Faculty Housing, Work Life, and Community Engagement invited residents to participate in the Quarantine Cookbook. This compilation entitled “Winter Warmers” features recipes consisting of 5 ingredients or less. For more information, please contact actsofkindness@nyu.edu.

Quarantine Cookbook
Winter Warmers edition

2021

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CREAMY JALAPENO DIP

James Felder

INGREDIENTS:

- 130 ml (4.4 oz) olive oil
- 4 jalapeño chillies, stems removed
- 2 medium or large garlic cloves, peeled
- 2 1 cm-thick slices of onion
- ¼ teaspoon salt, or more to taste

DIRECTIONS:

1. Heat the oil in a large saucepan over a medium or medium-low heat. When hot, add the jalapeños, garlic and onion – they should sizzle in the pan; if not, turn up the heat. Cook, turning everything frequently with tongs, for 5–7 minutes until the jalapeño skins loosen, whiten slightly and char a bit, and the garlic and olive oil turn a splotchy caramel colour. (Don’t wear your best clothes, as this can splatter.)

2. Cool for 20 minutes, then pour into a blender and add the salt. Blend on high for about 4 minutes until the salsa looks creamy and no longer mottled. Serve immediately.

From the book *Eat Mexico: Recipes from Mexico City’s Streets, Markets & Fondas*:

This green, creamy table salsa is so good, I have to restrain myself from eating it like pudding. The recipes comes from a fonda in the Roma neighbourhood called Con Sabor a Tixtla, run by a family from Tixtla, Guerrero. The only ingredients are olive oil, onions and jalapeños, but the sauce tastes much more complex. There are two small tricks: you should blend it for several minutes and you can’t, under any circumstances, have a spot of water in your blender – if you do, the folks at Con Sabor a Tixtla insist that the sauce won’t come together. I’ve never tested the theory. The smell of jalapeños, onions and garlic browning in olive oil is enough to send me wiping down my blender jug with tea towels.
## The Green Dip

**Vera Grosberg**

### Ingredients:
- 1 bunch organic cilantro
- 7.5 oz Farmer cheese
- 2 tablespoons olive oil  
  (I use Earth Balance)
- 2 tablespoons nonfat yogurt  
  (I use Siggi’s)
- 1 clove garlic, minced
- salt to taste

### Directions:
1. Put everything into a food processor for 3 to 5 minutes until homogenized.
2. Put into a bowl and refrigerate.

Serve with crackers or thinly sliced artisan bread.

**Bon Appétit!**

### Note:
All ingredients should be very clean!!! Triple wash the cilantro in hot water!

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<th>Servings</th>
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INGREDIENTS:
Butternut Squash
Salt / pepper
Bay leaf
6 large carrots
6 stalks celery
3 onions
2 turnips
2 kohlrabi
2 parsnips
5 potatoes
2 tablespoons olive oil
1 cup yellow split peas
1 6-oz can tomato paste
2 zucchini
1 can cannoli beans
1 cup elbow macaroni

GARNISH:
Parmigiano cheese

DIRECTIONS:
1. Chop fine one carrot, half to one onion, one celery stalk, one turnip, and half parsnip and two bay leaves. Sweat down, in a large stock pot in one tablespoon oil and salt and pepper. Will take about 15 minutes on medium low heat. These aromatics are the base of your stew.
2. Add in the tomato paste and split peas, sweat for an additional two minutes.
3. Coarsely chop the remaining, butternut squash, carrots celery, onion, turnip, kohlrabi, parsnip, and potatoes.
4. Add into the stock pot with one tablespoon olive oil.
5. Add water to cover vegetables and bring to a boil.
6. Lower heat to a simmer, cook stirring occasionally for about 2 hours till liquid thickens.
7. Add the chopped zucchini, cannoli beans and macaroni, cook for additional half hour. Serve warm topped with Parmigiano cheese.
POTATO, LEEK, AND WATERCRESS SOUP

Peter Tinaglia

**INGREDIENTS:**

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3 cups chunked baby golden potatoes, unpeeled  
3 cups sliced leeks, white and light green parts only  
3 cups of washed watercress (stems and leaves); usually one supermarket bag is sufficient  
4-6 cups low-sodium chicken broth or stock, to desired texture  
1 cup heavy cream or creme fraiche  
2 tablespoons olive oil  
2 tablespoons butter  
1 tablespoon Herbs de Provence, more to taste  
Salt and pepper to taste  

**OPTIONAL:**  
Garnish with a sprinkle of chopped crispy bacon and diced chives and a dollop of sour cream  

**REQUIRED TOOLS:**  
Minimum 6 qt dutch oven (enameled cast iron pot)  
Immersion blender  

**DIRECTIONS:**  
1. Add olive oil and butter to pot over medium-high heat. When butter is melted and foam subsides, add leeks. Cover pot.  
2. Sweat leeks for 3 minutes. Stir and cover. Sweat for two more minutes.  
3. Add potatoes to pot and cook covered for five minutes.  
4. Increase heat to high. Add watercress, stock, salt, pepper, and Herbs de Provence. Cover and bring to simmer (5-7 minutes).  
5. Lower heat to low and simmer, partially covered, for 25-30 minutes until potatoes are fork tender.  
6. Take off heat, stir in cream. Using an immersion blender, blend to desired consistency.  
7. Adjust seasoning as desired. Garnish if desired. Serve  

**NOTES:**  
Can be served hot or chilled  
Peeled Yukon gold potatoes can be used instead if your family prefers peeled potatoes.  
The tougher green parts of the leeks can be saved and used in stock.
**WARM LEMON BEET SALAD**  
Lisa Kail

**INGREDIENTS:**
- 6 medium beets, scrubbed
- 6 cups arugula
- 2 oz goat or feta cheese, crumbled
- ½ pint grape tomatoes, halved
- 1 tablespoon lemon zest
- Salt and pepper

Lemon Dijon Vinaigrette  
(Stonewall Kitchen)

or make your own:
- ½ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon maple syrup
- 2 teaspoons Dijon mustard

Shake in jar

**ADDITIONS:**
- Avocados, nuts, dried berries, toasted chickpeas
- Make it an entrée salad, add: shrimp, salmon, chicken, steak

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<tr>
<td>4</td>
<td>15 min</td>
<td>1 hour</td>
<td>400°F</td>
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**DIRECTIONS:**
1. Preheat oven to 400°. Wrap each beet in foil and place on a baking sheet. Roast until tender (you can insert a fork or knife through the foil to test), about 1 hour. Let sit until cool enough to handle, then peel and cut into wedges.
2. Gently warm dressing and beets in sauté pan, do not bring to boil.
3. Place arugula in a large serving bowl dress with vinaigrette, beet mixture. Top with cheese and tomatoes.
4. Dust with lemon zest, salt, and pepper to taste.
HASSELBACK CHICKEN
Erin Egan

INGREDIENTS:

- ¼ cup fresh spinach
- ¼ cup ricotta cheese
- 2 chicken breasts
- ¼ cup cheddar cheese
- 1 teaspoon paprika
- salt, to taste
- pepper, to taste

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<tr>
<td>Fresh spinach</td>
<td>¼ cup</td>
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<tr>
<td>Ricotta cheese</td>
<td>¼ cup</td>
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<tr>
<td>Chicken breasts</td>
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<tr>
<td>Cheddar cheese</td>
<td>¼ cup</td>
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<tr>
<td>Paprika</td>
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<tr>
<td>Salt</td>
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<td>Pepper</td>
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DIRECTIONS:

1. Cook the spinach on a medium heat in a splash of oil for 3-5 minutes until it is slightly wilted.
2. Stir in the ricotta and cook for a further 30-60 seconds. Allow to cool.
3. Cut slits into the chicken breasts about 1 cm (½ inch) apart but don’t cut all the way through — about 75% of the way down is what you should aim for.
4. Stuff all of the spinach and ricotta mixture into the slits.
5. Season the chicken with salt and pepper.
6. Grate the cheddar and sprinkle it generously on top.
7. Shake the ground paprika over the chicken to add some color and flavor.
8. Bake in the center of a pre-heated oven for 20-25 minutes 400°F (200°C) until the cheese has melted and the juices are clear.
9. Enjoy!
**INGREDIENTS:**

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**PARMESAN AND PARSLEY RISOTTO**

5 cups vegetable or chicken stock
1 ½ cups arborio rice
1 medium yellow onion
⅔ cup Parmesan cheese, finely grated, plus more for garnish
½ cup fresh flat parsley leaves, roughly chopped
Bonus ingredient: A few scrapes of lemon zest

Pantry items to have on hand:
2 tablespoons olive oil
Freshly ground sea salt
Freshly ground black pepper

**DIRECTIONS:**

1. Heat 5 cups stock in a medium saucepan over low heat and keep on low simmer.

2. In the meantime, finely chop 1 yellow onion. Finely grate 3/4 cup Parmesan cheese. Roughly chop 1/2 cup flat parsley leaves.

3. Heat 2 tablespoons of the olive oil in a large, high-sided sauté pan over medium heat. Add the onion and cook until soft and translucent, about 5 minutes. Add 1-1/2 cups rice and cook, stirring occasionally, until toasted and fragrant, about 3 minutes. Season with salt and black pepper.

4. Add the stock 1/2 cup at a time, stirring frequently. Wait until the broth has been almost completely absorbed by the rice before adding the next 1/2 cup. Cook until the rice is al dente and risotto creamy, 16 to 18 minutes total (you may have leftover stock.) Stir in the parsley and cook over low heat, about 1 minute. Add an extra flavor with a few scrapes of fresh lemon zest.

5. Remove from the heat. Stir in the Parmesan. Taste and season with salt and pepper as needed. Serve immediately, garnishing each bowl with more grated Parmesan.
SLOW COOKER RUSSIAN CHICKEN

Andrew Maliszewski

INGREDIENTS:
1 ½ cups (12 oz) apricot preserves
1 cup (8 oz) Russian salad dressing
1 envelope dry onion soup mix
4-6 chicken breasts
12-18 baby carrots
1 teaspoon pepper (or more to taste)

GARNISH:
Crumbled cashews

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<tr>
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<td>15 min</td>
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DIRECTIONS:
1. Mix together the preserves, Russian dressing and onion soup mix in a bowl.
2. Place baby carrots in a layer in the bottom of the slow cooker and then place chicken breasts on top of the carrots.
3. Poke chicken with a fork several times covering breasts with holes.
4. Pour mixture over chicken.
5. Cover and cook on high for 1 hour.
6. Reduce to low for 3-4 hours.
7. Remove chicken, shred with two forks; return to the slow cooker until ready to eat.
8. Serve over rice or noodles. Garnish with crumbled cashews.
9. Enjoy!
STEAK PIZZAIOLA

Will Falzon

INGREDIENTS:
1 2 lb. shoulder London broil
4 large potatoes, peeled and sliced
2 large onions, sliced
1 28 oz can peeled tomatoes, in tomato sauce (like San Marzano)
1 14-oz can peas

Olive oil
½ cup water
Seasoning: salt/pepper, oregano, or Italian seasoning, to taste

DIRECTIONS:
1. Lightly oil a large baking dish and preheat the oven to 450°F.
2. Layer in order, potato, and onion.
3. Salt and pepper the London broil on both sides and place on top of the onions.
4. Pour in the tomatoes with their sauce and crush them lightly with the back of a spoon.
5. Drain the peas and add them in.
6. Add ½ cup water and season the whole dish with oregano/salt/pepper.
7. Cover the dish with aluminum foil and cook for 2 hours.
8. Check periodically and add more water if necessary.
9. Allow to cool for 15-30 minutes, and then slice the London broil thinly against the grain.
10. Serve with crusty Italian bread.
ITALIAN NOODLE CASSEROLE

Tracey Beck

INGREDIENTS:
1 pound medium noodles
1 teaspoon poppy seeds
2 teaspoons minced green peppers and scallions
2 teaspoons butter
2 pounds ground chuck
4 8-oz cans tomato sauce
½ teaspoon basil
1 teaspoon lemon rind, grated
1 thyme
2 8-oz package cream cheese (fat free)
2 cups creamed cottage cheese
½ cup sour cream

DIRECTIONS:
1. Cook and drain noodles.
2. Sauté beef until brown—stir in tomato sauce, remove from fire.
3. Add basil, thyme, lemon rind.
4. Combine cottage cheese, cream cheese, sour cream, scallions and peppers.
5. Put noodles mixed with melted butter and poppy seeds in large casserole.
6. Pour cheese mixture over this, top with meat sauce.
7. Bake in 375°F oven for 45 minutes.

I used a classic casserole recipe from a cookbook published in the 70s by Holocaust survivors, Recipes Remembered. This Italian Noodle Casserole (Kugel) was submitted by Trude Marx.
VEGAN CINNAMON CAKE

Tamar Schlick

INGREDIENTS:
1.5 cups flour
⅔ cups sugar (½ cup if you prefer less sweet)
2 teaspoons baking powder
2 teaspoons cinnamon
6 tablespoons vegetable oil

OPTIONAL:
For the batter:
raisins or walnuts

Toppings:
I like to decorate the cake with some of these ingredients:
oats; chocolate pieces; almond/walnut/pecan pieces; chopped dry apricots; or thinly sliced fresh apple pieces.

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DIRECTIONS:
1. Preheat oven to 350 degrees.
2. Mix all the dry ingredients in a bowl.
   [If desired, add half cup of raisins and/or half cup of walnuts. In that case, add another teaspoon of water to the batter.]
3. Add 1 cup water and the oil and stir until well blended.
   [Add optional toppings]
4. Bake in a greased 8 or 9-inch square baking pan for 35 minutes or until a toothpick inserted the center comes out dry.

This cake is also good toasted in the morning. Enjoy!
INGREDIENTS:
1 tablespoon sugar
60 ml (2 oz) condensed milk
60 ml (2 oz) whole milk
1 egg
1 teaspoon vanilla

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<td>2 med or 4 sm</td>
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<td>300°F</td>
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DIRECTIONS:
1. Set an oven-safe ceramic dish with an inch of water in a 150°C (300°F) oven.
2. Butter another medium sized ceramic dish, or two smaller ones, like ramekins.
3. Mix sugar with 1 tablespoon water, and caramelize in a saucepan to golden brown. Pour caramel into buttered bowl(s).
4. Mix thoroughly: Condensed milk, whole milk, egg, and vanilla
5. Pour mixture into buttered bowl(s). Set bowls in water in oven, being careful not to splash the water into the bowls.
6. Bake for 1 hour undisturbed. Remove from water, let cool. Run a knife around the outside of the bowl, separating the flan from the sides of the bowl. Cover bowl with a small plate, and quickly turn both upside down so flan falls out in once piece.