



Main Dishes



The University Club's Chef Jane Leary '94 started working at her alma mater's private faculty club in 1999; it opened to the general public in 2008. From the tiny, bright kitchen, Chef Leary daily turns out delicious evidence of her commitment to fresh, local ingredients, which she features in creative, simple preparations.

Ancho Sugar-Cured Tuna

Adapted from The University Club

1. Mix first six ingredients in a food processor or blender and pulse until well blended. (This marinade can be stored 3-4 months, frozen.)
2. With lightly oiled hands pat the cure into 6-8 oz sushi-grade tuna steaks, coating both sides well. Cover with plastic wrap and marinate one hour in the refrigerator. Remove from refrigerator and let stand at room temperature for 20 minutes before grilling. Grill 3 to 4 minutes total for rare, 6 to 7 minutes for medium. Turn the tuna about half way through grilling time.

Servings: 4

1 cup firmly packed brown sugar

1 tablespoon kosher salt

1 tablespoon black pepper

1 tablespoon ancho chili powder

1/2 tablespoon lemon zest

1/2 tablespoon orange zest

2 pounds fresh tuna steaks (one-inch thick)



Baba's Potato Pierogi

Katelyn Haggerty '10, dual major Music and Journalism

Potato Filling:

**3-4 medium potatoes,
cooked**

**1 3-ounce package cream
cheese**

1/4 cup butter

1 egg yolk

1 onion

salt and pepper

1. Melt butter in small frying pan and add finely chopped onion. Sauté until soft. Put cooked potato through a ricer or sieve and cool. Add softened cream cheese, onion, salt and pepper to taste. Mix with a wooden spoon or fork until well-blended. Place filling into bowl, cover, and refrigerate until ready to make pierogi.

Pierogi Dough:

3 cups all-purpose flour

**1 whole egg and
1 egg yolk**

3 tablespoons butter

**1 cup lukewarm water or half
water, half milk**

1 teaspoon salt

2. Place flour into large bowl. Add butter to flour and mix with pastry blender. Add eggs to 1/2 cup water or milk, beat together, and add to flour, mixing together with a fork. Add remaining 1/2 cup liquid to make a soft dough, continue to mix with fork. Knead on a sparsely floured board until smooth, about 5 minutes. Cover dough with bowl and rest for 10 minutes.
3. When ready to make pierogi, cut off a small portion of dough and roll into a thick rope. Cut off small balls of dough in whatever size desired. Roll the ball into a circle on a floured board and place 1-2 tablespoons of filling (or more if you like larger pierogi) onto half of dough. Fold over dough to make a semi-circle and press the edges of the dough together to secure. Turn over the pierogi and press edges together a second time. Drop pierogi into boiling salted water a few at a time. Simmer pierogi about 10 minutes. Place into a casserole dish with melted butter or fry in melted butter to brown.
4. Alternatively, for freezing, boil for 5 minutes, place on wax paper-covered cookie sheet to dry. Place cookie sheet into freezer for 20-30 minutes. Remove the individual pierogi and place into freezer bags for long term storage. When desired, boil pierogi for 10 minutes without thawing, serve with melted butter or fry in a pan with butter until browned.



*Cookbook compiler Katelyn Haggerty's Polish grandmother, 'Baba' as she knows her, makes pounds of these pierogi every year for friends and family. **Katelyn '10**, her three older sisters, and her mother **Linda Haggerty '74**, keep the tradition going by making and storing this staple year-round for a quick-fix dinner. Depending how long you fry them in butter, you can make them to your own liking for texture: soft and chewy or brown and crunchy.*



Andre John Cartwright '05 created this recipe for his final project in a Food Production Management class in the Isenberg School of Management because of its popularity and cultural variations throughout many West Indian countries. Whereas Puerto Ricans favor green pigeon peas in the dish, the Bahamian version is similar to that of Jamaica because it includes a tomato base. Cartwright lives in Freeport in the Bahamas, where he works in sustainable tourism.

The Marriott Center for Hospitality Management, the setting for teaching the Hospitality and Tourism Management Department's (HTM) hands-on courses, opened on the eleventh floor of the Campus Center in 2007. It's a state-of-the-art teaching and cooking lab, and, in the 200-seat dining room, during certain weeks of the semester, Food Production Management students manage, prepare, and serve gourmet lunches to lucky guests.

Bahamian Peas 'n' Rice

Andre John Cartwright '05

1. Heat a large saucepot that has been lightly oiled. Add the tomato and the tomato purée. Add the onions and cook for about a minute. Add thyme and salt. Stir in the peas and let cook for about a minute (until they lighten in color and expand).
2. In quart measuring cup, combine the liquid from the canned peas with the coconut milk. Add more water if necessary to make 4 cups of liquid. Pour the liquid into the saucepot and bring to a rolling boil. Add the rice and stir the pot once. You may need to add additional salt at this point.
3. Reduce the heat to low, cover, and simmer for 20 to 30 minutes or until the water has completely evaporated and the rice is cooked. Serve hot.

**1 small tomato
(chopped)**

**1 can tomato purée or
paste (8 ounces)**

**1 small yellow onion,
chopped**

**1/2 teaspoon dried
thyme**

1/2 teaspoon salt

**1 can pigeon peas
or kidney beans,
reserve liquid in the
can**

2 cups coconut milk

2 cups rice

Serves: 4 to 6



Bean Curd Duck

TinYan Shing '11

1 whole duck: wings, drums, breast cut into 8 pieces

3 tablespoons oil

2 tablespoons garlic, minced

1 tablespoon ginger paste

4 squares fermented red bean curd

2 tablespoons salt

4 cups uncooked white rice

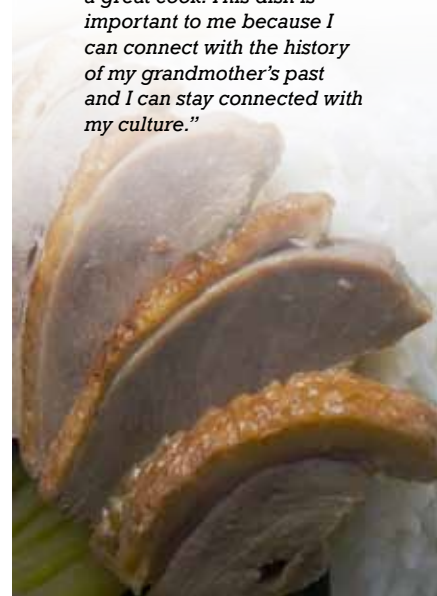
4 cups water

1. Rinse the duck pieces, blot dry, and season with salt. In a small bowl combine the minced garlic, ginger paste and red bean curd. Mix well. Marinate the pieces of duck in the minced garlic, ginger paste, and red bean curd mixture for 2-3 hours.
2. Wash uncooked white rice and cook in rice cooker with 4 cups of water. Heat oil in a pan on medium-high heat and sauté duck until golden brown. Remove from the pan onto a cutting board and cut duck into as many pieces as needed for serving.
3. Pan-fry the duck pieces on high heat, pouring on additional marinade as desired. Cook for about 10 minutes. Serve on heated plates with fluffy white rice.

Servings: 4



*"This recipe is one of my grandmother's most notable dishes," says **TinYan Shing '11**, a Hospitality and Tourism Management student. "Duck is a very desirable dish in China and Hong Kong, which is where my grandmother lives. Why marinate the duck with red bean curd? When my grandmother was younger, she lived in poverty. When it came to cooking for the holidays, she would try to gather affordable ingredients to make delicious dishes. The fermented red bean curd was one of the ingredients my grandmother could afford. It adds rich flavor to the entire dish. Since my grandmother does not live in the United States, she passed the recipe on to my father who is also a great cook. This dish is important to me because I can connect with the history of my grandmother's past and I can stay connected with my culture."*



Create-your-own stir-fry is one of the most frequented stations at campus dining halls; beef and vegetables are a popular combo.

Beef & Vegetable Stir Fry

Adapted from UMass Amherst Dining Services

1. Combine soy sauce, honey, ginger and garlic. Marinate beef in soy sauce mixture for 30 minutes, stirring at least once.
2. Boil reserved marinade until reduced by half; set aside.
3. Heat 1/2 cup canola oil in skillet to medium high.
4. Stir fry beef for two minutes (beef strips should reach an internal temperature of 155°F. Add onions and celery. Stir-fry for two minutes. Add mushrooms. Stir-fry for two more minutes. Add peapods just before serving.

Serves: 4

**2 cloves garlic
chopped**

1/4 cup soy sauce

**1 tablespoon ground
ginger**

**2 pounds beef, sliced
thin against the grain**

1 onion

**1 cup fresh sliced
mushrooms**

**2 stalks celery
chopped**

2 cups fresh pea pods

1/4 cup canola oil



Butternut Ragout with Vegetables

Marian Lubinsky's *Bubbe's Kitchen: Favorite Recipes from the Jewish Community of Amherst* in the W.E.B. Du Bois Beatrice McIntosh Cookery Collection

2 tablespoons canola or corn oil

2 medium onions, coarsely chopped

1 medium green pepper, coarsely chopped

2 pounds butternut squash, seeded, peeled and cut in 1-inch chunks

3 medium potatoes cut in bite-sized chunks

1 15-ounce can red kidney beans, rinsed and drained

1 28-ounce can no-salt added, sliced, stewed tomatoes

1 teaspoon oregano

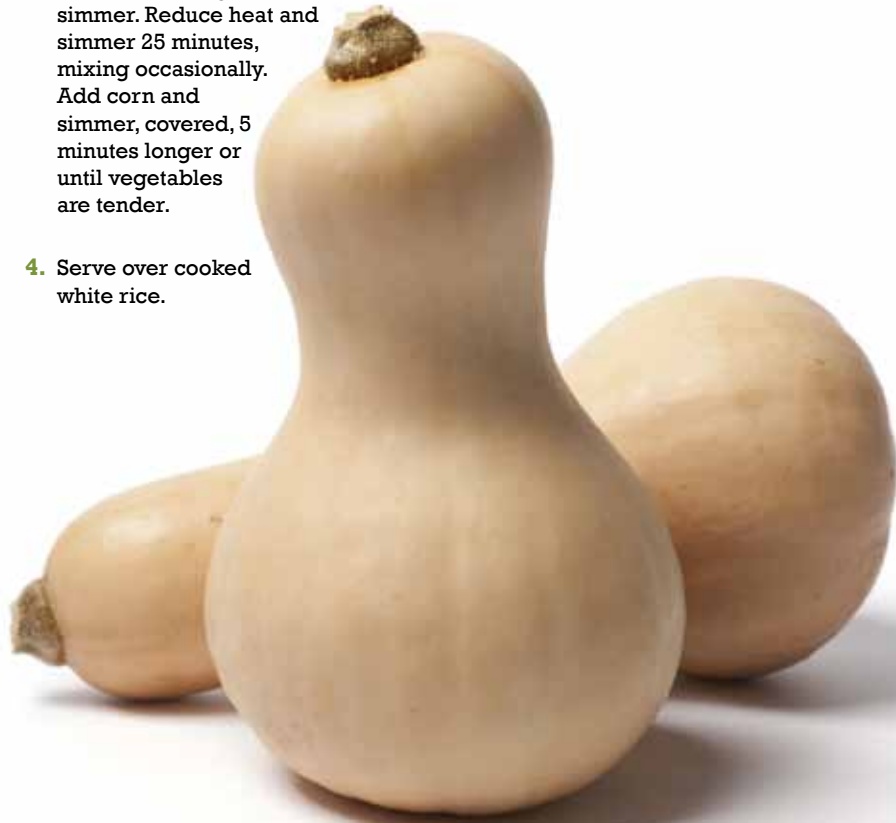
Salt, optional

1/4 tsp. pepper

1/2 cup water

1 10-ounce package frozen corn

1. In a large pot or Dutch oven, heat the oil. Add onion and green pepper and mix to coat. Cover and cook over low heat, mixing occasionally, until onion is soft, about 5 minutes.
2. Add the green pepper, butternut squash, potatoes, kidney beans, stewed tomatoes, oregano, salt, pepper, and water.
3. Cover and bring to a simmer. Reduce heat and simmer 25 minutes, mixing occasionally. Add corn and simmer, covered, 5 minutes longer or until vegetables are tender.
4. Serve over cooked white rice.



Cape Cod Fillets

From the Financial Aid Services Cookbook, *What's Cooking at UMass Amherst*

2 pounds flounder fillets, defrosted if using frozen

1 cup scallops, defrosted if using frozen

1 cup crabmeat, defrosted if using frozen

1/4 cup shredded Swiss cheese

3 tablespoons fresh parsley, chopped

Pinch of freeze-dried chives

1 teaspoon Dijon mustard

1/4 teaspoon lemon juice

Pepper

6 large fresh spinach leaves

1 cup frozen shrimp, cooked

1 small hard-boiled egg, peeled, chopped

4 ounces sour cream

1 clove minced garlic

2 tablespoons grated Parmesan cheese


1/4 cup bread crumbs

Seasoned Butter: 1/4 cup melted butter, 2 teaspoons lemon juice, chopped fresh parsley and grated cheese

1. Defrost frozen shellfish. Combine all stuffing ingredients except spinach leaves until well blended. Brush some of your melted butter over the bottom of your pan. Combine remaining butter with seasonings.
2. Lay each fillet flat. Place one leaf of spinach in the center of the fillet. Place 2 1/2 to 3 oz. of stuffing in the center of the spinach leaf and fold the ends of the fillet over the stuffing. Place "seam-side" down on your greased pan. Brush stuffed fillets with seasoned butter mixture. Bake at 350°F for 20 to 30 minutes. Garnish with lemon twists.

Serves: 6





The Massachusetts
State House Cod

For the Love of Cod

Henry David Thoreau called it the “bare and bended arm” of New England. Cape Cod was named for the schools of codfish that filled Massachusetts Bay to brimming and satisfied Colonial appetites.

“Cod has a complicated and very long history,” says Professor Francis Juanes, in the UMass Amherst Fisheries Biology Department. “Although there are other species of ‘cod’ (tomcod in the Hudson River, Pacific cod), the ones on Cape Cod menus are almost surely Atlantic cod—*Gadus morhua*.”

Juanes explains that in U.S. waters, there are two recognized stocks of *Gadus morhua*: the Gulf of Maine and Georges Bank. A stock is a fisheries management term used to separate groups of fish managed in similar ways; sometimes stocks come from one population of a species, sometimes from more than one. “Both stocks are well below historical records and continue to be overfished,” says Juanes.

The danger of overfishing is illustrated by Canada’s infamous northern cod collapse in the early 1990s. Canadian stocks have seen a 99 percent decline from historical records, and the fishery has mostly been closed for the last 15 years.

The best source of information on the status of cod stocks comes from the National Marine Fisheries Service (NMFS), the agency that manages cod outside the three mile state limit. According

to reports published on their website, Gulf of Maine spawning stock has increased somewhat consistently since the late 1990s, while Georges Bank cod has been slower to rebound. From a record low in 1995, it climbed through the late 1990s but has been in decline since 2001.

To help populations rebound, the NMFS has instituted trip limits for fishermen of both Gulf of Maine and Georges Bank cod that are set according to biomass rebuilding targets and time-frames. In addition, Massachusetts Marine Fisheries declared a cod conservation zone off the coast of Boston, which seeks to help Gulf of Maine stock rebuild by instituting additional fishing closures in the area.

Juanes says the best popular account of the fascinating history of the cod fishery is Mark Kurlansky’s 1997 international bestseller, *Cod: The Biography of the Fish that Changed the World*.

Cape Cod is still a seafood lover’s paradise even as it deals with the challenges of rebuilding overfished stocks. Regulation has helped marine populations rebound, and locally harvested seafood and cod—as well as haddock, swordfish, halibut, clams, lobster, and scallops—are still the stars of the Cape’s banquet, most caught and served the same day.

by Carol Connare, reprinted from *UMass Amherst* magazine Summer 2008

Grad student **Keith Toffling '05, '11G** has been taking photos of UMass Amherst's award-winning Dining Services fare for several years while he worked on his master's degree in Environmental Science.

Toffling worked under Director Ken Toong since graduating with a Food Science degree in 2005, managing retail food outlets at several locations on campus. He delved into the art and science of food photography "when I realized I was surrounded by innovative and highly talented dining services professionals." And, says Toffling, "the photography has allowed me to meet famous chefs from around the world." What started out as a hobby quickly became professional; so much so that his work and tricks of the trade were recently featured in Food Management magazine. Toffling is now working full-time on finding a job and finishing up his thesis in wetland science and ecology. Says Toffling: "I plan on incorporating my photography skills into my career as a wetland scientist."

(See some of Keith's food related photos on pages 30, 34, and 39)



Chicken Pot Pie

Adapted from UMass Amherst Dining Services

1. Preheat oven to 450°F. Cook peas and carrots and drain.
2. In a saucepan, cook onions and mushrooms in 1 tablespoon butter until tender, but not brown. Stir in flour, salt, sage, and pepper.
3. Add water, milk, and chicken base. Cook and stir until thickened and bubbly. Cook and stir one to two minutes more. Stir in cooked carrots, peas, chicken, pimientos and parsley.
4. Heat until bubbly. Pour mixture into two piecrust shells. Cut remaining piecrusts into long strips. Place strips of crust across filled piecrust in a lattice pattern. Bake in oven for 10-12 minutes or until pie crust is brown.

2 packages uncooked piecrust

4 skinless, boneless breast of chicken, chopped

1/4 cup frozen peas

2 large carrots, chopped

1 yellow onion, chopped

1/2 cup fresh onion diced

5 tablespoons butter

4 tablespoons flour

1/2 cup milk

1 tablespoon chicken base

1 teaspoon ground sage

salt and pepper to taste

2 tablespoons canned pimientos, chopped

1/4 cup fresh parsley, chopped

Chicken Quesadilla

Adapted from UMass Amherst Dining Services

**8 flour tortillas
(one package)**

**4 cups shredded
Jack cheese**

**2 cups cooked
chicken, strips**

1 cup chunky salsa

1. Sprinkle 1/2 cup cheese over half of each tortilla. Cheese must reach top edge of tortilla so it seals the quesadilla when cooked.
2. Assemble by layering 1/4 cup chicken and 1/8 cup salsa on top of cheese on each tortilla. Keep ingredients at least one-quarter inch from top edge of tortilla.
3. Fold tortilla in half to form a half-circle.
4. Place on a lightly greased 350°F grill for 1 1/2 minutes. Carefully turn over and cook an additional 1 1/2 minutes.
5. Do not cut quesadillas (serve them whole) so the cheese doesn't ooze out.

Serves: 4 to 8



UMass Amherst Dining Services offers students a variety of nutrition resources, such as access to a registered dietician for education and counseling; ingredients, allergens, and nutrient analysis of dishes available online; and nutrition newsletters.



Did you
Know?

UMass Amherst Dining Services dishes out 40,000-45,000 meals a day!





“Gifts from Home” is a UMass Amherst Dining Services program that enables parents and friends to order online food gift baskets to be delivered to students, with themes such as birthday parties and an “Exam Munchie Kit.”

Chicken with Garlic & Paprika

Adapted from UMass Amherst Dining Services

1. In a large bowl, combine olive oil, salt and pepper, garlic, sweet paprika and hot paprika and mix well.
2. Coat the chicken with mixture.
3. Roast in a 375°F oven about 25 minutes, until cooked through and crispy on the outside.

Serves: 4

4 boneless breasts of chicken

1/4 cup olive oil

1 tablespoon hot paprika

1 tablespoon sweet paprika

2 cloves fresh garlic chopped

salt and pepper to taste



Chicken, Shrimp & Andouille Gumbo

Adapted from UMass Amherst Dining Services

1 pound raw shrimp	1 tablespoon Worcestershire sauce
1 pounds Andouille sausage	2 whole bay leaves
2 pounds boneless skinless chicken	1/2 teaspoon cayenne pepper
2 large onions, diced	1 bunch scallions, sliced thin
4 stalks celery, diced	1 bunch fresh parsley chopped
2 green peppers, diced	1 tablespoon shrimp base
6 cloves fresh garlic, chopped	1/4 canola oil
2 16-ounce cans diced tomatoes and juice	4 tablespoons butter
1 tablespoon ground thyme	1/2 cup flour

1. Boil chicken, drain (reserve stock), dice when cool.
2. Bring stock, Andouille, and half of the vegetables to a boil; add tomato, Worcestershire sauce and bay leaves.
3. Combine remaining vegetables, except parsley and scallions, with spices.
4. Make a dark roux with the canola oil and half the flour. Whisk roux and vegetable mixture into stock and tomatoes.
5. Add shrimp, chicken, parsley, and scallions. Make light roux with butter and remaining flour and add to pot. Simmer 10 minutes, taste, add salt and pepper if needed.

Serves: 8-10





Frank Guidara '68 of *Uno's Chicago Grill* sits on the Nutrition Round Table for the Harvard School of Public Health. At UMass Amherst, he played lacrosse, was president of Phi Mu Delta and the interfraternity council, and, he says, "I really just liked eating lots of food."



Chicken Spinoccoli

From Uno's Chicago Grill by way of CEO Frank Guidara '68

4 7-ounce boneless, skinless, chicken breasts

1 cup mozzarella, part skim, shredded

Kosher salt, to taste

1 cup plum tomatoes, 1/4 inch diced

Black pepper, freshly ground, to taste

4 teaspoon basil, fresh, chopped

1 cup spinach, curly

2 teaspoonss garlic, minced

1 cup broccoli florets, 1/4 inch, blanched

8 slices mozzarella, part skim, sliced

4 tablespoons feta cheese

4 lemons, grilled

Chicken Roulade:

1. Butterfly the chicken breasts with a sharp knife keeping in one piece. Cover with plastic wrap and flatten with a mallet until chicken is approximately 1/8-inch thick and approximately 9 inches in length.
2. Season the breasts with salt and black pepper. Evenly divide the ingredients down the middle of the breast in the order of spinach, broccoli, feta, mozzarella, tomato, basil and garlic.
3. Roll up the breasts so the fillings are fully enclosed. Tuck in the ends. Product can be made ahead at this point and refrigerated up to 2 days.

To cook:

1. Spray a baking pan with pan release or use a nonstick pan. Place the chicken in the pan seam side down. Cover each roulade with 2 slices mozzarella cheese, making sure to cover the entire surface. Add enough water to the pan just to cover the bottom.
2. Bake in a 400°F oven for approximately 12 -14 minutes until you reach a minimum temperature of 165°F. Remove chicken from pan and place onto a cutting board. Slice chicken into 6 slices on the bias and fan out on a plate. Serve with brown rice pilaf and grilled lemon.

Servings: 4

Chicken with Verjuice "Amorosa"

From The Massachusetts Center for Interdisciplinary Renaissance Studies, adapted from *Renaissance Recipes* (Pomegranate Artbooks, 1993)

1 medium-sized free-range chicken, jointed

4 ounces pancetta or un-smoked fatty bacon

1 pound sour green grapes, gooseberries, or unripe green plums for the verjuice

Fresh mint and parsley, chopped

Salt, freshly ground black pepper, and saffron to taste

1. Fry the chicken joints and diced bacon in olive oil until golden and half-cooked. Crush the sour grapes and strain the juices through a sieve into a casserole. Add the chicken. Stir well to dissolve any brown bits and simmer until the chicken is tender.
2. Season with pepper and powdered saffron and check for salt (the bacon may have provided enough). Serve sprinkled with the chopped herbs.

This dish was featured at the Renaissance Center's annual Renaissance Banquet in 2009. It was a dish enjoyed by Platina, a prominent Italian intellectual and author of a cookery manuscript, while a tutor in the house of Poggio Bracciolini (1380-1459), chancellor of the Florentine Republic. Platina later became the Vatican Librarian.

The Renaissance Center was founded in 1998 by longtime faculty member Dr. Arthur F. Kinney. Its collection of rare and reference books draws scholars from all over the world, while the facility is used for performances, outreach, and education.





Jessica Vaughn '04 completed a Hospitality and Tourism Management course and submitted this family favorite for her final project. "My parents own a Bed-and-Breakfast on Cape Cod called The Inn at Lewis Bay (innatlewisbay.com). This is one of the most popular breakfasts that my mother prepares. There are never any leftovers and this is a frequently requested recipe.

Crab and Egg Casserole

From Jessica Vaughn '04

1. Preheat oven to 350°F.
2. Melt butter in an 8 x 12 inch pan. Beat together the eggs, milk, salt, and pepper. Mix the crabmeat and cream cheese with the egg mixture and pour into buttered pan. Sprinkle dill on top.
3. Bake for 30 minutes, then let stand for five minutes. Cut into squares and serve.

Serves: 6

1/4 cup butter

9 eggs

1/2 cup milk

1/2 teaspoon salt

1/4 teaspoon pepper

**1 6-ounce can
crabmeat, drained**

**8 ounces cream
cheese, cut into
1/2 inch squares**

**1 tablespoon minced
fresh or dried dill**



Cranberry-Pecan Pancakes

Provost James V. Staros

1 cup cranberries

1/2 cup pecans

1 egg

2 tablespoons brown sugar

1 cup cultured (low fat) buttermilk

1 1/2 tablespoon melted butter

1/2 cup white whole-wheat flour

1/2 cup unbleached flour

1 teaspoon baking soda

1/2 teaspoon salt

1. Add the cranberries to a food processor and chop for a couple of seconds. Add the pecans and repeat. Add the egg, sugar, buttermilk, and melted butter and mix for several seconds in the food processor. In order to retain the texture of the cranberries and pecans, do not over-process.
2. Sift together the flour, baking soda and salt, into the cranberry-pecan mixture. Mix until ingredients are well melded, but do not over-process. The batter should be textured with bits of cranberries and pecans.
3. Spoon onto a greased griddle, and cook over medium heat, turning once. These pancakes take somewhat longer to cook than plain pancakes, and too hot a griddle could cause them to burn. Serve with butter and maple syrup.

Servings: 3

Tip:

This recipe is most easily prepared in a food processor. If a food processor is not available, the cranberries and pecans should be finely chopped before adding other ingredients.



Provost James V. Staros, referred to as “the real chef in the central administration” by Chancellor Robert C. Holub, has supplied this breakfast dish recipe enjoyed by him and his family. Staros suggests using fresh cranberries from the UMass Cranberry Station, which has been ranked as one of the world’s leading centers for research and outreach programs on cranberry culture.



The University Club on Stockbridge Road holds lots of history. Its Levi Stockbridge Room, named for Levi Stockbridge who was influential in persuading the first Trustees of Massachusetts Agricultural College to locate in Amherst, was a pioneer of scientific agriculture. He patented early formulas for matching chemical and organic soil fertilization to specific crops.

Baker Lounge is named for Hugh Potter Baker, President from 1933 to 1947; during his tenure, Massachusetts State College became the University of Massachusetts.



Ginger Ponzu Pork Tenderloin

Chef Jane Leary '94, University Club at UMass Amherst

**3/4 cup The Ginger People
Ginger Spread (available at
Whole Foods)**

**1 cup Chef Myron's Ponzu
Sauce**

**1 tablespoon seasoned rice
vinegar**

**1 tablespoon plus 1 teaspoon
fresh garlic, minced**

1 tablespoon hoisin sauce

**1/2 cup Chef Myron's shoyu
sauce (aged soy)**

1 tablespoon raw sugar

1/2 cup orange marmalade

1/8 teaspoon red pepper flake

2 (3/4-lb) pork tenderloins

1. Whisk or blend together in non-reactive bowl marinade ingredients. Marinate pork tenderloins in ginger ponzu for two to four hours.
2. Heat oven-proof frying pan (cast iron works well) to medium high or, if grilling, preheat grill.
3. Sear tenderloins on all sides; if grilling, return to cooking pan.
4. Drizzle tenderloins with marinade, add two ounces of chicken stock, and finish in 350°F oven, 8 to 12 minutes, or until medium rare or medium (130-140°F). Slice on bias and drizzle with ginger ponzu pan sauce.

Serves: 4

Jollof Rice

Baraka Abdulsalam '05

**2 onions, cut into
1/2-inch slices**

Vegetable oil, as needed

**2 large tomatoes, cut into
1/2-inch slices**

**1/2 teaspoon ground
black pepper**

1 garlic clove, minced

1/2 teaspoon ground ginger

**1/4 teaspoon ground
cinnamon**

**1/4 to 1/2 teaspoon ground
cayenne pepper**

1 can corned beef

**1 teaspoon adobo
(Spanish seasoning)**

1 sprig fresh thyme

1/32 teaspoon saffron

1 teaspoon oregano

1/2 teaspoon salt

1 cup raw, long grain rice

**3 cups green cabbage,
thickly shredded**

8 ounces green beans

2 cups water

2 teaspoon salt

1. In a 5-quart pan, sauté 3/4 of the sliced onions in oil until translucent. Stir in tomatoes and cook until soft (about 10-15 minutes).
2. Add black pepper, garlic, ginger, cinnamon and cayenne pepper. Cover the pot and let simmer for 5-10 minutes. Add the corned beef, adobo, thyme, saffron, and oregano. Reduce the heat to a simmer for 10 minutes.
3. Stir in the rice, cabbage, green beans and remaining raw onion slices, and add water and salt. Bring to a boil and cook for 10 minutes. Then, reduce heat, cover, and simmer for 20-30 minutes, or until rice is done.

Tip: Serve with coleslaw salad for a complete meal.

Baraka Abdulsalam '05 prepared this popular West African entrée for a Hotel and Tourism Management course: "In Ghana, Jollof Rice is considered one of the country's most delicious dishes. The traditional Jollof, prepared by Ghana elders, is prepared by cooking rice with the stew rather than serving a sauce with rice. There are lots of versions of Jollof rice, but this is my personal favorite. This nutritious and versatile meal takes a short time to prepare. It's often served as a house dish but can just as easily be prepared for 500. Jollof is usually served at parties, wedding receptions, and naming ceremonies."



Moroccan Chicken

By way of W.E.B. Du Bois Library's Beatrice McIntosh Cookery Collection

Preheat oven to 350°F.

1. Place chicken in deep baking dish and cover with a layer of chopped onions. Top onion layer with chopped tomatoes.

2. Mix the olive oil, chopped onions, apricots, honey, cinnamon, ginger, salt and pepper. Put onion-apricot mixture on top of tomato layer.

3. Cover and bake for 90 minutes.

Serves 6-8

4-6 chicken breasts, with bone (some pulkes and figgles would be good too)

3-4 onions, chopped

3-4 tomatoes, fresh or canned, chopped

Onion-Apricot mixture:

1/2 cup olive oil

1-2 onions, chopped

1/2 cup dried apricots, chopped

2 tablespoon honey

2 teaspoon cinnamon

1 teaspoon ginger

Salt and pepper to taste

Bubbe's Kitchen



*Favorite Recipes
from the Jewish Community
of Amherst*

Portabella Stroganoff

Adapted from UMass Amherst Dining Services

- | | |
|---|--------------------------------------|
| 2 yellow onions, sliced thin | 1/4 teaspoon dry mustard |
| 2 portabella mushrooms, quartered | 1/2 teaspoon Spanish paprika |
| 1 16-oz package button mushrooms, sliced | 1/4 teaspoon dried tarragon |
| 1 16-oz package shiitake mushrooms, sliced | 2 cups vegetable broth |
| 1/2 cup cooking sherry | 1 tablespoon cornstarch |
| 1 15-ounce can Hunts tomato sauce | 1 stick (one-half cup) butter |
| | 1/2 cup sour cream |
| | Salt and pepper to taste |

- Clarify the butter: Melt the butter in a heavy saucepan over moderate heat. Cook over low heat until the butterfat becomes very clear and the milk solids drop to the bottom of the pot. Skim the surface foam as the butter clarifies. Pour or ladle off the butterfat into another container being careful to leave all the liquid in the pan bottom. Discard the solids.
 - Sauté onions in clarified butter over high heat until clear. Add portabella mushrooms to above. Reduce heat. Cook until mushrooms are very tender and most of the liquid has evaporated.
 - Add button mushrooms to above. Sauté until tender. Add shiitake mushrooms to above. Sauté just to heat through.
 - Add sherry to above. Cook, stirring frequently to deglaze pan.
 - Stir in tomato sauce, salt, black pepper, dry mustard, paprika and tarragon into above. Stir until heated through.
 - Add vegetable broth to above. Heat to a rolling boil.
 - Combine cornstarch and 1/2 cup cold water. Slowly add to above, stirring constantly. Cook for 5 to 10 minutes to thicken.
- When ready to serve, gradually stir sour cream into mixture, mix well, but do not allow to boil.



Did you
Know?

UMass Amherst Dining Services offers many vegetarian and vegan options, and purchases more than 20 percent of its produce locally.

*This recipe was submitted by Maureen Foster to be published in Dining Services' Taste of Home cookbook. Maureen Foster wrote, "When I first began using this recipe, I thought my kids (including **Emily Foster '12**) would turn their noses up. But they all loved it! I usually serve it with mashed potatoes."*

During Family Weekend every autumn, UMass Dining Services chefs cook recipes submitted by parents for the Taste of Home cookbook; the Foster family's Salisbury Steak was served in 2009, along with other homey faves like American Chop Suey and Tennessee Corn Pone.

Salisbury Steak with Mushroom Gravy

The Foster Family, Somerville, Massachusetts

1. In a large bowl, combine meat, onion, Worcestershire sauce, and steak seasoning. Using clean hands, form mixture into oval patties, about 1-inch thick. Season with salt and pepper.
2. Heat a skillet over medium-high heat and warm 1 tablespoon olive oil. Sear the meat patties approximately 6 minutes on each side or until meat is caramelized and juices run clear. Remove meat and cover with foil to keep warm.
3. Add the remaining 2 tablespoons olive oil and butter to the pan. Add the mushrooms and season with salt and pepper. Sauté until tender, 3 to 5 minutes. Add flour and cook 1 minute more. Whisk in stock and simmer until thickened, about 2 minutes. Serve gravy over Salisbury steaks.

Serves 4 to 6

1 1/4 pounds ground beef

1 small yellow onion, finely chopped

1 tablespoon Worcestershire sauce

1 tablespoon steak seasoning blend

Salt and pepper to taste

3 tablespoons extra virgin olive oil

2 tablespoons butter

1 cup sliced mushrooms

2 tablespoons flour

2 cups beef stock



Salmon Chimi Churrie

Adapted from UMass Amherst Dining Services

**8 salmon steaks
(approximately 2
pounds)**

1/4 cup onion, diced

**1 teaspoon crushed
red pepper**

**Salt and pepper to
taste**

**1/2 bunch fresh
parsley**

**1/2 bunch fresh
cilantro**

1 bunch fresh basil

**1/4 cup red wine
vinegar**

2 cloves fresh garlic

**Juice and zest from
one lemon**

**1/2 cup extra virgin
olive oil**

1. Place fresh herbs, vinegar, garlic, and lemon juice and zest in a blender. Pulse until pesto-like.
2. Add olive oil slowly to mixture in a steady stream. Add red pepper flakes, salt and pepper.
3. Using a small rubber spatula pour contents of blender into large bowl. Stir in diced onion and taste for seasoning.
4. Spread about 1 tablespoon over each salmon steak.

Bake salmon at 375°F for 5 minutes, and finish under broiler for 1 minute.



*UMass Amherst Dining Services serves sustainable seafood in accordance with the Seafood WATCH guidelines. Wild Alaska salmon and Pacific cod are some of the most popular items on UMass' menu, according to Dining Services Director **Ken Toong '04G**. Less than 10 percent of the colleges in the nation are offering sustainable seafood options even though, worldwide, we remove over 88 million tons of seafood from the ocean each year.*





Eric Decker '89PhD is the foremost researcher of omega-3 fatty acids. Omega-3s are an extremely important bioactive food component—they help in the prevention of heart disease, improve brain function, and regulate immune response. Most Americans don't consume enough omega-3s so the Food Science Department has developed numerous technologies to incorporate these important fatty acids into the foods you see in the grocery store, such as yogurt, margarine, and juices.

"An important rule governing the production of healthy foods is that no matter how good they are for you, people will only eat them regularly if they taste great, are convenient, and a good value." says Decker.

At home Decker cooks fatty fish—an excellent source of omega-3 fatty acids. *"Many people don't realize that farmed salmon are just as good of a source of omega-3s as wild salmon,"* says Decker, *"but many of us know farmed salmon is a much better value. This is an easy and convenient recipe high in omega-3s (over 1,500 mg/serving) that is a good value and tastes fantastic."*

Salmon Wrapped in Prosciutto

Professor Eric Decker '89PhD, Head of the Department of Food Science at UMass Amherst

1. Ask your fishmonger to skin the salmon fillet. Slice the fillet into five equal pieces and wrap each with a piece of prosciutto. Place the wrapped salmon in the refrigerator for 1 hour to help the prosciutto adhere to the salmon.
2. Preheat oven to 350°F and then heat an oven-proof frying pan at medium high and add olive oil.
3. Once oil is very hot (but not smoking), add salmon and cook on each side until prosciutto is lightly browned (1-2 minutes). Transfer pan into oven for 10 minutes to cook the salmon through. The texture of the salmon should be firm to the touch when finished. Serve immediately.

1 tablespoon olive oil

1 to 1.2 lb salmon fillet (head or thick end)

5 very thin slices of prosciutto

Serves 5



Short Ribs with Pappardelle

Uno's Chicago Grill, by way of CFO Frank Guidera '68

1. Short ribs

6 beef short ribs, bone-in
(approximately 3 pounds)

Salt and freshly ground pepper

1/4 cup olive oil

1 yellow onion, peeled and chopped

1 stalk celery, chopped

1 carrot, peeled and chopped

1 cup dry red wine, Cabernet

6 cups beef stock

1. Preheat oven to 400°F. Season ribs with salt and pepper. Heat oil in a large, heavy-bottomed, ovenproof pan over high heat. Add ribs, and brown on all sides. Work in batches if you need to so that the ribs don't get crowded (this will help with browning).
2. Transfer ribs to a plate. Add the onions, celery, and carrots to the pan and sauté, stirring often until lightly browned, about 5 minutes. Add the wine, deglazing the pan, scraping off any browned bits from the bottom of the pan. Reduce the wine by half.
3. Return the ribs to the pan, add the beef stock and enough water to cover the ribs, if necessary. Bring to a boil, cover with foil, and place in the oven. Braise, cooking in the oven, until the meat is fork-tender, approximately 1 1/2 to 2 hours.
4. Remove the short ribs from the cooking liquid and refrigerate to cool. When cool, remove the meat from the bone and cut into approximately 1-ounce pieces, removing any excess fat. Discard the vegetables and broth.

3. Finished pasta dish

1 ounce olive oil

10 ounces cooked short ribs

2 cups roasted vegetables

6 ounces beef demi-glace sauce or brown sauce

2 ounces heavy cream

8 ounces cooked pappardelle pasta

Pinch of chopped parsley

1. Heat oil in a sauté pan. Add the cooked short ribs and the roasted vegetables and sauté until heated through. Add demi-glace and cream, bring to a boil.
2. Heat cooked pasta in boiling water, drain, and add to sauté pan with other ingredients. Toss until fully incorporated. Place into pasta bowl and garnish with chopped parsley.

Servings: 2

2. Roasted Vegetables

1 red pepper, cored and cut into 1-inch dice

1 yellow pepper, cored and cut into 1-inch dice

1 zucchini, quartered lengthwise and cut into 1-inch dice

1 summer squash, quartered lengthwise and cut into 1-inch dice

4 mushrooms, quartered

1 yellow onion, peeled and cut into 1-inch dice

1 ounce extra virgin olive oil

1 tablespoon chopped garlic

1/2 teaspoon salt

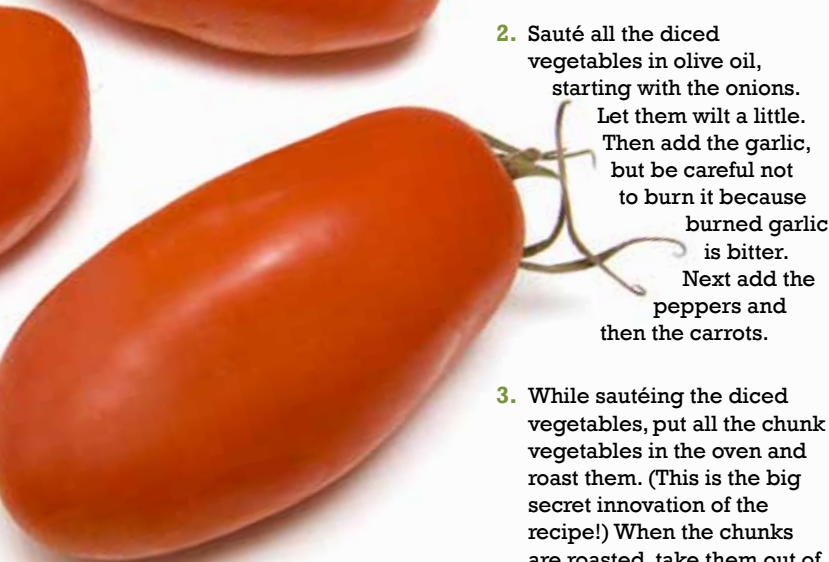
1/2 teaspoon freshly ground black pepper

1. Preheat oven to 400°F. Wash all vegetables and cut into proper sizes. Place into mixing bowl and add olive oil, garlic, salt and pepper. Toss until well coated and place onto sheet pan.
2. Roast until tender, about 12 to 15 minutes. Cool and reserve.

Senator Stan Rosenberg's Famous Pasta Sauce

State Senator Stanley C. Rosenberg '77

1. Peel and seed the tomatoes. If you don't have a machine to do it, drop them in boiling water and in 20-30 seconds the skin will break. Take them out, remove the skin, cut them and remove the seeds. (Seeds make the sauce bitter. If you remove the seeds you don't have to add sugar). You can either leave the tomatoes as they are, chop them up, or purée them. I usually purée them.
2. Sauté all the diced vegetables in olive oil, starting with the onions. Let them wilt a little. Then add the garlic, but be careful not to burn it because burned garlic is bitter. Next add the peppers and then the carrots.
3. While sautéing the diced vegetables, put all the chunk vegetables in the oven and roast them. (This is the big secret innovation of the recipe!) When the chunks are roasted, take them out of the oven, let them cool and purée them.
4. Now, if you want a completely smooth sauce, purée the diced vegetable as well. If you like bits and pieces, don't purée the diced vegetables. Next, chop all the herbs and throw everything into one pot and simmer forever to make it thick. If you don't have time for that, throw in tomato paste. While simmering the sauce, stir frequently and be careful that it doesn't burn at the bottom, especially if you leave it chunky. Good sauce requires lots of stirring and tasting.
5. Add salt and pepper to taste. If you like a spicy sauce, add Pepperocino (red pepper flakes). One last tip, make sure you make enough to can a little or put some in plastic containers in the freezer. When February comes, and when you can't stand one more minute of winter, take some out, pour it over fresh pasta with either Romano cheese (Percorito only, please!) or Parmesan cheese (Parmagianno, please!). And don't forget the crusty bread dipped in olive oil.



Lots of Italian plum tomatoes

Crushed garlic

Finely diced onions

Quartered onions

Finely diced green, red or yellow peppers

Green, red or yellow peppers cut in half

Finely diced carrots

Carrots cut into big chunks

Extra virgin olive oil

Lots of fresh herbs, starting with Italian parsley, basil and oregano, and others, if you choose, like marjoram and thyme

Salt and pepper



*Known for his pasta sauce, State Senator **Stanley C. Rosenberg '77** has a passion for UMass Amherst that's deeply personal. "It's in my blood," says the 59-year-old Democrat. He has either worked on campus or been its advocate since he graduated 32 years ago. "The campus was a door-opener for a significant portion of my generation. This was our leg up," he explains. "Without it we would have had little or no opportunity."*

Rosenberg is the latest in a productive line of influential state legislators who have wielded their power to help the campus grow, some now honored with buildings named after them, such as William D. Mullins, Christian A. Herter, and Philip F. Whitmore '15. Though no edifice yet bears his name (buildings are not named for sitting legislators), Rosenberg is credited with nimble jockeying in the State House to pass bond bills for five of the newest buildings on campus: Mullins Center, Integrated Sciences Building, the Silvio O. Conte National Polymer Research Center, Computer Science Research Center, and Engineering Laboratory II.

The University Club is housed in two colonial-era New England farmhouses. The first, the Boltwood-Stockbridge House, built in 1728, is on its original site and is the oldest house in Amherst. The adjoining Homestead House, built in 1731, was acquired by Massachusetts Agricultural College in 1928 and used for many years as a residence for women who were taking the practical homemaking course required of students majoring in Home Economics.

Tamarind Glazed Breast of Duck

University Club, Chef Jane Leary '94

**4 duck breasts
(5-6 ounces each)**

**1 tablespoon soy or tamari
sauce**

Tamarind glaze

**1/4 cup kecap manis (sweet
soy sauce, available at
Asian markets)**

**4 ounces tamarind
pulp, broken into pieces
(available at Whole Foods or
Asian markets)**

2 tablespoons dark rum

1 cup boiling water

**1/4 cup mango or guava
jelly**

**2 tablespoons minced fresh
ginger**

1 star anise pod, crumble

1 teaspoon vanilla extract

**3/4 cup plum wine
(available at Asian markets)**

1. Place tamarind pulp in a non-reactive bowl and add boiling water. Soak the pulp until soft, 5 to 15 minutes.
2. With your fingers, rub the pulp until dissolved and the seeds are free of pulp. Strain and discard the seeds and fibers. Combine tamarind, ginger and plum wine in a 2-quart pot and bring to a boil. Decrease heat and simmer for 20 minutes (reduce to 1 cup). Add the soy sauce, kecap manis, rum, jelly, star anise, and vanilla and gently cook for 10 minutes. Strain and store in clean, airtight container. Refrigerate 2-3 weeks or freeze 3-4 months.
3. Season skinless duck breast with salt and pepper and sear in lightly oiled fry pan. Add approximately 2 ounces chicken stock to hot pan and generously drizzle duck breast with tamarind glaze. Bake 10 to 12 minutes at 350°F. Slice thin on bias with a drizzle of the tamarind pan sauce.

Servings: 4



Thai Style Barbeque Spare Ribs

Adapted from UMass Amherst Dining Services

**4 pounds baby back
pork ribs**

4 cups pineapple juice

**2 cloves garlic,
chopped**

**2 tablespoons fresh
lemongrass, minced**

**1/8 cup fresh cilantro,
chopped**

1/2 cup soy sauce

1/2 cup olive oil

1/4 cup sugar

1/4 cup honey

1/4 cup half and half

Salt and pepper to taste

1. In a blender, combine all the ingredients except the pineapple juice and pork ribs, purée until smooth.
2. Soak the ribs in the pineapple juice for 2 hours, turning occasionally.
3. Marinate pork ribs with reserved marinade overnight.
4. Bake in preheated oven for one hour turning occasionally to cook evenly until ribs are golden brown and crisp.
5. Serve with sweet and sour chili sauce.



Dining Services annually hosts a Thai Dinner that features demonstration cooking of Chef Chai Siriyarn of the famed Marnee Restaurant in San Francisco, considered one of the best Thai Restaurants in the nation. Chef Siriyarn and his team prepare Thai dishes, including Pad Thai, Chicken Green Curry with Winter Melon, and these spare ribs. The campus's students from Thailand, who typically number more than 20, are honored guests.





Did you Know?

Did you know that Massachusetts farmers grow 55 to 60 million pounds of tomatoes per year—about nine pounds for every person in the state? That wasn't always the case; the Pilgrims thought that growing tomatoes was evil—just like dancing or playing cards. This recipe is from curricula developed by the UMass Extension Nutrition Education Program with funding from USDA's Supplemental Nutrition Assistance Program. The SNAP helps low-income people buy the food they need for good health, with an emphasis on stretching food dollars. Each month UMass Extension publishes recipes in the Food Explorer, with an emphasis on what's fresh and in season. Recipes are accompanied by tips on how to choose and store fresh foods, nutrition information, culture and history facts, and additional tips and ideas for incorporating lower-cost seasonal produce into family menus.

Three Alarm Chili

From "Choices: Steps Toward Health" developed by UMass Extension Nutrition Education Program

1. Wash and chop green pepper and onion.
2. Cook turkey, green pepper, onion, chili powder, garlic, and red pepper in saucepan over medium heat for 5 minutes, or until vegetables are tender and turkey is no longer pink.
3. Add tomatoes, beans, corn, and macaroni and boil.
4. Reduce heat to low; simmer for 20 minutes.

Servings: 12

1 cup green bell pepper, chopped

1 cup onion, chopped

1/2 pound lean ground turkey

2 tablespoons chili powder

3 cloves garlic, minced, or 1/2 teaspoon garlic powder

1/4 teaspoon ground red pepper

2 16-ounce cans tomatoes, stewed or diced

1 28-ounce can kidney beans, drained

1 10-ounce package frozen corn

1 cup uncooked pasta (optional)

