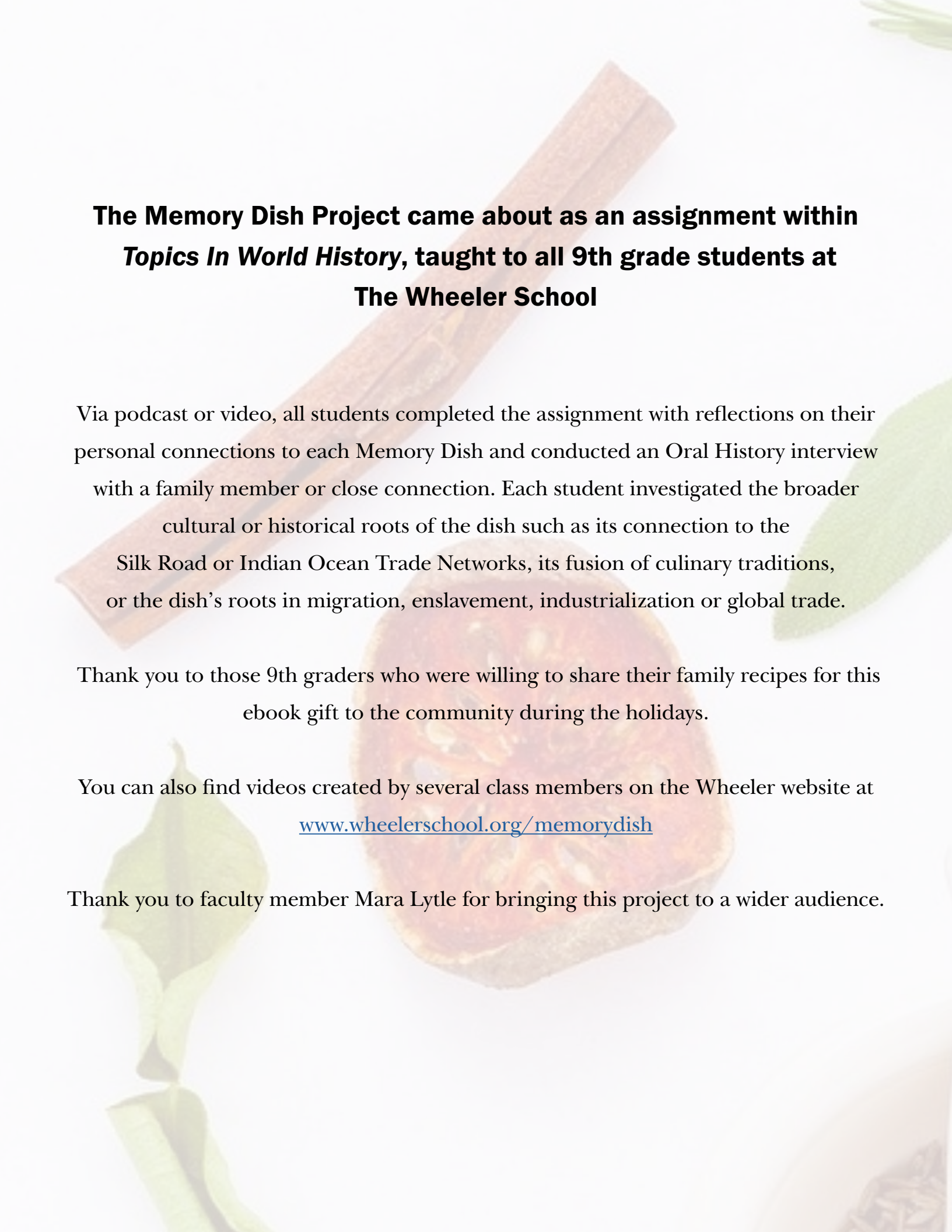




MEMORY DISH RECIPES

AN EBOOK GIFT FROM WHEELER 9TH GRADE HISTORY





**The Memory Dish Project came about as an assignment within
Topics In World History, taught to all 9th grade students at
The Wheeler School**

Via podcast or video, all students completed the assignment with reflections on their personal connections to each Memory Dish and conducted an Oral History interview with a family member or close connection. Each student investigated the broader cultural or historical roots of the dish such as its connection to the Silk Road or Indian Ocean Trade Networks, its fusion of culinary traditions, or the dish's roots in migration, enslavement, industrialization or global trade.

Thank you to those 9th graders who were willing to share their family recipes for this ebook gift to the community during the holidays.

You can also find videos created by several class members on the Wheeler website at www.wheelerschool.org/memorydish

Thank you to faculty member Mara Lytle for bringing this project to a wider audience.



Some Student Reflections on The Memory Dish Project

What did you learn that surprised you? (about your dish/your family/yourself)

I was surprised at how food around the world is very much a cycle and how a dish from one culture can be connected to another through an almost-web, something I hadn't really thought of before this project. — **Laila Muhanna**

I think the most rewarding part of the project was finding out more about my grandparents. I always knew Thanksgiving was my Grandma's favorite holiday, but it was very cool to find out why it was so special. — **Max Jellinek-Knight**

I knew that my great grandmothers would cook pasta, and I was very surprised to hear that they DIDN'T cook ravioli...My mom always spoke of the pastas that they would make, and I thought they would have at least made ravioli. I was also very surprised to hear that ravioli was more of a treat for my family back then, since they never had it often — **Joseph Acampora**

Red Potatoes~Assadas Com Chourico

~1 piece Pork shoulder, no fat
~4 Chourico links
~1 whole onion chopped
~1 tsp Portugues allspice
~1 tbsp ground peppers
~1 cup vinegar
~1 cup water

~1 cup ketchup
~paprika

- Mix top ingredients and marinate pork overnight.
- Cook pork in the oven with marinade for one hour.
- Place potatoes in a roasting pan to see how many will fit.
- Peel appropriate amounts of potatoes.
- Take meat out of the marinade, add water if necessary, add ketchup.
- Mix marinade.
- Add potatoes to the marinade and sprinkle them with paprika and ketchup and bake at 350 until potatoes are tender, add chorizo mid-way through baking potatoes
- When potatoes are tender add pork back in.



Dal Fry LENTILS WITH FRIED ONIONS

VEGETARIAN

PREP TIME: 15 minutes

MANUAL: 6 minutes
high pressure

COOKING: 20 minutes

RELEASE: Natural

TOTAL TIME: 1 HOUR 5 MINUTES

Dal fry is a popular recipe, and with good reason. A creamy combination of dal, crisp caramelized onions flavored with ghee and cumin, and tomato, the dish produces a complex range of flavors for such a simple recipe. You can make this with any kind of split dal, such as tuvar, masoor, or moong. **SERVE 4**

2½ cups water, divided	1 cup thinly sliced red onion
½ cup chana dal (or any split dal)	1 large tomato, chopped
2 teaspoons Ghee (page 30)	¼ teaspoon ground turmeric
¼ teaspoon cumin seeds	1 teaspoon salt
2 dried red chiles	½ teaspoon ground cumin
4 garlic cloves, minced	½ cup chopped fresh cilantro

1. Pour 1 cup of water into the inner cooking pot of the Instant Pot®, then place a trivet in the pot.
2. In a heatproof bowl that fits inside the Instant Pot®, combine the dal and 1 cup of water. Place the bowl on the trivet.
3. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 6 minutes. When the cooking is complete, let the pressure release naturally. Unlock the lid.

4. While the chana dal cooks, heat a medium saucepan over medium-high heat on the stove top. Add the ghee. When it shimmers, add the cumin seeds, red chiles, and garlic and cook for 1 minute.

5. Add the onion slices and cook, stirring occasionally, until the onions are crisp and lightly browned, 5 to 8 minutes.

6. Add the tomato and let it heat through as you gently mash it with the back of your spoon. Sprinkle in the turmeric, salt, and cumin, mixing well.

7. When the dal is finished, carefully remove the bowl from the pressure cooker. Transfer the dal to the saucepan and add the remaining ¼ cup of water. Stir to combine. Turn the heat to low and let it simmer for 5 to 10 minutes, or until the flavors meld. Garnish with the cilantro and serve.



Arroz con Gandules

1. Heat your caldero or Dutch oven to medium heat, and add your olive oil, bacon/ham (if using) and sofrito. Stir constantly until fragrant and tender, but not browned, about 4 minutes.
2. Next add in the Sazon, tomato sauce or paste and chicken bouillon. Stir to combine.
3. Add in the drained pigeon peas, Italian seasoning or oregano, bay leaves, and water/broth. Add the cilantro and/or olives, if using. Allow the liquid to come up to a boil, and taste it for salt. If it needs more saltiness, add in another chicken bouillon cube. You want this liquid to be highly seasoned, as it will determine the final seasoning of the rice.
4. Once the mixture is boiling, add the rice. Stir the rice to get it submerged and distribute the pigeon peas throughout.
5. Cover and allow the rice to absorb all the visible liquid. Once most of the visible surface liquid is absorbed, stir the rice, and cover again. Lower the flame to low, and allow it to steam for 20-25 minutes. It's done with all the liquid is absorbed and the grains are fluffy and fully cooked.



Kimchi Recipe

Josh Shin



- 1 medium head napa cabbage (about 2 pounds)
- 1/4 cup iodine-free sea salt or kosher salt (see Recipe Notes)
- Water, preferably distilled or filtered
- 1 tablespoon grated garlic (5 to 6 cloves)
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon granulated sugar
- 2 tablespoons fish sauce or salted shrimp paste, or 3 tablespoons water
- 1 to 5 tablespoons Korean red pepper flakes ([gochugaru](#))

Mandel bread



Recipe:

2 cups of flour
1 teaspoon of baking powder
1 cup of sugar
1 teaspoon of vanilla extract
3 eggs
 $\frac{3}{4}$ cup of oil
6 oz of chocolate chips
Cinnamon on top

Directions:

Blend everything except the cinnamon. Make 2 loaves in foil. Flatten them slightly. Generously sprinkle cinnamon on top. Bake on the second rack in the oven for 20 minutes at 350°. Remove from the oven and slice. Return to the oven for 10 minutes.

Samara Gaudioso

Baklava with ice cream

Ingredients:

1 box of Phyllo dough

2 sticks of butter

½ cup of pistachios

Syrup- consist of rose water, and sugar

1 scoop of vanilla ice cream



Myles Chang

Xiao Long Bao

<https://steamykitchen.com/88-xiao-long-bao-shanghai-steamed-soup-dumplings.html>



Thomas Lynch

Cranberry Christmas Cake



Ingredients for cake:

3tbsp butter

1cup sugar

1cup milk

¼ tsp salt

2cups flour

3tsp baking powder

3cups fresh cranberries

Beat together all ingredients except for cranberries. Fold in berries. Spread batter evenly in a greased 8x9 inch pan. Bake 35 to 40 minutes at 350°. Serve warm with sauce.

Ingredients for butter sauce:

1cup sugar

1tbsp flour

½ cup butter

½ cup cream

1tbsp vinegar

1tsp vanilla

Mix flour and sugar together. Put all ingredients except for vanilla in a saucepan. Stir well over high heat, until hot and bubbly. Stir in vanilla and serve over the Cranberry Christmas Cake

Challah

Egg Challah recipe for 2 large challahs (with directions)

350°
for 30 min

To make yeast mixture...put the following 3 ingredients in a large bowl...

- 2 Tbl. dry yeast
- 1 Tbl. sugar
- 1 2/3 cups warm water

Mix above ingredients and let stand for approximately 10 minutes. (It needs to bubble up)

Then add to following ingredients to yeast mixture

- 1/3 cup canola oil
- 1/2 cup sugar
- 1 egg
- 5 1/2 cups bag high gluten (or bread) flour

Combine all ingredients and THEN add 2 tsp. salt

Knead the dough for 10 minutes.

Put a little bit of oil on palm and rub on top and bottom of ball of dough and cover with saran wrap (and towel over that). Let rise on counter for 2 hours.

Divide dough into 2 even parts

Braid challahs and put on a cookie sheets and/or in challah tins. (If I use a cookie sheet, I put parchment paper on it, spray it with Pam and then place challah on it. Otherwise, I spray the challah tin with Pam).

Mix 1 egg in a small bowl and brush each challah with egg wash. Then sprinkle with your favorite topping.

Bake at 350 degrees for 1/2 hour. (or until it feels hollow on bottom when tapped)

Take challah off of cookie sheet (or out of tin) and cool on rack.

ENJOY!!!



Emma Bissonette

1. Roasted chestnuts
2. Recipe
 - a. Use ½ pound unroasted chestnuts for 1 serving
 - b. Heat oven to 425¹
 - c. Cut an “x” shape on the round side of each chestnut
 - d. Put chestnuts on baking rack or sheet
 - e. Move rack/sheet to oven and roast for 15-20 or until the skin peels away from the “x” shaped cuts and revealed the meat of the nut, which should be soft inside
 - f. Remove nuts from the oven and place them on an old towel. Wrap them up and squeeze them and you should hear them crackling. Then leave them to sit for a few minutes.
 - g. Remove the dark shells. You should be left with the nut inside. Also remove the papery skin beneath.
 - h. Gustare! (enjoy)
 - i. For more detailed instructions go to <https://www.thespruceeats.com/how-to-roast-chestnuts-in-oven-4113870>



3.

¹ Many people like to boil the chestnuts before roasting

Batter Bread



Batter bread:

- **Step 1**

Preheat oven to 350°F. Generously grease a 2-quart casserole dish with butter. Heat milk and buttermilk in a medium-size heavy saucepan over medium until steaming but not boiling. (Look for small bubbles forming around edges of saucepan.) Gradually pour cornmeal into milk mixture in a slow, steady stream, whisking or stirring with a large spoon. (Scrape sides of saucepan as you whisk to prevent lumps from forming.) Reduce heat to medium-low. Cook, stirring often, until cornmeal dissolves completely and mixture thickens, 10 to 12 minutes.

- **Step 2**

Remove cornmeal mixture from heat. Add butter, chopped thyme, salt, and

pepper, stirring until butter melts and mixture is combined. Let stand 10 minutes.

- **Step 3**

Place egg yolks in a medium bowl. Stir in 2 cups of the cornmeal mixture until combined. Transfer cornmeal-egg yolk mixture to remaining cornmeal mixture in saucepan, stirring quickly until combined. (Mixture may still look a little grainy or lumpy.)

- **Step 4**

Beat egg whites in a medium bowl with an electric mixer fitted with a whisk attachment on medium-high speed until stiff peaks form, about 1 1/2 minutes. Gently fold egg whites into cornmeal mixture using a spatula or large spoon until mixture becomes a smooth batter with no streaks remaining.

- **Step 5**

Spoon batter into prepared casserole dish. Bake in preheated oven until spoon bread is puffed up, firm, and lightly browned, 35 to 40 minutes. (Note that spoon bread will initially puff up to great heights but then deflate within minutes of leaving the oven.) Serve hot or warm.

Benjamin Lambrecht

Challah:

4 cups flour

3 tablespoons sugar

2 teaspoons salt

1 packet Rapid rise yeast

1 1/3 cup water (120-130°)

Scant 1/4 cup oil

1 egg yolk

Combine all

Knead

Let rest covered 30-45 min

Braid/shape

Let rest 45 min - 1 to hour

Brush with egg wash

Bake 350° 30-35 min.

Jiaozi(饺子): Dumplings

By Isabelle Mitchell and her family

Jiaozi, or in English, dumplings, are eaten during the Chinese Lunar New Year, a festival that dates back about 3,000 years. Making dumplings is such an important and special cultural event in China! It's a time for people to come together and not just make food, but to celebrate the holiday and spend time together.

Makes about 8 servings

IMPORTANT: This is a very labor intensive production and can take up to 6 hours for one experienced person to make alone. Making jiaozi is supposed to be a family activity and event. Many hands make light work!

Dough:

Materials:

- Large bowl
- Plastic wrap

Ingredients:

- 6 cups of flour
- 2 ½ cups of cold water
- A pinch of salt

1. Put the flour in a large bowl and make an indentation in the center. Pour the water into the indentation.
2. Mix the flour and water until it starts to take shape.
3. Knead the dough in the bowl with your hands until it forms a smooth ball of dough.
4. Cover the bowl with plastic wrap and let it sit for about 30 minutes- 1 hour.

Filling:

Materials:

- Massive bowl
- Spoon

Ingredients:

- 2 Eggs
- 1 pound of chives
- 20 cleaned shrimp (de-shelled, de-veined, etc)
- 1 ½ pound of freshly ground pork (about 20% fat)
- Ginger (finger-sized)
- 5 tbsp of soy sauce
- 1 tbsp of oyster sauce
- 4 tbsp of sesame oil
- 2 tsp of salt
- ½ tsp of pepper

1. Crack the eggs and make scrambled eggs (add salt and pepper as preferred).
2. Break the cooked scrambled eggs into small pieces and put them into the largest bowl you own.
3. Chop the shrimp into small pieces and add them to the massive bowl.
4. Wash the chives and let them air dry. Chop them into small pieces and add them to the bowl.
5. Finely mince the ginger and add it to the bowl.
6. Add the soy sauce, oyster sauce, sesame oil, salt, and pepper.
7. Thoroughly mix all ingredients together until fully integrated.



Dough and filling

Assembly:

Materials:

- Large cutting board
- French rolling pin
- Large tray
- 1 cup of dry flour

1. Cut your dough into four large pieces.
2. Sprinkle some dry flour onto the cutting board and take a piece of dough and roll it with your hands into a long, thin log.
3. Cut the log into 1 inch pieces.
4. Use the rolling pin to roll out the small pieces into thin wrapper-like circles that are thicker in the center and thinner around the edges (do this by spinning the dough and rolling at the same time).

5. Put a spoonful of filling in the center of each wrapper (do not overfill).
6. Fold over one side of the wrapper to the other to create a semi-circle shape and pinch the two sides together.
7. Use your thumb and index finger on each hand and firmly squeeze the edges of the wrapper until fully sealed.
8. Sprinkle dry flour onto a large tray and place completed dumplings on it.
9. Repeat until all the dough is gone.
10. If you have left over filling or dough, do with it what you please. The dough really can taste wonderful on its own when boiled (especially for young, picky eaters) and the filling can be made into meatballs for soup.



Cook:**Materials:**

- A massive pot
- Water
- Strainer ladle

1. Fill your massive pot with cold water until about $\frac{3}{4}$ full and bring it to a boil.
2. Add as many dumplings as you can until there is only about 2 inches of extra water on the top.
3. Stir while adding dumplings to prevent them from sticking to the bottom of the pot.
4. Once you ensure there are no dumplings stuck to the bottom of the pot, cover the pot and put it on high heat until it reaches a boil again.
5. Add about $\frac{1}{2}$ – $\frac{3}{4}$ cup of cold water to the boiling water and cover again until it reaches a boil once more.
6. Remove the lid and continue boiling the water until the dumplings float to the top and become puffy and fat.
7. Use a strainer spoon to remove the dumplings from the pot onto a large plate.

Serve:

Serve with your choice of dipping sauce. We highly recommend balsamic vinegar with hot pepper oil or soy sauce. Enjoy!



Final dish!

