

2020 HOLIDAY COOKBOOK

by
STUDENTS
of
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Tabbouleh

from Aisha

Aisha and Farah's Lebanese Tabbouleh Recipe



Ingredients Needed To Make Lebanese Tabbouleh:

- 5 Bunches of Green Onions
- 4 Bunches of Curly Parsley
- 4 Tomatoes
- 3-4 Lemons
- ½ cup of Cracked Wheat (Soft Bulgur)
- Salt
- Black Pepper
- Tablespoon of Dried Mint
- Olive Oil
- All Spice

1. Grab the 3-4 lemons and using a citrus juicer make lemon juice. Pour this lemon juice over a ½ cup of cracked wheat and leave in fridge.
2. Submerge curly parsley in a tub of cold water for 1 hour. Strain the water to remove any particulates and repeat process 2-3 times.
3. After you have strained and cleaned the curly parsley it is time to dry out the parsley. Place the wet parsley on paper towels and allow 1 hour to dry.
4. On a cutting board finely chop the curly parsley as shown in the two images below and place in bowl upon completion:



Grandma, Aisha, and Farah Chopping Curly Parsley Finely on Cutting Board



Dried Chopped Curly Parsley Poured Into Bowl

- Rinse tomatoes and chop into little cubes. Add the finely diced tomatoes onto the dried chopped parsley as shown in the image below:



Illustration of Finely Chopped Tomato On Top of Chopped Parsley

- Chop the bunches of green onions into scallions and place on top of parsley/tomato mix (see images below):



Mix of Parsley, Green Onions, and Diced Tomatoes in the Tabbouleh Mix

7. Grab the mixture of cracked wheat and lemon juice from the fridge and place on top of the current salad mix as shown below:



Parsley, Green Onions, Tomato With Lemon Soaked Cracked Wheat

8. Add a tablespoon of dried mint to the salad and pour some olive oil onto the salad as well.
9. Sprinkle salt, pepper, and all spice onto the salad
10. Mix the tabbouleh salad thoroughly. It is ready for consumption. Most Lebanese eat it with a leaf of lettuce. Bon Appetit!



Final Lebanese Tabbouleh Salad

The Ultimate DUN DUN DUN DUUUN! Chicken Noodle Soup

The Magical Ingredients:

- 2 tablespoons butter or olive oil
- 1 medium yellow onion, chopped
- 2 large carrots, peeled and chopped
- 3 celery stalks, chopped
- 4 cloves of garlic, peeled and minced
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 64 ounces (8 cups) low-sodium chicken stock or broth, plus more if desired
- 1 pound skinless, boneless chicken thighs (4 or 5 thighs)
- 6 ounces wide egg noodles
- 2 tablespoons fish sauce
- 1/4 cup fresh parsley leaves, finely chopped
- Salt and pepper, to taste

Serves 4 to 6

The Steps to Surprise Your Taste Buds!

This Asian fusion style chicken noodle soup is our family's absolute weekend lunch time favorite during the fall and winter seasons, since it warms you right up to the core. It's loaded with veggies, protein, and flavors, and it fills the house with the aroma of a healthy and delicious dish that's enough to make you start to salivate. This ultimate comfort food transforms the kitchen into the most enticing place of the home.

1. In a large stockpot, heat 2 tablespoons butter or olive oil over medium heat until sizzling. Add the chopped onion, carrots, and celery, season with salt and pepper to taste, and saute with a spatula for 6 to 8 minutes, until the vegetables are tender.
2. Add the minced garlic, bay leaves, and dried thyme, and continue to saute for another 2 to 3 minutes. Slowly pour 48 ounces (6 cups) of chicken stock or broth to the pot, cover with the lid, and bring to a boil over high heat.

3. Submerge the chicken thighs in the broth. When the broth starts to boil again, reduce the heat to maintain a very gentle simmer. Note: half cover the pot with the lid. That's the trick to achieve the most juicy and tender chicken meat! Simmer for approximately 20 minutes until the chicken thighs are fork-tender. Spoon out the chicken thighs and set aside in a large bowl.
4. Add the wide egg noodles and the leftover (16 ounces) chicken stock or broth to the stockpot, and boil the mixture for about 10 minutes, or until noodles are soft and cooked thoroughly.
5. Shred the cooked chicken thighs and quickly marinate them in the fish sauce. Add to the stockpot and boil until the chicken meat is warm through. Taste soup and add salt and pepper to taste.
6. Remove the bay leaves, and immediately serve in bowls. Don't forget to add parsley to the top of the soup for bright color and enhanced aroma.
7. Bon appetit!

SHANGHAI WONTON SOUP

Ingredients:

Shrimp, chicken meat, asparagus, green onions, ginger, wonton wrappers, salt, sugar, Shaoxing wine, water

Steps:

1. Combine all the ingredients except for the wonton wrappers in a large bowl and mix together until it has a paste-like texture.



2. Afterwards, take your wonton wrappers and place some of the paste onto it.



3. Fold the wrapper in half with the paste inside, but do not press the paste down.



4. Hold the side you folded onto and press at the edges of the paste with your thumbs. Hold the top left and top right corners with your other fingers.
5. Place a drop of water on top of one of the corners, and then place the other on it.



6. Place your wontons in boiling water for 5-10 minutes, and then put them into chicken soup. Enjoy!



Cumin Chicken Wings

from Perrie



Ingredients:

- 900gm party chicken wings
- roasted black sesame seeds

Marinade:

- 3 tsp cumin powder
- a quarter tsp coriander powder
- a half tsp five-spice powder
- a quarter tsp salt
- 1 tsp sugar
- 2 tsp shaoxing wine
- 2 tsp light soy sauce
- 2 tsp dark soy sauce
- 1 tsp sesame oilblack pepper

Recipe:

- Marinate chicken wings with all the ingredients overnight.
- Preheat the oven to 390F.
- Lightly grease a baking pan.
- Bake in the preheated oven for 10 minutes.
- Flip over to the other side. Continue to bake another 8 to 10 minutes, or until the chicken wings are cooked through.
- Sprinkle black sesame seeds.

Grilled Cheese Sandwich

from Kevin

Grilled Cheese Sandwich Recipe (by Kevin)

1. Gather the following materials:
At least two (2) slices of bread
Butter
At least one (1) slice of cheese



2. Preheat the skillet over medium heat;
3. Butter one side of a slice of bread, place the bread (butter-side-down) onto the skillet's bottom and place 1 slice of cheese on top;



4. Butter a second slice of bread on one side and place it on top (butter-side-up) to make a sandwich;
5. Grill the sandwich until the bottom piece of bread is lightly browned, and then flip it over;
6. Continue grilling the sandwich until the cheese is melted and when the side that is currently on the bottom is lightly browned;
7. Take out the grilled cheese sandwich and serve on a plate. Enjoy!



Dumplings

from Jimmy

How to Make Dumplings

Ingredients:

Three cups of all purpose flour

8 Carrots

3 Eggs

1 Green onion

A bowl of Shrimps

10 Mushrooms

Soaked agaric

Water

Olive Oil

Salt

Oyster sauce



Method:

1. Mix all purpose flour with water to turn it to a dough, knead it.
2. Chop carrots, green onion, shrimp, mushrooms, and soaked agaric up into tiny pieces, then add the cooked eggs, salt, olive oil, and oyster sauce. Mix well.
3. Lightly knead dough and create a hole and open it up. Separate portions by hand or slice it with a knife. Flatten the portions and use a rolling stick to flatten it into a circle.



4. Place some fillings into the circle.

5. Level the bottom side up to the top, then close the two sides. Connect the two sides together. Then seal the remaining edges.

6. Put the dumplings into boiling water and push them with a spoon. Close the lid of the pot until the water turns to boiling water again and add cold water. Repeat until the dumplings are cooked.







Eight Treasure Rice

from Joyce

Eight Treasure Rice Recipe

by Joyce Ye

Ingredients: Grape Raisins, Dried Mangos, Red Bean Paste, Gluteus Rice, Pecans, Butter, Sugar, (by the way this isn't in order).

Step 1: Steam the Soaked Gluteus Rice with rice cooker.

Step 2: Mix the Steamed Gluteus Rice with Butter and Sugar.

Step 3: Put the Grape Raisins and small pieces of Dried Mango in the middle bowl. And some other Dried Mangos around it. Then put the Pecans around in between the Dried Mangos, then put another Pecan on top of the already put Pecan. Put Dried Mango in between.



Step 4: Put a layer of Steamed Gluteus Rice and like flatten in- or like smoothen it.



Step 5: Put the Red Bean Paste on top of the Steamed Gluteus Rice- like a layer of it, then of course you'll have to smoothen it.



Step 6: Put the last layer of Steamed Gluteus Rice on top of the Red Bean Paste and of course smoothen it.



Step 7: Lastly, steam the whole thing for about 30 minutes.

Step 8: Take it out and flip it over to another bowl (ask for grown-ups for help)



Step 9: Enjoy!



Apple Crisps

from Gavin

You can use granny smith apple to make apple crisps as an easy and healthy snack.

1. Clean the apple and cut to around 1/3-inch-thick apple slices. You do not need to peel the apple, but do need to get rid of the core and seeds.
2. Soak the apple slices in salt water (10g salt in 1000ml water) for 10mins to prevent browning of the apples. Rinse the apple slices and get rid of excess water with paper towel.
3. Lay the apple slices on rack and put in the oven. Set the temperature to 170F and dry for 2.5-3hrs. Check periodically for dryness.



4. Get the rack out of the oven and cool down for 20mins. Put the apple crisps into sealed container such as a mason jar for storage.



Cheesecake Exclusive Recipe

from Andrew

A Material:

*3 8 oz Philadelphia Cream cheese (room temperature)

*6 egg yolks (jumbo size)

*4tsp corn starch (sieved)

B material:

*6 egg whites

*4/5 cup sugar (little less than 1 Cup)

To start, set the oven to 300 degrees Fahrenheit.

1. Slightly beat the egg whites from material B and then slowly add sugar in and continue to beat until it foams. (Tip: Put the bowl with egg whites in a large bowl that has ice cubes and water while you do this step, it helps to foam faster and last longer)
2. Put the cream cheese from Material A in a separate bowl and beat to soften the texture. Then add corn starch and egg yolk. Continue to beat well.
3. Combine the ingredients together from the previous two steps into one bowl. Pour batter into a baking pan.
4. Double-layer baking pan (as shown in picture), put water on the outer layer pan to about 1/2 of its height. Then put the cheesecake pan on top of the water. When the oven reaches 300°F, put the double layer baking pan in the oven for 45-55 minutes on the top rack. Check back on the cheesecake to see if it's fully cooked by inserting a toothpick in the middle to see if it comes out clean.



*Cut into the desired size while it is warm; put in the refrigerator after the cheesecake cools down until it's cold. Then serve and enjoy.



Flan

from Lucas and Courtney

Homemade Flan

By Lucas and Courtney Tam

Musical Term: Dolce (Sweet)



Ingredients

½ liter of milk (2.1 cups)

4 eggs

125 g of sugar (1/2 cup)

1 tsp vanilla extract

Instructions

1. Preheat oven to 350 F. Melt 5 or 6 spoonfuls of sugar in a stainless-steel saucepan, enough to cover the bottom of the pot, to make caramel. Spread the caramel around the base and the sides of the pot (See Picture). Set aside.



2. In a bowl, put the eggs, milk, sugar, and vanilla extract and whisk until well mixed.

- Put the liquid into the saucepan and put into the oven in a bain-marie (See Picture, place saucepan in larger stainless-steel flat-bottomed pan in an inch of water) for an hour and 10 minutes.



- Let it cool to room temperature, then cool in the refrigerator until cold (At least 4 hours).
- Flip to large plate when ready to eat. Make sure to loosen the sides.
- Enjoy! Perfect for 4-8 servings.



Sponge Cake

from Brian and Owen

Ingredients

- 45g sugar
- 7 jumbo eggs
- 70g all-purpose flour
- 10ml lemon juice
- The thermomix cooking set

Preheat Oven to 350 degree

Step 1: Insert butterfly whisk, place eggs, sugar, and lemon juicy into mixing bowl.

Step 2: Whisk 15 minutes/40 degree/ speed 3.5



Step 3: Add flour, using 4 second/ speed 3



Step 4: Transfer mixture into spring form pan and bake immediately 35 minutes. Allow cake



to cook for 10 minutes before moving from pan.

Thanksgiving Day.



Thanksgiving Day.



Caramel Milk Tea

from Brandon and Nicolette

Ingredients for 1 cup

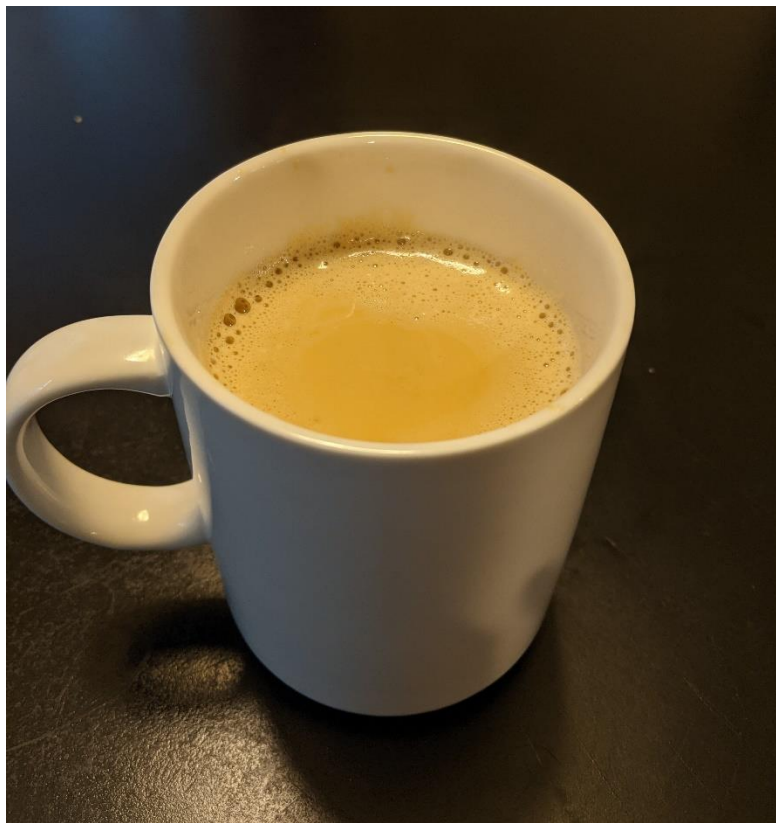
30g sugar

800ml (or the mug size) milk

1 black tea bag

Steps

1. Put the sugar in a saucepan and turn on the heat. Use the lowest heat only.
2. Slightly shake the saucepan while heating. Do not stir. Wait for the sugar to turn a caramel color, and quickly remove it from the heat.
3. Add the milk and tea bag, and bring to the boil over medium heat. The tea bag can be added later if you prefer light tea taste.
4. Enjoy! :)





Shortbread Cookies

SERVINGS: 24 COOKIES

PREP TIME: 10 MINS

COOK TIME: 15 MINS

TOTAL TIME: 25 MINS

Butter Swirl Shortbread Cookies are a great Christmas Cookie for Holiday Baking! The dough is so easy to make and uses simple ingredients. These are a classic, crisp cookie.

Ingredients

- 1 cup salted butter at room temperature (8 ounces)*
- 1 cup confectioner's sugar (4 ounces by weight)
- 1 teaspoon vanilla extract
- 2 cups all purpose flour (10 ounces by weight)
- 1 tbsp milk**

Instructions

1. Preheat the oven to 350 degrees F.
2. Place the butter, confectioner's sugar and vanilla in a large bowl, and beat with an electric mixer until combined, light, and fluffy.
3. Add the flour and mix until it's crumbly and looks like it can't be mixed more.
4. Add the milk and keep mixing. The dough should clump together after about 15 seconds.
5. Place the dough into a pastry bag fitted with a very large star tip, and pipe onto a silicone mat lined baking sheet, with no more than 12 cookies per sheet.
6. Bake the cookies for 15 minutes or until lightly golden.
7. Let them cool completely (on the tray is fine)***, and enjoy!

Notes

*If using unsalted butter, add 1/4 tsp of salt with the flour.

**Shortbreads are naturally thick and a more dry dough. If the dough doesn't come together, add another tablespoon or two of milk. Make sure to use a VERY large open tip for piping the dough, otherwise it will be too difficult to pipe it out. You can also use a cookie press instead, or even slice and bake.

***The cookies crisp more as they cool, so it's important to let them cool down for at least an hour.

Langue De Chat

from Chloe

Langue De Chat

1. Leave butter (100g) outside until its soft.
2. Whisk butter until it's soft.
3. Mix butter with powder sugar (100g).
4. Mix egg whites (50g).
5. Mix flour (100g).
6. Put the batter in the piping tube. Make 1.5inch circle on the baking sheet.
7. Bake it in 350F for 10 minutes.
8. Once they are baked, melt chocolate and make sand cookies.
9. Enjoy!



FRENCH TOAST

From Dr. Yelena

Musical term Andante Caloroso (with warmth)

A very nice breakfast before or after your morning piano practice!

Great way to use any old bread or if you want a treat use a brioche, challah bread, baguette or Italian bread.

If you need to revive an old bread, soak in the egg/milk mixture almost 30 minutes. If the bread is fresh, just a few seconds. I use the pancake grill so no frying is involved, no oil or butter. Healthy and delicious!

You can use any topping you like: syrup, jam, whipped cream, fresh berries or preserves, Nutella, bananas, or make sandwiches.

Ingredients:

2 eggs

2/3 cup milk

If you like, add

1/4 tsp vanilla,

1/4 tsp nutmeg, or

1/4 tsp cinnamon

A pinch of salt

6 slices of bread about 1/2 inch thick

If you have more bread left, make a new portion of the egg mixture and repeat all the steps.

Mix and beat slightly eggs and milk and add spices if desired.
Dip each slice of bread in the egg mixture so it is covered on both sides.
Place on the preheated grill and bake for a few minutes until golden brown on the bottom. Turn and bake on the other side. Serve warm with toppings of your choice.



Layered Rice Cake with Red Beans

from Ruohan

Layered rice cake with red beans



This is a steamed, layered rice cake with red beans. It's basically made from two ingredients: azuki beans and glutinous rice flour.

Ingredients

Serves 8 to 12

2 cups red beans (aka azuki beans) (14 ounces: 400 grams)

1 pound glutinous rice flour (1 package mochiko)

1 teaspoon kosher salt

¼ cup sugar (white, brown, or cane sugar)

Butter (you can decide how much you need – if you want it to taste creamy, add about 5 small slices, if you want it to taste less creamy, add around 2-3 slices.)

You will also need a large steamer and a large cotton cloth.



Directions

Moisten rice flour:

Put the rice flour in a large bowl.

Mix $1\frac{1}{4}$ cup cold water and $\frac{1}{2}$ teaspoon kosher salt in a small bowl and pour it into the rice flour a little by little. Mix up the rice flour and break up as many lumps as you can with a wooden spoon or rice scoop, for about 2 minutes.

To totally remove the lumps, put them between your palms, rub them together, and break the lumps apart. Mix the dry and damp flour together in the bowl. Keep doing it until all the lumps are broken and the rice flour is evenly wet.



Put all the rice flour into a plastic bag and refrigerate at least for 2 hours, and as long as overnight.



Cook the beans:

Rinse the beans in a strainer under cold running water, then drain.



Put them in a heavy pot with 5 cups of water. Cover with a lid and cook for 30 minutes over medium high heat.

Remove from the heat and let sit for 1 hour. The beans will cook in the residual heat of the hot water and expand.



After an hour, there should still be enough water in the pot to submerge the beans. If there isn't, add more.

Cook another 30 minutes over medium low heat. Check the water level about 20 minutes in. If it's too low, add a little more water so the beans don't burn. Add the butter and simmer another 10 minutes until the beans are fully cooked and easily crushed.

Crush the beans with a wooden spoon a few times. My potato smasher works perfectly, just be sure not to crush them too much. They should still be lumpy and have texture.

Add a ½ teaspoon of salt and mix everything together with a wooden spoon. Cool it down.



Prepare the rice cake to steam:

Take the steamer basket out of your large steamer and place it on the countertop so you can build your rice cake in it.

Add 2 inches of water to the steamer and bring it to a boil.

Place a large cotton cloth (or hemp cloth) in the steamer basket and put a cake ring in the center of the cloth. I use my 8 inch springform after removing the bottom and it works nicely.



Put 1¼ cup red beans into the ring and flatten it out. Evenly sprinkle 1 tablespoon sugar over top.



Add 1¼ cup rice flour to the beans and flatten it out.



Repeat 2 more times with the beans, sugar, and rice flour to make a 3 layer rice cake. Finish it with a final layer of red beans and sugar on top.



Wrap the ends of the cloth around the top of the rice cake.

Steam the rice cake:

When water is boiling, put the steamer basket with the rice cake inside the steamer. Steam over medium high heat for 40 minutes.

Reduce the heat to medium low and simmer for another 20 minutes.

Turn off the heat and remove the steamer basket. Grab the ends of the cloth and carefully lift the rice cake out of the steamer basket and on to a large cutting board. Let it cool down for 20 to 30 minutes until you can handle it with your hands



Gently pull out the cloth from underneath the rice cake. Remove the springform and cut the whole cake into quarters.



How to serve:

Separate each layer from the rice cake and serve right away with tea. If you want, put some extra sugar in a small bowl for dipping.



If you have leftovers, freeze them while they're still fresh and soft. First divide into portions, and wrap each in plastic wrap. Put the portions into another plastic bag, and freeze. Then when you want to have some rice cake, take out as many portions as you want, thaw them out at room temperature (or in the microwave for 1 minute) and serve.

Chocolate Lava Cake

from Tilman

1. Prepare a few ramekins, and you must put some type of oil that doesn't have a flavor in it, which makes it easy to make the cake come out when its done.
2. Make the chocolate cake batter, which can be done with some chocolate, flour, a bit of yeast, sugar, and a bit of milk and 2 eggs. Mix it up!
3. Spoon the batter evenly into each ramekin.
4. Preheat the oven to around 350 degrees Fahrenheit, and every few minutes check on one of them, once gooey, they are ready.
5. Turn the ramekins upside down, and slowly shake them out onto a plate/platter.
6. Add toppings such as ice cream, or some other sauces & enjoy!



Savory Butter Cookies

from Bruce

Savory butter cookie ingredients for making 30-35 cookies

1. cold or room temperature salted butter 150g (if unsalted, add salt 2g)
2. add icing sugar 30g, then beaten 3-4 minutes
3. add all purpose flour or cake flour 160g, 80g each time, twice, beaten for 1 minute
4. add 1 green onion
5. preheated oven 365°F/185°C bake for 15-17 minutes in double baking trays

