

## Our Favorite Recipes

True and Tried Recipes From the Staff of Parent and Family Programs and Colleagues in the Division of Student Affairs

December 2009

This time of the year, every day someone in our office brings delicious homemade holiday treats. We would like to share some favorite ones with you. Below are the recipes from Marie Leuci, assistant to vice president of student affairs; Mary Coleman, program coordinator in the Office of Parent and Family Programs; Maureen Houck, director of the Health and Wellness Center; Jayne Brownell, assistant vice president of student affairs; Branka Kristic, director of parent and family programs; and Fred Burke, executive director of The Career Center.

You are welcome to e-mail us recipes of the dishes your family loves to [parents@hofstra.edu](mailto:parents@hofstra.edu)! We'll add them to our "cookbook."

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### **Marie's Potato-Leek Soup**

This soup is absolutely not for you if you are counting calories. But it is so delicious that you will want to make it once in a while, when it is cold outside ....

Serves 8

6 Idaho Potatoes, peeled and diced	1 qt milk
6 leeks, trimmed and sliced	3 egg yolks
4 cans (13 oz) chicken broth	1 cup (1/2 pt. heavy cream)
1 pt (2 cups) sour cream	¼ cup chopped chives + extra for serving
	Salt and pepper

Place potatoes, leeks and chicken broth into a large saucepan.

Simmer uncovered for one hour or until vegetables are soft and mushy (yes, in only 13 oz. chicken broth; do not add water).

Press entire contents of saucepan through a sieve, or whirl in a blender until smooth.

Stir in milk.

In a bowl, beat egg yolks and heavy cream.

Stir into soup, add chives, stir constantly over low heat until soup bubbles and thickens slightly.

Season to taste with salt and pepper.

Serve hot or icy cold in bowls topped with spoonfuls of sour cream and chopped chives.

(Marie adds a tablespoon or 2 of butter to the pot when done!)

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### **Mary's MOST AWESOME Spinach Dip With Chipotle and Lime**

2 10-ounce packages frozen spinach, thawed and drained  
8 ounces cream cheese (about 1 cup), softened  
1/2 cup mayonnaise  
1/2 cup sour cream (see note)  
1/2 cup sliced scallions  
1/3 cup chopped cilantro  
1 tablespoon chopped chipotle in adobo sauce, or more to taste  
1 tablespoon freshly squeezed lime juice, or to taste  
3/4 teaspoon kosher salt, or to taste  
Freshly ground black pepper  
Tortilla chips, for dipping.

1. Bundle spinach in a clean dishtowel and squeeze very tightly to remove all excess moisture.

2. In a food processor, blend together all ingredients except spinach until very smooth, about 90 seconds. Pulse in spinach until just combined. Taste and adjust seasoning, if necessary. Serve with tortilla chips.

Yield: About 3 cups.

Note: You can omit the sour cream and increase mayonnaise to 1 cup.

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**Maureen's Sweet Potato Puree**

- 6 large or 8-10 medium sweet potatoes, baked (about 8 pounds)
- ½ cup melted unsalted butter
- ¼ cup heavy cream
- 2 eggs, beaten
- ½ tsp. cinnamon
- 1 tsp. vanilla
- salt to taste
- ¾ cup toasted chopped pecans

1. Heat oven to 350. Peel and mash potatoes. In a bowl combine them with butter, cream, eggs, cinnamon, vanilla, salt and ½ cup pecans. Blend thoroughly.
2. Place mixture in a casserole; top with remaining pecans. Bake 30 minutes. (Puree may be made a day ahead and refrigerated; return to room temperature and bake.)

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**Jayne's Hashed Brussels Sprouts With Lemon Zest**

Adapted from "The Union Square Cafe Cookbook," by Michael Romano and Danny Meyer (HarperCollins, 1994)

TOTAL TIME: 25 minutes

INGREDIENTS

- 2 tablespoons freshly squeezed lemon juice, plus grated zest of 1 lemon
- 2 pounds brussels sprouts
- 2 tablespoons olive oil
- 2 tablespoons butter
- 3 garlic cloves, minced
- 2 tablespoons black mustard seeds or poppy seeds
- 1/4 cup dry white wine or vermouth
- Salt and pepper to taste

PREPARATION

1. Place lemon juice in a large bowl. Cut bottoms off sprouts, and discard. Halve sprouts lengthwise, and thinly slice them crosswise. The slices toward the stem end should be thinner, to help pieces cook evenly. As you work, transfer slices into bowl with lemon juice. When all sprouts are sliced toss them in juice and separate leaves. (Recipe can be prepared to this point and refrigerated, covered, for up to 3 hours.)
2. When ready to serve, heat oil and butter over high heat in a skillet large enough to hold all sprouts. When very hot add sprouts, garlic and seeds, and cook, stirring often, until sprouts are wilted and lightly cooked, but still bright green and crisp, about 4 minutes. Some leaves might brown slightly.
3. Add wine, and sprinkle with salt and pepper. Cook, stirring, 1 minute more. Turn off heat, add salt and pepper to taste and stir in the lemon zest, reserving a little for top of dish. Transfer to a serving bowl, sprinkle with remaining zest and serve.

YIELD: 10 servings

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**Branka's "Mlinci" = Homemade Pasta**

"Mlinci" are traditionally made in our home as a side-dish, usually with roasted turkey. "Mlinci" take time but are very easy to make.

- 1 lb flour (I use Hecker's)
- 2 whole eggs
- 1 tsp. salt + more salt for boiling water
- ~ 1 cup water (add slowly and knead the dough; depending on the flour you will need more or less water; the dough ball should be soft and smooth without sticking to the board)

Preheat the oven to 450 degrees.

Make a hole in the middle of the flour and mix in two eggs (I use a knife). Add salt and little water. Fold in the flour with a knife. Keep adding water as necessary to make a soft, smooth dough ball. Knead as long as your arms can take it. I didn't time myself, but I think I do it for about 5-10 min.

Cut a 1" piece out of the dough and use a rolling pin to roll into a thin sheet of about 10-12" in diameter – approx. the size you can fit on a cookie sheet. Sprinkle with flour liberally to be able to roll it out. Place on an old rag/tablecloth to dry. Repeat. You will get about 10 sheets of dough. When you have about 2-3 sheets, begin baking them.

Put a sheet of dough on a cookie sheet (no greasing necessary). Place in a very hot oven. In the beginning, you will need about 4 min per side to bake the dough. As the cookie sheet gets hotter, 2 min per side is enough. I slide the cookie sheet half-way out of the oven and quickly turn the dough sheet over. When the dough sheet is lightly golden, take it out. (It is delicious to snack on!) When the dough cools, it is going to become hard.

When you are finished baking all dough sheets (you may even do them the day before), break them into irregular pieces in a tall pot (they will look like white thin tortilla chips). Boil a 6-qt pot of salted water and pour over the dough chips. Let steep no more than 3 min (the pasta should be soaked-through but still firm, not soggy). Drain. Season with turkey drippings.

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### **Fred's Ricotta Cookies**

1/4 pound (one stick) of butter (melted) and cool before adding to the mix  
1 cup of ricotta cheese  
1 teaspoon of vanilla extract  
1 cup of sugar  
1 egg  
1/2 teaspoon of salt  
1/2 teaspoon of baking soda  
2 cups of flour

Mix all ingredients well. Drop about a teaspoon on a greased cookie sheet. Place a cherry in the center of the cookie (Fred cuts the cherries up into half) and bake at 350 until light brown (about 10-15 minutes).

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### **Jayne's Viennese Vanilla Cookies**

1 cup unsalted butter, softened  
1/2 cup sugar  
2 cups sifted flour  
1 teaspoon vanilla  
1 1/4 cups shaved almonds (not the slivered almonds, but the flat cuts w/ bits of brown on them)  
1/2 teaspoon salt  
confectioner's sugar for decoration

Cream butter and add sugar. Add 1/2 cup of flour mixing after each addition. Add remaining ingredients. Shape into a disk and then chill for 30 minutes. You can also put the dough in the freezer at this point. Begin to roll the dough the dough so that it is about 1/4-inch thick or a little more. Cut with cookie cutters. Place dough on parchment paper or a greased cookie sheet. Jayne prefers using parchment paper. It's just easier. Preheat oven to 350 degree F. Bake for 12 to 13 minutes or until the edges are a bit brown. You may need to lower your oven to 325 degrees F.

Once the cookies come out of the oven, either cool them on the cookie sheet or move the parchment paper to a cookie rack. As the cookies cool, but before they're fully cooled, sprinkle with confectioner's sugar.

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Peace and joy,

Branka Kristic

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