

IDEA: everyone writes down a staple recipe integral to their life/ college experience, can be as simple or complicated as you want just write ur name and how to cook it :)

'It's just meatballs'

by chloe shankland

- honestly kind of a struggle meal so measuring is off limits :)
- start by making how ever many meatballs you want as per the packages directions (25 minutes at 350)
- i use Rosina homestyle *mystery meat* meatballs <3
- in the background prepare your rice
- when there is approximately 5 minutes left on the meatballs start making your sauce
 - again measure with your *heart*
 - add: soy sauce, brown sugar, water, ginger powder, and garlic powder
- when the sauce has thickened slightly add the meatballs and stir until they are sufficiently glazed
- serve over rice!
- hot tip: if you boil some water in the pan its alot easier to clean up the leftover glaze

'THE tofu'

by karen hunt

- cut firm tofu into little cubes after pressing for 30ish minutes
- toss in corn starch so cubes are all covered
- put on some white rice to cook in the background
- turn pan to high heat and dump in enough sesame oil to at least cover the bottom of the pan (a mid to large size puddle it doesnt really matter -- also it doesn't *technically* need to be sesame oil i just think it tastes better that way...ive made it w olive oil before)
- cook each cube on each side until crispy which takes forever like 45 minutes i usually read a book or something
- remove from heat and drizzle soy sauce and toss (no measurements, i just put in enough to kinda change the color of the cooked tofu to a darker brown) also this step sizzles/splatters a lot if not removed from heat so be careful cuz it can really hurt :(
 - this step can also burn the tofu if not removed from heat so really important unless youre into that
- serve IMMEDIATELY with white rice and everything but the bagel seasoning from tj's
- side note: bc this recipe is so fucking salty i have to keep drinking water all night afterwards to compensate it tastes so good i don't feel like amending the recipe to have less salt but take that into consideration

'Fucking uhhhhh idk maybe a'

- bagle

Any type of casserole when you need food for a few days and have a starch, a protein, and a veggie (cheese optional)

by Willy this one time one of his casserole pans broke and the casserole spilled all over the oven and it was never cleaned up rip

1. Starch Look at ya fridge and pantry. Get together whatever you have.
 - a. - if potatoes, mash em. If pasta, cook in water for half time usually made, if flour, make a dough by mixing it with eggs/water in a bowl until formed. If rice, just rice that shit (pro tip for mash, pickle juice or chopped up pickles, little crunch and some nice acidity)
 - b. Veggies, preferably a green, cookem how you want to eat them or cut in the shape that you wanna bite them. I find that frozen veggies that have been sitting in my freezer for a while works great here. Steamed broccoli in the microwave, green beans, that sort of stuff.
 - c. Protein- i prefer like a ground thing but you can shred it too. Most things are easily shred using two forks and pulling the protein apart. I've never done tofu bits but I'd do what you do with like a tofu scramble, fry in da pan until done then shred, or slice, or if it's ground it's ground
 - d. Get all the sauces and cheese and seasoning and stuff you want and mix them with what you want to mix them with, I usually do this part with the protein and veggies unless you have a pasta.
2. Now that you have everything left over cooked how you want it, either layer(if layered, i like veggie bottom, protein middle, starch on top) or mix all together in a casserole dish and bake at 380 for fifteen to twenty five minutes. Turn the broiler on high for the last seven if you want it crispy on top. Take it out and you eat for a few days! It takes a minute and creates about four dishes but it's something you can do on a sunday and have food for a good few days, and it is also good because you can make all sorts of combos with things you already know how to make.

“Pretty ok ramen”

by karen hunt

- struggle meal that actually kinda slaps
 - note: requires measurements in **TBSP** and TSP, i bolded all the **TBSP** measurements bc i can't read and get them mixed up and the ratios end up whack if you do it wrong it's so sad
- cook top ramen like normal but don't add seasoning packet, strain out water
- in medium heat pan melt **1 TBSP** butter
- once it's melted add 1 TSP minced garlic and as many red pepper flakes as you want (...but for best flavor add a lot) and mix
- once garlic is soft/ slightly darker in color add 1 TSP brown sugar and **1 TBSP** soy sauce, mix to make sure sugar doesn't stick to pan :(
- throw in the noodles at this point and toss so they're covered in da sauce
- optional step but i scoot the noodles to one side of the pan and crack a couple eggs in and scramble them (i also add everything but bagel seasoning to the eggs when i mix them -- its good)

- by this point you can take the noodles/egg off heat whenever you want, i like to cook it for a little bit longer so some of the noodles are a little crunchy/crispy but that's just me
- you can add a little more everything but bagel seasoning to the noodles as a final garnish

Spicy Salmon Rice

Lorell

Take a pack of pre-cooked salmon, the kind without bones or skin. Throw that in a bowl of prepared rice. Slather it in black pepper, cayenne, red pepper flakes, and cajun seasoning. Revel in the spice :)

“Matt’s Grandpa’s Coffee Cake”

By grandpa matt grandpa, it’s from Matt’s grandpa

- 2 sticks butter
- 2 eggs
- 1 cup sour cream
- 2 cups sugar
- 1 tsp vanilla
 - Mix together then Add
- 2 cups flour
- 1 tsp baking powder
- Pinch salt
 - Mix and pour ½ batter into a greased springform pan.
- Sprinkle cinnamon and brown sugar onto batter and add remaining batter.
- Sprinkle cinnamon and brown sugar and finely chopped nuts.
 - Bake at 350 for 50 minutes.

“Egg”

Jake make a da scrambled egg

- When i make scrambled egg i like to add just a drop of milk to help with the *beating*
 - Not too much milk cuz then it'll be wet, and dry eggs are always better
 - Err on the side of caution, just use a little bit of milk
- Lean the bowl about 45 degrees so that all the egg and milk mixture is on one side of the bowl but not spilling out.
 - Beat the shit out of it at that angle quickly
 - the more little bubbles you get the better.
- Put in a buttered up non-stick pan at medium heat and let sit for about 2 minutes.
- Peel egg from the edge of the pan to the middle, repeat until the edges are clear.
- Once it's all in the middle flip it around for a few minutes then remove from heat.
- I like to toss some cheddar cheese in there cuz i'm a little freak like that but probably do it after you serve it so that you don't gotta clean the cheese out the pan.
 - If you don't care about cheesy pan however, put it in there right as you remove it from heat, stir it around, add a little more, then cover for around a minute, that should get it melty but not soggy. Don't let it sit for too long so again, air on the side of caution when covering it.

“Dad's College Chili”

By @gamin_garf on twitter

You will need:

- 1 pot
- 2 cans ranch style beans (w/ jalapenos)
- 2 cans whole peeled tomatoes
- 1 white onion
- 1 clove garlic
- 2-3 hot peppers, depends how much spice you want
- 1 pound ground beef or ½ pound sirloin.

Add ons

- sour cream (or plain yogurt)
- shredded cheese

How to cook it:

- dice onion and garlic and put in pot
- add meat and cook until browned
- add beans and tomatoes
- remove seeds from peppers, dice and add.
- cook, stirring occasionally and pushing down on the tomatoes. Once they are broken down, it's ready to serve. If you want a thicker chili, add plain yogurt. The longer you cook, the spicier the chili will be as the peppers break down.
- taste occasionally. Once it tastes good, it's ready. Take off heat, serve in bowls with sour cream and shredded cheese. Serves 4 and makes for good leftovers as long as you reheat it.

Lorell's Vegan Butternut Squash Mac and Cheese

This was a big go to in my "Maybe I'm a vegan era"

Ingredients:

- 1 butternut Squash
- 1 box elbow pasta

For the sauce:

- 2-4 tablespoons nutritional yeast
- 2 cloves garlic
- 1 teaspoon dijon mustard
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 small lemon
- 1 cup veggie broth
- 1 cup non dairy milk of your choice
- 1 tablespoon white miso paste
- Salt & pepper

Directions:

Oven:

- Preheat oven to 400,
- cut butternut squash into cubes/chunks, this can be difficult, not gonna lie, need an extra sharp knife, I have almost cut myself trying to hack into these puppies several times.
- Add cubes to a baking sheet and drizzle with olive oil, salt and pepper. Bake 30-40 minutes until tender

Stove top:

- Bring water to a boil and cook elbow noodles until al-dente (people who like mushy pasta are FUCKED)
- Once cooked to desired texture, drain and butter with vegan butter and set aside

Blender:

- Once the butternut squash is fully cooked add about half of it to the blender and save the rest for another recipe.
- Add in the following ingredients: Onion, garlic, miso paste, dijon mustard, nutritional yeast, veggie broth, non dairy milk, spices, salt pepper, lemon juice. Blend until smooth, if needed add more non dairy milk, or veggie broth if additional liquid is needed.

Bring it all together baby!

You can then mix the sauce directly with the pasta. If desired you can bake with some seasoned breadcrumbs on top, or simply serve as is.

The TAM's Curry Black Bean Soup

adaptation via Lorell

One of my good friends worked at the Tacoma Art museum for several years. One day I visited him at the gallery and we had lunch together at the little cafe inside the museum. We had this incredible curry black bean soup, with sweet potato and veggies. It was so good I asked my friend to ask the chef for the recipe. I lost the original recipe, but we would get together sometimes and make this soup at home, this is the recipe to the best of my memory.

Ingredients:

1 sweet potato
1 yellow onion
2 cloves garlic
2 cups chopped kale
1 lime
1 can black beans
1 small chunk of fresh ginger (grated)
1 can full fat coconut milk
1 bell pepper
Cilantro (chopped for garnish)
2 tablespoons green curry paste
1 carton veggie broth
1 teaspoon cumin
1 teaspoon coriander
2 teaspoon turmeric
Salt & pepper
Coconut oil

Directions:

Chop:

- Chop Kale, sweet potato, bell pepper, & onion, press garlic and grate ginger

Saute

- Add 2 spoonfuls of coconut oil to the bottom of the pan, once hot, add onion, garlic, and ginger.
- Once onion become translucent, add in 2 tablespoons of green curry paste, then add bell pepper and sweet potato.

Spices

- Next add spices: 1 teaspoon: cumin, coriander & 2 teaspoon turmeric. Once the spices seem to be smelling good, add in the can of black beans

Liquids

- Add in the can of coconut milk and carton of veggie broth and let simmer until sweet potato is tender. Once everything else is fully cooked, add the kale and turn off heat, Kale should just wilt, and not become too overcooked.

Serving

- Serve hot with cilantro and lime as garnish. Goes well with Pita or Naan bread.

Vegetarian Shepards Pie

Lorell

This is also from my “maybe I’m a vegan era” This recipe can easily be made vegan by replacing normal milk and butter with non dairy alternatives. This is still a go to dish for me, I most recently served this at a Saint Patrick's day dinner as a vegan option to go along with the corned beef and cabbage. Shepherds pie has always been one of my favorite foods, and when I went vegetarian at the start of college, I found that it was shockingly easy to turn vegetarian or even vegan without losing any of what makes this dish so yummy and comforting.

Ingredients:

6 russet potatoes

1 cup lentils

½ carton of mushrooms

3 coves garlic

½ yellow onion

3 carrots

(additional ingredients if desired: frozen peas, frozen/can corn)

1 tablespoon tomato paste

1 teaspoon worcester sauce

2 bay leaves

1 pinch of thyme

1 pinch of rosemary

1 teaspoon soy sauce

Olive oil, or butter/vegan butter

Milk or non dairy milk

2 cups water

Salt & pepper

Directions:

Finely chop

Step 1 (Start the mashed potatoes)

Boil and salt water for boiling potatoes. Then peel and chop potatoes. Once I chop a potato I put it into a cold water bath while I finish chopping the rest to both remove excess starch and to keep the potato from browning as it sits waiting to be cooked. Once water is boiling add potatoes and cook until a fork can be pushed through with no resistance. Let them boil and return to this part later while you prep the rest of the meal.

Step 2 (Shepard)

Saute chopped onion and garlic in some olive oil or butter. Add finely chopped mushrooms, worcester sauce, soy sauce, and 2 tablespoons tomato paste. Add seasonings: Thyme, rosemary, bay leaf, salt, pepper. Add about 1 cup of lentils and then 2 cups of water.

Cover and let cook for about half an hour until lentils are soft. Check often and add more water if needed. As this all cooks, return to the mashed potatoes.

Step 3 (Mash those suckers)

Now that the potatoes are cooked, drain them and return them to the pot. Add a generous amount of butter (Sorry I never measure this part lol) Milk, and salt and pepper. Then Mash together with your chosen method. My go to is an immersion blender because it makes the consistency very uniform.

Step 4 (Bring it all together)

Now that the potatoes are mashed, and the shepherd pie filling is ready. Add mashed potatoes on top of the filling and smooth with a fork. I usually use a cast iron pan for this recipe so the skillet I make the filling in can just have mashed potato added on top and go straight into the oven, but if needed use a casserole dish and first add the layer of filling, then the mashed potato on top.

I also add some butter to the top and use a fork to trace the butter all around the topping so when it bakes the butter helps the mashed potato topping crisp up. I try to make a design using the fork to make little ridges on the top and add another dimension of texture. Once all combined, pop into the oven for 20 minutes or half an hour. You could even make this ahead of guests arriving for a dinner party and leave it in a warm (200 degree) oven until ready to serve.

The Best Scones

Lorell

I have been making scones for years, and finally found the PERFECT recipe my junior year of college. With some tweaking and various flavor combinations, I have the best scone recipe. I first made this recipe during the beginning stage of the COVID lockdowns. My sister had come to stay with me in Tacoma, and for her birthday it was just the two of us alone in my college house. I wanted to make her 19th birthday special even though we were stuck at home. So I made us a little high tea lunch complete with finger sandwiches, and 2 flavors of savory scone.

Here is the base recipe for the dough, and any flavor add in of choice will work with this recipe, but I will provide some of my favorite flavor combinations:

Ingredients:

3 ¼ cups flour
2 ½ teaspoons baking powder
½ teaspoon salt
¾ cups cold butter (cut into pieces)
1 cup buttermilk
Melted butter for brushing

Additional ingredients by flavor combo:

Black pepper, cheddar, and honey scones:

10 cranks fresh ground pepper
8 oz sharp cheddar
¼ cup honey

Goat Cheese and Chive:

¼ of a goat cheese log, crumbled
½ of a chive bundle, finely chopped

Fresh raspberry

½ cup fresh raspberries
Additional ½ cup of flour (this flavor tends to be wetter than the other 2)
1 tsp sugar

Directions:

Preheat Oven:

Preheat oven to 425 degrees, and line baking sheet with parchment paper

The Dough:

- Combine Flour, salt, baking powder (and pepper if required). Using 2 forks, or a pastry tool (looks kinda like a potato masher but curved and with 3 prongs), cut in cold butter until a sandy consistency forms.
- Add in additional flavor ingredients
- Next, add in the buttermilk and stir until dough forms.
- Once the dough has formed, turn it out on a floured surface and knead with hands. I like to take the dough and roll it out with a rolling pin, and then fold it. Then I roll it out and repeat the process several times. Once I can see layers have formed in the dough. I form it into an inch thickness circle, and use a pizza cutter to cut it into triangles.

Baking:

- Put the scones on the baking sheet, if a sweet scone, brush some milk on top and top with sugar.
- Bake for 12-14 minutes
- Remove from oven once golden brown

For various flavor toppings do the following to finish them off

Black pepper, honey, Cheddar

- Brush with melted butter
- Drizzle honey on top

Goat cheese & Chive

- Brush with melted butter

For any sweet scone

- If you desire a glaze, wait for it to cool and then add the glaze on top