



**BY THE FAMILIES OF THE  
PENN VALLEY ELEMENTARY SCHOOL**

## Table of Contents

<b>Appetizer/Snack</b> .....	3
Collard Green Wontons .....	4
Parsi Kavab/Kebab .....	5
<b>Soup/Stew</b> .....	6
French Onion Soup.....	7
<b>Salad/Vegetable/Side</b> .....	8
Platanos al horno .....	9
Macaroni and Cheese .....	10
Sweet Noodle Kugel.....	11
<b>Main Dish - Poultry</b> .....	12
<b>Main Dish - Beef/Lamb</b> .....	13
Crockpot Brisket.....	14
Persian Pan Kabob .....	15
Suki Yaki .....	16
<b>Main Dish - Fish/Seafood</b> .....	17
<b>Main Dish - Vegetarian</b> .....	18
Mishaal's Favorite Okra with Pickles (Achari Bhindi).....	19
Blintzes (Sweet Cheese Filled Crepes) .....	20
<b>Dessert/Bread</b> .....	21
7 Up Pound Cake .....	22
Rose Family Challah .....	23
Challah in a Bag (Vegan) .....	24
Kuih Lapis (Layered Cake) .....	25
Frozen Maple Custard (Ice Cream) .....	26

# Appetizer/Snack



---

## Collard Green Wontons

---

By: Richardson Country/Culture: African-American/Asian Inspired

Time (Start to finish) 4 hours (includes freezing time) # of servings Approx. 10 servings (4 wontons in a serving size)

Allergy info Dairy

### Ingredients

- 1 8oz package of cream cheese, softened
- 1 Package of wonton wrappers
- 1 Package of frozen collard greens (completely thawed and excess water drained)
- 1 Envelope of Lipton's Savory Roasted Garlic seasoning
- 1 Package of frozen chopped onions or two medium sweet onions, sautéed and drained of excess liquid
- ½ cup Shredded cheese (sharp cheddar)
- Oil to fry the wontons (be sure the oil is hot enough before you begin to fry or wontons will fall apart)

**Wonton Preparation:** You will need baking sheets, wax paper for layering the wontons to freeze, small dish of water for sealing the wontons

### Directions

Use a medium to large saucepan to thoroughly heat through the collards. After the collards are partially heated through, add in onions. After the mixture is completely heated through add the packet of seasoning. Be sure the seasoning is evenly distributed. Once the mixture is fully combined, remove from heat. After about 8-10 minutes, add in softened cream cheese, completely combine. You may need to add slight heat to ensure cheese is completely mixed. Be careful not to overapply heat. Then add shredded cheese and set aside to cool. Follow the directions on the wonton package on how to fold. Use a small spoon (half- teaspoon) to place mixture in the center of the wonton and fold. After folding each wonton, place on the baking sheet. I recommend lightly spraying the baking sheet and the wax paper in between the layers, then freeze the wontons. Allow several hours for the wontons to freeze. Once the wontons are frozen, you can place in freezer bags for later use. Only take out what you are planning eat. Heat the oil. Be sure your oil is hot enough. Drop in the frozen wontons one at a time, they will sink to the bottom. When they rise to the top, turn over once, wait about 30 seconds, then, using tongs, remove from the pot, onto a paper towel lined plate, baking sheet. Don't place too many wontons in the pot at one time. Serve warm. Enjoy!



---

## Parsi Kavab/Kebab

---

By:	The Mistry Nusbaums	Country/Culture:	Parsi
Time (Start to finish)	40 mins – 1.5 hrs	# of servings	4-6 (about 18-24 meatballs)
Allergy info	Egg		

**Ingredients**

1 lb.	Ground meat (Beef, Turkey, or chicken)
1	small onion, chopped fine or grated
1 ½ tsp	garlic-ginger paste
1 inch	Ginger root
½ - 1 tsp	Turmeric powder
½-1 tsp	Chili powder (based on preference)
1 tsp	salt
3 Tbsp	Cilantro (finely chopped)
4 tsp	Fresh mint leaves (finely chopped, optional)
1-4	Green chilies (finely chopped, or omit if desired)
1 tsp	Hot Sauce (optional)
3	Slices of bread, OR boiled and mashed potatoes
1	Egg
1 ¼ cup	Breadcrumbs OR Cream of Wheat/semolina
	Oil OR ghee for frying

**Directions**

This is a Parsi meatball. Parsi recipes are a fusion of Persian and Indian cuisines. Parsi's love their food! Method: Soak bread in water for 10 minutes, remove from water and squeeze dry. Mix together all the ingredients except the breadcrumbs and oil. Cover and let rest for 1 hour (you can skip this if you are short on time). Divide the mixture into small balls. Roll each ball in the breadcrumbs (or cream of wheat) till lightly coated all over. In a deep frying pan, pour enough oil for deep frying and heat to medium hot. Gently fry Kebabs in oil until nicely browned and well done. Drain and cool on paper towels. Alternatively, spray both sides with cooking oil spray and bake the Kebabs at 400F for about 20 minutes (turn half-way through) or till the Kebab reaches an internal temperature appropriate for your choice of meat. Drizzle lemon juice over the hot Kebabs and let them stand for 5 mins. Serve freshly baked with a chutney of your choice. Enjoy!

# Soup/Stew



Soup/Stew

---

## French Onion Soup

---

By:	RISCAL	Country/Culture:	FRANCE
Time (Start to finish)	60 minutes	# of servings	6
Allergy info	None		

**Ingredients**

2 TBSP	Butter
3 pounds	Yellow onions
2 gloves	Garlic
1 TSP	Sugar
¼ cup	Dry white wine
7-8 cup	Beef stock
1 TBSP	Flour or cornstarch
1 TSP	Salt and pepper
1 TSP	Thyme
3	Bay Leaf
1 cup	Grated swiss cheese
6 slices	Grilled slice of French baguette
1 TBSP	Olive oil
Optional	Cognac alcohol

**Directions**

Peel and cut thinly the yellow onions. In a pot heat the butter and add the onions and the garlic. Cook around 10 minutes at medium heat, stirring often. Next add the sugar and cook until the onions are caramelized, around 10-15 more minutes. Stir often. Then sprinkle the flour, stir, cook for two minutes. Add the white wine and scrape the bottom of the pot. Add the beef stock (could be vegetable stock for vegetarian people), the bay leaf, the thyme and one pinch of ground nutmeg. Bring to a simmer then cover the pot and lower the heat and maintain low simmer. Cook around 30 minutes. If using after that add 2 TBSP of Cognac (family secret). Let the soup simmering. Lines a sheet pan with parchment paper and preheat the oven to 450°F. Put olive oil on both side on the French slice baguette. Put it the oven for 5 minutes (until they are lightly browned). Then turn the toast and add cheese on it and return to oven. Put one slice of bread in each bowl and ENJOY !!!! Usually French people put directly the bowl in the oven to grill the cheese. TIPS : You need a good stock. I use "Better then Bouillon". The onions need to be caramelized not burned. Once grilled and ready to eat you can add some fresh thyme on the top.



# Salad/Vegetable/Side



Salad/Vegetable/Side

---

## Platanos al horno

---

By:	Lowry/ Villarraga	Country/Culture:	Colombia
Time (Start to finish)	15 mins prep/~30 min oven	# of servings	5-6
Allergy info	Dairy		

**Ingredients**

2	Plantain (very ripe)
1	Block of Guava paste
1	Block of Mozzarella Cheese
1	Stick of butter

**Directions**

Pre-heat oven to 400F. Grease pan with butter using a spatula. Then prepare the plantains by cutting the edges off and cutting them up in chunks about 2 inches long and peeling them. Next, cut a slit in each chunk and put the plantain chunks in the greased pan. Next, cut the mozzarella cheese in small slivers about ¼" thick and about ½" long. Also, cut the Guava paste in similar size chunks. In each chunk of plantain, put slices of guava and cheese in the opening. Then top with butter generously. Stick in the oven until the plantains are brown and the cheese and Guava have melted. Expect the dish to be in the oven about 30 minutes.



---

## Macaroni and Cheese

---

By:	The Almonte Family	Country/Culture:	African American
Time (Start to finish)	1 hour 30 minutes	# of servings	6-8
Allergy info	Egg		

**Ingredients**

1	package (8oz.) macaroni, cooked drained
2 cups	(8 oz.) grated Cheddar cheese, divided
1	egg beaten
2 cups	evaporated milk
1 teaspoon	salt
½ teaspoon	paprika
2 tablespoons	butter or margarine
5-6	crumbled ritz crackers (optional)

**Directions**

Preheat oven to 350 degrees F. Grease a two-quart casserole dish. Layer half of cooked macaroni on bottom of dish. Next, sprinkle with a generous amount of cheese. Repeat layers. Combine egg, milk and salt in a small mixing bowl; pour over macaroni. Sprinkle with paprika; dot with butter. For added fun, top with crumbled Ritz crackers. Bake 40 minutes or until bubbling. Let set 5-10 minutes before serving.

---

## Sweet Noodle Kugel

---

By:	Weissman Family	Country/Culture:	Jewish-American Holiday
Time (Start to finish)	45	# of servings	12
Allergy info	Dairy		

**Ingredients**

7	Eggs (separated)
¾ lb (1 bag)	Egg noodles (medium size)
1 lb	Creamed Cottage Cheese (small curd)
½ lb	Cream Cheese
4 T	Sour Cream
½ lb (1 stick)	Butter
½ cup	Sugar
½ tsp	Salt
1 cup	Raisins (optional)
1	Banana (optional)
<b>Topping</b>	
2/3 cup	Graham Cracker Crumbs
½ cup	Sugar
½ tsp	Cinnamon
¼ tsp	Butter

**Directions**

Pre-heat oven to 350. Cook noodles according to the package and drain. Once you drain, pour noodles back into large pot or glass bowl. Add butter and cream cheese immediately (to help melt). Follow with the rest of the ingredients, except the separated egg whites. Beat the egg whites until soft peaks form and fold into the noodle mixture. Pour into buttered/sprayed 13x9 glass dish. For topping, melt butter and then add graham cracker crumbs and sugar. Let cool. Top kugel with crumb mixture, spreading evenly across. Bake at 350 degrees for 1 hour. Top should be golden and noodles/egg cooked through. Enjoy!

# Main Dish - Poultry



# Main Dish - Beef/Lamb



Main Dish - Beef/Lamb

---

## Crockpot Brisket

---

By:	Frankel	Country/Culture:	Jewish American
Time (Start to finish)	8 hours	# of servings	4-6 depending on size of brisket
Allergy info	None		

**Ingredients**

1	Brisket
1	Package of Lipton Onion Soup Mix
1	Can of Beer/Non-Alcoholic Beer (preferred)
1 Can	Chopped/Diced Tomatoes
1 Can	Tomato Paste

**Directions**

Place brisket in crock pot with fatty side of meat top. (That way the fat drips down into the meat, rather than pooling at the bottom of the crock pot.) Spread a can of tomato paste on top of the fatty side of the brisket. Sprinkle with the entire package of Lipton Onion Soup Mix. Add Can of chopped or diced tomatoes on top of the brisket. Last, pour a can of beer onto the mixture. Of note, in our experience, non-alcoholic beer yields a more tender final product than alcoholic beer. Cook for 6-8 hours on low in crockpot.

---

## Persian Pan Kabob

---

By:	Aflatouni Family	Country/Culture:	Iran/Persian
Time (Start to finish)	50 min (including prep time)	# of servings	4
Allergy info	None		

**Ingredients**

1 lb	Lean ground beef
3	Tomatoes
1	Large onion
2 tbspn	Cooking oil
As much as needed	Salt and pepper

**Directions**

1. Grate the onion finely.
2. Mix the grated onion with the ground beef and season it with black pepper and salt. Be a bit generous with black pepper.
3. Transfer the meat to a large frying pan with a lid. Flatten it thoroughly so it covers the bottom of the pan.
4. Put the lid on and cook over the medium heat for 15 minutes.
5. After the 15 minutes cut the meat to smaller pieces so that it's easier to turn them over. Cut the tomatoes in halves and place them on top of the meat cut side down.
6. Add the cooking oil to the pan and put the lid back on for another 10 minutes.
7. After the 10 minutes turn the kabob pieces over and cover it again for another 15 minutes.
8. Serve the Kabob pieces with Basmati rice. Enjoy!

Main Dish - Beef/Lamb

---

## Suki Yaki

---

By: The Straub Family Country/Culture: Japanese  
 Time (Start to finish) 30–40 minutes # of servings 6–8  
 Allergy info Soy

**Ingredients**

1-2 Tbl EVOO  
 1 Medium head of cabbage  
 1 bunch Enokitake mushrooms  
 6 oz Baby portabella mushrooms  
 2 Zucchini  
 2 Head broccoli  
 1.5 lb Thinly sliced beef  
 1 Extra firm tofu, cubed  
 1/2 c Mirin (Japanese cooking wine)  
 1/2 c Soy sauce  
 1/8 c Sugar  
 3 packages Shirataki noodles  
 1 Electric skillet (or large pot on stovetop)

**Directions**

1. Chop all veggies and cube tofu
2. Mix together soy sauce, mirin, and sugar in separate bowl and set aside
3. Preheat electric skillet to 350° and drizzle with olive oil; alternatively, use a large pot on the stovetop under medium-high heat
4. Add veggies and cook until slightly softened; add in tofu once veggies are almost done
5. Add sauce and bring to a boil
6. Add noodles in liquid and cook until noodles and veggies are done
7. Add meat and cook until desired doneness
8. Serve and enjoy!

# Main Dish - Fish/Seafood



# Main Dish - Vegetarian



---

## Mishaal's Favorite Okra with Pickles (Achari Bhindi)

---

By:	Mishaal and Amna N. Khan (grade 4)	Country/Culture:	Pakistan
Time (Start to finish)	40-45 min	# of servings	3-4
Allergy info	None		

### Ingredients

1 Kg	Bhindi (Okra)
3tablespoons	Mixed pickle chopped
½ cup	Oil
1 cup	Sliced onions
2tablespoons	Ginger and garlic paste
1 cup	Tomatoes (grinded)
To taste	Salt
1.5tablespoons	Red chili powder
1teaspoon	Turmeric powder
1 teaspoon	Cumin seeds(crushed)
½ teaspoon	Kalonji (onion seeds)
Fenugreek seeds	½ teaspoon



### Directions

- Cut the top and tails of okra leaving rest intact.
- Can make fresh garlic paste by grinding garlic cloves (peeled) in a blender with a little olive oil. This can be refrigerated in an airtight container for future use.
- Heat oil in a saucepan; Add okra and fry till light brown. Remove okra from oil and keep separate.
- In the same oil, fry onions and stir till light brown. Add ginger and garlic paste and stir further for 1-2 minutes. Add all the spices and cook for 1-2 minutes. Add tomatoes and cook for 8-10 minutes until masala is ready and oil separates.
- Add the fried okra and cook over low heat for 2-3 minutes.
- Add mix pickles and cook further for about 1 minute to finish.
- \*\*Cooking tip: Do not use large or overgrown okra as the seeds in them are hard. Can also use frozen okra from international stores.

Main Dish - Vegetarian

---

## Blintzes (Sweet Cheese Filled Crepes)

---

By: The Spector-Kalman Family    Country/Culture: Jewish-American

Time (Start to finish) 30-40 minutes    # of servings 10-12 blintzes

Allergy info Dairy, Egg, Wheat

### Ingredients

4 Large Eggs  
 2 cups Flour  
 ½ cup Sugar  
 1 ½ cups Milk  
 ¼ cup Vegetable Oil

Filling    Ingredient  
 12 oz Cream Cheese  
 ½ cup Sugar  
 1 large Egg yolk



### Directions

Utensils: 1 large bowl, 1 medium bowl, skillet, electric hand mixer, spatula, small ladle, container for blintzes, measuring cups  
 Instructions: In the medium bowl, add all the filling ingredients and mix well with the electric hand mixer until smooth. In a large bowl, add all the blintzes ingredients and mix well with an electric hand mixer until the batter is smooth (no lumps). Warm up the oil in a skillet, until it is very hot. Pour into the batter and mix right away with no lumps. Return the skillet to the stove, while hot. No need to add any oil. Use the ladle (1/3 cup full) and add the blintz batter into the skillet. Tilt the skillet in a circular motion so that the batter is distributed evenly onto the whole bottom of the skillet. Let each blintz cook for 60 - 75 seconds until the edges of the blintz brown and the bottom of the blintz is lightly golden. You can tell it's ready by touching the center of the blintz's surface -- it should be dry and slightly tacky to the touch. Flip the blintz and when it is golden brown, it is ready. Remove from the skillet and place on a flat plate. Spread 3 - 4 teaspoons full of filling onto the lower part of the blintz, Roll the blintz and the filling like a burrito. Place in the container. Repeat the process until all the batter has been used.

# Dessert/Bread



Dessert/Bread

---

## 7 Up Pound Cake

---

By: The Almonte Family Country/Culture: African American

Time (Start to finish) # of servings

Allergy info Egg

### Ingredients

1 cup butter, softened  
 ½ cup shortening  
 3 cups sugar  
 1 teaspoon vanilla extract  
 ½ teaspoon almond extract  
 5 eggs, room temperature  
 3 cups all-purpose flour  
 ½ teaspoon salt  
 1 cup 7 UP  
**GLAZE:**  
 ¼ cup 7 UP  
 ½ cup sugar



### Directions

Preheat oven to 300 degrees F. Grease and flour a 10-inch tube pan. Combine butter, shortening, sugar, vanilla and almond extract in a large mixing bowl. Beat until light and fluffy, about 5 minutes. Add eggs, one at a time, beating well after each addition. In a separate bowl, combine flour and salt and add to butter-sugar mixture alternately with 1 cup 7 UP, beating well after each addition. Spoon batter into prepared 10-inch tube pan and bake for 1 hour 45 minutes or until cake tester comes out clean. Transfer pan to a wire rack for about 10 minutes, then invert on serving plate and remove pan. While cake is cooling, make the glaze by stirring together the ¼ cup of 7 UP and ½ cup of sugar in a saucepan. Bring to a boil over medium heat and boil 1 to 2 minutes or until sugar is completely dissolved. Punch holes in the top of warm cake with a toothpick. Spoon glaze over cake and cool completely before serving.

---

## Rose Family Challah

---

By:	Rose Family	Country/Culture:	Judaism
Time (Start to finish)	3 hours	# of servings	2x Loafs
Allergy info	Egg		

**Ingredients**

1 ½ cup	Warm water
2 Packets	Dry Yeast
1 Tsp	Sugar
26.5 oz	Bread Flour
2/3 cup	Sugar
1 ½ Tsp	Salt
1	Egg
½ cup	Canola Oil
1	Egg Beaten

**Directions**

1. Combine warm water, yeast, and 1 Tsp of sugar. Let sit for 5-10min until frothy.
2. Place flour in a large bowl. Stir in 2/3 cup of Sugar, 1 ½ Tsp of Salt, mixing well.
3. Push flour mixture against sides of bowl, leaving a well in center. Add yeast, eggs, and oil and mix well.
4. Knead dough with hands until it no longer sticks to side of bowl. Should be smooth & springy. Cover with plastic wrap and add a dry towel. Let rise for 1 ½ hours.
5. Turn dough on a lightly floured surface and punch down. Divide into 2 sections. Divide each section into 3x equal pieces, make ropes and braid.
6. Brush challah with beaten egg. Let rise uncovered for 45 minutes.
7. Preheat oven to 350 degrees. Bake for 25-35 minutes until golden brown.

---

## Challah in a Bag (Vegan)

---

By:	Sylvester and DeRosa Families	Country/Culture:	Jewish
Time (Start to finish)	About 4 hours	# of servings	8
Allergy info	Wheat		

**Ingredients**

1 tbsp	Active dry yeast
1 cup	Warm water (not too hot)
3 tbsp	sugar
½ tsp	salt
1/3 cup	Canola oil
3 cups + up to ¼ cup	All-purpose flour

Recipe credit: <https://jamiiegeller.com/recipes/lazy-cooks-challah-bag-easy-delicious/>

**Directions**

In a 1-gallon plastic ziplock bag, add the yeast, water, sugar, salt, oil and 3 cups of flour. (sometimes helpful to separately mix the water, sugar and yeast to make sure it is dissolved and to make sure the yeast is good—you should see some mild bubbling. Give the bag a little shake. Don't work too hard—remember, it's a lazy challah! Place the bag in a bowl of warm water for 30 mins. Remove from bowl, shake, release air from bag, and place on the table for 1 hour. Flip bag every 20 mins. The dough should be very wet. It will start to bubble and self-knead. After the 1 hour, add up to ¼ cup flour and give the bag another shake (if you feel the dough is not too wet and sticky, this may not be necessary). This makes the dough not stick to the bag. Leave the bag for 1 hour and 30 mins to rise. It should still be a wet dough. If it's not rising, flip it over and knock it down. If the dough is wet, the recipe will turn out amazing. Preheat oven to 300°F/150°C. On a well-floured surface, separate the dough and stretch out 3 strands. Braid. Options for toppings: 1. Baste with egg and sprinkle sesame seeds (optional for vegan challah, substitute olive oil). 2. Spread honey and top with some salt flakes (pretzel salt) or seeds. 3) Spread out the 3 strands to make flat rectangles. Mix melted butter (can be vegan), sugar and cinnamon and spread out on the rectangles. Then role them up and spread out again to have 3 strands that have cinnamon sugar intertwined. Braid and top with additional cin sugar mixture. Leave to rise for 15 mins before it goes in the oven. Bake on a nonstick tray for 40 mins or until golden on top. You can also divide dough into 2 and bake 2 smaller challahs or freeze dough for later.



---

## Kuih Lapis (Layered Cake)

---

By:	Wong Family	Country/Culture:	Malay
Time (Start to finish)	2-3hours	# of servings	A lot
Allergy info	Egg		

### Ingredients

12oz	Butter
2 Tbsp	Condensed Milk
20	Egg Yolks
8	Egg whites
1 Tbsp	Cake Spice (mix)
1 Tbsp	Vanilla Ex
1 cup	sugar



### Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease the bottom and sides of a square cake pan. Cut a piece of parchment paper to fit the base exactly and grease the paper.
2. Sift flour into a bowl. Add cake spice (mix)
3. Beat butter and vanilla extract together in a bowl using an electric mixer until creamy. Cream egg yolks and 1 cup sugar together in another bowl until thick and tripled in volume. Place egg whites in a separate bowl using clean beaters; mix until stiff peaks form.
4. Mix the creamed butter with the creamed egg yolk mixture. Slowly fold in the spiced flour, alternating with beaten egg whites. Carefully mix well.
5. Pour 1 ladleful of cake batter into the prepared pan. Spread batter evenly into a layer about 1/4-inch thick.
6. Bake in the preheated oven until light brown, about 5 minutes. Remove pan from oven; use a skewer to prick the top of the cake to prevent air bubbles from forming.
7. Spread another ladleful of batter on top and bake the new layer for about 5 minutes. Repeat the process and bake each remaining ladle of batter. When done, remove the cake from pan at once. Turn it over, top side up, onto a cooling rack and let cool for at least half an hour.

---

## Frozen Maple Custard (Ice Cream)

---

By:	Coyer/Wang Family	Country/Culture:	American
Time (Start to finish)	Active time ~1-2 hours, Total time ~1 day	# of servings	Enough to top all your Thanksgiving pies
Allergy info	Egg, Dairy		

**Ingredients**

3 cups	Half and half
1 cup	Heavy cream
8	Egg yolks
2 cups	Maple Syrup (real)
2 tsp	Vanilla extract

**Directions**

1. Heat half and half and cream in a saucepan over medium heat, stirring occasionally. Once it reaches a simmer, remove from the heat.
2. In a mixing bowl, beat egg yolks until they lighten in color. Whisk the maple syrup into the egg yolks.
3. Temper the cream mixture into the egg/maple syrup mixture by slowly adding the cream into it while mixing (I do this using a ladle). Continue until the egg maple mixture feels warm to the touch (this will use about 1/3 of the cream mixture).
4. Combine the two mixtures in a saucepan and heat it over low heat. Cook over low heat, stirring often, until the mixture thickens and reaches a temperature of 170-175F. You must use low heat to make sure the egg yolks don't separate from the cream and turn into scrambled eggs.
5. Pour into a container and let cool for 30 minutes and then add in the vanilla.
6. Allow the mixture to cool to room temperature (about an hour or two) and then place in the refrigerator until it cools to 40F (I put in the refrigerator overnight to cool).
7. Pour into your ice cream maker and follow your ice cream maker directions to turn it into frozen custard/ice cream.