

# HMM Eats

VOLUME 4 ISSUE 2

SPRING 2024

7TH STREET  
BURGER  

---

CREAM PUFF





# CONTENTS

HM EATS MAGAZINE



<https://unsplash.com/photos/sqkXyyj4WdE>

## FOOD FACTS

### 04 GOLDBELLY

Rena Salsberg

### 05 HISTORY OF POTATOES

Zayden Li

## REVIEWS

### 09 POPUP BAGELS

Story Sossen

### 10 7TH STREET BURGER

Charlie Friedland

### 13 EL GORDO

Henry Gill

### 14 EATALY

Isha Parekh

### 15 VIAND

Sophie Teitelbaum

### 17 BARNEY GREENGRASS

Lillian Gubser + Surya Fraser

## RANKINGS

### 18 RANKING HM FOOD TRUCKS

Caroline Bleichmar

### 19 RANKING MANHATTAN PIZZA SPOTS

Zach Sherman + Aden Nathoo + Charlie Friedland

### 21 RANKING PASTA SAUCES

Anoushka Parakh

## OP-EDS

### 23 CAFETERIA HOT TAKES

Cassandra Ortiz

### 25 ICE CREAM OR FRO YO

Gillian Ho

### 26 GO-TO NYC RESTAURANTS

Leah Marquardt + Kaitlyn Kuo

### 28 INSTAGRAM IS THE BEST PLACE TO FIND A RECIPE

Julia Lourenco

# RECIPES

## 29 PUFFED OVEN-BAKED PANCAKES

Isabelle Fic

## 31 GILMORE GIRLS INSPIRED PANCAKES

Lillian Gubser

## 33 HOW TO MAKE THE BEST COMFORT FOOD: OYAKO DON

Nicole Au

## 35 SINGLE SERVE HOT CHOCOLATE, TWO WAYS

Surya Fraser

## 37 BREEZY BANANA BREAD

Leila Dossani

## 38 CREAM PUFF

Wendi Zhong

# our team

## Editor In-Chief

Ariella Frommer

Jeffrey Dai

Alara Yilmaz

## Managing Editors

Isabelle Fic

Siddhant Jain

Story Sossen

## Content Editors

Caroline Bleichmar

Kaitlyn Kuo

Julia Lourenco

Leah Marquardt

Anoushka Parakh

Rena Salsberg

Zach Sherman

Sophie Teitelbaum

## Faculty Advisor

Dr. Adam Casdin



**FAIR USE NOTICE:** This publication contains or may contain copyrighted material, the use of which has not always been specifically authorized by the copyright owner. We are making such material available in our efforts to advance understanding of languages. We believe this constitutes a "fair use" of any such copyrighted material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107, this publication is distributed without profit for research and educational purposes. If you wish to use copyrighted material from this publication for purposes of your own that go beyond "fair use," you must obtain permission from the copyright owner.



# goldbelly Iconic Restaurant Food from the Comfort of Your Own Home

Rena Salsberg

Chicago's Lou Malnati's deep-dish pizza, New York's Magnolia's banana pudding, New Orleans's Central Grocery's muffuletta, and Philadelphia's Pat's King of Steak cheesesteaks are just a few of the iconic restaurant foods that can be delivered to your front door by Goldbelly, an e-commerce platform. Travelers no longer have to stuff their carry-on bags with two dozen bagels from St-Viateur in Montreal or hope their Junior's Cheesecakes from New York are still cold when they arrive home. Goldbelly has found a way to make perishable local and regional foods available anywhere, satisfying foodies and nostalgic consumers' cravings for their favorite meal from home, where they went to college, or even from their last vacation!



<https://www.mentalfloss.com/posts/goldbelly-taste-of-new-york-week-ender-box>

Goldbelly was founded in San Francisco in 2013 by CEO Joe Ariel (WSJ 2021). Joe grew up mostly in New York City, surrounded by food in his Yemenite-Israeli family, and studied economics and Nashville cuisine at Vanderbilt University (WSJ 2021). At 25, Joe launched eats.com, a series of restaurant guides. Joe then became the CEO of delivery.com after they acquired eats.com in 2009 (WSJ 2021). Following the acquisition, Joe sought out his next opportunity inspired by food nostalgia, and, along with two software developers and his now wife, launched Goldbelly with the help of the Silicon Valley status incubator, Y Combinator (WSJ 2021). When Joe originally had the idea for the digital platform, investors were weary. "A renowned venture capitalist for food-based startups declared that his business model was 'stupid'" (WSJ 2021). In 2018, Danny Meyer, the CEO of Union Square Hospitality Group, which includes restaurants such as Shake Shack, Gramercy Tavern and Union Square Cafe, led the company's \$20 million investment round (WSJ 2021).

Although it took years of pitching for Joe to sign

on many prominent chefs and bakers to the platform, a decade later, everyone knows Goldbelly. In 2020, Goldbelly became a pandemic success story (NYT 2021). While people were locked in their homes and unable to venture out to their favorite restaurants, restaurateurs worried how their businesses would survive the shutdown without customers. Goldbelly was the answer for many restaurateurs and mom-and-pop food makers and provided comfort to people who couldn't travel to get their favorite foods. The company added one million new customers in 2020 alone (CNBC 2021)!

To ensure the food shipped by Goldbelly maintains its original flavor and texture, Goldbelly ships most of its products frozen with dry ice and ice packs (Goldbelly). Although the addition of shipping fees does increase the price of some food sold on the site, it is definitely worth the extra price of shipping than to pay for a flight to obtain your treat.

Today, there are between 900 and 1000 different vendors on Goldbelly, and the number keeps growing thanks to Goldbelly's team of "Gravy Seals," who go across the country and watch social media for trends to keep adding new establishments (CNBC 2020). Unlike most websites such as Amazon, Goldbelly moderates its customer reviews and generally only posts those that are overwhelmingly positive (Delish 2023). The question for Goldbelly will be whether they can continue to grow as fast now that people are traveling again.



<https://www.popsugar.com/food/best-food-gifts-from-goldbelly-47895320>



# A History of Potatoes

ZAYDEN LI

In New York City, you're probably never more than 10 minutes away from a potato. Whether it is raw at a supermarket, fired at a fast food restaurant, baked at a restaurant, or slow-cooked into a soup, they seem to be everywhere. So, how did this starchy tuber rise to become a worldwide staple? To explain this, here is a short history and timeline of potato dishes!

## *Old as dirt (8,000 BCE - 16th century CE)*

Well, sort of... Potatoes are thought to have been cultivated by the Incas in South America over 1,800 years ago, although some sources say they could have been cultivated as early as 8,000BCE. Potato tocosh is a traditional Peruvian dish and medicine made from fermented potatoes. Potato pulp was placed in a grass bag, covered in stones, and then left in a flowing source of water (like a stream) for 4-24 months. The result was fermented potatoes with a very strong odor and flavor and also natural antibiotic properties because the aging process produced natural penicillin.

## *Old as the renaissance (16th century CE - 18th century CE)*

When potatoes made their way to Europe during the 16th century via the Columbian Exchange, they were not quite popular and actually struggled to gain endorsements. However, pharmacist Antoine-Augustin Parmentier changed the game. When he was captured by the Prussians during the Seven Year's War, he ate almost nothing but potatoes during his time in prison, which kept him in surprisingly good health. Potatoes are actually more nutritious than people may think, containing vitamin-C (protecting against scurvy), potassium (aiding heart and muscles), and fiber (aiding in digestion). Through incredibly clever marketing, he exalted the potato and it soon sprouted in popularity because of the important role it played in European society. Grain farmers had to leave half their land essentially unplanted every year to allow the soil to rest and fight weeds, but fortunately potatoes could be planted in that resting land, which essentially doubled Europe's food production.

Here are a few potato dishes that sprouted up during the renaissance era:



<https://unsplash.com/photos/person-holding-two-yellow-round-fruits-Nnoy-G7QVky>



**Boiled Potatoes:** This is the simplest way to prepare a potato, and could be done easily and readily by most medieval peasants as all they required to make was a cauldron, water, and a wicker basket.

**Potato Bread:** Potato breads are very similar to wheat breads, as their base is ground up potato flour. By replacing a part of the wheat flour with potato flour, the potato bread is denser and thicker but also adds a light potato taste. Potato bread has some advantages over white bread such as a higher fiber content and amounts of potassium, vitamin-C, and vitamin-B6. The fiber, in addition to aiding digestion also helped “maintain a feeling of fullness.”ed to be discovered, it was used as a way to not only be an additive to nuts and other savory goods, but it could also be a treat on its own. The Mayan community, which was a society of indigenous people in Mesoamerica through the sixth century, were ahead of their time as they used hot chocolate as a way to incorporate sweets and sugar into their diet, before candy had even started to become prevalent.

Some existing dishes were even adapted to contain potatoes:

**Latke (Central and Eastern Europe):** Latkes actually used to be made of cheese and served with fruit preservatives. However, they had to be cooked in poppyseed or other oils instead of rendered animal fat because Jewish laws prohibited the mixing of meat and dairy. So when the potato surged in popularity, the recipe was quickly adapted and now most latkes are made out of potatoes.

**Gnocchi (Italy):** Gnocchi is a popular pasta from Italy, and many variations are found up and down the peninsula. Starting off in northern Italy, at first they were made with flour, breadcrumbs, water, and sometimes eggs. The recipe changed over time to include potatoes as one of the core ingredients, and now most variations of gnocchi contain potatoes with the semolina as the base for the pasta.

### ***Old as steam (18th century CE - 20th century CE)***


From 1700 to 1900, things changed... a lot. However, the most important change for our potatoes here is that a lot of cooking resources that were formerly too expensive for the average peasant suddenly became available to the mass consumer. Things like oils became crucial to potato preparation.











Here are some recipes famously invented during this time period:

**French fries\***: Alright, the big “\*” is there because the invention of french fries is... widely contested. Some claim they were invented in Spain, others claim it was really from Belgium, and others argue that they were invented in, obviously, France. Thomas Jefferson served a variation of the recipe 1802, but the source I got my research from credits the invention to 1845 by Herr Krieger where, in 1845, he started selling “Paris-style fried potatoes” which were cut in sticks to make them cook faster.

**Potato chips\***: Although some cite William Kitchiner in his *The Cook’s Oracle* to be the origin of this recipe, the version most people are familiar with is the legend of a cook in Saratoga Springs, New York. On August 24th, 1853, cook George Crum of Moon’s Lake House was quite frustrated by an unhappy customer (who, as legend states, was none other than Cornelius Vanderbilt himself!) who kept complaining that his fries were “too thick” or “too soggy” or “not salted enough.” So, he cut the potatoes super thin, fried them to a crisp, and then put loads of salt on them, which apparently the customer enjoyed.

**Hash Browns**: At least most people agree on the origin of this dish. Julienned potatoes fried until just golden brown first appeared in Maria Parola’s 1887 *Kitchen Companion* under “hashed and browned potatoes”.

#### *Old as computers (20th century CE - 21st century CE)*

During the boom of frozen foods in the 1950’s, potatoes were among many vegetables to become massively available flash frozen, as they were cheap and many potato recipes were still good even after being frozen and reheated.

Here are some cool recipes from the 1900’s-2000’s.

**Tater Tots**: Technically “Tater Tots” is a trademark of the Ore-Ida food company, but they have become a generic term for small deep-fried cylindrical shaped potatoes. Invented by F. Nephi Grigg, Golden Grigg, and Ross Erin Butler Sr. in 1953, they were originally invented as a way to use leftover cut-up potatoes from other dishes, and were quite inexpensive to produce which led to their popularity.

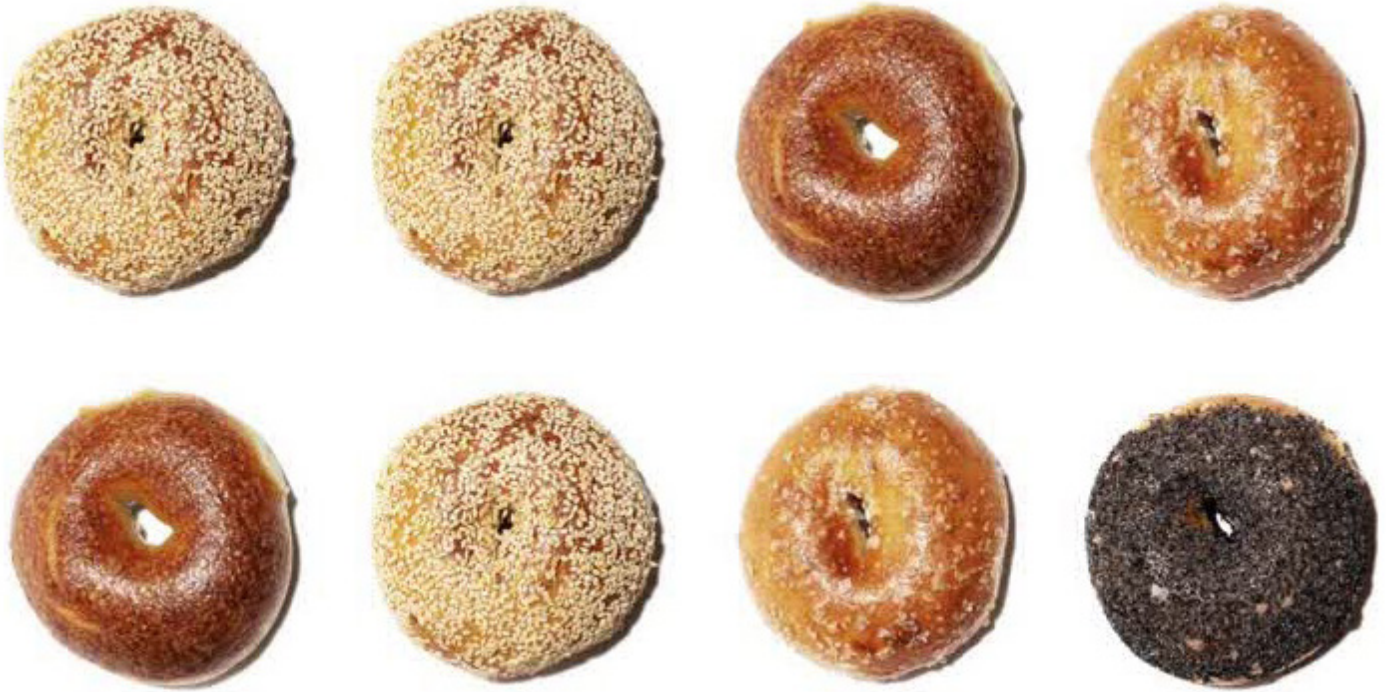
**Duchess Potatoes**: Duchess Potatoes are made by mixing mashed potatoes, egg yolk and butter and then baking them in an oven at high temperature until the top becomes golden and crunchy. Known as “the easiest way to make ‘fancy’ potatoes,” the first known recipe for duchess potatoes, or “pommes de terre duchesse” in French, was published in 1746 in *La Nouvelle Cuisinière Bourgeoise*. However, I included them in this section because in January 1943 when Eleanor Roosevelt released menus for meals served at White House dinners, duchess potatoes were one of the dishes on the menu. It had a surge of popularity afterwards, with its recipe being published in the *New York Times* in 1949 as an “elegant but inexpensive alternative to beef”. It was also served to many visiting heads of state, like when President Dwight D. Eisenhower served duchess potatoes as a side dish to visiting Soviet Premier Nikita Khrushchev during his 1959 visit to Camp David.

#### *Old as Facebook (21st century CE - present)*

Surprisingly enough, there are actually some popular potato recipes that were invented quite recently. Some of these new modern marvels include:

**“Tornado Potatoes”**: “Tornado Potatoes” are whole spiral cut potatoes that are put on a skewer and then deep fried. They originated in South Korea and have also gained popularity in Australia as well.





# POPUP BAGELS

Story Sossen

On Sunday morning at 7:45 am, I left my house and drove down to PopUp Bagels, located in SoHo. Throughout the last few months, PopUp Bagels has gone viral on social media for their freshly baked bagels. Earlier in the week, I had placed an order for a dozen flavored bagels (plain, cinnamon raisin, everything, salted, and sesame) along with plain cream cheese and cinnamon brown sugar butter. To place an order for pick up, ordering a dozen bagels was the only option. When I arrived, I was relieved that I had placed an order in advance. Even at 8:20 am on a Sunday, the line was out the door. When I walked in, my order was ready, and immediately, I decided to try the salt bagel. As I ripped it open, it was still warm. In that moment, I did understand the media sensation that these bagels have caused. But, by the time I got back home and sat down to properly taste the bagel with cream cheese, it was already room temperature and tasted like an incredibly average bagel.

While the cream cheese was incredibly light and airy, it could also be found at any bagel shop that is not a chain. The cinnamon brown sugar butter was an interesting option, but it was not necessarily something I would choose to put on my bagel. I have tried other types of sweet spreads that I have enjoyed much more (such as chocolate chip cream cheese and maple walnut butter). In the following days, I continued trying the bagels to see how they held up. By just the second night, the bagels were already hard and tasted stale even toasted.

While I did enjoy the experience of trying the bagels when they were 100% fresh, I definitely would not go out of my way to purchase PopUp Bagels again. Especially living in New York City, where good bagels are everywhere, PopUp Bagels was a disappointing letdown.





# 7th Street Burger

CHARLIE FRIEDLAND



<https://www.theinfatuation.com/new-york/reviews/7th-street-burger>

**7th Street Burger** is a burger chain with over ten locations in New York City. They have a limited menu, only serving burgers, french fries, and “loaded” french fries. The loaded french fries come with all of the traditional burger toppings, along with chopped-up meat itself. While they only serve these three items, it is all they need to have a great restaurant. I absolutely love everything about 7th Street Burger. To judge 7th Street Burger, I divided my meal into its components. I evaluated the bun,

meat, cheese + sauce + onions, and the overall taste of the burger. For the french fries, I reviewed their crispiness and potato quality. I ordered a single burger with cheese, special house sauce, and onions. I opted for no pickles, but I would definitely recommend them if you like them.

7th Street Burger uses a potato bun, which is light, pillowy, and airy. While the burger itself is small, the bun fits it perfectly and tastes great. The bun has a light toast and complements the

burger nicely. I am giving the bun a 4.5/5. It could be better with slightly more flavor, but it is still good.

The meat of the 7th Street Burger is great. They specialize in smash burgers, where the patty is pressed downwards, making it thinner and giving the meat more flavor. The patty is hot, flavorful, and perfectly sized, barely larger than the bun. The smashing of the burger adds a lot of flavor and crispiness, making it small but compact. There is a lot of flavor in each bite. I give



the meat a 4/5. If it were a little thicker, then it would be a 5/5.

For toppings, I selected cheese, the 7th Street Burger house sauce, and onions. The cheese is melted perfectly onto the patty, making the burger moist and juicy. The house sauce is delicious. I'm unsure what it is made of, but it tastes tangy and sweet. The onions are the star of the show. Grilled to perfection, they offer a crunch to every bite that I have not experienced in many other burger places. I give the toppings a 4.5/5. While they are amazing, I would not say that they are perfect. I think a little bit less of the sauce would enhance the burger - I recommend asking for light sauce.

The overall taste of the burger gets a 9.5/10 for me. Every bite is filled with a compact array of flavors. This is the best burger I have had in New York City. I absolutely loved it. The only thing that I think could improve the taste is if the onions were chopped slightly thinner. The flavor blend of the cheese, meat, sauce, and onions is incredible. I only wish the burger was larger. Because it is so good, yet so small, I end up eating it so fast that I'm finished in 2 minutes! I would

100% recommend this to anybody who loves burgers.

Matching this burger with fries of the same caliber seems impossible, but 7th Street Burger has done it. The fries are great. They pair perfectly with the house sauce, which I got extra of on the side. I give them a 5/5 on crispiness. They are some of the most consistently crispy fries I've ever had. If you go to a fast food chain like McDonald's, the quality of your fries depends on the day. This is not the case at 7th Street Burger. Every time I come here, the fries are just as crispy as last time. Not a single fry of the bunch was soggy or flimsy in any way. The potato quality on these fries is excellent. You can feel the rich potato packed into every fry in each bite. I love these fries so much; they are perfect for pairing with your burger. I give the potato quality a 4/5.

Overall, the burger gets a 23.5/25, and the french fries get a 9/10. This combines for a final score of 32.5/35, which is a 9.28/10. This is a fitting score for a fantastic burger spot. I highly recommend 7th Street Burger to anybody who wants a new favorite burger. It is an amazing place and definitely worth a try.









# El Gordo: The new food spot down the hill

HENRY GILL

Replacing the Mediterranean restaurant, Tawabel, just this year, El Gordo Smash and Chop is a new, small eatery managed by the owners of the deli, located just down the hill from the Horace Mann campus. Taking up a small booth on the corner of the street, the shop was created by the same owners as the deli and complements their food well. Due to the recency of its founding, El Gordo does not currently attract many students from Horace Mann, likely because they do not know much about it and feel discouraged from checking out the new spot. However, El Gordo is great for both breakfast and lunch, boasting a diverse menu, tasty food, and a kind staff.

One of the large aspects contributing to El Gordo's appeal is its large and encompassing menu. The shop serves various dishes, ranging from sweet to savory, breakfast to lunch, and American to Mexican; among these are breakfast burritos and tacos, burgers, chopped cheese sandwiches, Philly cheesesteaks, and more. One meal I had the pleasure of eating was the chicken tacos – a new addition to the menu.

My order came with three chicken tacos, with a side of salsa verde. The tacos came with finely chopped onion, cilantro, lettuce, tomato, and plentiful chicken, all wrapped in a corn tortilla. The chicken was given generously and tasted up to the mark, seasoned, and cooked very well. The salsa verde paired up nicely with the tacos, adding some tang and freshness that complemented the chicken. Coming in at \$8.49, I ranked the three chicken taco meal a solid 7.8/10: the dish was fresh, filling, and tasty. The one thing I did not like about the dish was the integrity of the taco, as two of the tortillas broke and the fillings spilled out.

The final feature that defines El Gordo is its wonderful staff. The lady who works at the cashier is friendly and kind, making your experience there the best that it can

be. Have a grease stain on your shirt? She will likely offer you a towel with grease cleaner to remove the stain.

Overall, El Gordo has great potential to be a popular lunch spot among students. The main factor making the eatery unique compared to other spots would be its menu, offering a wide variety of dishes that can satisfy your cravings each day. Even if you don't feel like having Mexican food, there are still countless other options for you to consider. The place is also the shortest distance from the school, aside from Burger King, which increases its appeal compared to the longer walks needed to get to the plaza where Chipotle is located. Finally, all of the food there is made quick and fresh, accompanied by good prices and portions.

Unfortunately, the location recently closed down due to staffing issues, but the next time you go down the hill to have lunch, don't be afraid to ask the deli owners about the place and when it might reopen. Nevertheless, if and when it does reopen, feel free to try out El Gordo on 5999 Broadway, Bronx, New York



<https://www.landoveredison.com/delicious-authentic-mexican-restaurants-edison-nj/>





# E A T A L Y

al t i c i b i

**ISHA PAREKH**

**E**ataly, a vibrant and colorful Italian marketplace in NYC, transports you to a country miles away from home, giving you a taste of Italy in your own backyard. Located in both midtown and downtown, it has everything you could possibly expect, and so much more.

First off, and most importantly, the food. Both in their grocery store and at their pizza kitchens, Eataly always promises high quality Italian food. Visit one of its sit-down restaurants to enjoy a warm, cheesy slice or a plate of pasta, cooked to perfection. Or, perhaps you would prefer to go home and eat a meal while binge-watching your favorite show. Simply stop by the fridge, pick up a large lasagna, and warm it up in your own oven; it tastes nearly as good (especially with a melt-in-your mouth plate of tiramisu as dessert). Stop by the bakery for a sweet treat, or, my personal favorite, a spoonful of gelato to cool off on a hot summer day. You might even go to the cafe to grab a coffee, to kickstart your day. It truly has everything you might need, and is prepared for almost any possibility.

As for the layout, the marketplace includes fresh pasta and cheese counters, and a seafood and meat market. This, along with the grocery store where you can find fresh ingredients and authentic Italian condiments from olive oil to an assortment of herbs, all provide you with everything you would need to cook up a delicious Italian meal, almost entirely from scratch. The ambience and organization of the store too has a unique feel to it, welcoming and friendly, which is in stark contrast to the bustling city. Every corner offering up a new culinary surprise, each of the stores within the marketplace are organized as though part of your neighborhood farmers' market, with individual booths and eye-catching signs. However, like any marketplace, it does tend to get crowded, especially on holidays and during the busy lunch hours; though for some, this might only heighten its charm.

While nothing ever beats the feeling of a warm, home-cooked meal, the comfort that is offered by the food sold at the market comes a close second. You can easily spend hours in this maze of food, bonding with strangers over your shared love for pasta and pastries, or just spend a day with family and friends, browsing through the store and enjoying a delicious meal together. The two doors leading into the store almost feel like they are a mystical entrance into a whole other world. The magic of Eataly comes alive as soon as you enter the store, and you never seem to want to leave until every inch of it is explored.





<https://www.nyctourism.com/restaurants/the-viand/>

# Viand Review

SOPHIE TEITELBAUM

This hidden gem on the Upper West Side does not receive enough recognition, and this needs to change! Viand Diner and Bar brings the flavors, textures, and fun environment that is needed on a Saturday or Sunday brunch with friends and family. Since 2018, this diner has been serving incredible American food with great variety. Anything you want, they can make, from eggs and bacon to a smash burger! Open from breakfast to dinner, Viand serves all types of meals ranging from light and refreshing salads to more filling meals, including steak frites.

Most weekends, I frequently find myself devouring Viand's classic eggs, bacon, toast, and diner-style hash browns. Their sunny side eggs are always cooked to perfection with a runny bright yellow yolk, perfect for dipping toast into, and perfectly cooked whites garnished

with the perfect amount of salt. What makes these eggs so good is that they have no undercooked whites, which, personally, would ruin the eating experience as a whole! It is a simple ask, but some restaurants have difficulty perfectly cooking both the yolk and whites. The bacon is always cooked to perfection: crispy, not too greasy, and never overcooked in that it would be difficult to eat. Additionally, their turkey bacon is a great substitute for their regular bacon, which I often get as well. Even as a bacon lover, the turkey bacon is just as delicious and adds a great mildly salty bite to your meal. The hashbrowns are also a really nice way to round out the crispy bacon and toast, as they have a softer texture that you can't find in many diners. The hash browns were well seasoned and had some spices in it that added a nice kick to them. Lastly, the toast that comes on the side is just the perfect way to round out the meal. Viand is also very accommo-



dating with allergies and even offers gluten-free bread! The toast comes with butter and a little container of jam. The jam added a pleasant sweetness to round out all the saltiness, however, I wish they had given a little bit more and of different flavors so that there was a variety. Nonetheless, this was only a small note we had, and it was only because we loved the jam so much and wanted more!

The omelet also has an amazing texture and a perfect balance of its ingredients. In all the times that I have had their omelet, there has consistently been the perfect ratio of cheese to egg. The cheese taste is never overbearing and adds that rich flavor that we associate with a great omelet. The home fries that I often enjoy with their omelet also have balance in that they are not too salty, which makes them the perfect palette cleanser.

Some other dishes that I enjoyed at Viand are their

Greek salad, smash burger, and quesadilla. Each of these choices had components that complement each other so well. The combination of the salty feta cheese with the cucumbers in their Greek salad went amazing together. The burger was not too greasy, unlike other diners' food, and the quesadilla had the perfect amount of cheese. The salsa served with the quesadilla also added a nice spicy bite.

Viand focuses on serving food that is balanced and is not too greasy, salty, or overbearing, and this is reflected in their food. All of their dishes are delicious and don't make you feel disgusted afterward. Additionally, this diner is super accommodating with allergies, which is a huge perk, especially since I am gluten-free. I love everything about Viand and hope you give it a try!



<https://unsplash.com/photos/fried-egg-on-black-pan-aLDW0o>



<https://unsplash.com/photos/vegetable-salad-on-white-ceramic-plate-V1K5Z5KERsw>



<https://unsplash.com/photos/a-large-cheeseburger-sitting-on-top-of-a-wooden-cutting-board-MsoOSoH385I>



# BARNEY GREENGRASS

LILLIAN GUBSER AND SURYA FRASER

**H**istory: Barney Greengrass is a historic 100-year-old Jewish deli with a loyal fan base and delicious food. Their food is as authentic as can be. They are known for their delicious smoked fish, and they have been dubbed “The Sturgeon King.” Additionally, they are very well known for their bagels, latkes, matzo ball soup, and friendly atmosphere, making them one of the top 100 NYC restaurants of 2023, according to the New York Times.

## Recommendations:

In our opinion, a must-order item on the menu are the latkes that come with sour cream and applesauce. This dish is somewhat different than a typical, flat fritter-adjacent latkes, but their thick, soft interior, crisp outside, and delicious flavor makes for the perfect comforting starter. Their freshly squeezed orange juice is incredible, too. You might find this odd, considering most orange juices are rather one-dimensional, but this one has a refreshing, rich flavor that will lead you to come back and order a large glass many more times to come. As for their main dishes, we strongly recommend ordering their Nova Scotia salmon scrambled with eggs and a bagel and cream cheese on the side. The combination of the smoky fish and creamy eggs with a perfectly toasted bagel makes for a very satisfying, homey meal. However, we would not recommend ordering a bagel sandwich from the deli because we found them to be rather disproportionate. We ordered a bagel

with cream cheese and Nova Scotia salmon which came piled high with salmon and only a miniscule layer of cream cheese. Though all individual elements of the sandwich were good—the bagel was soft, the salmon wasn’t too fishy, and the cream cheese was creamy—there was just way too much salmon and too little cream cheese for the sandwich as a whole to be as enjoyable as we would’ve hoped.

## Customer Service:

Despite this one critique, Barney Greengrass continues to impress us with their exceptional customer service. Even though there is a long line occasionally outside the shop, the workers are quick so the wait won’t be too long. Additionally, though they are often quite busy with many expecting customers, one never has to wait long to place an order, get a bowl of matzo ball soup, or the check. Their warm and welcoming environment, especially, will make them a

top restaurant for you as it is for us. Whether it’s a cheerful server asking, “who wants latkes?” or the cashier helping you decide which Challah to get to-go, Barney Greengrass’s employees will put anyone in a good mood.

## Conclusion:

The next time you’re looking for a delicious brunch on the Upper West Side, look no further! With their wonderful Jewish delicacies and comforting atmosphere, Barney Greengrass is the perfect place for you!



<https://www.bonappetit.com/story/barney-greengrass-upper-west-side>



# HM FOOD TRUCKS

CAROLINE BLEICHMAR

Horace Mann Students often face the perpetual issue of not getting enough sleep and having too much work. While some students consistently sleep seven hours a night, others are lucky to get four hours of rest, forcing them to survive off of caffeine for the rest of the day. However, sometimes HM students are rewarded with food truck Fridays. Although there is not a consistent schedule for when food trucks are on campus, it usually occurs on a random Friday about three-to-four times a year. While the same food trucks do not always come every time due to uncontrollable circumstances like weather and availability, every food truck Friday brings a lingering scent of fries and cheese. Whether this smell comes from Westchester Burger Company, Gorilla Grilled Cheese, or Walter's Hot Dog, Tillinghast is always filled with an aroma that brings smiles to faces.

Despite students' delight at having food trucks at school, often they struggle with the long lines. Most ask teachers to be excused from class early as a strategy for preventing a lengthy wait. Although this request is usually denied resulting in students being forced to wait for lunch, the length of the lines suggests that food is a more valuable commodity than time which is known to be limited. Even though, like many HM students, I despise waiting for food especially when my stomach is grumbling, it is this same hunger that allows me to be patient.

While in the winter it is too cold for Mister Softee Ice Cream, there is never a bad time for a burger and fries. As many of my friends can attest, I always eat fries, even if they are not on my plate. Therefore, being a french fry connoisseur, I can tell you that every bite of crunchy, fried potato goodness from Westchester Burger Company or Walter's Hot Dogs is worth every minute on line. Although Westchester Burger Company and Walter's Hot Dogs sell different foods, both also make french fries. If choosing between a hamburger and a hot dog, I always recommend a hamburger. However when deciding between fries from these two different trucks, I am impartial. Dissimilar to a hamburger and hot dog, fries always taste the same and always taste good.

While my first recommendation for a food truck Friday meal is a hamburger and fries, an absence of the Westchester Burger Company truck would force me to eat lunch from the Gorilla

Grilled Cheese truck. As the name illustrates, the Gorilla Grilled Cheese truck serves grilled cheese. The melted cheese drips onto every surface it touches and provides a warm comfort especially on a cold or rainy day. And the bread that it comes on is perfectly toasted so that every bite has a mix of oozing cheese and crispness. This combination of simple foods is the perfect lunch for any food truck Friday.

Like all HM students, I have my own personal food preferences, which are either influenced by weather or delicacy. However despite my bias, any food eaten on a food truck Friday is bound to not only provide HM students with the relief that it intends to bring, but also cheer them up especially after a particularly intense week of homework and assessments.



<https://roaminghunger.com/westchester-burger-truck/>



# Ranking Manhattan's Unique Slices

ADEN NATHOO, ZACH SHERMAN,  
AND CHARLIE FRIENDLAND



<https://unsplash.com/photos/close-up-photo-of-pizza-with-cheese-D3Mag4BKqns>

With the highest population of Italian-Americans in the United States, there is no doubt that Italians have influenced culture in New York City. A big part of Italian influence is the food, and pizza is central to the New York interpretation of Italian cuisine. In this article, we will dissect some of Manhattan's most popular pizza locations. These locations include Village Square Pizza, Famous Famiglia, Koronet's, Marinara, Saba's, and Williamsburg Pizza. Out of three chosen slices, we pick the best one and rate it on a scale of taste (/10), looks (/5), temperature (/5), crispiness (/5), garlic knots (/5), and condiments+ambiance (/5). Overall, the score comes out of 35, although we're dividing the score to give a final score out of 10.

## *Village Square Pizza:*

Village Square has a very solid slice. We had vodka sauce slices with an additional hot honey sauce on top, something that Village Square prides itself in. We gave the taste a 7.5/10. It tasted good, although the hot honey sauce, which was not made in-house, completely changed the game, adding a whole new level of depth to its flavor. It looked great, so we gave it a 4/5 in looks, while the temperature of the slice was decently hot, receiving a 4/5. The slice was very crispy and had a very doughy, thick crust earning a solid 4/5. The garlic knots were very good but not incredible. They had a little bit too much garlic flavor, which was slightly detrimental to their overall score, although they had a good

texture and size. We gave them a 4/5. Village Square had a nice ambiance, although there was no outdoor seating, and the indoor seating was directly facing a wall. They had great condiments, though, such as the hot honey and pepper flakes, boosting their score to a 3/5. We gave it a 7.6/10. Overall, we really liked Village Square Pizza, but the fact that the hot honey sauce was the main reason we loved the slice, rather than the slice without the honey sauce, is a concern. If you come here, make sure to get the hot honey with your slice.

## *Famiglia Pizza:*

Famiglia Pizza is great. To start off, they have a well-lit room with a pleasant temperature. They also have bathrooms, which is a big plus. They have



a solid selection of condiments, but the range was limited, so we gave their condiments + ambiance a 4/5. Their best slice was called the “grandma pepperoni”. We gave its taste an 8.5/10. We absolutely loved their vodka slice as well, although we decided that their pepperoni was better. The slice looked good, but not great. The lack of cheese brought the rating down, and we gave it a 3.5/5 in looks. The temperature was good but not phenomenal due to being slightly overheated, so we gave it a 4/5. The crispiness is really where Famiglia shines. We gave the extremely exclusive 5/5 to Famiglia’s crust. It was crispy and the dough was so pillowy that every bite of crust felt amazing. The garlic knots at Famiglia are just not great. They taste very bland and are not very hot. They were extremely average. We gave them a 3/5. Famiglia got an exact 8/10. While the knots were not great, the slice itself was very solid, having very strong points such as its crispiness and taste. We would definitely recommend giving Famiglia a try, and either getting their grandma pepperoni slice or their vodka sauce slice.

#### ***Marinara Pizza:***

Marinara absolutely blew us away. A popular pizza joint, Marinara had lots of slices to offer, although we ultimately chose their M.V.P slice with Marinara sauce, Vodka Sauce, and Pesto. Looks wise, this slice was visually pleasing, earning itself a special 5/5 on looks. Further, what Marinara lacked in temperature (3.5/5), it made up for with its taste, earning an 8.5/10. Its crisp was good, not great, receiving a score of 4/5, although its knots and condiments set it over the edge, both earning a score of 4.5/5. The knots were almost perfect; great in size and flavor, although slightly lacking in temperature, their only downside. As far as condiments and ambiance go, the condiments are what set Marinara apart. Offering a wide range of toppings, Marinara had

the most unique condiments to those of any other joints we visited, such as their chili oil and buffalo sauce. Overall, Marinara earned a score of 8.6/10.

#### ***Saba’s Pizza:***

Saba’s Pizza is a small yet busy Kosher joint that offers a wide variety of slices. The best slice we tried was the M.V.P slice (Marinara, Vodka, Pesto). Visually, this slice was one of the best we had seen, earning a 4/5 in looks. The crispiness was nearly perfect and the temperature was solid as well receiving a 4.5/5 and 3.5/5, respectively. The combination of the marinara, vodka, and pesto sauces all worked really well together, and, in addition, the crust was a lot thinner compared to the M.V.P slice at Marinara Pizza which we ranked better due to its temperature and presentation. All of this taken into account, Saba’s earned an 8/10 on taste. The only negative to Saba’s was that the restaurant was too hot, which forced us to eat outside, lowering their ambiance and condiments score to a 3/5. Aside from that, Saba’s is a delicious spot that does a great job of encapsulating a classic New York pizza experience.

#### ***Koronet Pizza:***

Koronet Pizza, known for their extra large pizza pies, gave a strong case for best pizza joint. The slices we chose were the plain grandma and the pepperoni grandma, both tied for a 7.5/10 in taste. As far as looks went, Koronet was strong, but nothing special, earning them a 4/5, although their temperature score was not as strong, at a 3.5/5. Their crispiness was also strong, yet nothing special, getting a 4/5, although their garlic knots were top of the line, receiving a 4.5/5. The size of the knots was perfect, and the garlic flavor was not too strong, both resulting in us going back for seconds. Koronet’s condiments and ambiance earned a higher score due to their offer of outdoor seating and a wide array of condiments

(4/5). All in all, Koronet earned a strong score of 7.6/10.

#### ***Williamsburg Pizza:***

Williamsburg Pizza is a relatively new pizza place as it opened only a few years ago. The joint has a wide variety of slices ranging from sausage with peppers to a classic grandma. The best slice from here was the classic pepperoni earning a 7.5/10 in taste. The crust was super thin and crispy and the ratio of sauce to cheese to pepperoni was on point. Every flavor in the slice worked very well together. We would have liked to have seen some more pepperoni on the slice since it completed the overall flavor so well. In addition, the garlic knots were delicious crispy, and did not lack flavor, receiving a 4.5/5. Overall, the slice was delicious, but it did not blow us away and separate itself from the competition. When looking at an overall rating of 7.7/10, Williamsburg Pizza did not disappoint, as the pepperoni slice could be considered a solid slice of pizza in the competitive atmosphere of New York City.

#### ***Overall Rankings:***

Marinara Pizza - 8.6/10

Famous Famiglia - 8/10

Williamsburg Pizza - 7.7/10

Village Square, Koronet, and Saba’s (3-way tie at 7.6/10)



<https://unsplash.com/photos/pizza-on-blue-ceramic-plate-frTrM7Gdkho>







# Ranking Three Popular Pasta Sauces

**ANOUSHKA PARAKH**

Everyone loves a good pasta, a staple food for many, but what takes it to the next level are the sauces that are added to it! There are three pasta sauces that have consistently appeared on menus throughout the world: vodka sauce, tomato sauce, and pesto sauce. With all these options for sauces, and thus so many different variations for how to eat your pasta, it becomes difficult to decide which combination is best! So, today I am going to be ranking these three sauces and telling you which one is worth the wait!

## 1. Vodka Sauce

My go-to pasta order used to be plain pasta, without sauce, and parmesan cheese. However, I recently became fond of vodka sauce; I tried penne alla vodka for the first time and absolutely loved it! Vodka sauce is creamy and delicious, offering the perfect balance of simple and delicious to please the appetite of any eater. I highly recommend eating the penne alla vodka from Serafina or La Pecora Bianca as those are two of my favorites. You can even try making it homemade, as I have done before, and it tastes just as good, maybe even better! Out of these three sauces, vodka sauce definitely sticks out as the clear winner.

## 2. Pesto Sauce

Pesto sauce is always a great option and is one of the healthiest as well; it is made with basil, garlic, olive oil and pine nuts. However, vodka sauce still ranks above pesto, simply because vodka sauce is a classic, and always hits whereas pesto sauce isn't offered everywhere, nor is it consistently a favorite. I personally prefer eating homemade pesto sauce as I feel it gives the fresh, flavorful taste that beats any canned sauce you would get from a grocery store.

## 3. Tomato Sauce

I know this opinion is pretty controversial because tomato sauce has always been a classic pasta sauce, but I personally have never cared much for it. Red sauce isn't as creamy and delicious as vodka sauce and doesn't taste as good as pesto sauce since it has more of a simple flavor compared to the other sauces which feature a lot more ingredients. Since the sauce is such a classic, perhaps it just doesn't taste as good as the other, more unique, pasta sauce options. However, I do think that Rao's Tomato Sauce is the best option for a canned, store bought sauce as it still gives the taste of a homemade sauce!

With all that being said, I still believe that every pasta sauce offers a unique flavor and experience for the consumer. However, for me personally, vodka sauce will always be my preferred pasta sauce and is definitely worth the extra dime!



# CAFETERIA AND CAFÉ HOT TAKES

Cassandra Ortiz

## WE SHOULD BRING BACK THE WATER FOUNTAINS IN THE CAFETERIA



<https://www.eatingwell.com/article/7825445/how-much-water-should-you-drink-by-the-numbers/>

Currently, the only options are the water fountain outside the cafeteria or the canned bottle of water. There is no reason that we should be paying three dollars for water that tastes like metal. Water should be free and accessible to everyone, not to mention the environmental impact of single-use water bottles. Last year, in addition to the cans of water in the cafeteria, we had the containers of water on the back table with paper cups. Having those water containers back in the cafeteria would have people drinking more water throughout the day, which is healthier for everyone. I'm not sure why they were removed and while they might have not been as popular last year, now that we are back to paying for lunch with ID cards, a lot of students would benefit from the more accessible water fountains. Now, everyone could just bring in a reusable water bottle and eliminate this issue, but judging by the amount of them in the lost and found, I guarantee that the fountains would be a better option for the HM community.

## BRING BACK THE SANDWICH PRE-ORDER FORM

Standing in line for twenty minutes for a sandwich is ridiculous, especially during the middle school lunch periods when the line wraps around. If pre-order had a hard-stop at 10:15 and only available D-F period, then the cafeteria staff would have enough time to prepare the sandwiches and the students would have enough time to order. Then there would be order in the lunchroom during chaotic D and E periods, when the middle schoolers have lunch, and the sandwich lines wouldn't become long and unruly. Especially for students without a lunch period, they could grab their lunch and make it back to class with a full meal instead of whatever snacks they can grab in the café or cafeteria. The sandwich pre-order form would absolutely save time and result in grabbing a sandwich becoming less of an ordeal.



<https://www.thekitchn.com/turkey-sandwich-recipe-23581301>



## BETTER VEGETARIAN OPTIONS

The school's vegetarian options have not improved with the newer menu following this school year. Most vegetarian options consist of bland sauteed tofu in a sauce that is supposed to resemble the meat version. But most of the time the tofu just becomes hard and chewy. Sometimes there are good vegetarian options such as the vegetable lo mein or fried rice, but those aren't available everyday. A vegetarian's safe options for everyday are the pasta station, a veggie burger, or an overpriced salad. Salads are so expensive that it feels like we are being punished for trying to eat healthy. A salad costs half of its weight in ounces, which is really expensive to get a decently sized salad. A basic salad with the bare minimum of lettuce, a vegetable, a protein, and dressing can cost up to \$10. The only downside from this is that it costs more for Flik. But pre-Covid, we had Free Salad Fridays so if Flik has done it before then we can do it again! There are no downsides to introducing Free Salad Fridays - people would be more excited and motivated to eat healthy food, while lunch periods, with shorter lines, would become a lot less hectic.

I think that another way we could have better vegetarian options would be to bring back "Meatless Tuesdays." Every Tuesday, during pre-covid times, if you got a vegetarian meal then you could get a free drink along with it (vegetarian meals also included sushi). This would honestly be such a good incentive to engage the HM community in cleaner eating, as overconsumption

of meat is bad for the environment and your health. This could also result in some of the (bland) vegetarian options in the school becoming more interesting and not tofu-knock offs of the meat version. I understand that it would be difficult to always have fun vegetarian options when most of the HM community is not a vegetarian, but I do think that implementing Meatless Tuesdays could promote more traction to vegetarian options, thus creating a better vegetarian menu.



<https://www.olivemagazine.com/recipes/collection/high-protein-vegetarian-meals/>



<https://www.thekitchenismyplayground.com/2020/06/how-to-make-pink-lemonade.html>

## THE STRAWBERRY LEMONADE IS BAD...

The Strawberry Lemonade in the café is not good. Not at all. When it first came to the school it was new and exciting, but now, as the novelty of it has worn off, it tastes so sugary that it's almost fake. The bright pink color of the drink looks like something out of the *Pinkalicious* books and is not appealing whatsoever. The sparkling version is even worse, it just tastes like bad soda. I believe other iced tea options would be an excellent alternative to this, where you can choose to get it sweetened or unsweetened- but the strawberry lemonade needs to be taken off the menu.



# FROYO OR ICE-CREAM?

GILLIAN HO

The debate over whether frozen yogurt is better than traditional ice cream has been a topic of discussion among dessert enthusiasts for years. While both treats offer delightful and creamy refreshments, several compelling arguments in favor of fro-yo make it a superior choice.

When ordering ice cream, customers are limited to one to three flavors, and, in many cases, the ability to pick multiple flavors is only available in larger sizes, inaccessible for people who may not want to eat so much ice cream or spend a significantly more amount of money. On the other hand, in fro-yo shops, the self-serve aspect of fro-yo shops allows customers to pick as many flavors as they please. This is really beneficial for customers who want to try a little bit of everything.

Moreover, the diverse toppings, ranging from fresh fruit to indulgent candies, allow individuals to create a personalized, delectable masterpiece. This option for variety elevates the fro-yo experience, as you can continually explore new taste combinations, a level of choice that ice cream can hardly match.

The personalization behind the fro-yo experience is also what makes fro-yo so unique. While in an ice cream shop you get to select your flavor, at a fro-yo store you have the opportunity to pick your flavor and as many toppings as you would like. The diversity of toppings allows for more combinations in making fro-yo too.

Another primary reason why fro-yo surpasses ice cream is its health benefits. Frozen yogurt is lower in fat and calories than traditional ice cream. This makes it an appealing option for those who are health-conscious. Additionally, fro-yo often contains probiotics, microorganisms that help the beneficial bacteria in our body, which are good for digestive health. The probiotics present in fro-yo help maintain a healthy gut, a benefit that ice cream does not offer. For individuals who are lactose intolerant or have dairy sensitivities, fro-yo offers more accommodating options. Many fro-yo establishments provide dairy-free options, allowing people with dietary restrictions to enjoy a cold, creamy dessert. Ice cream, on the other hand, typically contains high levels of lactose, which can cause digestive issues for those with sensitivities. While ice cream shops also include sorbets to appease non-dairy customers, fro-yo options still provide a flavor similar

to those with dairy that allows all diet preferences to enjoy fro-yo equally.

In conclusion, fro-yo has clear advantages in terms of health benefits, flavor diversity, versatility, and accommodating dietary restrictions which overall makes it a better choice than traditional ice cream. Its lower fat and calorie content, nutritional benefits, and customizable options contribute to a more well-rounded and appealing dessert experience. While ice cream certainly has its merits, there is no denying that fro-yo offers a modern and healthier twist on the classic frozen treat, making it the superior choice for those seeking a delicious and health-conscious dessert option.





# BASIC GO-TO RESTAURANTS IN NYC

**LEAH MARQUARDT AND KAITLYN KUO**

We love going out to eat dinner on the weekends after a long week at school. Here are some of our go-to places and our opinions on each of them:

## FELICE

Type: Italian cuisine

Locations: 56th Street, Columbus Ave, 83rd Street, 64th Street, Gold Street, Hudson Street, and Montague Street

Our rating: 9.5/10

FELICE is one of our go-to places in the city because of the amazing authentic Italian food and nice atmosphere of the restaurant. We usually order the Ravioli Della Casa, which is the perfect serving of creamy ravioli with basil, and the Arancini rice balls, which combine ripe tomatoes, mozzarella, and rice into a flavorful bite. Each dish is made fresh and tastes delicious.



## Momoya

Type: Japanese cuisine

Locations: Upper West Side, Chelsea, Soho

Our rating: 10/10

Momoya is up there on our list of favorite restaurants in NYC. If we ever want some good sushi this is our number one place to go. Our recommended items here are the crispy rice, rock shrimp tempura, spicy tuna/salmon roll (all the rolls are good), gyoza, popcorn chicken, brussel sprouts, and teriyaki chicken.





## The Smith

Type: American cuisine

Locations: NoMad, Lincoln Square, Midtown, East Village

Our rating: 9/10

The Smith in Lincoln Center is a classic restaurant with amazing food and a great ambiance. They have a wide variety of cuisines, serving anything from sushi to steak and mac and cheese. We usually order the Spicy Salmon Tartare, Mac + Cheese, Rigatoni Alla Vodka, and of course, fries. We love the black and white photo booth at the restaurant, however, it is often out of service.



## La Pecora Bianca

Type: Italian

Locations: NoMad, Midtown, Soho, Bryant Park, Meatpacking, Upper West Side, Upper East Side

Our Rating: 7.5/10

La Pecora Bianca is one of those aesthetic and cute restaurants, perfect for lunch and dinner. Although we love the Italian food they offer, it is quite heavy and a little overrated. This isn't the type of restaurant you could eat at every day of every week but it is really nice every once in a while. We recommend getting the whipped ricotta and the rigatoni with burrata.





# Instagram is the Best Place to Find Recipes

JULIA LOURENCO

In a world where the internet is brimming with recipe websites and food blogs, Instagram stands out as a unique platform for food enthusiasts. Instagram Reels has grown into a community of home cooks, A-list chefs, and anyone looking to spread their recipes, cultures, and creative spins to viral recipes.

On Instagram Reels, the unique content shown on the for you page exposes consumers to different cuisines that they wouldn't otherwise have discovered. The spontaneity of the algorithm is different from recipe websites and food blogs, as these platforms typically cover a specific cuisine or course, and don't have an accessible platform to explore recipes. A lot of the creators that share their recipes on Instagram are home cooks, and don't have a website or YouTube channel. The ease of producing content on Reels and its profitability attracts smaller creators to post on the app instead of another platform.

One of the most enticing aspects of Instagram's food community is the opportunity to connect with users from diverse cultural backgrounds. People from around the world use Instagram to share their authentic recipes, promoting the richness of their cuisine. Instagram provides ordinary people with the opportunity to share the authentic foods they grew up with that may be underrepresented in other parts of the world.

The comments section on Instagram also allows for meaningful interaction between creators and their viewers. This is particularly valuable for viewers who are beginner chefs, and can return to a reel to ask questions, seek clarifications, and offer their own experiences with the recipes. This feedback loop fosters a sense of community, and shared knowledge, turning the solitary act of cooking into a social experience. The comment section prompts discussion not only between the creator and viewer, but also between viewers who then share their respective feedback and tips to the recipe.

Because of how short Instagram Reels are, audiences are able to get a greater grasp of what a recipe offers in a short period of time. This not only broadens the amount of options an audience can have, but it also simplifies the cooking process for a lot of audiences. Traditionally, in

food blogs and recipe websites, readers will have to read through a long and winding article before getting to the actual recipe, which can be discouraging, especially for someone looking for a quick recipe. Complex recipes can be more difficult to publish on Reels, though, because they require much more detailed instructions which usually can't fit into just one Reel.

However, there is still a large connection between Instagram and conventional websites: Reels is often used as a way to advertise them. Occasionally, the recipe to a video is not written out in the description box, but rather is only accessible through a link that takes the viewer to a website. While this can be an inconvenience on the audience's end, it is a way for food influencers to link all their forms of social media, and broaden their reach.

In the future, as Instagram Reels grows in popularity, and its algorithm evolves, more and more cultures and recipes will be able to be explored by audiences, creating a culinary revolution in the digital age.



<https://unsplash.com/photos/person-using-iphone-taking-picture-of-food-Wk6Jx6NQOGY>



# PUFFED OVEN-BAKED PANCAKES

Isabelle Fic

---

*Puffed oven pancakes, also known as German pancakes or Dutch baby pancakes, are perfect for any meal at any time of the year! Rather than frying them like traditional American pancakes, they are baked in the oven and puff around the edges, just like Yorkshire pudding or popovers. These pancakes only take about 20 minutes to make and are a delicious breakfast, brunch, lunch, or dessert! Top with fresh fruit, powdered sugar, lemon, or nuts, and watch your problems melt away!*

## INGREDIENTS

2 tablespoons unsalted butter

1 egg

¼ cup low-fat milk

¼ cup unbleached all-purpose flour

¼ teaspoon almond extract (optional)

½ teaspoon grated lemon zest (optional)

Toppings

## DIRECTIONS

1. Preheat the oven to 475° F.
2. Place the butter in a 4-inch ovenproof skillet, ramekin or other baking dish. Heat in the oven until the butter is melted.
3. While the butter melts, beat the egg in a food processor, blender, or bowl with a wire whisk until light and bright yellow.
4. Gradually beat in the milk, then the flour, until smooth.
5. Stir in the almond extract and lemon zest.
6. Pour the batter into the pan of hot butter and return the pan to the oven.
7. Cook until the pancake is puffed and golden, about 12 minutes.
8. Serve and enjoy with selected toppings!
9. NOTE: Puffed oven-baked pancakes go excellently with powdered sugar, lemon juice, fresh berries/fruit, or nuts (sliced toasted almonds, oven-toasted chopped pecans or walnuts, or butter-toasted macadamia nuts)!
10. the surface of the crust looks dry, 5–10 minutes. Brush bottom and sides of crust with 1 beaten egg. Return to oven and bake until dry and set, about 3 minutes longer. (Brushing the crust with egg and baking will prevent a soggy crust.)
11. Whisk pumpkin purée, sour cream, bourbon, cinnamon, salt, ginger, nutmeg, allspice, mace, if desired, and remaining 3 eggs in a large bowl; set aside.
12. Pour maple syrup in a small saucepan; scrape in seeds from vanilla bean (reserve pod for another use) or add vanilla extract and bring syrup to a boil. Reduce heat to medium-high and simmer, stirring occasionally, until mixture is thickened and small puffs of steam start to release, about 3 minutes. Remove from heat and add cream in 3 additions, stirring with a wooden spoon after each addition until smooth. Gradually whisk hot maple cream into pumpkin mixture.
13. Place pie dish on a rimmed baking sheet and pour in filling. Bake pie, rotating halfway through, until set around edge but center barely jiggles, 50–60 minutes. Transfer pie dish to a wire rack and let pie cool. Enjoy with some whipped cream and cocoa powder on top







# GILMORE GIRLS-INSPIRED FLUFFY PUMPKIN PANCAKES

LILLIAN GUBSER

---

*This perfect fall morning pancake recipe will fill you with warm, homey fall vibes, making you feel as though you've just stepped foot in Luke's Diner. The textures and flavors of the pumpkin, apple, and spices complement each other beautifully and make for the ideal start to your cozy autumn day. The recipe is also quick and easy to make and can be stored in the fridge for up to 5 days! So, without further ado, for all you Gilmore Girls fans: "I'm making pumpkin pancakes, and it comes with homemade cinnamon butter." - Luke*

## INGREDIENTS

### Dry:

**1½ cups all-purpose flour**

**¾ tsp baking soda**

**1½ tsp baking powder**

**1 tbsp sugar**

**¼ tsp salt**

**1 tsp pumpkin pie spice**

**½ tsp cinnamon**

### Extras:

1 apple, chopped into ½ inch cubes

Cooking spray or butter, for pan

Maple syrup, for serving

### Wet:

1¼ cups buttermilk

½ cup pumpkin purée

2 large eggs

3 tbsp unsalted butter, melted and cooled

### Cinnamon Butter:

½ cup butter, softened

¼ cup powdered sugar

1 tbsp honey

½ tsp vanilla extract

1½ tsp cinnamon

¼ tsp salt

1 cup heavy cream

2 tablespoons granulated sugar

## DIRECTIONS

1. For pancakes: In a large bowl, combine the flour, baking soda, baking powder, sugar, and salt. If your flour is particularly lumpy, I recommend sifting.
2. In a medium bowl, whisk together the buttermilk, pumpkin purée, eggs, and butter.
3. Pour the wet ingredients into the flour mixture and stir until just combined. It is very important to not overmix in order to keep the pancakes fluffy!
4. Fold in the cubed apple. If you don't want the apple in the pancakes, you can also lightly fry them with butter and cinnamon in a pan on medium heat to serve on top!
5. Place a griddle over medium heat and lightly grease with cooking spray or butter.
6. For each pancake, pour ⅓ cup of batter onto the griddle and cook until bubbles form on the surface and the edges appear slightly browned, about 2 minutes.
7. Flip the pancakes and cook until golden brown, 1 to 2 more minutes..
8. To keep the pancakes warm as the others cook, keep the pancakes stacked on top of one another.
9. For cinnamon butter: Place the softened butter, powdered sugar, honey, vanilla extract, salt and cinnamon in a bowl and mix together using a hand mixer on medium speed until well incorporated and fluffy. Serve at room temperature!
10. Serve the pancakes warm with maple syrup and a scoop of cinnamon butter :) I recommend having them with a warm cup of coffee on the side to get the full Gilmore Girls experience!



Put a spin on it! If you're not a pumpkin-y kind of person, you can get rid of the spices and substitute the pumpkin purée for another half cup of buttermilk or greek yogurt! For classic fluffy blueberry pancakes, you can substitute the chopped apples for 1 (or more!) cups of fresh blueberries. Enjoy!





# HOW TO MAKE THE BEST COMFORT FOOD: OYAKO DON

NICOLE AU

*Oyako Don will forever be one of my all-time favorite comfort foods. Oyako Don is a Japanese rice bowl dish that has egg, scallion, chicken, and other ingredients that are cooked in a stock and served over rice. The ingredients used are super simple, but the flavors melt in your mouth. The mix of soft gooey egg and tender chicken with a little bit of rice to balance it out is almost heavenly. This mouthwatering dish is relatively easy to make, and eating it makes all the hard work worth it. For this recipe, I use dashi for the stock because it is more flavorful than just using chicken stock. Dashi is the soup base for many traditional Japanese dishes such as miso soup. Although you can choose to purchase store-bought dashi, I suggest following this recipe and making everything from scratch because fresh ingredients make any dish taste ten times better. If you choose to make fresh dashi, it can last up to a week in the refrigerator (so you can make the dashi one day and make the rest of the dish another day).*

## INGREDIENTS

### **Dashi Recipe (30 minutes preparation time, 8 hours and 30 minutes total)**

10g kombu seaweed  
10g Bonito  
4 cups of water

### **Oyako Don Recipe (30 minutes)**

500g chicken (about 3 whole legs) seasoned with salt and white pepper and cut into small pieces  
1.5 cups dashi  
1.5 tablespoons of Japanese soy sauce  
½ tbsp brown sugar

3 tbsp mirin  
1 small onion shredded thinly  
2 stalks of scallion shredded thinly  
2-3 eggs lightly stirred (5 eggs if you are serving 2 people)  
1.5 cups cooked sushi rice

## DIRECTIONS

1. Measure out 4 cups of water and put it into a pot
  2. Soak kombu seaweed for 8 hours (or overnight) and then heat the pot on the stove until it almost comes to a boil).
  3. Take the kombu out of the pot using chopsticks or tongs.
  4. Return the pot to a boil and add the bonito.
  5. Keep the pot on heat for 5 seconds after adding the bonito. Then, shut off the heat and let the pot sit on the stove for 10 mins
  6. Take a strainer and strain the mixture gently into a bowl.
- 
1. To make sushi rice, cook the rice according to the instructions on the bag. For every cup of cooked rice, add 2 tbs of rice vinegar.
  2. Simmer dashi, soy sauce, mirin, and sugar in a small pot until it is hot and all the ingredients are dissolved
  3. Add the shredded onions and shredded scallions to the pot and cook until tender
  4. Add chicken to the pot until it is cooked through (5-10 minutes)
  5. Pour out roughly ¼ of the broth into the sink (pour the broth out with the lid on the pot making a small opening to keep the chicken, onions, and scallions from falling out).



6. Add the stirred egg to the pot and stir the pot very lightly until it is barely cooked (I personally like the eggs to be runny, but you can cook it through if that is what you prefer) (2-3 minutes)
7. Serve over sushi rice in a bowl.
8. Sprinkle nori and fresh scallion on top
9. Enjoy!





# SINGLE SERVE HOT CHOCOLATE, TWO WAYS

SURYA FRASER

*Hot chocolate is a quintessential fall/winter drink. Here are two ways to make it; both are delicious, but one is a little bit fancier than the other so take your pick! The fancier version is luxurious - exceptionally creamy and rich, but if you are in a time crunch and still want something comforting and sweet, I highly recommend making the simple version. In both recipes I included my special technique of mixing whipped cream into the chocolaty mixture right before serving. This does 2 things: 1. Brings the mixture down to the perfect drinking temperature and 2. Adds some extra sweetness and creaminess. I hope you enjoy it, no matter which version you choose!*

## INGREDIENTS FOR EASY SINGLE SERVE

1 cup whole milk  
2 tablespoon granulated sugar  
2 tablespoons cocoa powder  
½ teaspoon vanilla extract (peppermint is great also)  
¼ cup whipped cream

(canned stuff for the easy version!)  
Toppings of your choice! (ex. marshmallows, chocolate shavings, extra whipped cream, cacao powder, candy canes, etc.)

## DIRECTIONS

1. Heat the milk and extract in a small pot over medium heat.
2. When the milk at the edges of the pot begins to bubble (about 2 minutes), add in the sugar and whisk.
3. Once the sugar has dissolved into the milk, sift the cocoa powder into the milk.
4. After the cocoa powder is fully incorporated into the milk mixture, remove from heat.
5. Now, put the whipped cream into the mug before adding





the chocolate mixture and stir.

6. Add your toppings and enjoy!

---

#### INGREDIENTS FOR FANCY SINGLE SERVE

1 cup milk

½ of a chocolate bar (~1.2 ounces) chopped into shards.  
Dark or milk chocolate are both fine

½ tbsp cocoa powder

2 tbsp granulated sugar

¾ teaspoons vanilla extract (peppermint is great also)

¼ cup heavy cream - make sure it is very cold; pop in the freezer 10 mins before preparation)

2 teaspoons powdered sugar

Toppings of your choice! (marshmallows, chocolate shavings, whipped cream, cacao powder, candy canes, etc.)

#### DIRECTIONS:

##### *FOR HOT CHOCOLATE*

1. First heat the milk and ½ teaspoon extract in a small pot over medium heat
2. When the milk at the edges of the pot begins to bubble (about 2 minutes), add in the sugar and whisk.
3. Next, sift in the cacao powder and mix. Then whisk in the chopped chocolate.
4. Once the mixture is homogeneous, remove from heat

##### *FOR WHIPPED CREAM*

5. If you are feeling really fancy, pop your mixing bowl and the cream into the freezer for about 15 mins before starting on your whip cream.
6. Add heavy cream into the chilled mixing bowl and to it add the confectioners sugar and the remaining extract (¼ teaspoon).
7. Using a hand held or stand mixer, whip the cream, starting at a low speed and then gradually increasing the speed to form peaks. If you are feeling really fancy, pop your mixing bowl and the cream into the freezer for about 15 mins before starting on your whip cream.

##### *PUT IT ALL TOGETHER*

8. Next add half the cream to the bottom of the cup and pour the chocolate mixture on top. Now mix.
9. Finally, add the remaining cream on top along with any toppings and enjoy!





# BREEZY BANANA BREAD

LEILA DOSSANI

*This banana bread recipe is the perfect easy, breezy recipe for when you're craving a sweet treat! It's perfect for a quick breakfast in the morning or an afternoon snack following a long day. The bread is soft and moist, with an added crunch if you choose to add walnuts. I love to eat this banana bread fresh out of the oven with a cold glass of milk. Something I love about this recipe is that you can use overly ripe and brown bananas that are too mushy to eat. This quick recipe takes only 10 minutes to prepare, and it turns out delicious every time!*

## INGREDIENTS

3 ripe bananas peeled (about 1 ½ cups mashed)	1 large egg (beaten)
1/3 cup melted, un- salted butter	1 teaspoon vanilla extract
1 teaspoon baking soda	1 ½ cups of all-pur- pose flour
Pinch of salt	1 cup of chocolate chips (optional)
½ cup of sugar	1 cup of walnuts (optional)

1. Preheat the oven to 350°F and butter a 4x8 inch loaf pan.
2. In a bowl, mash the bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. In the same bowl, mix in the baking soda and salt.
4. Stir in the sugar, beaten egg, and vanilla extract.
5. Mix in the flour.
6. Fold in the chocolate chips and walnuts.
7. Pour the batter into the loaf pan. Bake for 50 - 60 minutes at 350°F, or until a toothpick inserted in the center comes out clean.
8. Remove from the oven and let cool in the pan for a few minutes. Then, remove the banana bread from the pan and let it cool before slicing and serving.



<https://cookiesandcups.com/best-chocolate-chip-banana-bread/>



<https://tasty.co/recipe/one-bowl-chocolate-chip-banana-bread>



# Cream Puffs

Wendi Zhong

*When a dessert tastes even better the next day, you know it's good. Seemingly intimidating at first, cream puffs, or Pâte à Choux, are great for beginner bakers wanting to graduate themselves from the average cupcake to the mysterious realm of French pastries. Time consuming, yes, but time consuming doesn't have to mean difficult! Though my cream puff recipe doesn't use your traditional pastry cream, the light and airy whipped cream I use to fill the choux pastry is just as delicious. I have tried both fillings and in my humble opinion, I find the custard texture of the pastry cream to be too thick, allowing the crispy texture of the choux pastry to get lost. Without further ado, let's get to the recipe!*

## INGREDIENTS FOR CHOUX PASTRY

- ½ cup water
- ½ cup whole milk
- 8 tablespoons butter
- 1 teaspoon granulated sugar
- ½ teaspoon salt
- 1 cup all-purpose flour
- 4 large eggs

## DIRECTIONS FOR CHOUX PASTRY

1. Preheat oven to 425°F
2. Put water, milk, butter, sugar, and salt in a saucepan.
3. Bring the mixture to a boil over medium heat, stirring occasionally.
4. As soon as the mixture boils, remove the saucepan from the heat and stir in all of the flour.
5. After the flour is completely incorporated, put the saucepan back over medium heat and stir constantly until a film appears at the bottom. This step is crucial to release any moisture in the dough so you can get a crispy exterior.
6. Immediately, put the dough into a large bowl and, using an electric mixer, mix the dough to cool.
7. Beat the eggs in one at a time, waiting for them to be fully incorporated before adding the next.
8. Beat until the dough is smooth and forms a thick, V shaped ribbon when pulled up.
9. Transfer the dough into a piping bag with a 1/2 opening.
10. Pipe the dough onto a sheet lined with either a silicone mat or parchment paper so that the puffs are roughly 2 ½ inches wide and 1 inch tall.

11. To avoid peaks when piping, release the pressure and swirl before you lift the piping bag. \*If you create a peak, don't worry! Simply smooth it down with a wet finger.
12. Bake the choux at 425°F for 10 minutes, and WITHOUT opening the oven, bake them for an additional 20-22 minutes at 325°F until they are golden brown on top. It is critical to NOT open the oven anytime during baking to avoid the collapse of your pastry.
13. When they are ready, transfer the choux pastry onto a wire rack for them to cool. If you prefer to fill your cream puffs from the bottom, I suggest poking a small hole to let out any excess moisture during this cooling process.

<https://timetocookonline.com/wp-content/uploads/2012/01/batterv.jpg>



(should be this consistency)



### INGREDIENTS FOR THE CREAM FILLING

- 2 cups of heavy cream
- 2 ½ tablespoons of granulated sugar
- 1 teaspoon of vanilla extract
- Powdered sugar (optional as garnish)

### DIRECTIONS FOR THE CREAM FILLING

1. While the pastry is baking, combine the heavy cream, sugar, and vanilla extract.
2. Beat on medium/high speed until mixture starts to thicken then lower to the low setting and beat until stiff peaks form or the whipped cream is able to hold a straight, smooth “peak” when whisk is lifted upside down. Do NOT over-mix the cream!

### ASSEMBLING THE CREAMPUFF

1. After the choux pastry is cooled, you can pipe the filling. Additionally to fill it from the bottom, you may also choose to cut the pastry in half and pipe in the middle.

#### CUT IN THE MIDDLE



<https://www.livewellbakeoften.com/wp-content/uploads/2020/12/Cream-Puffs-11s-500x500.jpg>

#### FILLED INSIDE



<https://sugarpunrun.com/wp-content/uploads/2023/01/Cream-Puffs-Recipe-1-of-1.jpg>

2. Enjoy fresh with an optional garnish of dusted powdered sugar or store in the refrigerator to enjoy for the next day. If choosing to eat for another day, I suggest you garnish as you eat since powdered sugar generally doesn't store well in the fridge.



Please email [ariella\\_frommer@horacemann.org](mailto:ariella_frommer@horacemann.org)  
or [jeffrey\\_dai@horacemann.org](mailto:jeffrey_dai@horacemann.org) to join!