

Hm Eats

VOLUME 2 ISSUE 1

Baked by
Melissa

VS

Magnolia
Bakery

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HM EATS MAGAZINE



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The Origins of Mr. Softee

Zachary Kurtz

When you hear a song coming from an ice cream truck on a hot summer day, it is likely to be a Mister Softee truck. These trucks characterize soft serve ice cream today, with hundreds of them roaming residential, and of course scholastic, streets of the United States.

The company running these trucks, Mister Softee, was founded in 1956 in Philadelphia by brothers William and James Conway. Before founding Mister Softee, the brothers worked for Sweden Freezers, one of the largest manufacturers of ice cream machines. In the '50s, the Conways noticed that some people were buying ice cream machines from them to install in mobile trucks. They realized that the company could capitalize on this by creating a division that would create machines especially designed for trucks, but Sweden Freezers did not agree with their vision. Thus, the brothers left the company and founded Mister Softee with the goal of building ice cream trucks.

The Conway brothers' original idea was to sell unbranded ice cream trucks to buyers. However, they soon realized that they spent so much time helping the buyers operate and manage the trucks that creating a franchise would allow them to charge for this setup and maintenance service. The two men borrowed money from a successful restaurateur in Philadelphia named Pat Cavanaugh, and instantly, their soft serve dream was born.

Before Mister Softee existed, European immigrants living in the United States often sold ice cream out of wooden push carts. When the company started, most of its franchises were run by people of Irish and Greek descent. So the Mister Softee franchise stands as a pillar of the American dream, giving new immigrants a chance to get a stable job.

Given that Mister Softee has hundreds, if not, thousands of trucks all along the East Coast, not all of them use the same soft serve recipe. In fact, the Conways created two different recipes that, for the most part, are split geographically. In the Northeast, the trucks tend to use a higher butterfat mixture, which is also lower in sugar, whereas in the South, they use a sweeter, lower fat mixture. But, no matter what mixture the truck uses, one fact is certain: a Mister Softee cone will always hit you with a wave of nostalgia on a hot summer day.

Today, the company has its headquarters in Runnemede, New Jersey, with franchise owners based everywhere from Virginia to Wisconsin. While the average price of a small cone is two dollars, franchises will charge higher prices in places like Manhattan and Miami. Despite how large of a company Mister Softee is, they make every child feel like they have a personal connection to soft serve ice cream. I hope that gives you something to think about when Dr. Kelly sends us an email telling us to expect this sweet treat at the end of a long week!





THE HISTORY OF FROYO

Sofia Sepulveda

Frozen yogurt. A beautiful creation that no one asked for but everyone needs. But does anyone know how froyo even came to be?

As it turns out we have to first thank H. P. Hood for having the ingenious idea to serve this delicious, semi-healthy dessert at Boston's Brigham's Ice Cream in 1978. Originally, it was named frogurt which, thankfully, was later changed to what we know today as "frozen yogurt" or "froyo."

As with most other foods froyo had a big boom in sales and popular appeal with the dessert, gaining its cult-like following during the 1980s. However, the sugary dessert we know of today was not the star of this boom. Instead, froyo was just normal yogurt only served at a lower temperature. But at the later part of its boom, companies became more creative and began to craft a variety of flavors, introducing more fruity and sugary ones than had been available before. At the same time, they began to modify the texture of the froyo to make it more like the creamy dessert that we now consume.

After this big boom, the popularity of froyo began to slow down. The hype was over, and it was no longer anything special. That is, until 2005. That time was the start of what had been coined the "health crazy" where people started to worry more and more about what they consumed. Ice cream started to be viewed as extremely unhealthy and the now marketed as healthy, froyo started to replace it. Companies began producing more classic, tart flavors to accommodate consumers' suggestions. It also helped that froyo shops increased the number of toppings they had to offer — who doesn't like toppings? The froyo business continues to thrive, with over \$2.5 billion dollars worth of sales according to the most recent data .

That concludes the history of frozen yogurt, connected to a small shop in Boston all the way to a global health trend, minus some really boring details. Now, a few fun facts about froyo:

1. Before froyo was swirled in the way that is now common, it used to be served in scoops. Like, ice cream sized scoops. But then soft-serve froyo became a thing, and obviously the scoop and soft serve are not compatible.
2. If you love frozen yogurt, remember February 6th, National Frozen Yogurt Day. It was made to recognize and remember how special and delicious froyo is!
3. There's such a thing as black froyo. It's dyed by naturally activated charcoal. Wonder what the first flavor of black froyo was? Sakura (cherry blossom)!

THE DRIED PASTA PRODUCTION PROCESS

Sam Siegel

The world is wrong about something. Well, the world is wrong about many things, but in my opinion, one of the biggest atrocities is that we have somehow started to associate fresh pasta with being of higher quality. This is simply not true. In fact, the reality is that each type of pasta has its distinct uses. The smooth handmade texture of fresh pasta makes it better for lighter sauces whereas the grainy and rough exterior of dried and extruded pasta helps it latch onto the particles of a thicker heavier sauce. However, this is not how people typically view these two types of pastas. In order to combat the misconception that dried pasta is used by a lazy cook unwilling to make fresh pasta from scratch, one must first understand exactly how dried pasta is made.

The difference between these pastas starts with the type of flour used. Dried pasta starts with a base of semolina flour. This grain has a more coarse consistency compared to the flour used in fresh pasta (think of the semolina as sand and the fresh pasta flour as a light powder - like what is considered “normal” flour). After the flour is milled, it is combined with water and salt. Then the flour, water, and salt combination is mixed until it forms a dough. That dough is then forced through an extruder, a machine that pushes

the pasta through a dye, which is a copper plate with small holes in the shape of the desired pasta variety. As the dough passes through the dye, it takes on the shape cut by the copper plate. This is really when the dough becomes what we consider to be pasta. But even though it has the classic pasta shape, this product is far too brittle to even touch. So the pasta is carefully loaded into a drying oven. There, the pasta sits in a drying cycle. This cycle is proprietary to each company and akin to a trade secret — without this step the pasta you see in the grocery store would be a bag of pasta flavored dust. After leaving the oven, the pasta is then packaged and shipped out to local grocery stores where consumers can simply pick it up on their way out.

Now, before anyone tries to make dried pasta at home, let me burst your bubble - it is nearly impossible. Many have tried and many have failed, me included. Dried pasta is truly an example of something that can only be made by industrial level machines on a massive scale. Unless you are willing to shell out the space and money for a pasta mixer and dryer, it seems that we will all be relegated to the easier to make, but not necessarily better, fresh pasta. Or, you could just purchase sound dried pasta from your local grocery store!



Bolognese From Paola's Osteria

Coco Trentalancia

It has to be a central human factor at this point, the fresh pasta layered with the warm thick meat sauce, coated in parmesan cheese; in other words, bolognese. Whether it be in the form of your great grandmother's recipe that has been passed down for generations, or a version of it served at a local diner, everyone's had a bite at some point. However, if you have not had bolognese from Paola's on East 90th Street between Lexington and Third Avenue, you seriously have not lived!

Before you even dig into this delicious meal, the ambience at Paola's makes you feel like you just stepped into the Italian countryside. Fresh extra virgin olive oil is always ready on the customer's table for them to dip their bread in, and for the adults, there is always a fresh bottle of wine that they can pick from an extensive wall lined with filled bottles to drink.

Though I know the majority of people reading this are currently highschoolers so we aren't able to drink from this display, there is no need to fret! After all, the main courses are the most important part of the experience. In my experience, the "Fettuccine Alla Bolognese," among others, is a dish that will never disappoint. A generous portion of rich beef and juicy pork ragu atop thick flat pasta ribbons, it feels as if the chefs made the dish in Italy before plating and bringing it to the table! Furthermore, the classic beef and pork sauce always has a dash of parsley which keeps it tasting fresh, and balances out the heavy meat sauce.

Paola's is also an extremely accommodating restaurant and this dish can be very easy to switch up to match one's dietary preferences. For example, they offer a gluten-free fettuccine, and other types of pasta including penne and ravioli. No matter what pasta you have with bolognese sauce, you can never go wrong! Once you try it, there is no going back, and you won't ever be able to have enough of it. Their portions are just the right size, leaving you perfectly full, yet still empty enough to have room for the excellent dessert options that Paola's offers. Overall, their bolognese is such a classic dish and you will never be disappointed, no matter what type of pasta you order with this delicious sauce!



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La Pecora Bianca

Story Sossen

Over the past year, La Pecora Bianca, an Italian restaurant with numerous Manhattan locations, has gone viral on social media, especially on Tik Tok due to their rigatoni pasta with vodka sauce.

I have been to Pecora Bianca twice: both the NoMad and Midtown locations. The amazing experience I had makes me excited for the new location to open on the Upper East Side this fall. The first time I dined at Pecora Bianca was last winter at the NoMad location. My friend chose the restaurant to host our basketball team dinner. While I had never heard of the restaurant, when I arrived, I immediately realized I had seen pictures of their pasta dishes all over my friends' social media. As we were in the midst of the pandemic, we decided to reserve a table outside. It was a chilly winter night, but luckily, there were heaters and the table was somewhat enclosed. While each location is unique when it comes to decor, they all share the same mint green accents. I decided to go with the classic and order the rigatoni with an addition of ricotta. The pasta is currently priced at a somewhat steep \$25 and is comparable in price to the chicken, the other pasta dishes offered, and the burger. With the addition of the ricotta, the cost of the dish becomes pricey for a bowl of pasta — around \$30. The dish itself is satisfying homemade rigatoni pasta topped with a creamy vodka sauce and if added, ricotta cheese. I personally enjoy a more spicy vodka sauce, but it definitely had lots of flavor, especially with the ricotta. The team also ordered two sides of vegetables to split: brussel sprouts with rosemary honey, lemon, and chili flakes and broccoli with garlic and chili. They were each priced at \$12 which is the same price as every side the restaurant offers. The hints of honey, lemon, chile, etc. heightened the experience of the vegetables. I think the vegetables paired perfectly with the pastas. Since we all leaned towards more classic pastas, the vegetable sides offered more expansive flavor profiles.

Because of this first experience, I decided to bring two of my other friends to the Midtown location this past June. This time we decided to sit inside and the ambience was lovely. The restaurant was dim, but it created an almost romantic atmosphere full of laughter. The decor is tasteful, simple enough to not feel claustrophobic, but detailed enough to feel elevated. I decided to try the Bucatini cacio e pepe (\$23) and added burrata. The sauce was bursting with flavor while still remaining creamy. I would not recommend adding the burrata because it was cold and did not really add anything to the dish. While the burrata on its own was tasty, the combination did not pair well. However, I would recommend ordering the pasta itself.

While the rigatoni is the “famous” pasta and almost the face of the restaurant, I would recommend going to La Pecora Bianca and branching out. Out of everything I have tasted so far, the rigatoni was surprisingly my least favorite (though still delicious). I am excited to go back in the future and try some of the other pastas and meat-based dishes.

BEST GLUTEN FREE PASTRIES

from Noglu Bakery

Coco Trentalancia

Freshly baked pastries always seem to hit the spot. Whether you've just had a really bad day or feel like getting in a fix of sugar, you can always count on hot, fresh-baked goods! Whether it be an éclair or a belgian waffle, everyone should indulge in a tasty pastry when they so desire, right? Well, for some it can be kind of hard, as many of the offerings contain gluten. If you are one of these individuals, not to fear, let me introduce you to Noglu Bakery!

The second one steps in, they are immediately presented with three rows of delicious gluten-free desserts. To be honest I find that one of the hardest parts about being a foodie is when you go to a really great restaurant or bakery and have to make a choice from all of the delicious options. At Noglu, the variety and display are one of a kind, and every single pastry is crafted perfectly!

Noglu's plethora of gluten free chocolate chip cookies and muffins are to die for. Some people may not always have the time to fully sit down and dine, so Noglu makes it super easy to get a quick bite. If you do not have a sweet tooth, classic french dishes such as Croque Monsieur, a pressed ham and cheese sandwich, amongst other savory dishes like Frittatas and Quiche are also sold! You will never run out of something to snack on because of their large variety. As New York's seasons change, one's palette can change as well. The muffins will always hit the spot for one's mood regardless of the weather. I personally think the banana chocolate flavor pairs perfectly with a nice warm latte or cappuccino. So, next time you pass by 90th and Madison Avenue, stop by Noglu Bakery! There will always be a delicious treat waiting at the display window!

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SALLY'S APIZZA

Peter Yu

On a sunny yet chambré July afternoon, my camp friends and I debated where to go for lunch. Finished with our first week of intense classes, we could finally explore the small but charming city of New Haven. Among the plethora of ideas that floated about, one option caught my attention — apizza. This thought was the consequence of my friend making the outlandish claim that “we should go to Sally’s or Pepe’s” because “they have the best pizza in the US.” After doing a double take, I quickly asked my friend what he meant by the best pizza, and to my surprise he doubled down on his absurd claim and said that “I mean it is the best, better than New York, Chicago, you name it.”

Now, I am an open-minded person and am certainly open to being convinced, but as someone who has had a long and intimate history with pizza, I was not convinced that New Haven, of all places, had the best pie. Growing up, my neighbor’s father was the head pizza chef at the best pizza place in Vancouver. When our families gathered, he made countless pies in the backyard, skillfully tossing the dough and rotating the pizza in his Ooni pizza oven. He taught me how to char the crust to give it depth and the optimal ratio of cheese to sausage. Finally, he stressed the importance of the mineral content of the water used to make the dough, showing us this giant machine in his yard that added minerals to his tap to achieve the right balance. In addition to all of this, since I came to New York in middle school, I have enjoyed a lot of New York Pizza. From Serafina to San Matteo’s, Emmy’s to Joe’s, my pizza palate is undoubtedly refined. Thus, New



Haven was fighting an uphill battle if they wanted to claim my #1 pizza spot.

After a quick car ride, we arrived at the famed Sally’s Apizza and to our dismay there was a massive line hugging the block. After waiting in line for a whole hour, the hostess finally invited us in. Upon entering the restaurant, we were transported back to the 1960’s. The place was filled with a litany of colorful ceiling lamps, a retro cash register, among other classic 60’s decor. Furthermore, the wooden walls were plastered with countless newspaper cutouts, praising the shop for its gastronomical prowess over the years. We sat down at a simple but comfortable booth and got the menu. While the tomato pie is technically the most authentic New Haven style apizza (the southern Italian immigrants who came to New Haven spoke a different dialect which is why their pizza is called apizza), I shared a medium “Mozzarella and Tomato pie” with sausage and pepperoni with one of my friends. After sipping on their surprisingly refreshing pink lemonade and waiting for about 20 minutes longer, the pie was delivered on an aluminum tray with baking paper. Used to the various Neapolitan places in New York, I instinctively fetched a paper plate, anticipating yet another battle against the toppings as they unabashedly slide off the floppy dough. Surprisingly, however, a plate was not needed, nor was the usual folding of the slices necessary. Instead, I found, atop my hand, a thin but well constructed, structurally sound slice of pizza. Furthermore, while it was a little on the greasier side, the pizza had perhaps the best combination of flavors ever. The sausage had an agreeable scent of herbs to it while the cheese was present but not overpowering. Moreover, the tomato sauce and charred crust balanced each other out, just as my friend’s father had described. While all of these individual achievements are impressive in their own rights, the final brilliance of the Sally’s was its contrast of textures. Unlike the other pizzas that I’ve had, which were either soupy or chewy, the thin crusted apizza was crunchy. This only served to enhance all of its other qualities. After downing half of the pie, I was thoroughly convinced and conquered.

Now, I know that most of my peers would likely scoff at my claim that New Haven really has such good pizza, and that it could even come close to the greats of New York. However, like any debate over food, there’s a simple way of settling it: trying it out for yourself. Only an hour and thirty minutes away from Manhattan, New Haven is a perfectly reasonable spot for a weekend trip, either with friends or family. Therefore, I highly recommend any New York purist, or anyone who just wants really good pizza, to take the metro north train and try it for themselves. In fact, if you go to New Haven, I also recommend checking out Frank Pepe’s, another great pizzeria.



Ancient Food Production - Market or Redistribution?

William Bramwell

Wheat, water, salt, and cow fat. These are the undoubtedly scrumptious ingredients in the porridge a typical Roman would consume for nearly all the meals of his life. But how was this food provisioned in ancient times? Scholars and historians have debated this question persistently, and many believed that ancient food production and distribution was fundamentally different

from that of modern capitalism. 19th century philosopher Karl Marx, in his Historical Materialist narrative, asserted that the capitalist man had not yet come about in ancient civilizations (because the means of production had not evolved to such a point), so local depots controlled the distribution of surplus food. German sociologist Max Weber, while not a Marxist, made a similar argument: He claimed that Rome and Greece could not develop free markets because they lacked the ideology necessary to induce “capitalist” behavior, an ideology which, Weber contended, arrived instead in the 16th century with Calvinism and its “Protestant Work Ethic.” In the mid 20th century, historians of the ancient economy were heavily influenced by Marx and Weber: Karl Polanyi and Moses Finley, the preeminent scholars of the field, both argued that the ancient economy was not its own separate entity (as in modernity when there exists a distinction between “the economy” and other sectors of life), but rather it was embedded in the religious, social, and political sectors of life. This arrangement worked because the ancients were not the self-interested, rational, “Calvinist” homo economicus of today (the type of human nature which permitted markets to arise as per Weber). People provisioned their daily dietary needs not via markets but via



temples, self-sufficient household production, or social tradition.

Scholars have begun to accept, however, that market forces were in fact present in food production. Thanks to the relatively recent discovery of the Babylonian Astronomical Diaries, scholars have a much more refined view of the ancient food economy. The diaries prove that the prices of barley, wheat, wool, and other wares were clearly subject to the market forces of supply and demand because of their erratic and unpredictable nature. This would be in contrast to what many philosophers had asserted about the ancient Near Eastern economy: Hegel, Montesquieu, Marx (with his idea of the “Asiatic mode of production”), and others had all entrenched in political philosophy the false idea that Eastern economies were centrally controlled.

Persia’s counterpart, Greece, possessed similarly robust markets for food. Greece’s mountainous terrain and many islands fostered an environment of polycentrism and few large crops, two factors which hindered the development of centralized control of food production. Thus, the Greek city states could rarely prosper while remaining self-sufficient, so they were forced to trade with each other, encouraging

more pervasive development of market institutions. Xenophon and Aristotle, in their writings, both mention how market prices in Greece coordinated which goods to produce, as the Babylonian Astronomical Diaries had demonstrated in Persia.

While the Romans advanced the most property rights-friendly legal system in the ancient world, food production remained an exception. The tribune Gaius Gracchus in 123 BC proposed the mass subsidization of grain for the rural Roman poor and price controls on basic food items. While Gracchus’ proposals did not receive the friendliest of responses at first from the Roman elite (the senate organized a mob to kill him), his free-grain proposal (known as the *Cura Annonae*) nonetheless became a staple of Roman rule for nearly five hundred years after his death, and the program was expanded by later emperors like Aurelian to include other basic food necessities. While there were neither any centrally planned nor laissez-faire economies in antiquity, reality coalesced in the middle of these two extremes, whether in archaic social programs or verifiable markets for food.



Baked by Melissa vs. Magnolia Bakery

Isha Krishnamurthy

Now I hope this article doesn't offend too badly, BUT Baked by Melissa was a phase all of us went through, and should be over with by now. However, it is also a timeless tradition in the forum of a bakery.

Right off the bat, Baked by Melissa only has tiny cupcakes, while Magnolia has a multitude of desserts. As soon as you walk through the gold studded doors of Magnolia bakery, you are greeted by a beautiful display of all their decadent cupcakes, desserts oozing a sweet and luscious smell. In contrast to the almost royal experience of entering a Magnolia bakery stands the fact that at Baked by Melissa, is a small cold minimally decorated store with tiny blobs of "cupcake." To top that off, you need to eat at least 5 mini cupcakes per person to equate one Magnolia sized cupcake. This can get pretty pricey as 25 bite-sized cupcakes equates to 39 dollars? That seems like a rip off to me! In addition, their flavors are a bit stuck in the past: I mean, what is tie-dye? How is that supposed to taste - like a t-shirt? At Magnolia, you can get a reasonably sized dessert for a fair price.

To add insult to injury, the cupcakes at Baked by Melissa barely have any frosting on them, and the cake part itself is nothing to write home about. Magnolia cupcakes, on the other hand, are decked out with an amazing buttercream frosting that literally melts in your mouth. While the frosting is a bit on the sweeter side, the spongier and subtler flavor of the cake creates a delicate and flavorful balance with each bite.

Now, here's a question: does Baked by Melissa have banana pudding? I didn't think so! Magnolia Bakery's banana pudding is so incredible that not even words can describe the feeling that one gets at first bite. For those that have tasted it, you know that it is the most perfect dessert ever, and while it is true that this article is about cupcakes, just the ability to order this heavenly goodness is enough of a reason to give Magnolia the win. Overall, in my books, Magnolia is the clear winner. They have many more dessert options that taste better, look better, are better priced, and are more suitable for diverse age groups, and most importantly of all... BANANA PUDDING!



Ranking the 10 Best French Desserts and Pastries

Ariella Frommer

10. Palmier

Tenth place goes to the elephant ears because they are nothing special. If I were to go to a boulangerie in France, I would so much rather get a croissant than a palmier because palmiers just taste like sugary and dry dough to me. You can often find them in the bakery section of the grocery store, which makes them the French version of soft grocery store cookies you can find in the US. I would buy them because they look good in the store, but I would not go out of my way to get a freshly baked palmier.

9. Tarte aux Pommes

Ninth place goes to the elevated apple pie. Think of the apple pie your grandma makes for thanksgiving, but less gooey, less sweet, and more uniform. In a French apple tart, because there is not a piece of dough covering the pie, the apples are sliced in uniformity and intentionally placed in the dish to make a beautiful shape. They also taste much more fresh than American apple pies because no corn syrup is used and little sugar is added. However, the tarte aux pommes sits in ninth place because they do not taste sweet enough to the point where I want to eat it for dessert (maybe

breakfast).

8. Pain au Chocolat

The pain au chocolat sits in eighth place because it tastes like a worse croissant. When I was in France, I ate a croissant almost every morning for breakfast, but I never found myself reaching for chocolate croissants because they are too sweet for me to eat them for breakfast. However, they also are too filling to be a dessert, so the only time I would eat one would be for an afternoon snack. In general, the quality of the chocolate in French chocolate croissants was much higher than in the US. Don't get me wrong, chocolate croissants taste very good, but I struggled to find a time that made sense to eat them, so I ended up not eating very many of them.

7. Canelé

Seventh place goes to the forgotten dessert. Canelés are a dessert that I have not really found in the US: unlike croissants, which you can pick up at your nearest Starbucks. A canelé is a small pastry flavored with rum and vanilla. They have a cake-like custard center with a caramelized crust. They are sort of like a cross between a crème brûlée and a croissant, which makes them really unique. Also, they are bite-sized and solid, so unlike a crème brûlée, they are much easier to eat. Overall, my first canelé exceeded my expectations because there is nothing like it in the US.

6. Macaron

Sixth place goes to the most expensive bite of sugar you will ever eat. You might be surprised as to the rank of macarons on this list. They are ranked this low for the sole reason of their prices. While I did not eat one macaron in France that I hated, I also could not find one for under two euros. To me, one bite is not worth two euros, so I ate macarons less often than I thought I would.



5. Crêpe

I will start off our final five with the beloved crêpe. I discovered that it is pretty hard to make a bad crêpe; I ate a lot of crêpes in France, but not one of them was drastically better than the ones I have eaten in the US. However, galettes (savory crêpes) are exponentially better in France because of the quality of the cheese and vegetables they use there. The thing that I like about them, though, is their customizability. If you are having a dinner party and do not know how to cater to everyone's tastes, make savory galettes and sweet crêpes because chances are, most people will walk out of the dinner satisfied.

4. Crème Brûlée

Fourth place goes to the classic crème brûlée. The crème brûlée is the most classic, satisfying French dessert because of how simple yet delicious it is. The cream has the perfect amount of sweetness, and the burnt sugar on top is always toasted just the right amount to not be black. I even found some variations of the crème brûlée, like a lavender crème brûlée, which was even better than the original. I enjoyed the lavender crème brûlée because the lavender added extra flavor to the dish.

3. Croissant

Third place goes to the croissant. Moist, flakey, and filling, the croissant is the perfect way to start off your morning. Croissants are so popular in France that they each cost just over a euro, which makes them an affordable and tasty breakfast. They make for a delicious breakfast because they are the perfect size, and their flavor has a good balance of sweet and savory. Compared to French croissants, American ones cannot compare. The main difference between French and American croissants is how moist the French ones are, because they are baked fresh every day.

2. Mousse au Chocolat

The runner-up goes to the chocolate mousse (not moose). The chocolate mousse will always be a safe bet at a restaurant because you cannot really mess up a chocolate mousse. Light and airy, the chocolate mousse makes for a great dessert if you are not too hungry after a meal. The quality of the chocolate is what makes or breaks the chocolate mousse because the main ingredients are eggs, dark chocolate, and cream. For this reason, all the chocolate mousse I ate was delicious, as the quality of chocolate in France is much higher; I am certain the chef did not use Hershey's chocolate. The chocolate mousse is only in second place because the texture is so monotonous that it gets a little boring to eat, compared to other French desserts.

1. Soufflé au Chocolat

And, first place goes to...the chocolat soufflé! As you can tell, I like chocolate. The outer chocolate soufflé consists of a nice, airy, and rich chocolate cake, but as you get closer to the center of the soufflé, the chocolate becomes more creamy. This texture change is one of the reasons why it is in the first place. Unlike the chocolate mousse, you want to dig deeper into the dish to find the best part - the creamy chocolate. The best part of this dessert is the inner, gooey chocolate because it is so rich. Served with a scoop of vanilla ice cream, the chocolate soufflé becomes even better as it lacks some of the sweetness.



GREEK YOGURT BAGELS

Divya Ponda

*Imagine this. It's a Sunday morning in October, and all you can think about is getting a fix of your morning coffee and a satisfying bite of a golden brown, delicious, crispy bagel. As you groggily trot into the kitchen and get your coffee brewing, you look around your pantry and slowly realize that you ran out of bagels.*gasp*. THE HORROR! Not to worry, I've got you covered. Here enters the mighty Greek Yogurt Bagel, a true fall staple. Fresh, easy to make and packed with protein, munching on one of these bagels is a balanced and delicious way to start your day. You can make them sweet or savory, everything or plain, cinnamon raisin or blueberry, whatever you please. The world is your oyster! (Just please, please, do not make an oyster bagel because that sounds absolutely rancid). Now, without further ado, let us get to this recipe!*

INGREDIENTS

1 cup of Greek Yogurt (I typically use Fage 0% fat but you can use whichever kind you would like.)

1 cup of Flour (I like whole wheat but you could use all purpose or oat flour.)

1 teaspoon of baking powder

½ teaspoon of table salt

1 Egg

Everything But the Bagel Seasoning (Optional)

DIRECTIONS

1. Preheat the oven to 350 degrees fahrenheit.
2. Mix greek yogurt, flour, baking powder, and table salt in a mixing bowl using a fork.
3. As the mixture combines, use fingers to knead it until it becomes a dough. If necessary add a bit of flour until it becomes less sticky.
4. If you would like, you can add in blueberries, raisins, etc at this point.
5. Break the dough into four balls and mold your bagels.
6. Place the bagels onto a sheet pan sprinkled with flour.
7. Beat an egg in a small bowl.
8. Cover the bagels in the egg wash.
9. Sprinkle with seasoning if desired.
10. Bake the bagels for 25-30 minutes.
11. Let them cool for 5-10 minutes.
12. Enjoy!





SPANISH POTATO OMELET

Jeffrey Dai

The original Spanish name for this dish is just “tortilla” or “tortilla de papas.” To avoid confusing it with the South American flatbread also called tortilla, the term “Spanish Omelet” has become more popular outside of Spain. Although it’s usually served at room temperature as a tapa, or bar snack, I like to enjoy it as a breakfast dish accompanied by side dishes such as chorizo and artisanal breads such as focaccia or a baguette. Unfortunately, the long preparation time only allows me to indulge myself every so often. As you’ll see below, I advocate for the inclusion of onion, a widely controversial option in Spain as many don’t consider it traditional, and even I did not come across many tortillas containing onions in Spain, but I enjoyed the tortillas that did much more, as the onions added a sweet and savory flavor. I’ve also added some optional ingredients that I think taste wonderful and add a welcome punch to this dish. This recipe makes enough for two or three people, perfect for a weekend brunch.

INGREDIENTS

2-3 russet potatoes

1-1.5 large white onions

6-8 large eggs

Up to 2 cups of olive oil

Note: feel free to use any type of potato as long as the total

volume matches 2-3 russets.

Optional:

2-4 ounces of any strong cheese that melts well, such as Gouda or Gruyere

A thin link of spanish dry-cured chorizo

DIRECTIONS

1. Cut the potatoes into about quarter inch thick slices. If you’re using larger potatoes, quarter the slices into roughly 1.5 inch wide pieces. If you’re using starchy potatoes such as russets, soak them in ice water to draw out the starch. French cut the onions (slicing into pole to pole slivers). Crack all the eggs into a bowl that’s large enough to fit all of the ingredients later. Optionally, grate some cheese and/or chorizo to add later.
2. Heat up at least half a cup of olive oil in a large non-stick pan on medium heat, preferably with tall sides. Put in the onions, stirring for about five minutes, then add in the potatoes and lower the heat to medium-low. Traditionally, the olive oil should submerge the onions and potatoes, allowing you to leave them for twenty minutes, but you can use as much or as little oil as you want. With less oil, you have to stir them constantly, for the same amount of time. Once the potatoes nearly break apart when poked with a fork, drain the oil into a bowl with a strainer and pour the vegetables into the bowl of eggs. Using a silicone spatula, stir the mixture around to slightly cook the eggs. This is essential: due to the thickness of the omelet, the excess heat from the potatoes and onions will ensure the inside isn’t totally raw. Add about a teaspoon of salt to the mixture.
3. Pour about 3 tablespoons of the leftover oil into the pan on medium-low heat, forming a thin sheet. Pour in the egg mixture. If you’re adding grated cheese and/or chorizo, sprinkle those in throughout to evenly spread them, or add them while you’re mixing the potatoes and onions in with the eggs. Using a silicone spatula to peek under the bottom of the tortilla, periodically check to see if the bottom of the omelet is cooked.. Once the center of the omelet is about 2/3 of the way cooked, and the bottom is fully cooked, invert the pan onto a larger plate. Be very careful during this step, use a kitchen towel or a heat-safe glove to hold the plate. It’s important that the plate is at least an inch wider than the pan on both sides, so that the raw egg doesn’t spill out of the plate. Once the omelet is safely on the plate, with the cooked side on top, return the pan to the heat and slide the omelet back into the pan with the raw eggs on the bottom. Continue cooking until you can feel the bottom is cooked. Remove the omelet from the pan onto the plate to serve and enjoy!



SOY SAUCE FRIED POTATOES

Jeffery Dai

I had a really hard time coming up with an English name for this dish, so I just went with the most basic name I could think of. The original Chinese name means “dry pot potatoes,” but it’s essentially a dish of fried potato slices, stir-fried with soy sauce and onions. I was first introduced to this dish by my extended family at a restaurant in Beijing. I immediately loved the salty umami bomb of this particular potato dish. This extremely simple dish has many small regional and family variations, but I will cover the most basic recipe while adding some optional ingredients.

INGREDIENTS

2 large russet potatoes

Half of a large red onion

1-2 green onions/scallions

Up to ½ cup of soy sauce

Optional:

1-2 Chinese Long hot peppers, green and/or red

1 clove of garlic

Up to 2 tablespoons of honey or sugar

DIRECTIONS

1. Prep: Slice your potatoes into about ¼ inch slices or thinner. You can keep them as whole slices or cut them into smaller half or quarter slices. Soak them in ice water for at least 5 minutes before draining and soaking again. This step will draw out excess starch from the potatoes. French cut the red onion(slicing into pole to pole slivers, about 1/4 inch), and thinly chop the scallion. If using, chop long hot peppers into rings of any size under an inch thick, and thinly slice a clove of garlic. Once the potatoes are done soaking, dry them on paper towels.
2. Par-fry: Fill up a wok or a pan with tall sides with enough vegetable oil to cover the potatoes when dropped in (a cast-iron pan will work well here if you don’t have access to a wok). Heat the oil on medium-low heat just until it starts to gently bubble when a potato slice is dipped in. Lower the potato slices in. If it starts to crackle too much, spit hot oil, or brown the potatoes at all, lower the temperature. Stirring minimally, par-fry until the potatoes are nearly translucent, then raise the heat until you can see a little browning on the potatoes.
3. Stir-Fry: Transfer the potatoes into a small bowl, and remove and save most of the oil, leaving just enough to stir-fry the rest of the vegetables, about 3-4 tablespoons. Raising the heat to medium-high, drop in the red onion slices. When you can start to smell their aroma, add in the whiter scallion slices. Depending on how thick you cut your peppers, you may want to drop them in either before the onions or the scallions. Before the vegetables start to brown too much, lower the heat and add the potatoes. Slowly pour in the soy sauce, stirring the potatoes around gently as the soy sauce adheres to the fried surface of each slice. If you want to add honey or sugar, mix it in with the soy sauce before pouring it into the pan. Add the greener slices of the scallion and remove the potatoes and vegetables from the pot. Optionally, add to the bottom of the plate raw onion slices. or top with fried garlic slices, cilantro, or fresh green onion.



ÉCLAIRS

Jared Contant



While not for the faint of heart, and requiring at least three hours of preparation, these beautiful French pastries are surely worth the work and the wait. These custard-filled egg-leavened pastries are a perfect dessert to serve cold after a summer cookout or could even be served as an afternoon snack.

Pâté à Choux (pah-TAY-ah-shoo), the pastry dough used for éclairs, is not unique to this recipe and can be used to make cream puffs or profiteroles. Choux pastry is also unique in that it is one of the only pastry doughs to be cooked on the stovetop prior to baking. This is mainly done to remove moisture from the dough, leading to a crispy exterior. Choux pastry also stands out because it relies exclusively on eggs to rise, instead of baking powder or baking soda. The result is an almost hollow interior mixed with a crispy golden-brown hard outer shell, perfect for filling with custard.

Pastry cream, or *crème anglaise*, is a decadent vanilla flavored custard with a pudding-like texture. It is a frequent addition to many desserts, providing a rich burst of flavor to otherwise savory baked doughs. Choux pastry is not, by itself, sweet; it is the *crème anglaise* that makes éclairs come into their own as a nobody-doubts-it dessert.

Chocolate ganache, the final piece of the puzzle, is also a frequent addition to many cakes and desserts. It has a texture that is not quite solid, not quite liquid, becoming

more viscous when refrigerated or left out to dry. It is the literal icing on the metaphorical cake that rounds out éclairs, giving a hint of dark chocolate funk to the otherwise overwhelmingly vanilla-based dessert.

While all of the flavors I'm providing here are "traditional," I would encourage readers to try new recipes and combinations that fit their liking. For example, you could replace the semisweet chocolate in the ganache with white chocolate or add some matcha powder to make a green-tea flavored topping. Take out the matcha and add some dried strawberries pulverized in a food processor for a delicious fruity-flavored topping. You could even add some espresso powder or cocoa powder to the *crème anglaise* to make a coffee or chocolate flavored center, respectively. Both espresso and cocoa powder could be combined to make a mocha-flavored filling. My point is, no matter what your fancy, you can tweak this recipe, adding your own flavorings to make your éclairs truly yours.

Éclairs bring together different techniques and processes, yielding a final product as satisfying to look at as it is to eat. Add the sheer variety of potential flavor combinations and you could be making different varieties of éclairs for years. Even if you choose to go the traditional route, everyone can find something to love about a crispy, creamy, complex dessert fit for any occasion.

INGREDIENTS

Special Equipment:

Hand mixer (not required, but will make mixing much easier)

Wooden spoon

Parchment paper

Piping bags (or two-gallon size ziploc bags)

For Choux Pastry:

½ cup water

½ cup milk, preferably whole milk

8 tablespoons (1 stick) unsalted butter (salted is fine, but if using salted, omit the additional salt* in this recipe)

1 teaspoon granulated sugar

¼ teaspoon salt*

1 cup all-purpose flour

4 large eggs

For Pastry Cream:

2 cups whole milk

½ vanilla bean split and scraped OR 2 teaspoons vanilla extract

¾ cup granulated sugar

¼ cup cornstarch

1 pinch of salt**

4 egg yolks

4 tablespoons unsalted butter** (see note on salted butter above)

For Chocolate Ganache:

4 oz. semisweet chocolate chips (about ½ cup)

½ cup heavy whipping cream

DIRECTIONS

For Choux Pastry:

1. Preheat oven to 425°F (220°C)
2. In a saucepan set on medium heat, combine the butter, water, milk, salt, and sugar.
3. Ensure that the flour is pre-measured at this point so that it can be quickly added in upcoming steps.
4. Continue heating, stirring occasionally until the mixture comes to a rolling boil.
5. Remove the mixture from heat and immediately add flour all at once to the saucepan.
6. Stir vigorously until the flour is completely combined, and a small film forms on the bottom of the saucepan.
7. Return the mixture to medium heat, continuing to stir constantly for about 2 minutes. Remove from heat and transfer to a large mixing bowl.
8. Using a hand mixer or wooden spoon, beat the mixture for about a minute. This helps to release trapped steam and cool the mixture down.
9. Add the eggs, one at a time, being sure to mix completely between additions. Once the last egg has been added the dough should be pudding-colored and should form a v-shaped ribbon when the mixer is pulled away. Transfer the dough to a piping bag.
10. Cut the piping bag so that it has a ½" opening. Then, pipe the dough onto a non-rimmed baking sheet lined with parchment paper. Pipe the dough into 4" x ¾" logs, making sure to leave plenty of space to account for rising.
11. Place the rack(s) in the oven and bake for 10 minutes at 425°F (220°C)
12. DO NOT open the oven during the baking process, as it could cause éclairs to deflate.
13. Without opening the oven, drop the temperature to 325°F (160°C) and bake for an additional 30 minutes, or until éclairs are completely golden brown. Be sure that ALL pastries are browned before removing, as an underbaked éclair may deflate if its outer shell is not hard enough.
14. Once cool to the touch, transfer to the refrigerator to chill.
- 15.

For Pastry Cream:

16. Whisk together sugar, cornstarch, and salt in a large mixing bowl.
17. Add the egg yolks, whisking vigorously until the mixture lightens in color and about doubles in size. This might take several minutes, but it is important that the mixture reaches a pale yellow color.
18. Add milk to a medium saucepan and bring to a boil. Stir occasionally to keep milk from sticking to the pan.
19. (The hard part) Slowly stream the boiling milk over the egg yolk mixture, whisking constantly and quickly so that the eggs don't scramble. Once all of the milk has been added, pour the entire mixture back into the saucepan.
20. Add the vanilla extract, then place the saucepan over medium high heat

until the mixture comes to a boil.

21. Whisk while boiling for about 30 seconds as the pastry cream thickens to a pudding-like consistency. You'll be able to see and feel this change take place as the cornstarch activates and partially solidifies the mixture.
22. Transfer to a heat-proof bowl and cover with plastic wrap, being sure to push the plastic wrap down so that it touches the surface of the cream. This is important to prevent a skin from forming on top of the cream.
23. Refrigerate until cool.
- 24.

For Chocolate Ganache:

25. Pour the chocolate chips into a heat-proof bowl
26. Place the cream in a small saucepan over high heat, stirring frequently to keep the cream from forming a film on the side of the pan.
27. Once the cream is boiling, remove it from the heat and

pour it over the chocolate chips.

28. Stir constantly with a spoon until all of the chocolate chips are melted. You may need to put the ganache in the microwave for five seconds to finish melting.
- 29.
30. Final Assembly:
31. Once pastry cream is cooled, transfer it to a piping bag. Cut a 1/4" hole in the bag when ready to begin assembly.
32. Cut éclair shells lengthwise with a paring knife, being careful to leave one side intact.
33. Pipe pastry cream into the center of the éclair and close the shell shut
34. Once éclairs have been filled, dip the tops of the shells briefly into the ganache and refrigerate until the ganache sets, becoming glossy on top (at least 30 minutes)
35. Serve cold or if you REALLY can't wait, eat while still hot - at your own risk.



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Watermelon Mint LEMONADE

Alara Yilmaz



<https://unsplash.com/s/photos/ghghtwyiwuwu>

Are you searching for an easy drink this summer that's both refreshing and fun to make!? Well, look no further because this lemonade recipe is perfect for you. It combines flavorful watermelon, traditional lemonade, and a hint of mint to create the ideal summer drink.

INGREDIENTS

1 $\frac{3}{4}$ cup white sugar

1 cup water

9 medium lemons, or enough
for 1 $\frac{1}{2}$ cups of fresh juice

4 cups ice-cold water, or more
as needed

Ice as needed

Fresh mint leaves

6 cups cubed seedless water-
melon, chilled

DIRECTIONS

1. Combine 1 cup of water, sugar, and mint leaves in a saucepan.
2. Bring to a boil over medium heat and stir until sugar dissolves.
3. Simmer for 1 minute, remove from heat, and let syrup steep for about 30 minutes.
4. Set aside.
5. While the syrup steeps, roll lemons around on the counter to soften.
6. Cut in half lengthwise and squeeze out juice until you have 1 $\frac{1}{2}$ cups of fresh juice and pulp.
7. Set aside.
8. Add watermelon to a blender and pulse until well pureed.
9. Pour through a fine mesh strainer into a bowl (there should be around 4 cups of fresh watermelon juice).
10. Set aside.
11. In a large pitcher, combine the 1 $\frac{1}{2}$ cups lemon juice, 4 cups fresh watermelon juice, and 4 cups ice-cold water, and lightly stir.
12. Pour syrup according to how sweet you like your lemonade.
13. Add in ice and fresh mint leaves
14. Enjoy!

CRISPY SMASHED POTATOES

Isabelle Fic

History homework overwhelming you? Got a bad grade on a test? Channel that frustration into these delicious crispy SMASHED potatoes! These are perfect to serve any time of year as they go well at a summer barbeque or with the turkey at Thanksgiving. One bite and all of your problems melt away!

INGREDIENTS

- 1 head garlic
- 2 tbsps olive oil, plus extra
- 1 kg baby white potatoes
- 90g (about $\frac{3}{4}$ stick) butter
- Salt, to taste
- 2 tbsp parsley, finely chopped

DIRECTIONS

1. Preheat oven to 200°C.
2. Chop the top off the head of garlic and place on top of a sheet of foil. Drizzle the garlic with olive oil and sprinkle with salt.
3. Wrap firmly and bake for 1 hour.
4. While the garlic is baking, place potatoes in a pot of cold, salted water.
5. Cover and place over medium heat for 30-40 minutes until tender.
6. Drain potatoes and place in fridge for 10 mins to evaporate moisture.
7. Place a small saucepan over low to medium heat. Add the butter, oil, salt, and then the garlic. Stir until melted and combined.



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