

# Rickey's Sister's Mac n Cheese

## Ingredients:

- 1 box (16oz) of noodles
- 3 bags shredded cheese (medium cheddar, sharp cheddar, and 1 of your choosing, I usually do mozzarella or another mild cheddar)
- 1 egg
- 1 stick of butter
- Milk (a little less than a cup)

## Instructions:

1. Boil the noodles. Drain them, but do not rinse
2. Stir in the butter, egg, and 2 of the cheeses (not the sharp cheddar)
3. Put about 1/2 in the pan, then sprinkle half the sharp cheddar across the top. Then spoon in the other 1/2 and cover with the rest of the cheese.
4. Pour milk over the top until you see it just under the surface of the noodles. I feel...somewhere between 3/4 of a cup and 1 cup in my spirit....but I've never measured it. It's better to put too much milk than not enough, so don't be nervous.
5. Bake it at 400 for 30 minutes, or until the cheese on top is golden brown.

# Kharifa's Choose Your Own Adventure: Crispy Skin Salmon Edition

## Ingredients:

-Salmon fillets with skin  
-cooking spray  
(Choose additional ingredients based on which flavor you want)

- **Honey Mustard**
- Honey
- Mustard (Dijon w/ seeds for bougie status)
- Apple cider vinegar (optional)
  
- **Lemon Dill**
- Lemon
- 1-2 cloves of garlic (minced)
- Dill weed (2-3 teaspoons)
- 1-2 tablespoons of melted butter
- Himalayan sea salt (to taste)
- Red pepper flakes (optional)
  
- **Lazy**
- Herb salt
- Red pepper flakes (optional)

## Directions :

- Preheat toaster oven (or regular oven) to 380 degrees
- Spray baking sheet/ casserole dish/whatever-you-can-stick-in-the-oven with cooking spray
- Sprinkle sea salt over the baking sheet (especially where the salmon will be). Don't put too much.
- Lay the salmon skin side down on top of the sea salt
  
- Combine ingredients for preferred flavor profile and pour over fish (cover all exposed sides)
  - If making the Lemon Dill then reserve some of the sauce and baste the fish again when there's about 3 minutes of cook time left
- Pop fish into the oven for 10-12 minutes (cook for additional 2-3 minutes if fish is thicker than 1.5 inches)
- Serve skin side up to preserve crispy skin

# **Ekta brings a Taste of South India:**

## **Coconut Chicken Curry**

### **Ingredients:**

- Chicken 1.5lb

### **For the marinade:**

- Red Chilli powder or Paprika - 2 tsp
- Turmeric powder - 1 tsp
- salt - to taste

### **For the curry:**

- Onion (medium size) - 1
- Green chilli - 4-5 or as many as you can handle. This can be thai chillies or serranos.
- Ginger - 2 inch piece
- Garlic - 4-5 large cloves
- Chilli powder or Paprika - 1.5 tbsp or as much as you can handle
- Coriander powder - 2 tbsp
- Fennel powder - 2 tsp - can get Fennel seeds and pound them to a powder
- Garam Masala Powder - 2 tsp
- Tomato (medium size) - 2
- Curry leaves - 2 sprigs
- Thick coconut milk - 3/4 cup
- Cilantro for garnish - 2 sprigs
- Salt
- Oil - any; I used olive oil

\*Note about the ingredients :

Most will be found in regular stores except the Curry leaves and Garam masala which are easily found in Indian Grocery Stores. There is not really any substitute for the Curry leaves but can be left out if not found.

For the Garam masala, you can either use 'curry' powder or whole cloves (3), green cardamom (2), cinnamon stick (2 inch) and dried bay leaves (2). Leaving it out will result in a different taste but would be fine.

## **Directions:**

- Marinate the chicken with the ingredients listed above and keep it aside for 30 minutes
- Prep work:
  - Slice the onions and green chillies.
  - Make a paste out of the ginger and garlic.
  - Chop the tomatoes.
- Heat about 2 tbsp of oil in a deep pan.
- Add the curry leaves (watch out as they will splutter).
- Add onions and green chillies and saute till the onions turn soft.
- Add the ginger-garlic paste and keep sauteeing till the raw smell goes away and it all turns golden brown.
- Add all the powders - turmeric, chilli/paprika, coriander, fennel and garam masala and saute for a minute on medium heat.
- Add the chopped tomatoes, mix well and cover and cook till they are done. Should take 5-8 minutes.
- Add salt as desired.
- Add the marinated chicken and mix well. Cook and cover on low-medium heat till it starts giving out water. When it does, increase to medium heat and keep cooking till chicken is done and the gravy is semi-dry.
- Add 3/4 cup of coconut milk and cilantro. Mix well and adjust the salt.
- Allow it to simmer for a bit but keep an eye on it, if it's on too high heat, the coconut milk can curdle.
- Let it get to the consistency you would like. It's usually a semi-dry dish.
- Serve it with any Indian flatbread like naan or can be eaten with rice as well.
- Enjoy!

FYI: Indian store at Culver City, Santa Monica: <http://www.samosahouse.com/>

# Daniel's Ooey Gooley Tuna Melt

## Ingredients:

- 4 slices of bread
- 1 can tuna (drained)
- 1/8 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup mayonnaise
- 1/2 tablespoon lemon juice
- Salt & pepper
- Pinch of red pepper flakes (or hot sauce)
- 2 or 4 slices of American cheese
- 2 tablespoon of butter

## Directions:

- Mix tuna, chopped onion, chopped celery, mayonnaise, lemon juice, salt, pepper, and red pepper flake (and/or hot sauce) in a small bowl
- Put tuna mixture on a slice of bread (Be sure not to overfill!)
- Top with 1 or 2 slices of American cheese
- Add second slice of bread on top
- Preheat frying pan on medium-low heat
- Once pan is starting to heat up, add about 1/2 tablespoon of butter onto the pan and swirl until butter has melted and covers the whole pan
- Lay tuna melt sandwich on frying pan and fry for 3-4 minutes until golden brown
- Once golden brown, remove the sandwich from the frying pan and add in extra 1/4 - 1/2tablespoon of butter
- Swirl until butter has melted and covers the pan
- Flip the tuna melt sandwich and fry the non-brown side for 3-4 minutes until golden brown
- Remove from pan and enjoy with any sides!

# Yen Ling's Gai Dan Tung Mai Yuk

## **Ingredients:**

- 1 lb ground pork or beef
- 6 eggs
- ½ cup Soy Sauce
- ½ cup Xiaojing Chinese Cooking Wine or other cooking wine
- White pepper

## **Cookware:**

- Steamer
- Steamer rack
- Shallow round pan to fit in steamer

## **Directions:**

- Boil a pot of water to prep for steaming.
- Put the ground meat in a medium mixing bowl.
- Coat the top layer of the meat with some of the soy sauce, cooking wine, and pepper.
- Mix the meat with the seasoning.
- Coat the top layer of the meat again with some soy sauce, cooking wine, and pepper.
- Add 3 eggs.
- Mix everything together.
- Place the meat mixture in the shallow round pan.
- Crack 3 more eggs on the top. Drizzle some soy sauce on top.
- Place the pan in the steamer.
- Steam for 15 minutes.
- Eat with steamed rice.

# Cathy's Spa Masubi

## **Ingredients:**

- Sticky rice cooked
- Sushi nori (roasted seaweed)
- Can of spam
- Nori Komi furikake (just was at TJ they have there too)
- Any teriyaki baste & glaze (I like kikkoman)
- Spam masubi maker
- Sriracha (optional)

## **Directions:**

- Slice spam 1/4 inch.
- Fry up on pan.
- Lay shiny side down of the nori.
- Place the maker in the middle. Put a 1/4 inch layer of rice, squeeze it down.
- Place layer of spam and teriyaki and sprinkle furikake.
- Then another layer of rice 1/4 inch.
- Place the top to squeeze and lift up the contraption. And wrap the nori around.
- Then slice the masubi into desired portions