

KIRBY BOOK ARTS

Cookbook

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Kirby Book Arts 2020

To lovers of food, and lovers of life!

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INTRODUCTION

EVERY YEAR in Book Arts, we create a class project. We select a theme and a structure that complement our concept for a limited edition book. Just before starting remote classes this semester, we discussed the theme for this year's book. The following day, we received orders to shelter-in-place. In our first Zoom class meeting, the students were apprehensive, and disappointed, but they shared their joy at having more time to cook, more time to eat, and more time to connect with where their food comes from. They recognized the power of food, its connection to culture, and to place. Food contains stories of migration, diaspora, tradition, and transformation. Cooking is a creative practice, and a space for joy. We decided to move forward with a book of recipes that featured both sweet and savory, internet-inspired, and those passed down through generations.

In Book Arts, we explore the boundaries and possibilities of the book—what makes a book a book? Ordinarily we combine handset type, original prints, and hand bookbinding to create our final project. This year, the pandemic has prevented this. Though a digital book may lack the magic and presence of a printed one, we are delighted for the opportunity to share some favorite dishes with the entire school community. We hope this humble volume will be an inspiration and a comfort to you. *Bon appétit!*

MO
GY

Aya Allan-Colaciccio

Vegan Mac & Cheese

INGREDIENTS

Macaroni noodles

1 carrot

1 onion wedge

2 yellow potatoes

½ cup raw cashews

3 tbs cashew butter

To taste: garlic powder, salt, pepper, chile spice, lemon

INSTRUCTIONS:

1. Boil water and cook pasta
2. Peel potatoes and carrots and chop into cubes
3. Boil a medium pot of salted water
4. Boil potatoes for 2 minutes, then add the carrot for 5 min, then add the onion and boil everything for another 7 minutes. Drain and **SAVE WATER** (you'll need 1.5 cups)
5. In a blender, add vegetables, cashews, cashew butter, spices, lemon and pasta water. Blend until smooth and cheese texture. Pour over a bowl of pasta, add olive oil and hot sauce if desired. Enjoy!

Aya Allan-Colaciccio

Mini Pecan Pies

INGREDIENTS

Make pie crust

$\frac{2}{3}$ cup corn syrup

$\frac{1}{2}$ cup brown sugar

3 tbs butter

2 eggs

1 tsp vanilla

1 cup chopped pecans

INSTRUCTIONS:

Grease muffin tins and preheat oven to 350 degrees Fahrenheit and toast pecans

Roll out dough and use cookie cutter or mason jar lid to cut into large circles and put into muffin tins

In a bowl, mix together corn syrup, brown sugar, butter, eggs, and vanilla. Then add in chopped pecans

Pour mixture into muffin tin crusts and bake for 25 minutes

Let cool and enjoy!

Misia Buetens

Chocolate Cookies

INGREDIENTS

1 cup butter
¾ cup granulated sugar
1 tsp vanilla extract
½ tsp baking soda
½ tsp salt
¾ brown sugar
2 eggs
2 ¼ cup flour
2 cups chocolate chips or around one 1 bag
optional: 2 tbs cocoa powder

INSTRUCTIONS:

In stand mixer with the whisk attachment combine in order:

Butter- whisk till fluffy

Granulated sugar till can't taste crystals too much

Vanilla extract, baking soda, and salt

Brown sugar till well combined

Eggs

Flour little by little so it does not go flying everywhere

If you would like add 2 tbs cocoa powder—add in 2 tbs less flour if so

Mix in chocolate chips

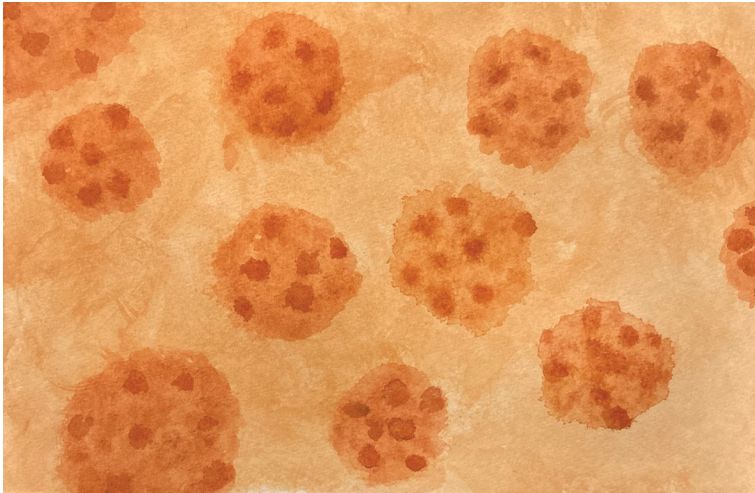
Use an ice cream scooper or two spoons to put dough onto two large cookie sheets

Optionally, sift cocoa powder, some sugar, or sprinkle anything else like sprinkles on top

Bake at 350 degrees for 11 minutes until lightly brown

Depending on your oven, you might have to switch the trays around switching which is on the top and bottom rack

A little bit after they come out of the oven, transfer cookies to a cooling rack or plate



Eddie Couder

HERB GOAT CHEESE OMLETE

Salt & pepper



parmigiano
reggiano

butter



eggs



fresh
goat
cheese

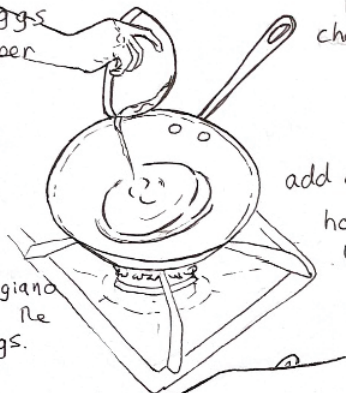


fresh herbs



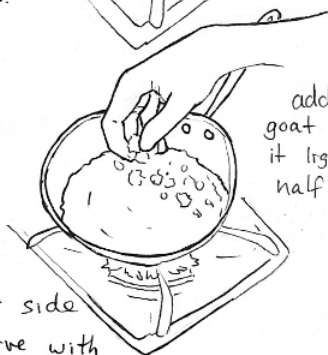
wisk together eggs
Salt and pepper

mix together
chopped herbs and
goat cheese



add egg to pan. with
hot butter and
let sit

grate parmigiano
reggiano onto the
cooking eggs.

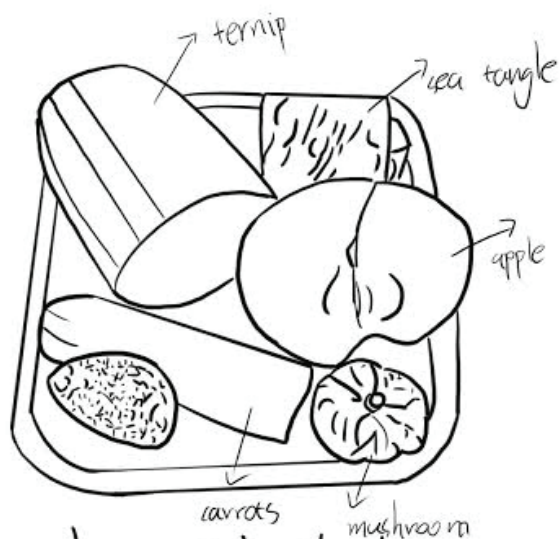
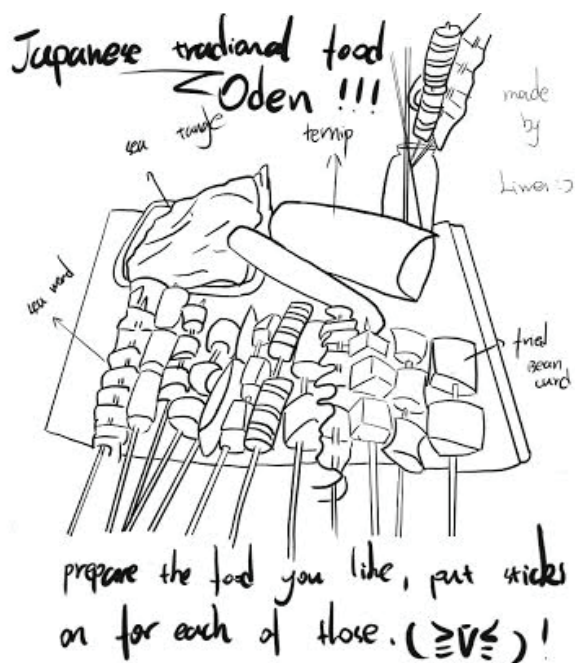


add the herb
goat cheese so that
it lightly covers one
half of the eggs

flip the other side
over and serve with
fruits or vegetables of
your choice.



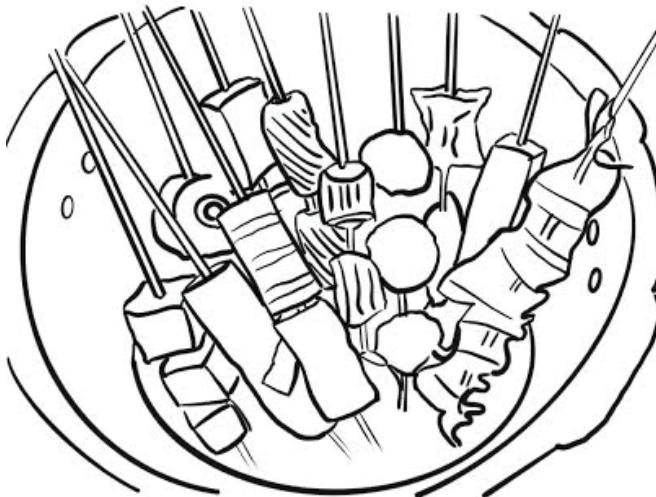
finished.



make soup-stock with these,
(3L water), turn fire to low
after boiled, keep it simmering
for 2 h !



After 2 h, pour small amount of soy sauce in



Finished !

Elias Mathews

Baguette

Bread flour

Yeast

Water

Salt

Mix 'em up

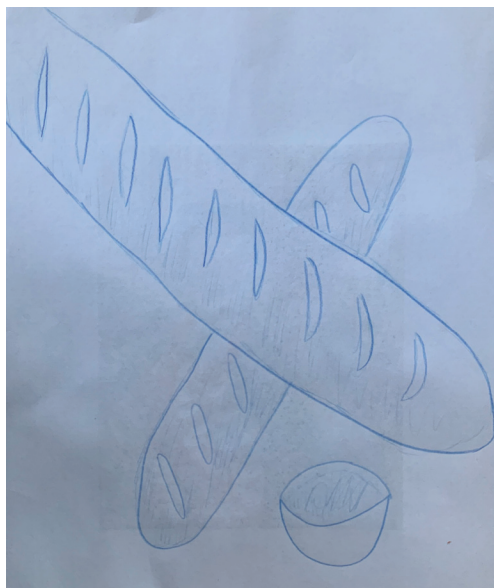
Don't knead too much just enough to make them have no air bubbles

Then roll them into loaves

Cut with scissors to let air out during cooking

Bake for 30 min with tin foil and boiling water underneath at high heat

Then bake for 20 min without foil



Tyree Milhorn

Snickerdoodles

(courtesy of Samantha Seneviratne)

INGREDIENTS

1 ½ cups / 180 grams all-purpose flour
1 teaspoon cream of tartar
½ teaspoon baking soda
½ teaspoon kosher salt
10 tablespoons / 140 grams unsalted butter (1 ¼ sticks), at room temperature
¾ cup / 150 grams granulated sugar, plus 2 tablespoons
1 large egg
½ teaspoon vanilla extract
1 tablespoon ground cinnamon

INSTRUCTIONS:

Heat the oven to 375 degrees. In a medium bowl, whisk together the flour, cream of tartar, baking soda and salt.

In the bowl of an electric mixer, beat together the butter and ¾ cup sugar until fluffy, about 2 minutes, scraping down the sides as necessary. Beat in the egg until creamy, and then add the vanilla, again scraping down the sides. Add the flour mixture to the butter mixture and beat on low until just combined.

In a small bowl, combine the remaining 2 tablespoons sugar and the cinnamon. Roll the dough into golf-ball-size balls, then roll each one in the cinnamon-sugar mixture.

Transfer the dough to parchment-lined rimmed baking sheets, at least 3 inches apart. Bake the cookies until just set and dry in the center, 10 to 12

minutes. Do not overbake. Transfer each sheet to a rack to cool for a few minutes, then transfer the cookies to racks to cool completely.



Ruby Price

Meringues

INGREDIENTS

3 egg whites
1 ½ teaspoons of vanilla extract
¼ teaspoon of cream of tartar
1 pinch of salt
⅔ cup of sugar

INSTRUCTIONS:

Place egg whites in a small bowl. Let stand at room temperature for 30 minutes.

Add vanilla, cream of tartar, and salt to egg whites. Beat on medium until foamy.

Gradually add the sugar, 1 tablespoon at a time, beating on high after each addition until the sugar is dissolved. Continue beating until stiff, glossy peaks form (about 7 minutes).

Cut a small hole in the corner of a plastic bag or in the tip of a pastry bag and put in a small tip. Transfer the meringue to the bag. Line a baking sheet with parchment paper and pipe the meringue in small circles. Leave space between each meringue.

Bake for 40-45 minutes at 250° or until they are firm to the touch. Turn off the oven, but leave the oven door closed for 1 hour.

Take the meringues out of the oven and leave them to cool completely on the baking sheets. Remove and enjoy.



Abby Smith

Apple Honey Challah

(recipe probably from online, modified by my mother)

Prep time: 3-4 hours (including rise)

Cook time: 45-55 minutes (depending on oven space)

INGREDIENTS

1 1/2 cups water, divided
1 tsp sugar
1 packet yeast
1 egg
3 egg yolks
3/4 cup honey
2 tbsp canola/vegetable oil
2 tsp vanilla
2 tsp salt
5-7 cups flour
3 medium apples (green is preferred)
1/4 cup sugar
1 large egg
1 tbsp cold water
1/2 tsp salt
^(for egg wash)

INSTRUCTIONS:

Pour half of the water into a mixing bowl. Add 1 packet of Dry Yeast and 1 tsp of sugar to the bowl, whisk till incorporated. Wait 10 minutes. The yeast will activate.

Once your yeast has activated, add remaining 1 1/4 cup water to the bowl along with the egg, egg yolks, honey, canola oil, vanilla and salt. Incorporate.

Begin adding the flour to the bowl slowly, stirring with a each time flour is added. Eventually, use your hands to incorporate.

Continue to add flour and knead the dough until it's smooth and not sticky. You'll know when it's kneaded properly. Turn the dough out onto a preferably smooth surface (granite is A1) and knead a few more times.

Grease a bowl with canola oil. Push the dough into the bowl, then flip it over.

Cover the bowl with a clean towel. Place the bowl of dough on a rack in the oven. Close the oven, but do not turn on. Let the dough rise for 1 hour.

Take the dough bowl out and punch it down several times to remove air pockets. Place it back inside the oven and rise a second time.

During the final rise, fill a mixing bowl with water and dissolve ½ tsp of salt in it. Take apples and dice them into very small pieces, smaller than an inch long. Place the diced apples into the bowl of water. Reserve. Then you are ready to begin braiding the dough, drain the apple pieces and pat them dry with paper towels. Toss the apple pieces with ¼ cup of sugar. Add cinnamon if wanted.

Take the dough out of the oven; it should have doubled in size. If it has not fully risen, return it to the oven. When the dough is ready, flour a smooth surface like a cutting board/some form of floured granite. Punch the dough down, then turn the dough out onto the floured surface. Knead the dough slightly, add flour as needed to keep it from feeling sticky. You should have enough dough for two medium-sized challot (challahs).

(If you're my mother you make 2, if you're me, make a giant one).

Divide the dough into two equal halves. Put one half of the dough on a floured surface. Leave the other half of the dough in the bowl covered by a towel. Cut the dough on the floured surface into three/four portions.

Take one of the portions and stretch it with your fingers into a rough rectangle, about 1 foot long and 3-4 inches wide. Use a rolling pin to smooth the dough, if it helps. The rectangle doesn't need to look perfect, and it shouldn't be too thin as the dough needs to be thick enough to handle an apple filling.

Sprinkle some of the sugared apple pieces across the center of the rectangle. You should use about 1/8 of the apple pieces in each rectangle. Liquid will collect in the apple bowl as you progress—do not transfer the liquid to the dough, or it will weaken and become mushy. Do your best to shake off excess liquid before placing the apples on the dough. Leave at least 1/2 inch border along the outer edge of the dough clean, with no apples.

Roll the upper edge of the rectangle down to the lower edge and pinch to seal, creating a roll of dough stuffed with apples.

Roll the stuffed strand till it becomes smooth, using gentle pressure with your hands on the center of the strand, pulling outward as you roll. If any apples begin to poke through the dough, repair the hole with your fingers before you continue. Re-flour the surface as needed to keep your dough from sticking.

Taper the ends of the strand by clasping between both palms and rolling. At the end of the rolling process, your strand should be about 16 to 18 inches long with tapered ends. Once your apple strand has been rolled, repeat the process with the remaining 3 pieces of dough, making sure that they are even in length with the first strand. In the end, you'll have 4 apple-stuffed strands.

Place two strands in the center of a smooth surface, running parallel top to bottom. Place the third strand across the two strands, going under the left strand and over the right. Place the fourth strand directly below the third strand, going over the left strand and under the right. Keep the center as tight as possible as you'll be braiding from the center.

Keep braiding, and eventually tuck the twisted ends under the challah. Repeat with the loose ends if you can

After the round has been braided, place it on a baking sheet lined with parchment paper. Preheat the oven to 350 degrees F. Let the braid rise 30 to 45 minutes longer. The dough is ready to bake when you press your finger into the dough and the indentation stays. No matter which way you braid, you can conceal the apple pieces inside the strands using the same method described above. Prepare your egg wash by beating the egg, salt and water till smooth. Use a pastry brush to brush a thin layer of the mixture onto the visible surface of your challah. Reserve the leftover egg wash.

Each challah needs to bake for about 45-55 minutes total.

Take the challah out of the oven. Because of the apples in this challah, it may take a bit longer to bake than your regular challah recipe. Better to let it cook longer to make sure it's baked all the way through. When it reads 190, it is baked all the way through. Let challah cool completely on a wire cooling rack before serving. Bake the second challah in the same way.



Maeve Wolski

Yellowman or Yellaman

INGREDIENTS

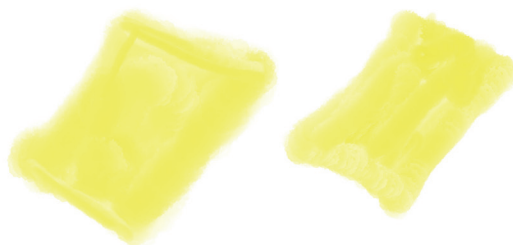
1 oz butter
8 oz brown sugar
1 lb golden syrup
1 dessertspoon water (about 2.5 teaspoons)
1 teaspoon vinegar
1 teaspoon bicarbonate of soda (baking soda)

INSTRUCTIONS:

Melt butter in a saucepan, then add sugar, golden syrup, water and vinegar. Stir until all ingredients are melted, then boil until the mixture reaches the “hard crack” stage: 290° F. (This can be tested by dropping a little of the mixture into cold water, leaving for a moment, then picking it up between the finger and thumb. When the finger and thumb are separated, the thread formed between them should break sharply.)

Stir in the baking soda, when the mixture will foam up and then pour on a greased, heat proof slab turning in the edges with a palette knife (a frosting knife will do too).

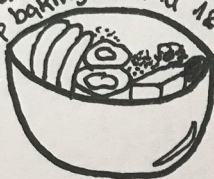
When cool enough to handle, pull with buttered hands until pale in colour. When completely hardened, break into pieces and enjoy!



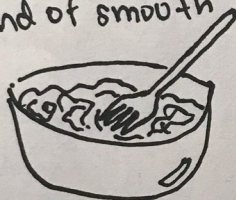
Simona Dolinska

Banana Bread

Add into bowl:
3 ripe bananas, 2 eggs,
 $\frac{1}{2}$ cup of unsalted butter, $\frac{1}{2}$ tsp
 $\frac{1}{2}$ cup of crushed walnuts, $\frac{3}{4}$ cup sugar,
 $\frac{1}{2}$ cup of flour, 1 tsp vanilla extract,
1 tsp baking soda and 1/2 tsp salt

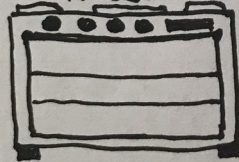


Mash in the bowl until it's
kind of smooth

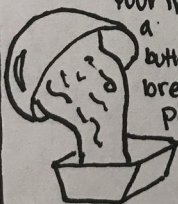


(best to use a fork)

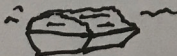
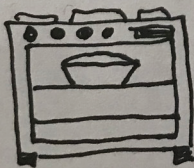
Preheat the oven
to 350 F.



Pour into
a buttered
bread
pan.



Bake for 1
hour and
then serve!





Anneke Wirth-Yap

This is a salty version of my Apo's

Rum Cake!!!

INGREDIENTS & INSTRUCTIONS:

Preheat oven to 350° F and grease a 9-inch round cake pan.

Whisk together 1 1/4 cups of cake flour or 1 cup of normal flour with a few tablespoons of cornstarch, a shy teaspoon of baking powder, a literal pinch of baking soda, a hefty teaspoon of salt and 1/3 a cup of sugar together. In another bowl, mix together three egg yolks, 1/4 cup of buttermilk (you can also add vinegar to some milk and wait until it curdles if you don't have buttermilk), 5 tablespoons of melted, salted butter, 1/4 cup of rum, some vegetable oil (like the same amount you'd put in a pan for a stir fry), an a reasonable amount of vanilla extract. Don't worry, it smells strong right now but it will bake out. Then with an electric mixer, beat two egg whites with a few tablespoons of sugar. Beat the flour and wet ingredients into your egg whites. Mix together a tablespoon of sugar and hefty pinch of salt and sprinkle it in your greased pan. Bake until a toothpick comes out clean. I'd say 25-35 minutes. Mine takes 30 minutes.

Gary Young

Available Resource Bean Soup

INGREDIENTS

What have you got? Here's what I have:

A bag of Cannellini beans

A yellow onion

5 cloves of garlic (one's a little funky looking, but who cares?)

One quart of chicken broth (unless I already used it)

One bunch of spinach. No, that's kale. Doesn't matter; either will work.

1 big can of diced tomatoes (fresh tomatoes are better, but we'll have to wait until summer for those)

Olive oil—a three-second pour

Carrots (hurray! They're still good)

Herbs (thyme, oregano, a little basil)

Salt (don't be shy)

Pepper (I like pepper a lot)

Red pepper flakes (just a pinch, or two)

Half a lemon (wish I had a whole one)

Parmesan cheese

INSTRUCTIONS:

1. Soak beans overnight.
2. Dice onion/garlic/carrots.
3. Sauté onion until opaque in a large pot.
4. Add carrot and cook for another minute.
5. Add garlic and red pepper flakes, and cook for one minute more.
6. Add broth, tomatoes, herbs, salt, pepper.
7. Bring to a boil then turn it down to simmer, add kale, cover, and let it cook as long as you can.

Squeeze on a little lemon, and grate parmesan cheese after ladling soup into bowls.

Serve with bread, or crackers, or whatever else you may have on hand.



Melody Overstreet

Pistachio Meatballs with Pomegranate Glaze

Inspired by Persian Chef Najmieh Batmanglij

This is a special, decadent dish that I love enjoying over basmati rice with sauteed greens.

INGREDIENTS

2 pounds Ground lamb (local, pasture raised, I purchase mine from Fogline Farms if available)
1 Cup Pistachios (raw, shelled, unsalted)
1 Yellow Onion (chopped)
Parsley (washed and stemmed-- keep the leaf)
Tarragon (washed and stemmed, also)
1 Bunch Fresh Mint (start with half a bunch, stemmed, to brighten the dish, and add to taste)
Garlic (peeled whole clove, aromatic and medicinal)
1 Teaspoon–1 Tablespoon Red chili flakes
Bread Crumbs (to hold it together)
Juice of 2 Limes (or 1 Lemon)
Olive oil
Sea Salt
Black Pepper

Glaze:

1/2 cup Pomegranate Molasses (makes for a thick, tangy, lightly sweet glaze, found at the Persian market)

1 teaspoon Red Chili Flakes (a little spice adds another element of complexity)

Garlic (minced)

A pinch of Sea Salt (savory compliments the sweet)

PROCESS:

Combine parsley, tarragon, mint, onion, garlic, bread crumbs, red chili flakes, olive oil, sea salt, and black pepper in a food processor. I like a medium-fine texture, so chop it until it reaches the texture you like.

Add this mixture to your ground meat. Integrate until well combined.

Let this mixture rest for 2 hours in the refrigerator. This allows the flavors to marinate.

Preheat your oven to 500 degrees F (lower by 50 degrees if using a convection oven).

With clean hands, form a series of 1" or so balls, and place 1" apart on a cooking dish (I prefer glass). Be sure to place them in a dish that can hold liquid.

Drizzle meatballs with olive oil, then bake in oven at 500 degrees F for 15 minutes.

Pull meatballs out of the oven and reduce the oven temperature to 425 degrees F.

Drizzle pomegranite molasses mixture over meatballs to lightly glaze.

Return to oven and cook for 5 minutes—not too long or they will burn!

I usually make half at once and freeze the rest to enjoy at a later time.

Noosh 'e'joon!

ناج شون

May it nourish your soul!

May it be a pleasure to your being!



This book was produced by the students of Kirby School's Book Arts class in the year of the pandemic, 2020. We hope you'll try some of these recipes, and please feel free to pass this cookbook on to others.

