

CALIFORNIA STATE UNIVERSITY
CHANNEL ISLANDS

2021

VIRTUAL COOKBOOK

Presented by:
CSUCI Staff Council



APPETIZERS!

AEBLESKIVERS FROM KRISTIN STEINER'S HUSBAND'S GRANDMOTHER!

"THIS IS A RECIPE FROM MY HUSBAND'S GRANDMOTHER AND HAS BEEN IN THE FAMILY FOR GENERATIONS. IT IS A TRADITIONAL DANISH TREAT THAT WE ENJOY WITH MELTED BUTTER AND CINNAMON SUGAR. WE MAKE THEM EVERY EASTER AND CHRISTMAS AND MORE RECENTLY FOR BIRTHDAY BREAKFASTS. THEY'RE DELICIOUS!" ~ *KRISTIN STEINER*

INGREDIENTS:

2 CUPS BUTTERMILK

2 CUPS FLOUR 3 EGGS, SEPARATED

1 TSP BAKING POWDER

1 TSP BAKING SODA

1/2 TSP SALT

2 TSP



SUGAR DIRECTIONS:

MIX BUTTERMILK, FLOUR, EGG YOLKS, BAKING POWDER, SALT, BAKING SODA, AND SUGAR IN LARGE BOWL UNTIL WELL COMBINED. IN SEPARATE BOWL, BEAT THE EGG WHITES UNTIL STIFF PEAKS FORM. FOLD THE EGG WHITES INTO THE BATTER UNTIL JUST COMBINED. HEAT AEBLESKIVER PAN OVER MEDIUM-HIGH HEAT. BRUSH WITH CANOLA OR VEGETABLE OIL. ONCE HEATED, FILL CUPS TO JUST BELOW THE TOP WITH BATTER AND LET COOK UNTIL GOLDEN BROWN. YOU WILL NEED TO USE A SKEWER OR KEBAB STICK TO TURN THE AEBLESKIVERS AS THEY COOK TO ENSURE EVEN HEATING. SERVE WITH MELTED BUTTER AND CINNAMON SUGAR; JAM/PRESERVES; ICE CREAM OR WHATEVER TOPPING YOU PREFER. :) ENJOY!

SOUPS & BREAD!

FRENCH ONION SOUP!

1 ½ POUNDS (3 LARGE) ONIONS, THINLY
SLICED (6 CUPS)
¼ CUP BUTTER
3 10 ½ OUNCE CANS OF CONDENSED BEEF
BROTH
1 TEASPOON WORCESTERSHIRE SAUCE
¼ TEASPOON SALT & PEPPER
2 FRENCH OR HARD ROLLS
MOZZARELLA CHEESE



COOK ONIONS IN BUTTER UNTIL LIGHTLY BROWNED. ADD BROTH AND WORCESTERSHIRE SAUCE AND BRING TO A BOIL. SEASON WITH SALT AND PEPPER. PLACE HARD ROLLS IN BOTTOM OF BOWLS AND COVER WITH COOKED ONIONS AND BROTH. SPRINKLE WITH DESIRED AMOUNT OF MOZZARELLA CHEESE AND PLACE UNDER BROILER UNTIL CHEESE IS LIGHTLY BROWNED.



CORNBREAD!

1 CUP OF SOUR CREAM
7 OZ. JIFFY CORN MUFFIN MIX
2 EGGS
2-3 TABLESPOONS OF SUGAR
½ CUP BUTTER
1 CAN OF CREAMED CORN

MIX AND POUR INTO GREASED PAN AT 350-DEGREES
FOR 40-45 MINUTES.

MAIN COURSES!

RENEE FUENTES' BLACK BEAN PIE!

"THIS WAS ONE OF THE FIRST RECIPES I LEARNED AS A NEW MOM AND IT QUICKLY BECAME AN EASY, QUICK FAVORITE. YOU CAN REALLY DO ANY VARIATION YOU LIKE!" ~ *RENEE FUENTES*

1 - REFRIGERATED PIE CRUST

1 - CAN BLACK BEANS, DRAINED

1 C SALSA OF YOUR CHOICE GARLIC - TO TASTE

1 TB CHILI POWDER

4 - FLOUR TORTILLAS

2 C SHREDDED CHEESE



PREHEAT OVEN TO 400 DEGREES.

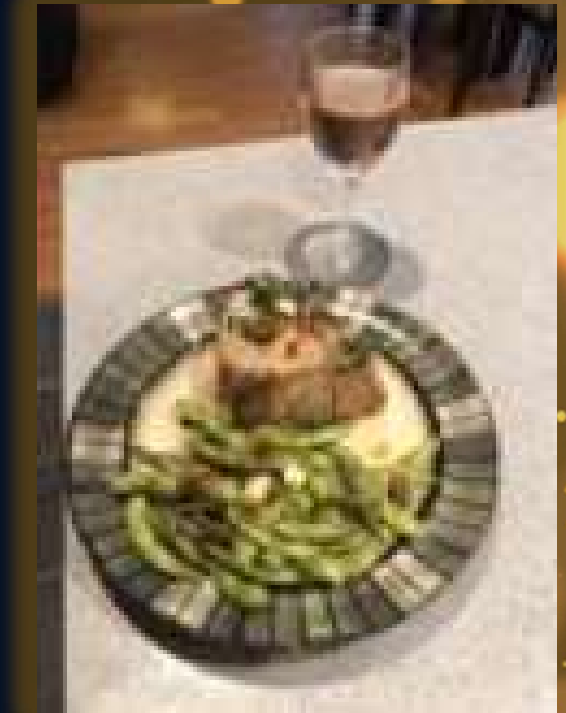
IN A PIE PAN, SPRAY BOTTOM AND SIDE WITH NON-STICK COOKING SPRAY. IN A STOVETOP SKILLET, MIX BEANS, SALSA, CHILI POWDER, AND GARLIC AND HEAT THROUGH. IN PIE DISH, ROLL OUT ONE PIECE OF PIE CRUST AND SMOOTH. PLACE APPROXIMATELY 3/4 C OF SKILLET MIXTURE ON TOP OF CRUST AND SPREAD AROUND. TOP WITH SPRINKLING OF CHEESE AND ONE TORTILLA. REPEAT THE PROCESS UNTIL OUT OF TORTILLAS. PUT SECOND PIECE OF PIE CRUST ON TOP AND PINCH THE EDGES. BAKE UNTIL GOLDEN BROWN. SERVE WITH SOUR CREAM.

MAIN COURSES!

CARLOS MIRANDA'S SEARED AHI WITH EDAMAME!

"THERE ISN'T ANYTHING SPECIAL TO THE FAMILY BESIDE WE LIKE AHI. VERY LOW COST, HIGH IN TASTE. ALL THAT MAKES IT SPECIAL." ~ *CARLOS MIRANDA*

DO NOT OVER COOK YOUR FISH. TUNA IS GOOD RARE. I WOULDN'T COOK THE FISH MORE THAN MEDIUM RARE. COMBINE MARINADE INGREDIENTS IN A CUP AND STIR TOGETHER. MASSAGE MARINADE TO THE FISH. LET MARINATE FOR 1 HOUR. HEAT A NON STICK SKILLET AND SPRAY AVOCADO OIL. ADD AHI MAKING SURE NOT TO OVERCOOK THE FISH. COOK FOR COUPLE MINUTES EACH SIDE. YOU CAN ADJUST COOKING TIME DEPENDING HOW YOU LIKE THE FISH COOKED. REMOVE FISH AND SQUEEZE LEMON ON TO THE FISH AND ADD SESAME SEED ON TOP. AHI TUNA FILLET (SPROUTS HAS A GOOD SELECTION)



1 TABLESPOON REDUCED-SODIUM SOY SAUCE

2 TEASPOONS FRESH GARLIC, PEELED ; GRATED

2 TEASPOON FRESH GINGER ; GRATED CILANTRO (OPTIONAL FOR GARNISH)

2 TABLESPOONS GREEN ONION ; CHOPPED WHITE PART ONLY

AVOCADO (OIL) SPRAY

1 LEMON

SESAME SEEDS EDAMAME (STEAM)

DESSERTS!

GERI-LYN HIMEBAUGH'S GREAT GRAMA'S 5LB. FUDGE!

"MY GREAT-GRANDMA EVELYN MADE HUGE BATCHES OF THIS FUDGE EVERY HOLIDAY SEASON. THROUGHOUT MY CHILDHOOD NOV-JAN YOU COULD FIND A PLATE OF PLAIN AND ONE WITH WALNUTS IN EVERY FAMILY HOME. WHEN SHE WAS ABOUT 75, I WENT OVER AND HELPED HER MAKE IT AND GATHERED THE RECIPE FROM HER 1950'S NEWSPAPER CLIPPING AND EXPERIENTIAL MODIFICATIONS. SHE DID NOT KNOW WHY IT WAS CALLED 5 LB. FUDGE, BUT WE ALL SUSPECTED IT WAS BECAUSE THAT IS HOW MUCH YOU GAIN BY EATING IT. GOOD TIMES AND GREAT MEMORIES!!!"
~ GERI-LYN HIMEBAUGH

INGREDIENTS:

4 1/2 CUPS SUGAR
1 TBSP BUTTER
1 CAN EVAPORATED MILK
1 TSP. VANILLA PINCH OF SALT
12 OZ SWEET CHOCOLATE BROKEN INTO
PIECES (LIKE HERSHEY'S)
1 BAG SEMI-SWEET CHOCOLATE CHIPS
1 PINT MARSHMALLOW CREAM
1 CUP CHOPPED WALNUTS OR PECANS
(OPTIONAL)



INSTRUCTIONS:

IN A LARGE PAN MIX SUGAR, BUTTER, EVAPORATED MILK, VANILLA AND SALT.

BOIL VIGOROUSLY FOR 6.5 MINUTES, STIRRING CONSTANTLY.

COMBINE REMAINING INGREDIENTS IN A LARGE HEAT PROOF BOWL.

POUR MOLTEN INGREDIENTS OVER THE REMAINING INGREDIENTS AND STIR QUICKLY/CAREFULLY TO MELT/COMBINE.

WHEN BLENDED AND SMOOTH POUR INTO BUTTERED PANS TO SET.
CUT INTO 1" CUBES AND ENJOY WHEN FULLY COOLED.

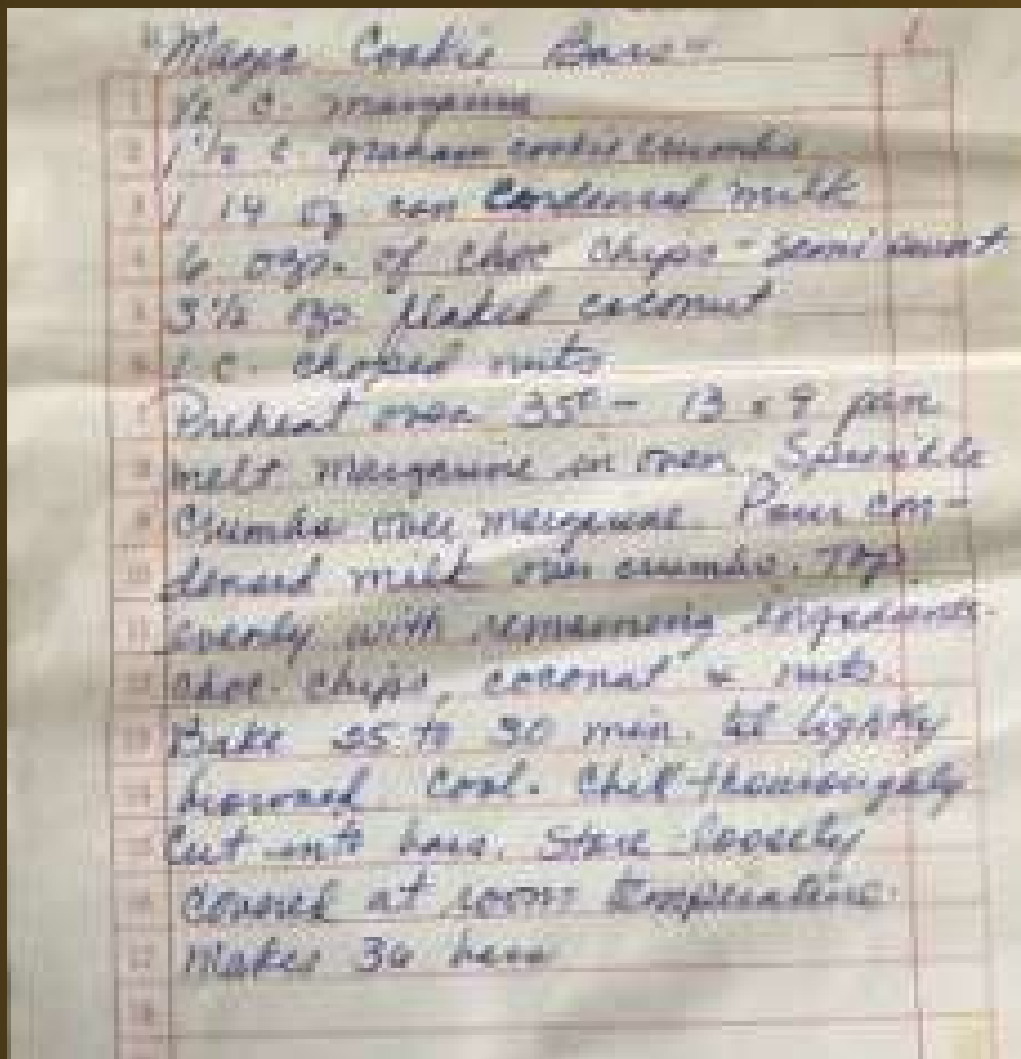
DESSERTS!

ALISSA BLOUGH'S MOM'S MAGIC COOKIE BAR RECIPE!

"MY MOM'S MAGIC COOKIE BAR RECIPE. OUR WHOLE FAMILY LOVES AND EXPECTS THIS DESSERT EVERY CHRISTMAS". ~ ALISSA BLOUGH

IN A SMALL SAUCEPAN, MELT THE MARGARINE WITH THE BROWN SUGAR OVER MEDIUM HEAT. BOIL FOR 1 MINUTE. POUR OVER THE BISCUITS.

BAKE AT 350 DEGREES F (175 DEGREES C) FOR 35 MINUTES. LET BREAD COOL IN PAN FOR 10 MINUTES, THEN TURN OUT ONTO A PLATE. DO NOT CUT! THE BREAD JUST PULLS APART.



DESSERTS!

MARTHA FERGUSON'S LEMON POPPYSEED CAKE!

"I HAVE BEEN LIVING WITH CELIAC DISEASE FOR OVER 10+ YEARS AND HAVE A STRICT GLUTEN FREE DIET. MY FAMILY IS FROM MICHOACÁN MEXICO AND I COME FROM A LONG LINE OF FAMILY MEMBERS WHO MAKE THINGS FROM SCRATCH. WE HAVE ALWAYS TAKEN IN PRIDE IN FEEDING OUR FAMILIES HEARTY AND HEALTHY FOODS AS WELL AS ENJOYING GREAT MEALS TOGETHER. I GREW UP MAKING MY OWN BAKED GOODS SINCE I WAS IN JUNIOR HIGH AND CONTINUED MY PASSION FOR LEARNING AND CREATING WHEN I WORKED WITH CHEFS FOR A SPAN OF TIME IN COLLEGE. NOW, I AM LIVING THE GLUTEN FREE LIFE BUT CONTINUE TO CREATE RECIPES THAT ARE SAFE AND HEALTHY FOR MY OWN FAMILY, AS WELL AS POST THEM ON MY PERSONAL BLOG FOR OTHERS TO ENJOY WHO ARE AVOIDING GLUTEN FOR THEIR DIET, HAVE AN INTOLERANCE TO GLUTEN, CELIAC DISEASE, OR EVEN AN ALLERGY. I CREATED MY OWN BLEND OF GLUTEN FREE FLOUR FOR MY RECIPES WHICH I LOVINGLY NAMED AFTER MY DAUGHTER WHO IS MY FAVORITE LITTLE TASTE TESTER. FEEL FREE TO FOLLOW MY BLOG, BUT I WELCOME YOU TO TRY WITH YOUR OWN BLEND OF FLOUR AS WELL REGARDLESS OF YOUR DIET. ENJOY! MY BLOG: [HTTPS://DELICIOUSDELIGHTSGF.WIXSITE.COM/BLOG](https://deliciousdelightsgf.wixsite.com/blog)" ~ MARTHA FERGUSON

LEMON POPPYSEED CAKE FOR CAKE: ----- 10.8 OZ MELLY BELLY FLOUR BLEND.
(RECIPE ON BLOG OR FEEL FREE TO TRY YOUR OWN FLOUR BLEND)

2 TBSP OF POPPY SEEDS
1 TSP BAKING POWDER
1/2 TSP BAKING SODA
1/2 TSP SALT
1 TBSP BUTTERMILK POWDER
1 CUP SUGAR ZEST OF 3 LEMONS
2 STICK BUTTER, SOFTENED
4 EGGS
4 TBSP LEMON JUICE FOR GLAZE
1 1/2 CUPS OF POWDERED SUGAR
1 TSP LEMON EXTRACT



DESSERTS!

MARTHA FERGUSON'S LEMON POPPYSEED CAKE!

START BY MAKING THE CAKE- BEAT YOUR SOFTENED BUTTER IN A MIXER UNTIL CREAMY. NEXT, ADD IN YOUR SUGAR AND EGGS UNTIL WELL INCORPORATED. IN A SEPARATE BOWL, MIX ALL OF YOUR DRY INGREDIENTS TOGETHER (FLOUR, POPPYSEEDS, BAKING POWDER, BAKING SODA, SALT, AND BUTTERMILK POWDER). WITH YOUR MIXER ON LOW, SLOWLY ADD IN YOUR DRY INGREDIENTS ABOUT 1/2 CUP AT A TIME UNTIL MIXED WELL. SCRAPE DOWN THE SIDES AND BOTTOM OF THE MIXING BOWL WITH A RUBBER SPATULA. TURN ON YOUR MIXER, AGAIN, TO MAKE SURE EVERYTHING GOT INCORPORATED. LAST, ADD IN YOUR ZEST AND LEMON JUICE AND MIX IT FOR ANOTHER MINUTE. LET YOUR CAKE MIX SIT WHILE YOU PREHEAT YOUR OVEN TO 350 DEGREES AND GREASE A LOAF PAN WHILE YOU WAIT. ONCE PREHEATED, POUR YOUR CAKE MIXTURE INTO THE LOAF PAN AND BAKE FOR 55-65 MINUTES UNTIL GOLDEN BROWN AND A TOOTHPICK COMES OUT CLEAN FROM POKING THE CAKE. **GIVING THE CAKE MIX THAT EXTRA MOMENT TO SIT BEFORE JUST BAKING, ALLOWS THE GLUTEN FREE FLOURS TO REALLY SOAK UP THE LIQUIDS AND THE LEMON FLAVOR. MOST GF FLOURS ARE THIRSTY SO GIVE IT SOME TIME AND PREHEAT THE OVEN TOWARDS THE END OF THIS RECIPE. **I USED A GLASS LOAF PAN, FEEL FREE TO USE A METAL ONE BUT BAKING TIMES MAY DIFFER AS METAL PANS HEAT FASTER SO YOUR COOK TIME MAY BE LESS (KEEP AN EYE ON IT). ONCE DONE, PLACE YOUR LOAF PAN ON A COOLING RACK. WAIT 10-15 MINUTES BEFORE REMOVING THE CAKE FROM THE PAN.

ONCE FULLY COOLED, IN A BOWL MIX TOGETHER YOUR POWDERED SUGAR, LEMON EXTRACT, AND CREAM/MILK. WHISK IT WELL TO MAKE SURE IT'S NOT CLUMPY. IF IT LOOKS TOO THICK OR CLUMPY, ADD A TEENY BIT MORE MILK TO SMOOTH IT OUT TO YOUR LIKING. IF USING A COOLING RACK, SET SOME PARCHMENT UNDER IT BECAUSE THIS PART GETS A LITTLE MESSY AND IT WILL CATCH THE GLAZE THAT DRIPS DOWN. DRIZZLE YOUR GLAZE OVER THE TOP AND LET IT FALL OFF AND COOL ON TOP. ONCE YOUR GLAZE HAS SET, SLICE AND ENJOY!

DESSERTS!

NEXT BEST THING TO ROBERT REDFORD!

1 ½ STICKS OF BUTTER
1 ½ CUP OF FLOUR
3 TABLESPOONS SUGAR
½ CUP OF CHOPPED NUTS

MIX WELL AND FOLD INTO A 9" X 13" PAN AT BAKE
AT 350-DEGREES FOR 15-MINUTES.

BEAT TOGETHER 8-OUNCE PACKAGE OF CREAM
CHEESE AND ½ CUP OF POWERED SUGAR. THEN FOLD
6-OUNCES OF COOL WHIP AND POUR OVER COOLED
CRUST.

BEAT 6-OUNCE BOX OF LEMON PUDDING (OR YOU CAN USE VANILLA, CHOCOLATE,
ETC.) WITH 3 CUPS OF MILK UNTIL THICK. POUR OVER CREAM CHEESE MIXTURE.
TOP WITH REMAINING COOL WHIP AND SPRINKLE WITH THE CHOPPED NUTS.

REFRIGERATE AND ENJOY!



MONKEY BREAD!

3 (12 OUNCE) PACKAGES REFRIGERATED BISCUIT
DOUGH
1 CUP WHITE SUGAR
2 TEASPOONS GROUND CINNAMON
½ CUP MARGARINE
1 CUP PACKED BROWN SUGAR
½ CUP CHOPPED WALNUTS (OPTIONAL)
½ CUP RAISINS (OPTIONAL)

PREHEAT OVEN TO 350 DEGREES F (175 DEGREES
C). GREASE ONE 9 OR 10 INCH TUBE/BUNDT® PAN.

MIX WHITE SUGAR AND CINNAMON IN A PLASTIC BAG. CUT BISCUITS INTO
QUARTERS. SHAKE 6 TO 8 BISCUIT PIECES IN THE SUGAR CINNAMON MIX. ARRANGE
PIECES IN THE BOTTOM OF THE PREPARED PAN. CONTINUE UNTIL ALL BISCUITS ARE
COATED AND PLACED IN PAN. IF USING NUTS AND RAISINS, ARRANGE THEM IN AND
AMONG THE BISCUIT PIECES AS YOU GO ALONG.

