



*Brook Park
Community Cookbook*

The Brook Park Cultural Night was always a favorite school night when our Super Star Students and their families ate food together as a community. There were some crafts, some music, and there was always plenty of food! Some families brought food that they made from their kitchens. Some families picked up food from their favorite restaurants. And there was always pizza!

Since we could not eat together to celebrate Cultural Night 2021, some students and their families shared favorite dishes from their kitchens and around the world. Maybe you'd like to try something your friends eat at their home - this is the perfect time to learn! If you're out for a drive, there are dishes you can pick up to eat, while helping out a local business. Of course, there are also a couple of Cultural Night classics!

*We hope that this community cookbook can inspire you to spark your curiosity for other cultures, learn about something different, or try something new!
We look forward to celebrating together next year!*

Bon Appetit!

 *Cultural Committee
Brook Park Council*





Appetizers or Snacks



Ella's Quick Irish Soda Bread

"My grandma makes this special Irish soda bread for all of our holidays and family parties. Especially on St. Patrick's Day, this is a special treat that we enjoy as a family. When we get together for the Chicago South Side Irish Parade, everyone has their own favorite dish. My favorite dish is grandma's soda bread!"

-Ella Fowler

Ella's Quick Irish Soda Bread

Ingredients

- 2 cups sifted all purpose flour
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon sugar
- 6 tablespoons chilled shortening
- $\frac{1}{2}$ to 1 cup golden raisins
- $\frac{1}{2}$ to $\frac{2}{3}$ cup buttermilk



Preparation

- 1) Preheat oven to 375 degrees.
- 2) Sift together the dry ingredients in a large bowl.
- 3) Using a pastry cutter, cut 6 tablespoons of chilled shortening into the flour mixture, until the consistency of coarse corn meal.
- 4) Stir in $\frac{1}{2}$ to 1 cup golden raisins.
- 5) Add buttermilk gradually.



- 6) The mixture should not be dry. Knead briefly and shape into a round loaf.
- 7) Put the dough on a greased baking sheet.
- 8) Cut a bold cross on the top, letting it go over the sides so the breads will not crack in the baking.
- 9) Brush the top with milk.
- 10) Bake for 40-55 minutes.





Skordalia

(Greek Garlic Spread)

“For garlic lovers! This a great dish because we enjoy sharing lots of traditional appetizers at family parties. We have also ordered ours from Greek Islands Restaurant.”

-Lily Lauksmen

You can pick up Skordalia too!

Greek Islands Restaurant

300 E. 22nd St., Lombard

<https://greekislands.net/menus/limited-menu>

Skordalia

Ingredients

- 1 ¼ pound russet potatoes
- 6 cloves garlic
- 1 teaspoon kosher salt
- ½ lemon, juiced
- ¼ cup white wine vinegar
- ½ cup olive oil
- 1 pinch ground pepper



Preparation

1. Peel and quarter the potatoes. Add to saucepan with enough cold salted water to cover by 1 inch. Place over medium-high heat; bring to a simmer. Reduce heat to medium and continue to simmer until potatoes are tender, about 20 minutes.
2. While potatoes are cooking, combine minced garlic and kosher salt until it becomes a paste in a mortar or blender.
3. Drain and rinse potatoes.
4. Transfer the potatoes to a mixing bowl. Mash until smooth and lump free. Add lemon juice and vinegar; then stir.
5. Whisk in ½ cup olive oil. Add pepper and more salt if needed. Serve at room temperature with a warmed pita and/or bread. OPA!



Pizza Snack

"Pizza is part of our Italian culture. We all love pizza. Since Leo wants to be a chef, he created his own pizza snack that kids can make!"

-Lauksmen Family

Pizza Snack

Ingredients

- 1 flour tortilla
- 5 tablespoons tomato sauce
- 1 tablespoon shredded Cheddar cheese
- 1 tablespoon shredded Asiago cheese
- 1 tablespoon shredded Parmesan cheese
- 5 shakes Basil
- 4 shakes Rosemary
- 3 shakes Parsley
- 3 shakes Oregano

Preparation

1. Gather ingredients.
2. Spread sauce on the tortilla.
3. Sprinkle all of the cheeses evenly.
4. Add the spices evenly on the cheese.
5. Microwave for 15-30 seconds.

Mangia!





Fry Bread

"Fry Bread originated with the Navajo Native Americans, and it was eventually shared with a number of tribes that all have their own version. Fry Bread is special to our family because of all the happy memories it brings up of my dad's family attending the Oneida Powwows in Wisconsin throughout their lives."

-Camden Delgado

Fry Bread

Ingredients

- Flour
- Salt
- Sugar
- Baking powder
- Warm water
- Oil

Combine: For every 1 cup of flour add 1 teaspoon salt, 1 teaspoon sugar, 3 teaspoons baking powder.

Add slightly warm water to mix. Mix with hands until dough consistency. Add flour into bowl if it becomes too sticky.

Let dough sit in the bowl for at least 35 minutes. Make small balls and pat flat with a small hole in the middle. Place in shallow pan with hot oil. Cook until lightly brown.





Irish Soda Bread

"This recipe is important to our family because both the Byrne and Moran sides grew up having this at family parties, special occasions, and of course, St. Patrick's Day!"

-Paul, Hanna & Molly Byrne



Irish Soda Bread

Ingredients

- 1 tablespoon butter
- 4 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 ½ cup buttermilk
- ½ cup raisins



Preparation

1. Rub the butter in the flour, then add salt and baking soda.
2. Mix all the ingredients until well blended, by rubbing between your fingers. Add raisins, if you like.
3. Add buttermilk and stir into soft dough.
4. With floured hands, knead lightly into a ball and turn out onto a lightly floured baking sheet.
5. Using the palm of your hand, flatten the dough into a circle, about 1 ½ inches thick.
6. Make a cross in the center with a floured knife.
7. Bake at 425 degrees for 30-35 minutes.





Tabouli Salad

25 minutes • Serves 3-5

"This is an important dish in Lebanon. It is served at every gathering. To our family now, this has been something that I have loved eating since I was a toddler. It is very healthy, and we enjoy sitting down to eat it together."

-Leah Sonderby

Tabouli Salad

From the kitchen of Leah Sonderby

Ingredients

- *1/8 cup cracked wheat*
- *3 3/4 cups finely chopped parsley
(that's about 3 small bundles)*
- *3 chopped Roma tomatoes*
- *3 chopped green onions*
- *1/4 cup lemon juice*
- *1/4 cup oil*
- *Dash of salt*
- *Dash of pepper*



Preparation

1. *Pour cracked wheat into a bowl and cover with lemon juice.*
2. *Wash and chop the parsley, tomatoes, and green onions.*
3. *Combine all the ingredients.*
4. *After mixing, you can add more lemon juice, oil, salt, and pepper to taste.*





Lumpia

"We eat lumpia at family gatherings because it's delicious and it's an easy appetizer to pick up. They are fried spring rolls made of a crepe-like thin wrapper that usually contain savory meat. We always pick it up from a Filipino restaurant because it's easier to buy an entire tray than to make it at home! We buy our Lumpia from Lola Tining's Cuisine."

-Rukia & Rhydian Alexander

You can pick up Lumpia too!

Lola Tining's Cuisine

1141 Garfield St. Oak Park



Breakfast



Madeleine & Gabrielle Grote's Southern-Style Chocolate Gravy

"Our grandpa's chocolate gravy is our favorite food to eat on Christmas morning. It's a tradition!"

-Madeleine & Gabrielle Grote



Madeleine & Gabrielle Grote's Southern-Style Chocolate Gravy

Ingredients

- 1/4 cup cocoa
- 3 tablespoons all purpose flour
- 3/4 cup white sugar
- 2 cups milk
- 1 tablespoon butter, softened
- 2 teaspoons vanilla



Madeleine & Gabrielle Grote's Southern-Style Chocolate Gravy

Directions:

- 1) Whisk the cocoa, flour, and sugar together in a bowl until there are no lumps.
- 2) Pour the milk into the mixture, and whisk until well incorporated.
- 3) Transfer the mixture to a saucepan and cook over medium heat, stirring frequently, until its consistency is similar to gravy, about 7-10 minutes.
- 4) Remove from heat and stir the butter and vanilla into the mixture until the butter is melted.
- 5) Serve immediately...Pour on everything!



Bacon, sausage, eggs, and especially biscuits with a chunk of butter!



Daddy's Fluffy Multigrain Griddle Cakes

"Unlike your typical flour-only or boxed recipe, these pancakes are fluffy yet deeply satisfying, and will keep bellies full until lunchtime."

-Saverio Truglia

Topping Suggestions:

Warm maple syrup, Yogurt, Powdered Sugar, Lemon Juice, Butter, or Cinnamon Sautéed Apples

Daddy's Fluffy Multigrain Griddle Cakes

Ingredients

- 1 cup whole wheat flour
- $\frac{3}{4}$ cups all purpose flour
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{4}$ cup cornmeal
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon kosher salt
- 2 $\frac{1}{2}$ cups buttermilk*
- 3 large eggs
- $\frac{1}{4}$ cup unsalted melted butter
- 1 tablespoon honey

Preparation

If you don't have buttermilk, you can use regular milk with 2 tablespoons of lemon juice or white vinegar. Let thicken for 5 minutes before using.

- 1) *Combine dry & wet ingredients in two separate bowls.*
- 2) *Add wet ingredients to the dry ingredients. Mix with spatula to combine without overmixing. This is the secret - batter should have tiny lumps but "flow" slowly. Adjust consistency with milk or flour.*
- 3) *Heat a 12" seasoned iron skillet or non-stick pan to medium heat. Thinly grease with butter or vegetable oil.*
- 4) *Pour $\frac{1}{2}$ cup of batter into pan and cook for 2 -3 minutes. Flip and cook the other side the same.*
- 5) *Until everyone is at the table, warm finished griddle cakes on cookie sheet in 200F oven.*



Lunch or Dinner



Gong Gong's Family Wonton Recipe

"Our grandpa is from Hong Kong. We call him Gong Gong because in Chinese, the father of your mom is called Agong. The word Agong is the formal name, like grandfather. Gong Gong is more casual, like grandpa. Gong Gong's mom (Tai Ma) taught our Grammy how to make these dumplings. Grammy then taught our mom, and now our mom is teaching us!"

-Lucy & Ben Radziwon

Gong Gong' Family Wonton Recipe

Ingredients

- 1 lb ground pork
- 1 lb raw shrimp (finely chopped)
- 4 stalks of green onions (finely sliced)
- 2 cloves garlic (minced)
- 1 tablespoon grated ginger
- 1 can of water chestnuts (drained & chopped into small pieces)
- 3 tablespoons soy sauce
- 1 egg
- 1 teaspoon salt
- ½ teaspoon white pepper
- 2 packages of wonton wrappers

Preparation

- 1) In a large bowl, mix all ingredients together until well combined (we use our hands).
- 2) Marinate meat/shrimp mixture for 20 minutes in the fridge.
- 3) Put around 1 teaspoon of mixture on wrapper and fold dumplings according to directions on wonton package.
- 4) Boil a large pot of water. Once the water reaches a rolling boil, carefully drop about 10 dumplings at a time.
- 5) Remove with a slotted spoon or strainer. Cook in batches.



Serve with soy sauce mixed with rice wine vinegar.



Slow Cooker Jambalaya

Serves 4-6

Hazel Shell's family are Louisiana Cajun.
Jambalaya is her favorite because,
"It's the sausage!"

-Shell Family

Ingredients

Slow Cooker Jambalaya

- 1 (14.5 oz) can diced tomatoes
- 1 (14.5 oz) can beef broth
- 1 (8 oz) can tomato paste
- 2 bay leaves
- 2 teaspoons dried basil
- 1 ½ teaspoons dried oregano
- ½ teaspoon Tony Chachere's Creole Seasoning
- ½ teaspoon tabasco sauce
- ½ teaspoon salt
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon cayenne pepper
- ¼ teaspoon black pepper
- 1 medium onion, chopped
- 1 green bell pepper, seeded and chopped
- 2 celery ribs, chopped
- 4 cloves garlic, minced
- 1 lb Andouille sausage (or use kielbasa, cut into slices)
- 2 chicken breasts, cut into 1 inch pieces
- ½ lb shrimp, peeled & deveined
- 1 ½ cup white rice
- 1 tablespoon chopped fresh parsley





Slow Cooker Jambalaya



Preparation

- 1) Combine the first twelve ingredients in a 6 quart slow cooker, and stir together.
- 2) Add onion, green pepper, celery, garlic, sausage, & chicken. Stir together.
- 3) Cover crock pot and cook on LOW for 4-5 hours.
- 4) Set a larger strainer/sieve over a large bowl and pour about 75% of liquid in the crock pot through the strainer. You should have about 3 cups to cook the rice in. Add water to get 3 cups if necessary.
- 5) Return all solids to crock pot. Stir in parsley and shrimp. Cover crock pot and cook on LOW for 30 minutes.
- 6) Meanwhile, bring the 3 cups of liquid to a boil. Stir in the rice and cook according to package directions.
- 7) Add cooked rice to slow cooker and mix in. Serve.





Almost Nana's Pasta Fagioli

(As close as Mom will ever get!)

"This recipe from the Calabria Region of Italy is important to our family because my dad grew up eating his Nana's Italian food. She didn't speak English, and there were no written recipes, so anytime my mom makes something that is like those childhood flavors, it's recorded in our family cookbook."

-Saverio Truglia

Almost Nana's Pasta Fagioli

Ingredients

- 10 oz dried Northern white beans, soaked in water overnight & drained
- 2 small or 1 big onion, diced
- 2-3 garlic cloves
- 2-3 oz diced pancetta
- ½ cup dry white wine
- 8 cups chicken broth
- Small bunch of kale, leaves chopped & stems diced
- 1 ½ cups Ditalini pasta
- 1 (14.5 Oz) can crushed tomatoes
- 1 tablespoon tomato paste
- 2-3 tablespoons minced parsley
- Olive oil
- Salt & Pepper
- Grated Parmesan
- Crusty bread

Preparation

- 1) Heat a few glugs of olive oil in a large pot over medium-high heat. First, add the pancetta, then add onions and garlic a few minutes later. Clear a spot in the middle of the pot and add tomato paste. When the paste has formed a crust on the bottom of the pot, add the wine and stir to deglaze.
- 2) When wine has evaporated, add chicken broth, beans, kale, parsley, crushed tomatoes, and 1 teaspoon of Salt. Simmer for about one hour, partially covered with the lid.
- 3) When beans are close to al dente, add pasta, 2 cups of hot water, and more salt/pepper to taste.
- 4) Serve with generous helpings of parmesan and crusty bread.





Bohemian Breaded Pork Tenderloin

Serves 8-10

"This is a special recipe to us because it has been enjoyed by both sides of our family. The actual recipe was created by our Grandpa, our mom's dad. Mom's side of the family is Bohemian. They have origins in The Czech Republic, Croatia and Slovakia. This is a dish enjoyed by the entire area. Now our dad has taken over the recipe and our family continues to enjoy this yummy dish. We have shared it with his side as well."



-Olivia, Eloise, and Carter Righeimer

Bohemian Breaded Pork Tenderloin

Ingredients

- 2 lbs whole pork tenderloin
- 1 ½ cups homemade bread crumbs
(Use as needed while dredging below - do not start with the entire amount)
- 1 ½ cups Panko (Use as needed while dredging below - do not start with the entire amount)
- 1 ½ cups flour (Use as needed while dredging below - do not start with the entire amount)
- 3 eggs
- Roughly 3 tablespoons of milk
- Canola oil
- Salt & Pepper

Preparation

First, you will need (3) shallow bowls.

In these bowls, place the following ingredients:

- 1) Flour only
- 2) (3) Eggs with a splash of milk per egg - beat the mixture
- 3) Bread crumbs with panko

Next, to prepare the pork, begin by removing the silver from the pork. And then, clean the fat off. When it's clean, use paper towel to dry the pork. Lastly, salt & pepper both sides of the pork.





Bohemian Breaded Pork Tenderloin



Continued...

Once the pork is clean & dry, cut it into 1/2 to 3/4 inch disks. Lay each disk between two pieces of plastic wrap. Pound out the pork with a meat tenderizer. We recommend starting with the spiky side of the tenderizer, and ending with the flat side. The end product should be 1/4 inch oval thick pork pieces.

When all of the pork have been pounded, the three shallow bowls are needed.

First, coat the pork in the flour mixture. Shake off excess flour before placing in the next bowl.

Next, dredge the pork in the egg mixture.

Lastly, place the pork in the bread crumbs/panko mixture. Dust both sides with breading. Place on a plate (stacking is okay) until all of the pork are ready.

Time to FRY the pork...In a 3 inch rimmed frying pan (to reduce splatter), add canola oil. The oil should cover the entire bottom of the pan. Heat should be on Medium-High. Let oil heat up for 5-7 minutes. Cook dredged pork for 3-5 minutes on each side until crisp brown. When both sides are fried, place on a plate with paper towel to absorb extra oil. Continue this until all of the pork is browned - multiple layers of paper towels will be needed.

We recommend serving with mashed potatoes and corn. Enjoy!



Galumki

"This recipe is important to my family because my mom is half Polish and half Lithuanian. We eat a lot of Polish & Lithuanian food. My great grandparents were from Poland, and my great grandma was a wonderful cook with lots of Depression Era tricks to make food taste even better."

-Libby Relyea

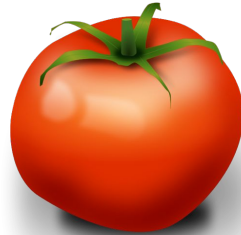


Galumki



Ingredients for Sweet & Sour Tomato Sauce

- 2 tablespoons butter
- 2 garlic cloves, minced
- 1 ½ quart crushed tomatoes
- 1 can Campbell's Tomato Soup
- 2-3 tablespoons white wine vinegar
- 1-2 tablespoons sugar
- Salt & Pepper



Ingredients for Cabbage Rolls

- ¼ cup butter
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- Splash of red wine
- 2 tablespoons fresh flat leaf parsley
- 1 lb ground beef
- 1 lb ground pork
- 1 egg
- 1 ½ cup steamed white rice
- Salt & Pepper
- 2 large cabbage heads



Galumki

Make the sauce: Melt butter in large saucepan. Add garlic and saute for one minute. Add tomatoes and Campbell's soup, stirring occasionally, around 5 minutes. Add vinegar and sugar - simmer until sauce thickens, about 5 minutes. Season with salt and pepper (or more sugar and vinegar to your taste of sweet-sour). This sauce is generally on the sweeter side with a bit of sourness from the vinegar. Remove sauce from heat.

Make the filling: In a skillet, melt 1/4 cup butter. Saute onion and garlic until soft, about 5 minutes. Add tomato paste, wine, parsley, 1/2 cup of the sauce you made and mix all, then remove from heat. Combine raw meat in large bowl with egg, cooked rice, and this onion mixture. Toss gently with hands to combine, season generously with salt and pepper.

Prep the rolls: Prepare cabbage leaves by boiling a LARGE pot of salted water. Remove outer damaged leaves from cabbage and core the cabbage. Then place the entire head of cabbage in boiling water and remove leaves as they soften and loosen, one by one. This takes a while, as you want to make sure they are soft and pliable. Place cooked leaves in a colander, and run under cool water. Lay out on your counter. Cut out any tough stems (center veins) with a sharp knife.

Use any ripped or unusable cooked leaves to cover a 9x13 Pyrex pan bottom, hanging leaves over the edges so you can fold them over later. I usually use the smaller, inner leaves that are too tiny to make rolls with. If you don't have any to use, you can loosely cover the pan with foil after the next step instead to seal in moisture.

With each good cabbage leaf, place approximately 1/2 c of meat filling. If leaves are larger, place a bit more (smaller, place a bit less). Fold sides over, then roll up from bottom, tougher end where you cut the stem out to the top - Similar to rolling a burrito. Place rolls in Pyrex pan. Cover rolls with sweet-sour tomato sauce. Fold over any cabbage leaves to hold in steam (or use foil trick from above). Bake at 350 for one hour. If your pan is very full, you may want to put it on a cookie sheet in case the sauce boils over. Freezes well, so I usually make a double batch and freeze half.



Kugelis

"This is a Lithuanian dish, it's important to our family because my great grandparents, grandparents, and parents make this all the time since it's a popular dish from Lithuania."

-Dylan King

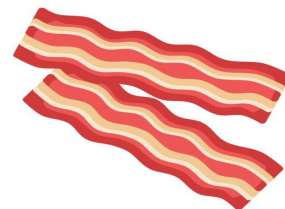
Kugelis

Ingredients

- 5 lbs white potatoes
- 1 lb bacon
- 1 teaspoon salt
- 1 small onion
- 1 can Milnot Milk
- 1 tablespoons bacon grease

Preparation

- 1) Peel and finely grate potatoes and onion.
- 2) Fry bacon and crumble into a bowl with the potatoes. Add Milnot milk, salt, and grease. Mix well.
- 3) Pour into 9x13 pan.
- 4) Bake for 1 hour at 375 degrees.
- 5) Let set for 20 minutes before serving.
- 6) Serve with sour cream and enjoy!





Cabbage Rolls

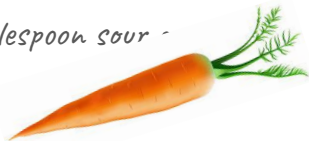
"This dish consists of cooked cabbage leaves wrapped around a variety of fillings. We usually eat this on Christmas evening without any meat in it."

-Zenoviy Tumkiv

Cabbage Rolls

Ingredients

- 6 cups medium grain cooked white rice
- 2 medium cabbages
- 1 lb ground pork
- 1 lb ground turkey
- 2 large eggs
- 6 medium carrots
- ¼ cup white vinegar
- Olive oil
- 1 tablespoon butter
- 1 tablespoon sour -
- Salt



Preparation

- 1) Rinse 2 cups white rice and cook in 3 ½ cups water with 2 tablespoons of olive oil and 1 teaspoon salt. Cover and simmer for about 20 minutes, or until all of the water is absorbed. Or do the same thing in a rice maker.
- 2) Fill ¾ of a large soup pot with water. Bring to boil. Add ½ tablespoon of salt and 4 tablespoons of vinegar.
- 3) Peel and discard the top two leaves from each cabbage. Use a knife to cut out the core of each cabbage. Put first cabbage in water, cork down, for about 5 minutes, then rotate and continue cooking another 5-6 min. You will pull off leaves as they begin to soften.
- 4) The leaves will cook faster if they are pulled apart. Remove the leaves to a platter to cool when they are done. You know they are done when they are soft and yellowish and larger leaves will turn a dull green. Repeat with the second cabbage, adding more water if needed.



German Spaetzle

"We recently started cooking food from our backgrounds. While cooking German food is not part of our family tradition, we decided to explore these dishes as a way of exploring our backgrounds."

-Hugh & Louisa Holmes



German Spaetzle



Ingredients

- 4 cups all purpose flour
- 2 teaspoons salt
- 8 large eggs
- ¾ cup milk

Preparation

1. In a bowl, whisk together the flour, eggs, milk, and salt. Stir until the batter is well combined and develops bubbles. You can also use a mixer. The batter should neither be too thin nor too thick or it will be difficult to make the spaetzle with your spaetzle maker. Let the batter sit for 5-10 min.
2. Put a colander into a bowl to drain the Spaetzle once cooked and bring a large pot of water over high heat to a boil, add about 1 Tbsp of salt to the water, and reduce temperature to a simmer.
3. Press batter through a spaetzle maker, a large holed sieve or colander into the simmering water.
4. Work in batches, after using about 1/3 of the batter stop adding new spaetzle and let them cook for about 2-3 minutes, or until they float to the top. Stir occasionally. Use a slotted spoon to transfer the spaetzle to the colander so that excess water can drip off.
5. Serve the spaetzle immediately or saute them in butter to crisp them up a little. If you don't serve or saute them right away, add 1 or 2 Tbsp of butter to the hot spaetzle to prevent them from sticking together.



Hamburger Stroganoff

“This recipe is from the German side of our family. It’s important to us because it’s made with love, and by family. Whenever we eat it, we’re reminded of the great times we had together. This was our mom’s favorite meal when she was little. My dad makes it for us whenever we need to get warmed up, or whenever we are feeling sad.”

-Noah & Mateo Tovar

Hamburger Stroganoff

Ingredients

- ½ cup onion, minced
- 1 clove garlic, minced
- ¼ cup butter
- 1 lb ground beef
- 2 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- Fresh or 1 can mushrooms, if desired
- 1 can (10.5 oz) mushroom soup - undiluted
- 1 cup Breakstone sour cream
- Milk to thin, if needed

Preparation

Saute onion and garlic in butter over medium heat. Add meat and brown. Add flour, salt, pepper and mushrooms. Cook 5 minutes. Add soup; simmer uncovered for 10 minutes. Stir in sour cream and heat through. Serve with noodles or rice. Makes 4 to 6 servings.

Beef can be used instead of hamburger. Leftover steak, beef roast or any fresh beef. Slice into strips or cubes, whatever you desire. Great way to use up leftover meat.





Pan Fried Perch and Angel Hair Pasta

“Perch is significant in our family because we are a fishing family. We regularly eat what we catch, like Perch caught out of Lake Michigan. It’s similar to European perch caught in the marinas of the southern coast of the Baltic Sea. During Lent, when we don’t eat meat, we eat fish. Serve with spaghetti!”

Our family dinners include traditional Eastern European main course with an Italian side dish. We are both Eastern European and Mediterranean, so this mean is a fusion of both sides of our family’s culture.”

-Sophia & Joey Paris

Pan Fried Perch and Angel Hair Pasta

Ingredients

- 1 lb fresh water Perch fillets
- 1 egg
- 1/3 cup olive oil
- BREADING
 - 1 1/2 cup flour
 - 1/12 tablespoon Goya All-Purpose seasoning or Salt
 - 1 tablespoon Black Pepper
 - 1 tablespoon Onion powder
 - 1 teaspoon Garlic powder
 - 1 teaspoon Paprika
 - 1 teaspoon Cayenne
 - 1 teaspoon Old Bay seasoning

Preparation

Rinse fresh or thawed perch fillets in cold water and pat dry with paper towel (set aside). Whisk one egg in medium-sized bowl (set aside). Mix flour and spices in a larger ziplock bag or medium-sized bowl (set aside).

Heat olive oil in the pan until it reaches approx 350 degrees. A thin layer of oil should cover the bottom of the pan. Add more oil if the bottom of the pan is not covered. Do not allow oil to smoke. If it does, you have exceeded the optimal temp for frying the fillets.

Place your fish fillets in the bowl with the mixed egg. Coat each fillet with egg, and one by one, toss your fish into the flour batter and bread the entire fillet. Then place your fillets in the hot oil once it has reached the optimal temperature.

Once the fillets are in the pan, cook until golden and crispy on one side, then turn the fish and cook the other side. Perch fillets and other panfish make small fillets and they fry fairly quickly

Transfer fully cooked fillets to a baking sheet or a sheet of foil lined with paper towel. The paper towel will aid in removing excess oil. Serve immediately or place fillets on a baking sheet, then keep warm in the oven to stay crispy until they are ready to be eaten.

Serve with Angel hair pasta and tomato sauce!



Foushi's Famous Stuffed Shells

"Mom's killer stuffed shells are delicious! The Sphingi is a Sicilian recipe and comes from my mom's side of the family. The meatball recipe is special because it's been handed down from my great great grandmother, and it started a family meatball competition!"

-Angelo Foushi

Foushi's Famous Stuffed Shells

Ingredients

- 16 oz Ricotta cheese
- ½ cup Mozzarella cheese
- ½ cup Parmesan cheese
- 1 Egg
- Garlic powder, to taste
- Parsley, to taste
- Fresh spinach, if desired
- Red pepper, if desired
- 1 box stuffed shells (or Manicotti)
- 1 Jar tomato sauce

Preparation

- 1) Combine ricotta, mozzarella cheese, parmesan cheese, egg, garlic, parsley, spinach, and red pepper together.
- 2) Boil pasta as instructed on box.
- 3) Add layer of sauce to bottom of baking dish
- 4) Stuff shells (once cooled) with ricotta mixture and place in baking dish
- 5) Top with sauce
- 6) Cover with mozzarella
- 7) Bake at 350 degrees for 30 mins.



Foushi Meat-a-Balls

Ingredients

- 2 lbs Ground Beef
- 1 teaspoon salt
- 2 Eggs
- ½ cup seasoned bread crumbs
- ½ cup Parmesan cheese
- ¼ teaspoon garlic powder
- Black pepper, to taste
- ¾ cup milk

Preparation

- 1) Mix all together until blended.
- 2) Heat frying pan to medium.
- 3) Add vegetable oil to bottom of pan.
- 4) Form meat into balls and place carefully into pan.
- 5) Brown meat on all sides.

When you're ready to eat, place meat-a-ball into red sauce!



Foushi Spinghi (Fried Dough)



Ingredients

- 1 small cake yeast ($\frac{1}{2}$ oz)
- 2 small eggs
- $\frac{1}{4}$ stick margarine
- $\frac{1}{4}$ stick butter
- 1 cup milk
- 2 cups flour

Preparation

1. Warm milk with margarine and butter.
2. Add Yeast to cooled milk and mix.
3. Beat eggs and add to cooled milk/yeast mixture.
4. Stir in flour and let rise.
5. Fry in deep fryer.



Ally's Family Spaghetti



"This is my great grandma's spaghetti. I hear some many memories about my great grandma from my mom and papa (grandpa). I wish I could have met her because she seems like an amazing great grandma, grandma, and mom. I am sharing a picture of my great grandma and a picture of my papa and I cooking together. I love helping my papa cook."

-Ally Owen

This is a secret family recipe!



Gordita

"Gorditas were first made in the 1500's. People mostly make them for a snack or for breakfast, but our family likes to eat them for lunch or dinner. A gordita is somehow similar to a small stuffed taco that is fried, baked, or grilled - then stuffed with various ingredients. Gorditas use the same ingredients as sopas (another Mexican dish), but sopas have the fillings on top."

-Jacob & Dominic Zamora

How to Make Gorditas

Ingredients

- 3 cups Masa (corn flour)
- $\frac{3}{4}$ cup water
- 2 teaspoons baking powder
- 1 teaspoon salt
- $\frac{3}{4}$ cup of softened butter or you can use Olive oil



Preparation

- 1) First, mix the Masa, water, salt, butter, and baking powder together.
- 2) Next, use your hands to make some balls.
- 3) Put plastic wrap on both sides of a tortilla press or two plates.
- 4) Put the Masa ball on the bottom of the tortilla press, or one of the plates. Then, push down the tortilla press, or the other plate, until your Masa ball looks like a thick tortilla (you don't want it too thick or too thin).
- 5) Put a little bit of oil or butter on a skillet, then put the gorditas on the skillet. Cook it for 2-3 minutes on each side.
- 6) Finally, cut the gordita until there's an opening so you can put your favorite fillings in.



Gordita Fillings



- *Papas con chorizo: potatoes and Mexican sausage*
- *Huevos con chorizo: eggs and Mexican sausage*
- *Refried beans and cheese*
- *Ground beef and salsa*
- *Carne Asada: steak*
- *Nopales with eggs: Cactus with eggs*



Chicken Tamales

"Tamales make us think of family. This Mexican dish is a part of our family, as we bring this to many of our family visits and celebrations. We enjoy them together, and the tamales bring us together around a table to share stories and connect."

-Natalia Phipps

Chicken Tamales

Ingredients

- Corn husks
- Masa flour
- Shredded chicken
- Chicken bouillon
- Cilantro
- Cumin
- Red pepper

Preparation

1. Puree and mix the chicken and the spices into a shredded chicken and Masa dough.
2. Fill the corn husks with mixture and fold.
3. Steam for about one hour.

Delicious!





Traditional Italian Meatballs & Gravy with Angel Hair Pasta

"This Italian meal is so important to our family because of tradition. Although not a secret recipe, it is one that has been handed down from generation to generation. We usually start cooking on a Sunday morning, by late afternoon our family is ready to sit down to eat. The most important part of this meal is that we are able to sit down and have good conversation, enjoy good laughs, and we're able to share time with family and friends."

-Olivia Angaronne



Angaronne Family Meatballs



Ingredients

- 1 lbs Ground Beef
- 1 lb Ground Pork
- 6 cloves garlic, minced
- 1 cup fresh parsley, chopped
- 3 Eggs
- 2 cups breadcrumbs
- 1 teaspoon red pepper flakes
- 1 cup grated Romano Cheese
- Olive oil
- Salt & Pepper, to taste

Preparation

1. Put all ingredients in a large bowl, mix thoroughly with clean hands.
2. Roll mixture into 4-inch round balls.
3. In a heavy bottom pot (about 8 quarts) coat the bottom with olive oil about 1/8 inch, turn heat up to medium.
4. When oil is hot, add meatballs a few at a time, brown both sides...do not burn.
5. When both sides are brown, remove meatballs from the pot, meatballs do not have to be fully cooked, set aside and prepare the gravy.

Angaronne Family Gravy

Ingredients

- 8-10 cloves garlic, minced
- 2 small cans of tomato paste
- 2 large cans whole peeled tomatoes
- 1 large can crushed tomatoes
- 1 cup red wine
- 1 tablespoon red pepper flakes
- ¼ cup Olive oil
- Salt, to taste

Preparation

1. In same pot that you browned the meatballs in, add 1/4 cup olive oil, add minced garlic, and sauté a few minutes until toasted and aromatic. Keep heat medium. Do not burn the garlic.
2. Quickly add the tomato paste and sauté for a few minutes. The tomato paste will take on a rich rusty color, this will bring out the natural sugars in the tomato paste.
3. Add the red wine to deglaze the pan.
4. Quickly add the whole peeled tomatoes and the crushed tomatoes and red pepper flakes.
5. Bring to a small simmer.
6. Keep stirring gravy.
7. After a few minutes, add your meatballs.
8. Keep on low heat on the stove for a few hours.
Come back to stir every 15 min or so.



Our family likes this dish served with Angel hair pasta, fresh grated Romano cheese & warm, crusty, buttery, garlic bread.



Desserts



Brigadeiro

“As my mom grew up in Brazil, my grandma always baked her a cake, and made brigadeiro for her birthdays. They rolled the brigadeiro together as a family the day before the birthday celebration. I was born here, but I’m half Brazilian so it’s very important for my mom that I learn the culture, and understand the traditions. Every year, the day before my birthday, my mom and I make brigadeiros.”

-Leandro Alger

Brigadeiro

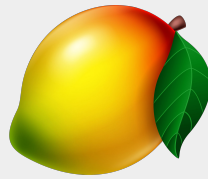
Ingredients

- 1 tablespoon butter
- 14 oz sweetened condensed milk
- ¼ cup milk chocolate chips
- 1 cup chocolate sprinkles, as needed

Preparation

1. In a pot over low heat, melt the butter, condensed milk, and chocolate.
2. Stir continuously until you can see the bottom of the pot for 2-3 seconds when dragging the spatula through.
3. Pour onto a greased plate, then chill for 1 hour.
4. Shape and roll the chilled mixture into balls.
5. Roll the balls in chocolate sprinkles.



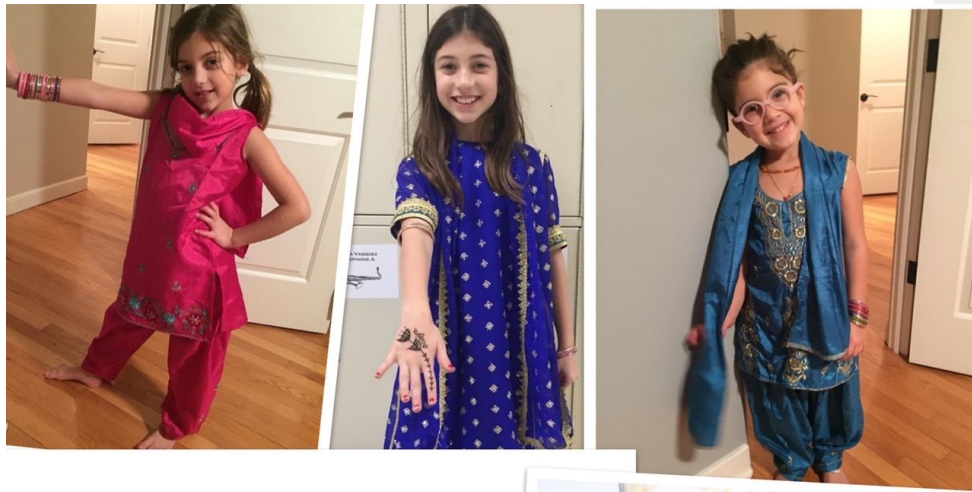


Mango Lassi

"We love mango lassi because it's easy to make and it reminds us of India. When we drink lassis in India, it's refreshing in the heat. Mangoes are sweet and very Indian. Mango lassis is a taste of home."

-Isla & Elise Feurstein

This delicious drink is a Cultural Night classic!



Mango Lassi Recipe

Blend:

1 cup mango pulp

1 cup plain yogurt

1/2 cup milk

1-2 tap sugar to taste



Angaronne Family Chocolate Gelato



Ingredients

- 2 cups whole milk
- 2 tablespoons cocoa powder
- Pinch of Sea Salt
- 1 cup bittersweet chocolate chips
- 4 large Egg yolks
- 1 cup sugar, divided
- 1 teaspoon vanilla extract
- 2 tablespoons strong brewed coffee

This gelato is served after the Meatball & Gravy Pasta Dinner!

Preparation

1. In a small bowl whisk $\frac{3}{4}$ of sugar and the cocoa powder, then set aside.
2. Pour milk in heavy bottom medium saucepan, add sugar and cocoa mixture, then whisk thoroughly. Cook on medium heat until 185 degrees. Continue to cook for another five minutes, but stir constantly.
DO NOT BOIL.
3. Remove from heat. Add chocolate chips, stir until melted, and set aside.
4. In a small bowl, whisk eggs and remaining sugar until thick and foamy. Temper the eggs in the hot chocolate mixture. Then add the remaining eggs to the hot chocolate mixture. Constantly stir over medium heat with a wooden spoon until 185 degrees *DO NOT BOIL*. Once desired temperature is achieved, remove from heat and set aside.
5. In a stainless steel bowl that is on a cold ice water bath, add the heavy cream. Set a mesh strainer on top of the bowl and add the hot chocolate mixture. Add the vanilla extract and coffee, then stir until completely blended.
6. Cool mixture for 30 minutes, turning every 5 min.
7. Cover the bowl with plastic wrap and let set in the fridge overnight.
8. On the next day, process using the instructions for your ice cream maker.
9. Serve in bowl with fresh bananas and vanilla wafers!



Kolache Cookies

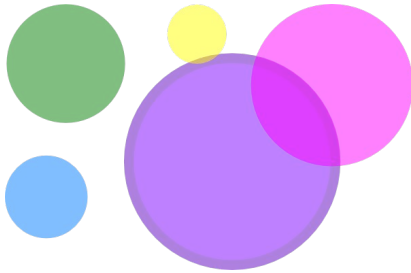
"We chose to make Kolache cookies because our mom used to make them with her family when she was a child. Our great grandparents came to Chicago from Lithuania, and this was a favorite treat. The Kolache cookie received its name from the old Slavonic word "kolo" which means circle or wheel. The cookie is a circle of sweet pastry with a fruit center. It is a popular dessert of many central European cultures including Lithuanian, Polish, and Czech."

-Alexandra & Bianca Jacobucci

Kolache Cookies

Ingredients

- $\frac{1}{2}$ cup butter, softened
- 3 oz cream cheese, softened
- 1 $\frac{1}{4}$ cups all purpose flour
- $\frac{1}{4}$ to $\frac{1}{3}$ cup jam, chilled
- $\frac{1}{4}$ cup confectioners sugar



Preparation

1. In a mixing bowl with an electric mixer, combine the butter and cream cheese; beat until fluffy.
2. Add flour to the mixture and blend well.
3. Shape the dough into a disk and wrap in plastic wrap. Refrigerate for 20 to 30 minutes.
4. Heat the oven to 350 F.
5. Lightly grease a baking sheet or line with parchment paper.
6. Roll dough to $\frac{1}{8}$ -inch thickness on a lightly floured surface.
7. Use a small juice glass to cut out approximately 2 inch circles from the dough.
8. Place them about 1 $\frac{1}{2}$ inches apart on the prepared baking sheet.
9. Spoon $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon jam onto the center of each cookie.
10. Bake at 350 F for 12 to 15 minutes.

Tip: Be careful to overfill the center, as it will leak out onto cookie sheet. Thicker jams work best to avoid running.



Sugar Cakes

"This is our great grandma's recipe that mom makes for holidays and let's us decorate special with fun sprinkles! They're soft like cake but still cookies! They smell delicious and are fun to make!"

-Colin & Ashley Werth

Sugar Cakes

Ingredients

- 2 tablespoons vanilla
- 5 cups flour
- 2 cups sugar
- 1 teaspoon baking soda
- 3 Eggs
- 2 sticks butter
- 1 cup buttermilk

Preparation

1. Preheat oven 325 degrees.
2. Soften the butter.
3. Mix the sugar, eggs, and butter to a cream.
4. Slowly add in the dry ingredients.
5. Add the vanilla and buttermilk.
6. Bake for 12 minutes until the edges are slightly brown.





Paczki

"Paczki, pronounced puhnh-kee, are Polish desserts. It's deep fried dough filled with jellies or cremes. Paczki Day is celebrated before Ash Wednesday. In Poland, they celebrate it on the Thursday before Ash Wednesday. In America, it is on Fat Tuesday. The reason for making paczki was to use up all the lard, sugar, eggs and fruit because you couldn't eat those during lent.

We never make them. We get ours from a bakery, usually always Weber's. They are the best and so very yummy."

-Joey Radtke

Paczki



You can pick up paczki from Weber's Bakery too!

Weber's Bakery

7055 W Archer Ave, Chicago

<https://www.webersbakery.com/>



Marzipan Sprinkle Hamantaschen

"In our house, we celebrate the Jewish holiday of Purim. This weekend we made Hamantaschen, which are cookies we make on this holiday to represent the hat of Haman, the bad guy in the story. Purim is one of the most entertaining Jewish holidays. It commemorates the time when the Jewish people living in Persia were saved from extermination by the courage of a young Jewish woman, called Esther. Haman wore a tri-cornered hat, so we make cookies in that shape. They can be filled with anything, usually jelly or chocolate. This year, we made some Hamantaschen filled with marzipan and sprinkles."

-Hannah & Lucy Arnoldt

Marzipan Sprinkle Hamantaschen

Ingredients

For the dough:

1 batch of hamantaschen dough from [The Breads Bakery](#) book or [Modern Jewish Cooking](#).

Feel free to use the rolled cookie dough of your choice.

For the filling:

- *2 cups almond flour*
- *1 cup sugar*
- *¼ teaspoon kosher salt*
- *2 large eggs, separated*
- *1 teaspoon almond extract*
- *1 tiny splash rosewater, optional*
- *All purpose flour, for dusting*
- *Lots of sprinkles (mix sanding sugar and cylinder sprinkles)*
- *6 tablespoons raspberry or cherry jam*



Marzipan Sprinkle Hamantaschen

Preparation

1. *Make your dough, and refrigerate it for the amount of time listed in the directions.*

Preheat the oven to 350°. line two baking sheets with parchment and set them aside.

2. *To make the marzipan filling, in a large bowl, combine the almond flour, sugar, and salt. In a separate small bowl, combine the egg whites, almond extract, and rosewater, if using. Add this to the dry ingredients and stir with a wooden spoon or rubber spatula until combined. It always seems like there won't be enough liquid at first, but keep on stirring until it comes together into a dough. (If you're preparing this in advance, at this point you can wrap it tightly in plastic wrap and refrigerate it for up to two days.)*

3. *On a work surface, roll out the marzipan until it is 1/4" thick, dusting with additional almond flour or all-purpose flour if it gets sticky. Cut out 1 1/2" circles with a round cookie cutter. If you don't have a 1 1/2" cookie cutter you can simply roll little balls by hand and flatten them into circles. In a small bowl, make an egg wash by whisking together the egg yolks and a splash of water. Brush the marzipan circles with egg wash and dip them in sprinkles so that the tops get evenly coated. Set them aside.*



Marzipan Sprinkle Hamantaschen



Preparation

4. *Dust your surface with more flour, if needed, and roll out your hamantaschen dough until it is 1/8" thick. Cut out 3" circles, re-rolling scraps as needed. Brush the tops with egg wash, place a 1/2 tsp jam in the center and then top with a marzipan sprinkle circle. Fold the edges up to form a triangle shape and pinch the corners firmly to seal. Place on the baking sheets, 1" apart and bake until the bottoms are lightly browned. Begin checking for doneness at 13 minutes. Let cool slightly and enjoy!*





Kolaczki and Bohemian Coffee Cake

“This kolaczki recipe is one we make for every occasion. Kolaczki (a typical Polish cookie) recipes can be complicated but this was one our mom learned to make first for our family. Then we have an old Bohemian recipe from our grandmother. This is the cake we make every Easter Sunday when we come together for breakfast.”

-Griffin & Hunter Yena

Kolaczki Mrs. Raines

Ingredients

- ½ cup butter or margarine
- 1-3 oz cream cheese
- 1 cup flour, sifted

Preparation

1. Mix butter and cream cheese with a pastry fork.
2. Roll out the dough very thin on a floured board.
3. Cut into squares or circles, and put 1 teaspoon of filling in the center.
4. Place on an ungreased cookie sheet.
5. Bake at 375 degrees for 15 minutes.





Bohemian Coffee Cake

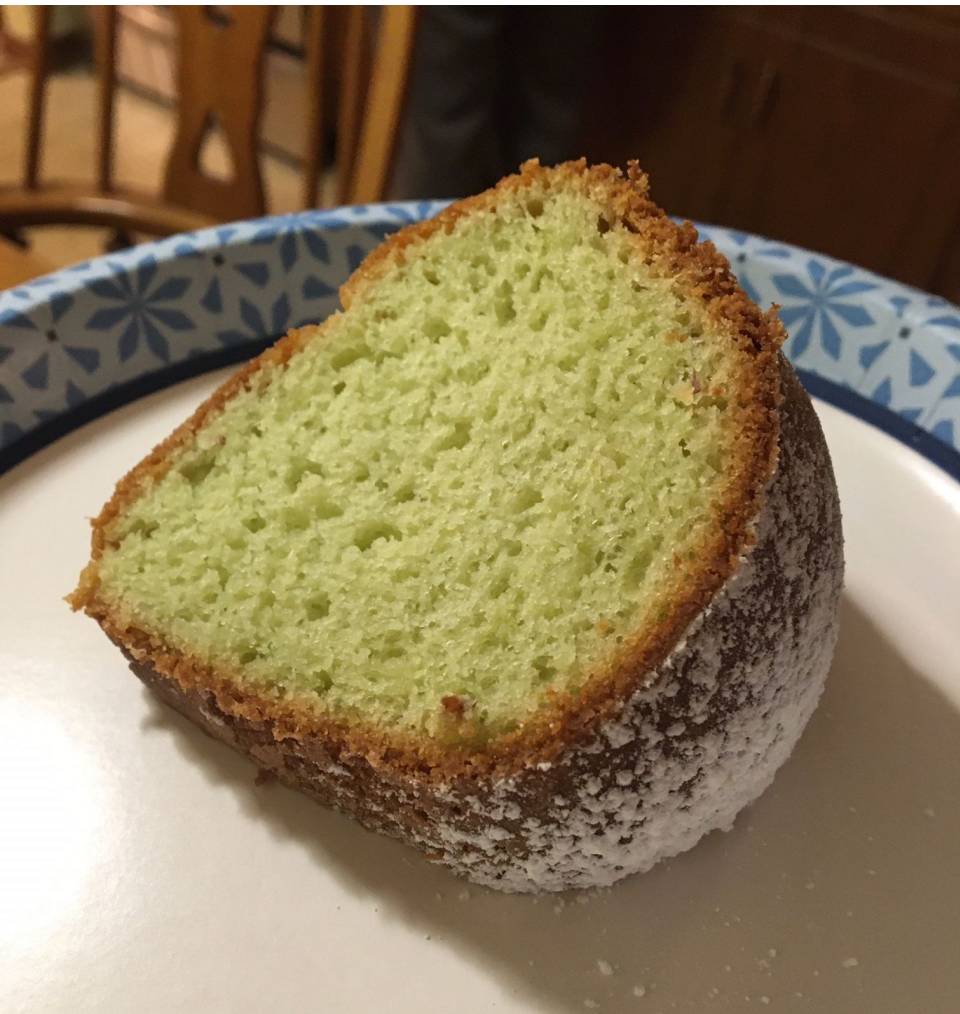
Ingredients

- 1 cup granulated sugar
- 1 cup brown sugar
- 3 cups all purpose flour, sifted
- 1 cup butter
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 Eggs, well beaten
- 1 cup buttermilk
- 1 cup chopped walnuts,
optional

Preparation

1. Mix sugar and flour. Cut butter in as for pie crust.
2. Measure 1 cup of mixture, and set aside for topping.
3. To remainder, add baking soda and salt. Mix thoroughly.
4. Add eggs and buttermilk, then beat until smooth.
5. Spread in a greased and floured 9x13x2 inch pan.
6. Sprinkle 1 cup of crumb mixture and nuts on top.
7. Bake at 375 degrees for 25 minutes.





Pistachio Pudding Cake

"This easy cake is perfect for springtime or celebrating St. Patrick's Day. It can be made into a pan, layer cake, or cupcakes. It's easy for kids to prepare with parent's assistance."

-Sophia & Joey Paris

Pistachio Pudding Cake

Ingredients

- 1 box Duncan Hines White Cake Mix
- 1 box Jello Pistachio pudding Mix
- Powdered sugar, optional



Preparation

1. Follow box cake recipe.
2. Add one box of Jello pistachio pudding mix to the batter, then mix well.
3. Pour into bundt pan.
4. Bake for the time and temperature that is recommended on the cake box for the correlating pan size.
5. Top with powdered sugar.





Napoleon Cake

“Named after the 19th century conqueror, the Napoleon Cake is a decadent dessert from Russia where our mom is from. It was a special dish that she always asked for on her birthday as a child, and still requests now for her special day. It contains condensed milk, which is a special treat for Russian children.”

-Richard & Luke Cline

Napoleon Cake

Ingredients

Layers

- 1 cup butter
- 1 cup sour cream
- 3 cups flour

Cream

- 2 cans condensed milk
- 2 cups butter

Preparation

1. Preheat oven to 400 degrees.
2. Envelope ingredients for the layers together.
3. Separate the dough into 10 portions and chill for a few hours.
4. In a bowl, whip the condensed milk and the butter together until you have a fine cream, then chill.
5. On parchment paper or a baking mat, roll out one portion of the dough into a very thin, circle shaped layer that's about 10 inches around. It should be thin like paper.
6. Then use a fork to poke small holes in each layer (about 20 times) to keep it from puffing up unevenly.
7. Bake for 10-13 minutes. The layers need to look yellow.
8. Do this for each portion of dough and repeat 10 times until all your cake layers are baked.
9. Cool all of the cake layers completely. Spread chilled cream on each of the layers as you stack them on top of each other.
10. The cake needs to sit overnight outside of the refrigerator for the cream to saturate.



Please note that this cake is very rich, so one piece is usually all you can eat!

This decadent cake is a Cultural Night classic!



Halo Halo

“This is our mom’s favorite Filipino dessert, and it’s perfect for hot summers. In Tagalog, Halo Halo means “Mix Mix.” There are many recipes that use different fruits, while some even put a small slice of “leche flan” on top with the Ube ice cream. Ube is purple yam, and is a very popular ice cream flavor.”

-Rukia & Rhydian Alexander

Halo Halo

Ingredients

- Sweet red beans (mungo)
- Sweet white beans
- Coconut gel (nata de coco)
- Macapuno (gelatinous coconut strings)
- Jackfruit, cut into chunks
- Shaved ice
- Ube ice cream

Preparation

1. In a serving glass, layer sweet red beans, sweet white beans, coconut gel, macapuno, and the jackfruit.
2. Top with shaved ice.
3. Drizzle about one tablespoon of evaporated milk over the shaved ice.
4. Top with a scoop of Ube ice cream.
5. Enjoy immediately!





*For questions about the recipes, please contact us!
- The Cultural Committee, Brook Park Council*



Thank you!

