbsp) = 3 teaspoons (tsp)
1 fluid ounce (fl oz) = 2 tablespoons
1 cup = 8 fluid ounces
1 pint (pt) = 2 cups = 16 fluid ounces
1 quart (qt) = 2 pints = 4 cups = 32 fluid ounces
1 gallon (gal) = 4 quarts = 16 cups = 128 fluid ounces

Weight Measurements:
1 ounce (oz) = 28.35 grams (g)
1 pound (lb) = 16 ounces = 453.59 grams

Common Ingredient Conversions:
1 stick of butter = 8 tablespoons = 1/2 cup
1 cup of all-purpose flour = 120 grams
1 cup of granulated sugar = 200 grams
1 cup of brown sugar (packed) = 220 grams
1 cup of powdered sugar = 120 grams
1 cup of milk = 240 milliliters (ml)
1 cup of water = 240 ml
1 cup of vegetable oil = 240 ml
1 cup of honey = 340 grams
1 cup of peanut butter = 240 grams
Temperature Conversions

Fahrenheit (°F) to Celsius (°C): \((°F - 32) / 1.8\)
Celsius (°C) to Fahrenheit (°F): \((°C \times 1.8) + 32\)
Example: \(350°F = (350 - 32) / 1.8 = 176.67°C\)

Oven Temperature Equivalents:
Very Slow / Cool: 250°F to 300°F (120°C to 150°C)
Slow / Warm: 300°F to 325°F (150°C to 165°C)
Moderate: 325°F to 375°F (165°C to 190°C)
Moderately Hot: 375°F to 400°F (190°C to 200°C)
Hot: 400°F to 450°F (200°C to 230°C)
Very Hot: 450°F and above (230°C and above)

Common Metric Conversions:
1 liter (L) = 1,000 milliliters (ml)
1 milliliter (ml) = 1 cubic centimeter (cm³)
1 kilogram (kg) = 1,000 grams (g)

Remember, these conversions are approximate, and exact measurements may vary slightly depending on factors such as ingredient density and packing. Always refer to specific recipes for precise measurements, especially in baking, where accuracy is crucial.
Common Spices and Their Uses
- **Bay Leaves:** Imparts a delicate, herbal flavor to dishes, frequently used in soups, stews, and braises to elevate the taste of stocks and sauces.

- **Black Pepper:** Adds heat and depth to dishes, complements savory and sweet flavors, commonly used in seasoning meats and vegetables.

- **Cardamom:** This highly aromatic spice is commonly used in sweet and savory Asian dishes, bringing a slightly sweet and unique flavor. It is a popular addition to curries, rice dishes, and desserts.

- **Chili:** Asian cuisine often incorporates chili peppers for both heat and flavor. Varieties like Thai bird's eye chili, Korean gochugaru, and Indian green chilies are commonly featured in regional dishes.

- **Chili Powder:** Adds heat and richness to dishes, a staple in Mexican, Tex-Mex, and Southwestern cuisines, bringing spice to chili, tacos, and marinades.

- **Cinnamon:** Adds warmth and sweetness to dishes, essential in baking, especially for cakes, cookies, and pastries, enhances the flavor of savory dishes like stews and curries.

- **Cloves:** These fragrant flower buds are common in Indian, Chinese, and Indonesian cuisine. Cloves offer a strong, sweet flavor with a touch of bitterness, often featured in spice blends, curries, stews, and desserts.

- **Coriander:** Features a citrusy, slightly sweet flavor, popular in Indian, Middle Eastern, and Asian cuisines, enhancing the taste of curries, roasted vegetables, and salad dressings.

- **Cumin:** Offers a warm, earthy flavor with a hint of bitterness, commonly used in chili, curry, and taco season, adds depth to soups, stews, and roasted vegetables.

- **Fennel Seeds:** Widely used in Indian and Southeast Asian cooking, fennel seeds provide a sweet, licorice–like flavor. They are commonly found in spice blends, marinades, and curries.

- **Five-Spice Powder:** A classic Chinese spice mix, Five-Spice Powder combines star anise, cloves, cinnamon, Szechuan pepper, and fennel seeds. It is a popular seasoning for meats, poultry, and stir-fries.

- **Garlic Powder:** Provides a pungent, savory flavor, convenient substitute for fresh garlic, enhances the taste of sauces, marinades, and soups.
- **Ginger**: Provides a spicy, slightly sweet flavor, commonly used in Asian cuisine, both savory and sweet, adds depth to marinades, stir-fries, and baked goods.
- **Mustard Seeds**: Present in Indian, Chinese, and Southeast Asian cooking, mustard seeds come in various types, including black, brown, and yellow. They provide a pungent, slightly spicy taste and are frequently used in tempering, pickling, curries, and sauces.
- **Onion Powder**: Adds sweet and savory notes to dishes, ideal for seasoning meats, vegetables, and soups, enhances the flavor of sauces and dressings.
- **Oregano**: Offers a robust, slightly bitter flavor, essential in Italian and Mediterranean cuisine, enhances the flavor of tomato-based sauces, pizzas, and roasted vegetables.
- **Paprika**: Adds vibrant color and mild heat, used in seasoning meats, stews, and rice dishes, enhances the flavor of dips and spreads.
- **Rosemary**: Brings a pine-like aroma with a slightly bitter taste, ideal for seasoning roasted meats, potatoes, and bread, adding complexity to marinades and sauces.
- **Saffron**: One of the world's most expensive spices, saffron is sparingly used in Asian cuisine, especially in Persian, Indian, and Arabic dishes. It adds a unique floral flavor and a rich golden color to rice dishes, desserts, and beverages like saffron tea.
- **Salt**: Enhances flavor in savory dishes, acts as a preservative, balances sweetness in desserts.
- **Star Anise**: Recognizable by its star-shaped form and strong licorice-like taste, star anise is a key ingredient in Chinese and Vietnamese culinary traditions, particularly in braised meats, soups, and marinades.
- **Szechuan Pepper**: These small reddish-brown berries offer a distinct citrusy and numbing flavor. Szechuan cuisine frequently uses them in dishes such as Mapo Tofu and Szechuan hot pot to enhance both spiciness and taste.
- **Thyme**: Delivers a subtle, earthy flavor with a hint of mint, often found in soups, stews, and roasts, perfect for enhancing the taste of poultry, fish, and vegetables.
Wood County Community Food Resources
Food for Thought Toledo program run by Lake Township Fire Department Address is 4505 East Union Street Walbridge, Ohio 43465
This organization will only help people from the local town. Food donation programs are run, and items passed out to the less fortunate.

Bowling Green Christian Food Pantry
419 Gould Street Suite 6
Bowling Green, OH 43402
(419) 353–5174
Qualified low-income families can turn to the pantry once every quarter. There are also Christmas meals, sweets year-round, groceries, and more.

First United Methodist Church
Location – 1526 East Wooster Street
Bowling Green, Ohio 43402
For hours, call (419) 352–3612
They pass out Surplus Food from the USDA, food stamp applications, holiday meals, and more.

St. Aloysius Church
Address: 150 South Enterprise Boulevard
Bowling Green, OH 43402
(419) 352–419
St. Thomas More University Parish
425 Thurstin Avenue
Bowling Green, OH 43402
(419) 352-7555
A free food pantry is on site.

United Christian Fellowship The Common Good
113 Crim Street
Bowling Green, Ohio 43402
(419) 806-4475
A low-cost Meals on Wheels service is for the homebound. There are also groceries, sweets, perishable food, baby formula, and free winter coats for children.

Otsego Food Pantry and Clothing Closet
24241 Second Street
Grand Rapids, Ohio 43522
Telephone number is (419) 832-4214
Appointments are needed. Clothes, such as boots, work attire, and school supplies are available along with a free box of healthy food.

Luckey Food Pantry
PO Box 54
Luckey, OH 43443
(419) 833-3231
Foundation Stone Christian Church
4532 Woodville Road
Northwood, OH 43619
Dial (419) 693-5102 ext. 101
Food baskets as well as a school supply giveaway take place. There are also applications to SNAP food stamps.

Good Samaritan Fund and Community Food Pantry
220 Cedar Street
Pemberville, OH 43450
Main phone - (419) 287-4182
The non-profit will also assist Wood County residents that live in the Eastwood School District residents. Vouchers may also be given to a local store.

Perrysburg Christians United - Grace Methodist Church
601 East Boundary
Perrysburg, Ohio 43552
(419) 407-7857
Vouchers and gift certificates are offered to pay for food or medications. The pantry may also have baby supplies, canned goods, cleaning supplies, toilet paper and more.

All Saints Catholic Church
Main address is 628 Lime City Road
Rossford, Ohio 43460
Dial (419) 666-1393
Resources range from food, utility bill help, gasoline vouchers in an emergency, and more. For more suggestions or locations on food programs, call 419.242.5000. Referrals are given to everything from local pantries to churches or holiday meals or gift programs.
## Family Recipe Card

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**Notes**

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References
WITH GREAT APPRECIATION TO THE STAFF OF THE FALCON FOOD PANTRY