

*From:
our homes*



*To:
your plates*



Come to PAPA's Kitchen

PHILADELPHIA
ASIAN PERFORMING
ARTISTS



MADE WITH
UNEXPECTED
MEASUREMENTS &
HEAPINGS
OF
LOVE



A mashup of
recipes and stories!





About

PAPA

Philadelphia Asian Performing Artists or PAPA is an all volunteer, member-based community and arts organization that provides holistic artist care for 100+ performers, designers, technicians, and administrators of Asian descent in the Philadelphia area. Being an artist is so much more than the finished performance we see on stage. From residencies to movie nights to performance opportunities, workshops, craft circles, potluck dinners, and more, PAPA creates programming that addresses artists' needs from every vantage point of the creative process.

We hope to empower our members and reflect the greater diversity of this city and its stories. We want a world where artists of Asian descent can tell their stories -- at any volume, in any language, with any textures they choose -- without fear or shame.

The recipes you're about to read are penned by artists who are making this world a reality. We hope you enjoy.

This cookbook, *COME TO PAPA's Kitchen* was conceived by Creative Director Cat Ramirez, refined by the full PAPA Membership, and designed and coordinated by Outreach Coordinator Liana Irvine. The design was advised and the printing was managed by Associate Producer Crys Clemente.

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37% MEMORIES,
WITH FOURS CUPS
COMFORTS, AT
100 DEGREES OF
ASIAN!

Soy Milk at Home

VEGAN, ONE-POT DISH,
GLUTEN-FREE, COMFORT FOOD!

When I was young, we made soy milk at home. Then, soy products weren't popularized in the mainstream American market as they are today. Soy, tofu and soy milk, was always a favorite of mine growing up.

So in our little kitchen in Marlton, we made our own. It was one of the most fun things I did as a child, getting to squeeze all this soy milk, it was magical play time.

My family has roots in Hong Kong. Soy milk can be a breakfast food, had hot, either sweet or savory, with sticky rice and fried dough! But mostly a cup of rich soy milk brings me back to being 5 years old in my family kitchen, its a simple taste of home.

~ Melody L Wong

We buy dried
soy beans from
the Asian

Supermarket, there is
normal soy beans and
also black soy beans.
Black soybeans have a
richer taste, but
it doesn't really matter
which one you get.

INGREDIENTS:

- DRIED SOY BEANS
- WATER
- SUGAR (IF YOU WANT)

TOOLS:

- BLENDER/ FOOD PROCESSOR
- CHEESE CLOTH
- POT
- STOVE

It tastes like home.

It's simple. Also affordable. And you can decide for yourself about the richness of the soy milk.

Steps:

- 1) Soak the soy beans overnight or at least for 4 hours
- 2) My mom normally gets rid of the beans that float to the top
- 3) Scoop a cup of the beans and water and put in blender
- 4) Blend until fine
- 5) Pour the mixture into the cheesecloth
- 6) Squeeze, squeeze with love, have fun
- 7) Empty the soy pulp into bowl
- 8) Repeat steps 3 to 7
- 9) To make sure we got every last taste of soy, we put a cup of soy pulp with a cup of water, and put it in the blender, and blend again. (round 2)
- 10) Repeat steps 4 to 7
- 11) You will notice that there is a layer of foam that accumulates in the pot as you squeeze the milk, use a spoon and spoon out the foam. (We don't want the foam).
- 12) Then you take the pot of soy milk and you cook it over medium heat, keep stirring until it bubbles, but not boiling. (you can add sugar if you want at this step). So you keep stirring, and when it bubbles, put the lid on and turn off the stove. Let it sit for a few minutes.

TADA -
HOMEMADE
SOY MILK!!!

Bonus:

You can make little nuggets or patties with the soy pulp (okara in Japanese). There seems to be many different ideas and recipes online you can try. Have fun with it :)



Hawaiian Poke marinade

COMFORT FOOD,
FROM SCRATCH,
VEGAN, VEGETARIAN!

Nothing about this recipe is Philly, but with the right people it can bring a sense of aloha in Philly.

~ Rufio Yrael

INGREDIENTS:

- 1 ½ LBS SASHIMI AHI TUNA (FOR VEGAN/VEGETARIAN VERSION USE PRESSED EXTRA FIRM TOFU)
- 1 SHALLOT SLICED
- ½ C CHOPPED GREEN ONION
- 3 TBS SOY SAUCE (CAN USE VEGAN ALTERNATIVE)
- 1 TSP SESAME OIL
- 1 TSP CHILI GARLIC SAUCE
- 1 TBS SESAME SEEDS (USE BLACK AND WHITE FOR COLOR)
- 1 TSP LEMON JUICE
- 1 TSP HONEY

This recipe is quick, easy for everyone to make and is wonderful on almost anything (not just fish)!

Steps:

- 1) Mix all ingredients well in a small bowl and taste for adjustments to personal preference
- 2) Small dice tuna (or tofu), pour mixture over protein and toss gently
- 3) Serve room temperature for best flavor and texture

This recipe has a really big significance for me in that its a comfort food. I used to work professionally as a chef on the Hawaiian island of Oahu. Shifts would often go for 14-16 hours 6 days a week. And sometimes after a long shift in the kitchen all of us in the crew would get together late into the evening and go to bars that also served food. Typically speaking the bar snack foods on the mainland would be peanuts, but in Hawaii the local fisherman that were not able to sell off their freshly caught tuna would be able to sell it off to the bars for a lower price. It was described to me that the bars would often get the fish so cheap they would serve poké as if they were peanuts for their patrons. Poké reminds me of cold beers, warm weather, wild friends, and the sounds of the ocean. It's the place where a piece of my soul still resides.



COMFORT FOOD,
ONE-POT(OR PAN) DISH,
VEGAN, VEGETARIAN!

Tomato Sauce

This recipe has gotten me through who knows how many years of my life.

~ Daniel Park

INGREDIENTS:

- OLIVE OIL, 1 TBS.
- PANCETTA, GUANCIALE, BACON ENDS, OR OTHER CURED PORK, CUT INTO 1/2 INCH PIECES. (OPTIONAL)
- GARLIC, DICED, AS MANY CLOVES AS YOU WANT.
- RED PEPPER FLAKES, TO TASTE (OPTIONAL)
- 1 CAN OF WHOLE, PEELED TOMATOES, 28 OZ.
- DOENJANG OR OTHER MISO PASTE, 1 TBS. (OPTIONAL)
- BUTTER OR OLIVE OIL, 1 TBS.
- SALT AND PEPPER, TO TO TASTE.

The recipe is VERY customizable, and I'll often times modify it based on what I have in my kitchen and what I'm in the mood for. I like to add doenjang (a Korean fermented miso paste) in as a source of salt and umami, which reminds me of when my Korean Dad would make spaghetti and meat sauce when I was a kid, and add in an entire jar of salsa.

Steps:

- 1) Heat a straight-edged pan over medium-high heat. Add in the olive oil, and heat until shimmering.
- 2) Add in the salt pork (if using) and allow the fat to render and the meat to brown, about 5 minutes.
- 3) Add in the garlic and red pepper flakes, stirring until fragrant, about 30-seconds.
- 4) Pour in the can of tomatoes. Once the sputtering settles down, use your hands, or a wooden spoon, to crush the tomatoes.
- 5) Add in the doenjang or miso paste, if using, and stir well to incorporate.
- 6) Add salt and pepper to taste. The sauce will get saltier as it cooks down, so be careful not to go overboard.
- 7) Bring the sauce to a boil over medium-high heat, then lower to a bare simmer, and let cook, uncovered, for 30-45 minutes. You want the sauce to not be watery, but not so thick that it starts to brown and caramelize.
- 8) Cook your pasta, in salted water, until it still has a slight bite to it, reserving ~1-cup of the pasta's cooking water before you drain the noodles. The starchy pasta water helps the sauce thicken and stick to the noodles.
- 9) Combine the pasta and sauce in the pot or pan over high heat (Depending on how much pasta you're cooking) and add in the butter or olive oil and half of the reserved water. Cook until it reaches your desired consistency and texture.
- 10) On the plate, finish the pasta with grated cheese, pepper, parsley, more red pepper flakes, olive oil (etc.) and serve.

People who know me, know that:

1. I love food, especially pasta.
2. I work too much. So an easy, from-scratch, one-pot recipe is perfect.

Borscht Soup

It's so beautiful and
wholesome. I believe it's
good for the body and mind.

~Pan

VEGETARIAN, GLUTEN-
FREE, COMFORT FOOD,
ONE-POT(OR PAN) DISH,
FROM-SCRATCH SPECIAL

ESSENTIAL INGREDIENTS:

- BEETS(3-4 BIG ONES)
- CABBAGE(5-7 THINLY SLICED/SHREDDED LEAVES)

ACCENT

INGREDIENTS:

- CARROT(1-2, SHREDDED)
- ONION(1 CUBED)
- A CAN OF TOMATO
- STOCK(VEGGIE, OR BEEF, I USED VEGGIE BOUILLON)


SEASONING:

- BAY LEAVES (ONE OR TWO)
- SALT
- VINEGAR (APPLE CIDER VINEGAR, OR BALSAMIC)

GARNISH:

- SOUR CREAM
- DILL





I started to eat beets when I moved to Philly. At first, this root vegetable tasted a little too earthy, until I discovered borscht. I used this warm and rich red soup served my friends.

Steps:

- 1) I steam my beets in my rice cooker the night before, but you can roast them or use canned beets.

I believe pre-cooked beets make the soup more vibrant. You can also use fresh beets, but maybe shred them to get more flavor out.

- 2) Sauté the onions, add cubed beets, carrots, tomatoes, stock, bay leaves, let it boil and turn the heat down, cover the lid, let it simmer for at least 45 minutes.
- 3) Add thinly sliced cabbage leaves, cook for another 7 mins.
- 4) Add salt, taste.
- 5) Turn off the heat.
- 6) Add vinegar.
- 7) Taste.
- 8) Drop a spoonful of sour cream or yogurt, and garnish it with some fresh dill when serving.

It's one of my go to dishes when hosting a group of friends. If there is leftover after the dinner party, It will taste even better with all the flavors melting together.



Dead Nettle Soup

I made this recipe right after a grocery trip in the middle of the pandemic for the first time in weeks. I forged the dead nettle on a whim on my way back home and built the rest of the recipe around it. The recipe also reflects that I was trying to stretch the food I had, because those months were very uncertain. However, the brilliant purple of the deadnettle in contrast with the pea-green soup was a small thing that brightened my day.

~ Crys Clemente



INGREDIENTS:

- GARLIC
- CABBAGE
- WATER
- JASMINE RICE
- WASHED OR FRESH MINT
- JAMAICAN CURRY POWDER
- 6-12 STALKS OF DEAD NETTLE
- OIL (ANY NEUTRAL-FLAVORED KIND WORKS)
- 1-2 HANDFULS OF UNCOOKED LONG GRAIN
- HANDFUL OF RAW, DE-SHELLED SUNFLOWER SEEDS (THE OLDER THE BETTER)
- DRY MILK POWDER (OR MILK)
- SALT & GROUND BLACK PEPPER
- (OPTIONAL) MAYONNAISE OR YOGURT
- DRIED WAKAME
- POTATO
- ONION
- MIRIN/FISH SAUCE

The ingredients for this recipe correlate to the places I've been in Philly. I found the dead nettle growing in a vacant lot along Jefferson Street. The Jamaican curry powder is always on the shelves of the Fresh Grocer of Progress Plaza. The mirin was from Maido! in Ardmore.

Steps:

- 1) Crush up the stale sunflower seeds with a mortar and pestle (or bottom of a jar).
- 2) Dice a couple cloves of garlic, an onion, some cabbage, and 1-3 potatoes.
- 3) Add some oil to a medium sized pot and let it come up to heat on the stove.
- 4) Saute your diced onion and add garlic, then add chopped cabbage until the onions are slightly brown and cabbage wilts.
- 5) Add the diced potatoes, dead nettle stalks, wakame, rice, and as much water as you can fit in the pot without it boiling over.
- 6) Let the soup come up to a boil, then reduce to a simmer.
- 7) Let it simmer until at least the potatoes are cooked through. It can simmer longer, like 3ish hours if you can wait.
- 8) Add a splash of mirin and fish sauce to taste.
- 9) Add dry milk powder until the soup is cloudy, like a chowder.
- 10) Add salt, pepper, and curry powder to taste.
- 11) Serve into bowls and top with crushed sunflower seeds and top with a dollop of mayo.

I love this dish because it's rich in a flavor-sense but easy on the pocketbook. I came up with it by pulling things out of my cabinets that I knew instinctively would taste good together, regardless of the food-cultures they are normally associated with. The dish is genre fluid, a little like me.

Pear Ahmed's Daal

~ Joseph Ahmed

& Father [pictured]

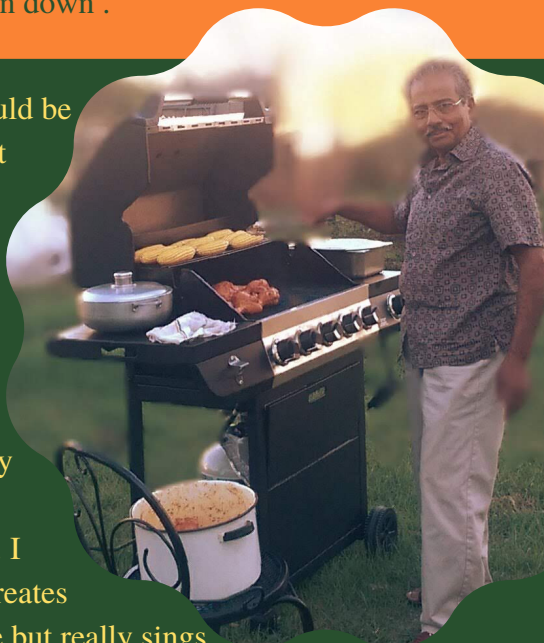
VEGAN,
VEGETARIAN,
GLUTEN-FREE

This is my slightly incorrect version of my Dad's lentil daal.

I grew up eating this about once a week, and finally got the recipe this year. This, and a handful of other recipes, is my strongest links to my Bangladeshi heritage. I've never experienced the exact flavors of my Dad's cooking at a restaurant, so learning these recipes has been really

important to me. Cooking it has become a major grounding ritual. Once I got him to pass this recipe on, it was then a whole journey to get it written down. Finally, my brother got the ingredients on paper, but I still had to call up my Dad on the phone to get the steps. This is made more complicated by the fact that every time he talks me through it, the process is a little different. What you're reading here is the first time it's been written down .

Growing up, I assumed that this would be a complicated recipe full of different spices and hard to make. Turns out, apart from being one of the most iconic tastes of my childhood, this recipe is simple, quick, healthy, and plentiful. I sometimes still can't believe the only spices used are turmeric and salt! It's also really easy to modulate the level of spice by adjusting how many chilies you use. I love the spicy-savory sauce that it creates which can be it's own meal over rice but really sings when mixed with other flavors. Its taste is so connected in my mind to being swirled together with chicken and kebab and aloo baji on my plate.



INGREDIENTS:

- 2 CUP CLEAN WASHED LENTILS WITH NO SKIN (I USE RED LENTILS)
- 4 GREEN CHILIES, SLICED? (PROBABLY FINE TO PLOP THEM IN WHOLE OR HALVED AS WELL)
- 8 CUPS WATER
- 1 MEDIUM ONION, DICED
- 8 CLOVES GARLIC, MINCED
- SPLASH OF VEGETABLE OIL
- PINCH OF TURMERIC
- CILANTRO TO GARNISH
- SALT TO TASTE

Steps:

- 1) Combine the lentils, water, about 3/4 of the onion, half the garlic, a splash of oil and a pinch of turmeric into a pot that will fit all that and crank up the heat.

Ideally you wash the lentils first. I usually don't. My Dad's version calls for just 1 cup of lentils but I go for 2 cause I like it a less soupy.

- 2) Once the pot hits a boil, turn it to medium and cook for 25 min.

Stir occasionally to make sure nothing sticks to the bottom.

- 3) Meanwhile, fry the remaining 1/4 onion and remaining half of the garlic in oil in a small pan. Once the onions start to brown, turn off the heat.

If you like it spicier you could also toss another chili or two in here.

- 4) Combine step 2 and 3 and stir. Add salt to taste and drop some cilantro leaves in there.

It also doesn't hurt to simmer longer, if you have the time.

- 5) Serve with white rice (basmati, ideally) and some added cilantro leaves on top.



Enjoy my childhood!

Lamb Chops with Mint Chutney

~ Shaily Dadiala

GLUTEN-FREE
FROM-SCRATCH SPECIAL



My husband and I love all dishes lamb. This one especially makes us feel very indulgent and luxuriant. With a Quinoa or broken wheat side, we go through the meal, wordlessly. That's saying something for 10 1/2+ years into marriage! :-)

INGREDIENTS:

- LAMB CHOPS
- MINT AND CORIANDER LEAVES
- GREEN CHILIES
- FRESH GINGER
- LEMON JUICE
- CORIANDER POWDER
- CUMIN POWDER
- OIL
- SALT & PEPPER



The method for this dish is a combined inspiration of Indian and Moroccan cuisines. And the cooking process can be divided into 3 stages. The mint-coriander chutney can be made in advance and stays in fridge up to 7 days. It's also great on sandwiches and as a dip for fritters.

Steps:

- 1) Marinate 6 bone-in lamb chops (any cut) with salt, ground black pepper, coriander and cumin powder, 1 tbsp. lemon juice and 1 tbsp. olive oil for 6 to 8 hours in the fridge.
- 2) Make a paste with 1 bundle green coriander, 1/2 bundle mint leaves (remove roots for both, retain stems, rinse well!), 2 inches of ginger, salt, 5 to 6 small hot green chili peppers and 2 tsp lemon juice in a mixer.
- 3) Oil a large roasting pan with a high smoke point oil, lay the lamb chops in a single layer, cook covered in the oven at 350 deg. F for 30 minutes.
- 4) Flip the chops after 30 minutes, crank up heat to 375, cook another 15 to 20 minutes till visibly browned.
- 5) Turn off heat, let it rest at room temperature, covered with foil for 10-15 minutes.

Smear with the green paste and gobble down!

Persian rice with tahdig

VEGAN,
VEGETARIAN,
COMFORT FOOD

Tahdig (which means "bottom of the pot") is THE Persian dish, and I was a picky eater and early vegetarian convert growing up so it was the one thing on the table I could count on being able to eat. My mom, aunts, and grandmother make it all the time, and I love that it's never really something you can expect to get right 100% of the time.

~ Minou Pourshariati

INGREDIENTS:

- LONG GRAIN BASMATI RICE
(AT LEAST 2 C; THIS RECIPE WORKS FOR UP TO 6 C)
- 1/4 CUP KOSHER SALT TO SEASON WATER
(DOESN'T CHANGE FOR RECIPE SIZE IT SOUNDS LIKE A LOT BUT YOU NEED IT TO PROPERLY SEASON THE RICE; DON'T WORRY, MOST WILL BE RINSED AWAY)
- WATER

OPTIONAL:

- SAFFRON, A PINCH OF GRANULATED SALT AND SUGAR, OR, JUST MIX IN A DASH OF TURMERIC AFTER BOILING
- VEGETABLE OIL, BUTTER, OR GHEE (ABOUT 4 TBSP TOTAL)

TOOLS:

It's versatile but
also impressive!

- LARGE BOWL OR FINE SIEVE
- LARGE NONSTICK POT WITH A LID
- TEA TOWEL OR SIMILAR
- IF USING SAFFRON: MORTAR AND PESTLE

Steps:

- 1) Rinse the rice thoroughly until the water comes clear.
- 2) Soak the rice; minimum 15 mins, maximum one day.
30-60 mins is good.
- 3) Fill a large pot 2/3 of the way with water, then add salt and bring to a boil.
- 4) Once the water is at a good rolling boil, add the rinsed rice.
- 5) Bring it to a boil again, over medium/high heat. Stirring, to make sure the grains aren't clumping up.

You can reduce the heat a little if needed so it doesn't boil over but the continuous boil is important.

You'll know the rice is ready when you can crush a grain between your fingers without too much trouble; the time can vary between 7-10 mins. The grains should be soft around the edges but still firm in the center (not totally "cooked"); it's important that it's really al dente, because if it's overcooked the final result will be on the squishy side.

- 6) Pour the parboiled rice into a strainer and rinse under cold water (to stop the cooking process and wash off extra salt).
- 7) Rinse and dry the pot (or switch to a nonstick pot if you weren't using one before).
- 8) Add oil/butter to the clean, dry pot; heat it until it sizzles.
Using a spatula or spoon, carefully add the rice into a sort of hill-like mound, so it doesn't touch the sides too much. Poke 7 holes in the rice with finger or spoon handle. Cover with lid.

9) Cook on medium/low for about 10 minutes,

Then lick your finger and touch the side of the pot (briefly!); if it sizzles, use a tea towel or several paper towels to line the lid (put the tea towel down and then the lid on top of it; tie it to the lid if you can to prevent burning); the idea is that it soaks up the extra condensation that is created rather than letting it drip back down into the pot. - OR - If you don't want to risk your finger, just wait 10mins and then add the tea towel.

10) Let cook on medium/low heat for 20min to an hour.

If you smell burning, take it off!

When you think it should be done, you can cheat and use a fork to gently get in there and lift the edge of the tahdig away from the bottom of the pot; you're looking for a nice golden brown color.

11) The moment of truth: with a plate of about the size of the pot (larger is fine if you're nervous), place the plate over the top of the pot and carefully flip upside down so that the tahdig lands crispy side up on the plate. Voila!

Don't be discouraged if it doesn't work out perfectly; it's a tricky process and doesn't go perfectly every time, even for pros.

If you're fancy and using saffron:

- 1) Take a pinch of it and add to mortar and pestle with a pinch of granulated sugar and granulated salt.
- 2) Grind it up into a fine powder (the grains help break it down).
- 3) Then, to bloom the saffron, add a splash of hot water (3-4 tbsp if you're particular; melted butter or ghee is also nice if you prefer), mix it together, and drizzle the resulting saffron mixture over the rice.

There are HELLA tahdig variations; lavash bread on the bottom, tortilla on the bottom, potato, Tachin (with saffron and yogurt mixed in and barberries/fruit or chicken layered in), dill and fava beans, herbs... the list goes on. If you choose you can also serve studded with barberries (zereshk) or barberries on top, raisins, et cetera. Serve with stew, meat, or whatever sounds good.

Friendship Falafel

VEGAN & VEGETARIAN

It's how me and my friend Areej bonded over our love for Dan Dan Noodles and our sadness for the unsuccessful dates we've had with people at Dan Dan Noodles.

Please note that Arthur and I have never met in person and had never had a 1:1 conversation before this.

What connected us? PAPA and Falafel.

*~ Areej Shafique &
Arthur Robinson*

(EYEBALLED) INGREDIENTS:

- CHICKPEAS; YOU MAY CALL THEM GARBANZO BEANS
- IMPOSTER SYNDROME & WHITE PEOPLE DATING STORIES
(WITHOUT THESE, YOU WILL BE TOO GOOD AND TOO HAPPY FOR THIS RECIPE)
- GARLIC
- CUMIN
- FLOUR
- CILANTRO - AND IF YOU THINK IT TASTES LIKE SOAP, WE POLITELY BUT FIRMLY DISAGREE. WE'RE NOT ANGRY, WE PROMISE. BUT CILANTRO TASTES GOOD
- SESAME SEEDS?? I DIDN'T USE THEM BUT DID YOU? - AREEJ
- I DID NOT BUT I LOVE THAT - ARTHUR
 - DO WE NEED SALT? AND LIKE PEPPAH.
YES, THAT'S IMPORTANT!
- CAYENNE
- PARSLEY
- ONION
- CORIANDER
- TEMPURA FLAKES

Do we tell our recipe and stories in dialogue form like this or are they in story form?

Hmm... I think I like the chaos.

I really hope they like this recipe :)

STEPS:

1) Soak your chickpeas

We can remind you later, but it'll be too late

2) Blend everything listed above, including the white people dating stories, so that you forget about your mistakes for a lil bit

- But not a lot so you have some room to grow, y'feel
- You gotta like have a moment of frustration where you're like "tf this doesn't look right"
- BUT we're here to tell you that it does, bish
- I sighed deeply when I realized that none of the stuff I was looking at looked anything like a falafel that i've gotten from the cool food trucks
- And that meant a lot of effort or at least having to do the work

3) Okay well how bout we refrigerate the falafel mixture now so we can pretend like this is actually a recipe people will follow

- How long did you refrigerate yours for?
- I refrigerated mine for a total of 0 minutes and 0 seconds

4) Now before we go on, we wanna check to make sure that before you made the falafel mixture that you soaked your chickpeas

5) Okay now that you're back on track imma need you to take that mixture outta the fridge and form it into ballz

- Or lil kebab like things
- Or make them into dino nuggie shapes
- While you're doing this you wanna talk to your new digital friend about Dan Dan Noodles as you realize you are having trouble deciding what shape these are going to take
- Did your friend say how often they go to Dan Dan Noodles in a month? Ask them now, keep that for later

6) Once you have your assortment of shapes you wanna get your oil to one hundo degrees

- *Cue Nelly* Give ample time for Nell

7) Hey, here is an important life lesson: these things take time.

- You have to be patient. Making a Falafel is like making joy in your life - it requires patience, and understanding. You need to keep the lines of communication open internally so they can be strong externally.
- Are you still listening to Nelly?
- Now start talking to your friend about the bad dates you've had with people at Dan Dan Noodles. Yes, we've all been there.

8) The Falafel should be golden brown by now
BUT DON'T YOU DARE TAKE THEM OUT.

- I, Arthur, took them out too early - Areej let me know that this was my biggest mistake as a person, as an artist, as a human being
- I, Areej, too, took them out too early and endorse the above statement

9) While this happens - think about your side dish!

- Think about the dish you eat the falafel over! Is it salad? Or is it rice? Or both? All 5 dishes at Dan Dan. The world is your oyster.
 - What's wrong? Why can't you go to Dan Dan? You can let go of those painful memories - the Dan Dan wasn't bad, it was the date!
- And the sauce. Could never have too much sauce.

10) As you contemplate this, take your Falafel out, silly.

- That's what someone called me on a date once. Silly. I kinda hated it. But you won't hate this Falafel!

11) Put that Falafel on your side dish -

- Wait, they called you silly? Lolol
- I really hope you went to Dan Dan later and got rid of that memory.
- The food at Dan Dan is not silly. The food is serious - seriously good!
 - (This isn't a sponsorship for Dan Dan. But Dan Dan, if you're reading, Arthur and I would like a free meal, plz)

12) Please enjoy and make sure you send a picture of your meal to your new digital friend, so it can be the beginning of a blossoming friendship.

Special
thanks:

our friends who
have come with us
to Dan Dan
Noodles, you know
who you are, we
love you

THANK YOU
AND GOODNIGHT!

Quick Comfort Curry!

ONE-POT(OR PAN) DISH,
GLUTEN-FREE,
COMFORT FOOD,
VEGETARIAN

I'm ridding myself of shame around domestic space, so any recipe for me significant.

~ Anita Holland

INGREDIENTS:

- 1 TABLESPOON OLIVE OIL
- 1 SWEET ONION DICED
- STARCHES AND VEGGIES
- 1 1/2 TEASPOONS SALT
- 1 TEASPOON GARLIC POWDER
- 14 OUNCES COCONUT CREAM
- 1/4 TEASPOON GROUND GINGER
- 1/4 CUP TOMATO SAUCE
- 1 CUP GREEN LENTILS, RINSED
- 2 1/2 TEASPOONS GARAM

MASALA

- 1/4 TEASPOON PEPPER (BLACK, CHILE, BOTH)
- 1/2 TABLESPOON SUGAR

- DOLLOP OF YOGURT CREAM CHEEZ
- 3 1/2 TEASPOONS CURRY POWDER
- 1 1/2 CUP FRESH SPINACH/BOK CHOY
- 1 CUP GREEN LENTILS PICKED OVER AND RINSED
- 4 SMALL YUKON GOLD POTATOES PEELED AND DICED/OR MIX

* TRY A RICE SUBSTITUTE FOR A GRAIN FREE OPTION *

Steps:

- 1) Place the chopped onion and the olive oil in a large pot and cook over medium heat.
- 2) While the onion softens, peel and chop the potatoes, then add to the pot.
- 3) Pick over and rinse the lentils, then add to the pot. Add 4 cups of water and turn that heat up to 11 (you know what I mean).
- 4) Once it starts to boil, reduce the heat to a simmer. Simmer down - about 20 minutes, or until potatoes are tender.
- 5) Add the tomato sauce, coconut cream, sugar, and spices. Raise the heat to high and bring to a boil, then reduce to a simmer down-again.
- 6) Simmer for 10 minutes, add greens and simmer for 5 more mins.
- 7) Add more salt if desired.
- 8) Serve over your choice of rice.
- 9) Top with dollop of yogurt/cream cheez.

It warms my
insides!

When there's
too much spice,
one could sub
cream cheese
for yogurt,
Hello! lol



Banana Bread

COMFORT FOOD FROM-SCRATCH SPECIAL

This recipe is something my mother has made for over 40 years. It's a favorite of my friends and it's one of the first things I baked for myself when I had my own kitchen.

~ Neil Bardhan

INGREDIENTS:

- 1 CUP MASHED BANANAS (2 OR 3)
- 1/2 CUP VANILLA YOGURT (OR APPLESAUCE!)
- 1 CUP SUGAR
- 2 EGGS
- 1 TSP VANILLA EXTRACT
- 1/2 CUP SOFTENED BUTTER (OR APPLESAUCE!)
- 1 AND 1/2 CUPS FLOUR
- 1 TSP BAKING SODA
- ~1 TSP COMBINATION OF SPICES (CINNAMON, NUTMEG, CLOVES, CARDAMOM, GINGER)

Steps:

- 1) Heat oven to 350 F.
- 2) Mix first 5 ingredients well.
Throw in dry ingredients, stir until well blended.
- 3) Pour into 9x5 greased loaf pan, or muffin tins.
- 4) For the larger pan, bake 50-60 mins, or until nicely brown & pulling from edges of pan.
Do the toothpick test regularly. For muffins, I've had it range anywhere from 10-25 minutes, so keep an eye on things.

This recipe is flexible in several ways. At its base, it's a banana bread, but you should feel free to add nuts, dried fruits, or chocolate as you see fit. It comes together quickly and with no special equipment.

VEGAN &
DESSERTS/SNACKS

Honey Joys/ Mochi

~ *Kimie Muroya*

*+best friend, Taiwo (who actually
likes cooking)*

Honey Joys are delightfully easy to make and delicious. Mochi is harder, but impresses people when you whip it out. Honey Joys remind me of my childhood in Australia, and of my college roommates who were ecstatic any time I made them. Mochi reminds me of my best friend Taiwo, with whom I perfected this recipe.

Okay, so here's the thing. I hate cooking.

Don't get me wrong: I LOVE eating.

But I hate cooking. I find it so stressful, I'm always checking recipes multiple times per step to make sure I am not messing up. Plus, I have an extreme case of pyrophobia (fear of fire) and my stove? Gas burner, baby. Anxiety through the roof.

[Side note: pyrophobia is a COMPLETELY rational fear, unlike people who are afraid of clowns or tiny holes in things. Fire can hurt you, but what's the number 13 gonna do to you? I will die on this hill. FIGHT ME.]

I've wracked my brain thinking about what I could possibly contribute to this cookbook. Oyakodon? Braised miso eggplant? Spaghetti omelet? Truth be told: I google the recipes for those every time. I don't even bookmark the pages, cause I'm a gremlin that feeds on chaos and self-destruction. But occasionally. I will get a craving for something that just cannot be found on Grubhub or DoorDash or UberEats.

Like these Honey Joys. I think it might be the only recipe I have memorized? I can't claim it though, it's from the Kellogg's Australia .

HONEY JOYS

INGREDIENTS:

- 4 CUPS OF CORN FLAKES
- 1/3 CUP OF BUTTER
- 1/3 CUP SUGAR
- 1 TBSP OF HONEY

Honey Joys are like Rice Krispie Treats, except instead of Rice Krispies you use cornflakes and instead of marshmallow you use honey.

Steps:

- 1) Melt the butter, sugar and honey together in a small saucepan until it starts bubbling.
- 2) Pour the mixture onto the cornflakes in a large mixing bowl, then stir until the cornflakes are coated.
- 3) Meanwhile, prepare a baking tray by laying out mini baking cups on it .
- 4) Spoon the cornflakes into the baking cups.
- 5) Pop them in the oven and bake at 300 C for 10-14 min, depending on how crispy crunchy you want em.
- 6) Then eat those bad boys.

They're
insanely
delicious and
addictive, and
easy to make.



MOCHI



INGREDIENTS:

- 1 CUP GLUTINOUS RICE FLOUR
- 1 CUP WATER
- 1/3 CUP SUGAR
- CORNSTARCH (FOR COATING)

NOTE: MOCHI IS HEINOUSLY STICKY. YOU'LL WANT TO USE CORNSTARCH COPIOUSLY WHEN HANDLING IT. COAT YOUR ENTIRE BODY IN IT TO BE SAFE.

Steps:

- 1) Mix rice flour, water and sugar together.
- 2) Prepare a bowl for steaming by spraying with a nonstick cooking spray.
(I like to use those metal mixing bowls) basically what's going to happen is the mixture is going into this bowl, which will sit on a steamer.
- 3) Steam for 15 minutes.
Helpful hint: wrap the lid of the pot in a dish cloth so none of the condensation drips into your mochi!
- 4) Meanwhile, get that cornstarch ready.
Whatever surface you're going to be using to roll out the mochi will need a healthy coating of it, as well your hands and your rolling pin.
- 5) When the mochi is finished steaming, dump it out onto the surface and roll to desired thickness.
6. Then you can cut out circles of the mochi as if you were making sugar cookies. Put your desired filling inside and pinch closed.
If your filling is ice cream, put it in the freezer right away! Helpful hint: use an empty egg carton to hold your mochi ice cream!

Bonus filling recipe: Anko (red bean paste)

Boil red beans (adzuki beans are best, but I've used kidney beans in the past) until tender. Mash them up. Add sugar to taste.

Meet the Cooks!



Anita Holland (they/them/meow)

Quick Comfort Curry!

My second toe is longer than my big toe.
You know what that means... Big Appetite!

*Areej Shafique (she/her) &
Arthur Robinson (any)*
Friendship Falafel

Gordon Ramsay follows me on
twitter. ~ Areej
"I can't top that." - Arthur"

Crys Clemente (they/them)

Dead Nettle Soup

I like learning languages! The 2nd language I'm most fluent in is
Esperanto, which I've been studying for several years.

Tamen mi pensas, ke mi ankoraux estas komencanto

[However, I still think I'm a beginner (level Esperanto-speaker)].



Daniel Park (he/him)

Tomato Sauce

I was a child model and did commercials and
print work for Sears, Osh Kosh B'Gosh and more!

Joseph Ahmed (he/him)

Pear Ahmed's Daal

On my twenty-first birthday (which happened in
Venice during an Italian study abroad program) my
class, teachers included, found an empty ice skating
rink in a piazza and skated around in our shoes.



Kimie Muroya (she/her)

Honey Joys/Mochi

I collect LEGO because I'm a dumb child.





Minou Pourshariati (she/her)

Persian rice with tahdig

I have over 200 plants.

Melody L Wong (she / her)

Soy Milk at Home

I love Lion Dance, because I was inspired by old Jet Li movies, but I used to be afraid of firecrackers as a child, but now as a lion dancer my lion has to pretend to eat the firecrackers during Lunar New Years celebrations. Lion Dance helped me conquer my fear of sound.



Neil Bardhan (he/him)

Banana Bread

I was on a champion intramural basketball team in college.



Pan (she/her)

Borscht Soup

My tongue can reach the tip of my nose



Rufio Yrael (he/him)

Hawaiian Poke marinade

I sometimes dream of being a stunt performer



Shaily Dadiala (she/her)

Lamb Chops with Mint Chutney.

I write stand-up material and perform it in my mind :-)

PHILADELPHIA
ASIAN PERFORMING
ARTISTS

PAPA

Thanks for coming
to our kitchen!



*Leave your plate in the sink,
we'll wash and dry <3*