

# WCAB WINTER RECIPE SHARE

WELLESLEY COLLEGE ALUMNAE OF BOSTON

**2021 - 2022**

# **WCAB WINTER MENU**



## **WE START WITH COOKIES**

Gingerbread Cookies – Becca Sher '00

Yankee Molasses Chip Cookies - Alison Quinan '89

Butterhorns - Carie Cardamone '02

Magic Land Energy Balls - Sherry Zitter '77

## **A SALAD IN MANY FORMS**

Steve's Salad Blueprint – Ariel Axelrod-Hahn '06

## **VEGETABLES OF NOTE**

Leek and Potato Soup - Mary Greene Horvath '77

Corn Casserole - Joan Wallace-Benjamin '75

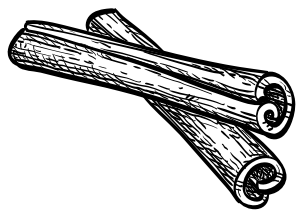
## **A VERY GOOD CAKE, INDEED**

Grandma's Coconut Cake - Kari DiFonzo '07

## **A BEVERAGE**

Cece's White Wine Sangria - Xan Chacko '05

Thank you to everyone who contributed! Bon Appetit!



BECCA SHER '00

# GINGERBREAD COOKIES

"When my kids were little, our grandmotherly neighbor, Mimi would bring freshly baked gingerbread cookies over to us at Christmas every year. When my daughter, Marissa was a teenager, she asked Mimi for the recipe, which she happily shared. Mimi passed away in 2004, but we remember her love through this recipe. Easy & delicious - great to make with kids!"

## INGREDIENTS

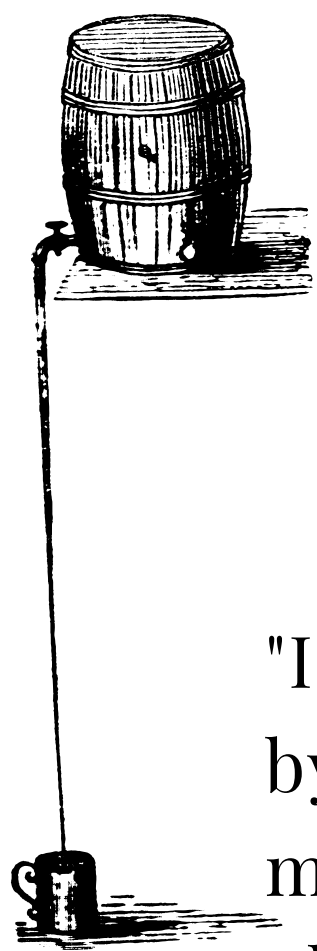
- 3/4 c shortening
- 1 c sugar
- 2 tsp baking soda
- 1 tsp ginger
- 2 c flour
- 1 egg, beaten
- 4 tbsp molasses
- 1/2 tsp salt
- 1 tsp cinnamon

## METHOD

Cream shortening and sugar. Add the egg, molasses and lastly, the dry ingredients, sifted together. Roll into balls. Roll in sugar and bake at 350 degrees for 12 minutes. Makes 3 dozen. (If you refrigerate the dough overnight, it makes them easier to roll.)



**ALISON QUINAN '89**



# **YANKEE MOLASSES CHIP COOKIES**

"I was gifted a copy of the Junior League of Boston's cookbook by a retiring colleague at my first job out of college. I have made many recipes from this collection and think often of the older woman who took me under her wing and recognized my passion for cooking and all things creative!"

## **INGREDIENTS**

- 1 1/2 sticks butter (or margarine), softened
- 1 c. sugar
- 1 egg
- 1/4 c. molasses
- 2 c. all-purpose flour
- 2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- 3/4 tsp ground ginger
- 8 oz semi-sweet chocolate chips

## **METHOD**

Preheat oven to 350 degrees. Lightly grease cookie sheets.

In a large bowl, cream butter and sugar. Add egg and molasses and beat until smooth.

In a separate bowl, mix together flour, baking soda, salt, cinnamon, cloves and ginger.

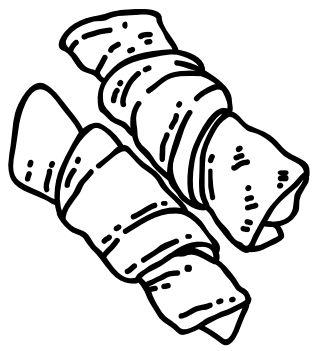
Beat flour mixture into sugar mixture. Fold chocolate chips into dough.

Drop by rounded teaspoonfuls onto prepared cookie sheets.

Bake for 8-10 minutes, or until lightly browned. Remove and cool on wire racks.

**Makes 4 dozen cookies.**





CARIE CARDAMONE '02

# BUTTERHORNS

"My grandmother made dozens of Christmas cookies every year. I remember her kitchen full of family as we all helped and 'test-tasted' cookies as they came out of the oven."

## INGREDIENTS

- 2 cups sifted flour
- $\frac{1}{2}$  pound of butter
- 1 egg yolk
- 1 egg white
- $\frac{3}{4}$  cup sour cream
- $\frac{3}{4}$  cup sugar
- 1 teaspoon cinnamon
- $\frac{3}{4}$  cup chopped nuts

## METHOD

- Measure into a bowl 2 cups sifted flour and  $\frac{1}{2}$  pound of butter.
- Cut butter into flour, then add an egg yolk and  $\frac{2}{4}$  cup of sour cream
- Mix well. When blended, shape into a ball
- Sprinkle with flour, wrap well in wax paper.
- Chill in refrigerator for several hours or overnight
- Combine  $\frac{3}{4}$  cup sugar, one teaspoon cinnamon and  $\frac{3}{4}$  cup of chopped nuts.
- Sprinkle board lightly with flour, remove dough from refrigerator
- Divide dough into 2 parts
- Roll out 1 portion at a time, on the board making a large circle about  $\frac{1}{8}$ " thick
- Sprinkle with sugar nut mixture
- Cut into 12 wedge shaped sections
- Roll up each wedge, starting with the widest portion
- Place rolls on lightly greased cookie sheet
- Bake in moderate oven 350 for 25-30min
- Beat egg white slightly and spread on horns before you place in the oven

**Note:** Keep the rest of the dough in refrigerator as you work on each section, until ready to roll out. Also divide the dough into more portions than 2 if you want small horns. Make twice recipe.



**SHERRY ZITTER '77**

# MAGIC LAND ENERGY BALLS

"I was reading a utopian novel about an organic, sustainable society (years ago; I've forgotten the name of the book), but a family made these dessert balls to sell at the farmers' market and listed the ingredients without quantities. I played with the recipe to create the current version. Festive and yummy crowd-pleaser for holidays and anytime!"

Magic Land Energy Balls  
(for Longevity)

Yield: around 30 balls, 1/2 " diameter.

Prep time: 30-45 minutes.

No cook time.



## INGREDIENTS

### Batch A

- : 1/4 cup each of organic pumpkin seeds, sunflower seeds, almonds\*, walnuts\*, hemp seeds, dried apricots, dates.
- \*for tree-nut free recipe, increase amount of seeds by 1/2 cup.

### Batch B:

- 1 1/2 T. chia seeds; soaked.
- 1/2 c. figs.

### Batch C:

- 1/4 c. ground rolled oats (reserve another 1/4-1/3 c. for rolling balls at end)
- /4 t. spirulina powder.
- 1 - 2 T. carob or cacao/unsweetened chocolate powder.
- rolled oats- x for recipe and x for rolling balls
- (Optional) pinch of salt
- (Optional) 1 T. agave or maple syrup makes it sweeter and more sticky
- (Optional) 1/3 cup grated coconut for rolling balls

## **METHOD**

1. Pulse 1/2 - 2/3 cup rolled oats several times to create small pieces but not flour. Set aside.
2. Blend/Pulse first 7 ingredients in food processor until fine ground but not a paste. Remove from processor to large bowl.
3. Blend chia seeds (soaked in 3 T water for over 5 minutes) with figs to a paste. Add small bits of soaking water near end if not smooth.
3. Add back first mixture and blend; add rest of ingredients (reserving 1/4-1/3 cup oats and all the coconut) and blend until slightly moist texture and can form balls.
4. To form balls: (can use coconut oil on clean hands to prevent/reduce sticking)  
Mix oats and coconut 50-50% on large dinner plate. If skipping coconut, cover plate with oats. Use hands or small spoon/scoop to form approximately 1/2" balls. Roll them between your palms for a nice round shape. Then roll firmly in mixture on plate to coat all around, and place in nice serving dish (with lid, if there is any left to store in fridge for up to two weeks. Ours never last that long...)

**Enjoy!!**





**ARIEL AXELROD-HAHN '06**

# **STEVE'S SALAD BLUEPRINT**

"I learned this salad from a family friend named Steve. Steve was basically an uncle to me growing up. This was one way that he ate healthy (and convinced a younger version of me to eat healthy). I use it for any kind of get-together. My friends and especially the younger set now just learning to cook for themselves have called it "the salad that made them love salad." It's best in the summer July-September, when vegetables and greens are fresh and at the height of their flavor."

## **INGREDIENTS**

### **Required:**

- Spring greens or baby romaine
- Pine nuts
- Butter
- Olive oil or avocado oil
- Soy sauce or tamari
- Salt and pepper
- 1 lime (a lemon or mild rice vinegar or champagne vinegar work in a pinch)

### **Early add-ins:**

Scallions, whites and light greens thinly sliced

Cucumber, thinly sliced with a mandolin or sliced into small cubes

Cherry tomatoes, quartered

Pickled peppers, chopped, hotness by preference

Avocado, chopped into chunks

Radishes, thinly sliced

Cilantro, washed with cold water several times. Grasp the cilantro by the roots, leaves down and use a sharp knife to scrape the leaves off into the salad, while avoiding the chewier stems

Feta cheese, goat cheese (crumbly bleu cheese is OK too)

### **Possible cooked salad dressing add-in:**

Sliced almonds, sunflower seeds (sometimes pine nuts are expensive; adding these in offsets that a bit).

### **Later add-ins specifically for Steve's classic:**

3-bean salad, drained

Ground flax seed or wheat germ

Dried cranberries

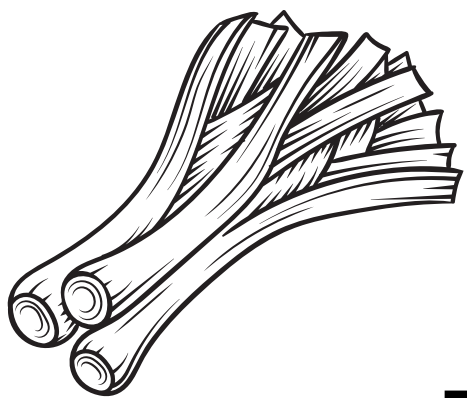


## METHOD

- 1) Start with a bed of spring greens or baby romaine in the bowl. Use what may seem like an excessively large bowl (for hand tossing later).
- 2) Add in all early add-ins. Avocado and cheese go on last.
- 3) Salt to taste; add pepper if desired.
- 4) Mise is important for the next part. Get a small frying pan and a rubber spatula. Read steps 4-8 *\*before\** you execute. Set up butter, oil, nuts,
- 5) Set aside a piece of paper towel large enough to cover the top of the frying pan and then some. Place the paper towel to the side, but nearby.
- 6) Put the small frying pan over medium heat. Add butter and pine nuts. If you use sliced almonds and sunflower seeds, put them in first and then 2 minutes later, add pine nuts and sunflower seeds.
- 7) As they start to cook, add 1/4+ cup olive oil. Keep in mind that the oils you add to the pan are going to be the primary oil in the salad. Keep an eye and keep swirling the nuts to toast to a very light brown.
- 8) Immediately turn the heat off. Grab the paper towel and the soy sauce/tamari. Pour about 2-4 Tbsp of soy sauce tamari directly on the nuts, and spread the paper towel on top immediately. The mixture will start to spit and sputter pretty quickly, but you have a second or two grace period to put the paper towel on. Leave it until it dies down. Why not the top? Paper towel allows moisture to escape, and that is a good thing.
- 9) Roll, slice, and squeeze the lime over the salad. Gently. Don't overdo it. Mix it all up with your hands now. Grab and scrunch together lightly and drop back in the bowl. It's important to do this at this point with just the acidic element.
- 10) Dump the oil mixture over the salad and serve.

### **Addendum for Steve's classic salad:**

- 11) Don't think too much about how this all goes together. It's delicious.
- 12) Top off the salad with a pile of 3-bean salad, a handful of cranberries, and 1-2 Tbsp of flax seed or wheat germ. Mix thoroughly and enjoy.



**MARY GREENE HORVATH '77**

# **LEEK AND POTATO SOUP**

"The original recipe came from "The Wilson Country Cookbook" by Lynne C. Wilson of Wilson Farm in Lexington. A friend had a yard sale and asked if I wanted it, and I couldn't resist. I like to keep this soup around when family comes to visit around the fall and winter holidays, and I don't have the energy to cook lunch or prepare an appetizer for dinner."

## **INGREDIENTS**

- 3 tablespoons olive oil (the original used butter, but I don't)
- 6 cups sliced leeks
- 3/4 cup coarsely chopped onion
- 4 cups peeled, diced white potatoes (I often use red-skinned potatoes)
- 4 cups vegetable broth (the original asks for chicken broth)
- 1 teaspoon salt
- 1 and 1/2 cup almond milk (original asks for heavy cream)
- 1/8 teaspoon ground white pepper (optional)
- chopped chives (optional)

## **METHOD**

Wash the leeks thoroughly before you start, because sandy soup isn't very appetizing. I cut them down the middle lengthwise and let them soak for a while in cold water. This soup, whether hot or cold, is delicious. I like it better hot.

Heat the olive oil. Add the leeks and onion and cook for about 5 minutes or until the leeks and onion have wilted but have not browned. Add the potatoes, broth, and salt and bring to a boil. Lower the heat and simmer covered, for 20 to 30 minutes or until the vegetables are very tender. Puree in small batches in a blender or food processor. I use a Vitamix blender. Return the puree to the pan, and stir in the almond milk or whatever kind of milk you prefer. And salt if necessary. Heat gently and sprinkle with chopped chives. This soup may be chilled, but check the seasoning before serving.



**JOAN WALLACE-BENJAMIN '75**

# **CORN CASSEROLE**

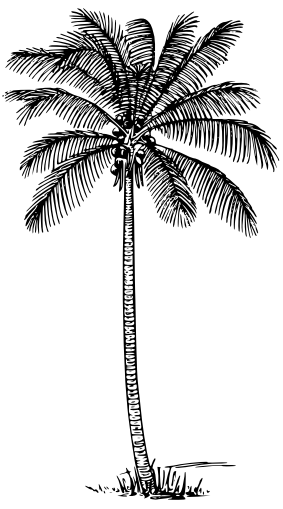
"When my sister in law from Southern Missouri joined the family, she brought this great recipe to us."

## **INGREDIENTS**

- 1 stick butter
- 1 small cream cheese
- 1 8 oz sour cream
- 1 box Jiffy corn mix
- 1 15 oz. can creamed corn
- 1 15 oz. can of whole kernel corn (do not drain liquid in the can) with the liquid

## **METHOD**

In a casserole dish-not too deep, 9x13, mix together all ingredients with melted butter. Stir around until all mixed together. Bake at 350 degrees for 1 hour and 15 minutes until golden brown on top.



**KARI DIFONZO '07**

# **GRANDMA'S COCONUT CAKE**

"For my great-grandmother's 80th birthday (in 2015), she told me she wanted me to make her a coconut cake. I scoured the internet for recipes, baked numerous sample cakes and brought them to work for tasting by my colleagues. Over the past few years, I've tweaked the recipe and it's become a holiday staple in our family."

## **INGREDIENTS**

### **For the Cake:**

- 3 cups cake flour
- 1 Tbsp baking powder
- 1/2 tsp salt
- 2 cups granulated sugar
- 3/4 cup softened butter, unsalted
- 1/4 cup vegetable oil
- 1 1/3 cups unsweetened canned coconut milk, well shaken, at room temperature
- 2 large eggs, at room temperature, yolks and whites separated
- 1 tsp coconut extract
- 3/4 tsp vanilla extract
- 4 large egg whites, at room temperature
- 1/8 tsp cream of tartar

### **Coconut Cream Cheese Frosting**

- 12 oz softened cream cheese
- 3/4 cup softened butter, unsalted
- 1 tsp coconut extract
- 1/2 tsp vanilla extract
- 5 cups powdered sugar
- 1 1/2 cups shredded coconut

## **METHOD (SEE NEXT PAGE)**



**For the cake:**

1. Preheat oven to 350 degrees. Butter 3 8-inch round cake pans and line bottom of each with a round of parchment paper, butter parchment paper and set pans aside.
2. Sift cake flour into a large mixing bowl, then add baking powder and salt and whisk mixture. In a separate bowl, cream granulated sugar, butter and vegetable oil until well combined.
3. Add in egg yolks one at a time and mix until combined after each addition (reserve 2 egg whites), then mix in coconut and vanilla extracts.
4. Add 1/3 of the flour mixture, blend just until combined. Add half of the coconut milk, mix just until combined. Mix in another 1/3 of the flour mixture followed by remaining coconut milk. Finish by mixing in last 1/3 of the flour mixture.
5. In a separate mixing bowl, using an electric hand mixer, whip 6 egg whites with cream of tartar on medium-high speed until stiff (but not dry) peaks form.
6. Using a rubber spatula, carefully fold 1/3 of the egg whites into cake batter at a time and fold just combined after each addition (don't over-mix and deflate egg whites).
7. Divide batter among prepared cake pans. Spread batter into an even layer and bake in preheated oven until toothpick inserted into center of cake comes out clean, about 18 - 20 minutes.
8. Allow to cool in cake pan 5 - 10 minutes then run a knife along edges of cakes and invert each onto a wire rack to cool. Cool completely the cut tops to even as needed.

**For the Coconut Cream Cheese Frosting:**

1. Whip butter with cream cheese until smooth and fluffy (I use my stand mixer).
2. Mix in coconut extract.
3. Add powdered sugar and whip on medium speed until smooth and fluffy.
4. Chill if frosting seems too runny to spread.

**Frost cake and cover sides and top with shredded coconut (I don't always add the shredded coconut, depending on the audience).**



**XAN CHACKO '05**

# **CECE'S WHITE WINE SANGRIA**

"Alum Cecilia Gerard made this sangria for a party in 2006 at her apartment in Hoboken. I think I've made it more than ten times since then. It's a crowd pleaser and keeps well in the fridge. Enjoy!"

## **INGREDIENTS**

Sangria Blanco

Original Recipe Emeril Lagasse, 2005

Show: Emeril Live

Episode: Tapas

- 2 (750-ml) bottles white Spanish wine, such as Albarino (Galacia), Viura (Rioja), Verdejo (Rueda), or Sauvignon Blanc
- 1/2 cup Spanish brandy
- 1/4 cup Spanish orange liqueur
- 1 orange, juiced
- 1/2 cup superfine sugar
- 1/2 cup sliced fresh strawberries
- 1/2 orange, halved and thinly sliced
- 1/2 lemon, halved and thinly sliced
- 1/2 plum, pit removed and sliced into thin wedges
- 1/2 peach, pit removed and sliced into thin wedges
- 1 (10-ounce) bottle club soda, chilled

## **METHOD**

Combine the wine, brandy, orange liqueur, orange juice, and sugar in a large pitcher and stir until the sugar has dissolved. Add the fruit and stir well to combine. Cover and refrigerate until well chilled, about 2 hours. Stir in the club soda and serve the sangria in large wine glasses, over ice if desired.