Haverford College employees are invited to submit family and favorite recipes to this digital cookbook here.
Jewish Apple Cake

from Franklyn Cantor, President's Office

"A carefully honed and much loved recipe! My family eagerly anticipates it at the Jewish New Year, but it can be enjoyed for breakfast or dessert year-round!"

ingredients

Apples:
- 6 granny smith
- 1 tbsp ground cinnamon
- 5 tbsp granulated sugar

Cake:
- 2 ¾ cups (360 grams) all-purpose flour
- 1 tbsp baking powder
- 1 tsp salt
- 1 cup coconut oil (liquid) - or the equivalent in melted butter, if you prefer
- 2 cups (400 grams) granulated sugar
- ¼ cup apple cider
- 2 ½ tsp vanilla extract
- 4 large eggs

procedure

You'll need two loaf pans or, if you prefer, a tube pan.

1. Heat oven to 350 degrees. Grease pan with coconut oil or butter. Peel core, and chop apples lengthwise into ¼ inch slices (that's pretty thin!). Toss with cinnamon and sugar and set aside.

2. Stir together flour, baking powder and salt in a large mixing bowl. In a separate bowl, whisk together coconut oil, apple cider, sugar, vanilla, and eggs until mixed. Be careful not to scramble the eggs with warm melted oil/butter!

3. Mix wet ingredients into dry ones; scrape down the bowl and ensure all ingredients are incorporated.
Jewish Apple Cake

continued

Take a loaf pan, and pour a quarter of the batter into each loaf pan. Spread a quarter of apples (and the juices in the bowl) over it. Pour another quarter of batter over the apples, and top with another quarter of apples. Repeat for the second loaf pan.

Bake loaf pans for an hour and ten minutes, and check to see if a tester comes out clean. If not, check every five minutes until tester comes out clean. Should your cake be browning too fast, before the center is baked through, cover it with foil for all but the last few minutes in the oven.

Cool completely before running knife between cake and pan, and upend onto a platter.

This cake is awesome on the first day but glorious and pudding-like on the days that follow, so feel free to get an early start on it. Keep it at room temperature covered with foil.
Ginger Sugar Cookies

from Jennie Ciborowski, Facilities Management - Arboretum

"This is a family recipe handed down from my Mom."

**ingredients**

- 3/4 Cup Butter (Softened)
- 1 1/2 Cup Sugar, divided
- 1/4 Cup Molasses (Brer Rabbit Mild Flavor)
- 1 Egg
- 2 Cups Flour
- 1/2 tsp Ground Clove
- 1/2 tsp Ground Ginger
- 1 tsp Cinnamon
- 2 tsp Baking Soda
- 1/2 tsp Salt

**procedure**

0. Preheat the oven to 375 degrees. In a large mixing bowl combine all wet ingredients (butter, 1 cup of the sugar, molasses, and an egg) until well mixed.

1. In a separate bowl sift together the dry ingredients (flour, clove, ginger, cinnamon, baking soda, salt).

2. Once sifted add in the wet ingredients and mix well. The dough will be tacky and will need to be covered and chilled until it is able to be rolled into balls (at least 30 minutes but can be left in the fridge for a while if needed).

continued...
Ginger Sugar Cookies

... continued

04 Place some sugar (around 1/2 a cup) in a smaller container. Roll the cookie dough into one inch balls and coat them in sugar (I would recommend dropping them directly into the sugar and shaking the container around until they are coated).

05 Place on an ungreased cookie sheet and bake for 6-9 minutes.

Enjoy!
Sun-dried Tomato Chicken Orzo

from Chad Sheaffer, Investment Office, adapted from Half-Baked Harvest

ingredients

- 2 tablespoons extra virgin olive oil
- 1 pound boneless, skinless chicken thighs or breasts
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1/2-3/4 teaspoon crushed red pepper flakes
- kosher salt and black pepper
- 2 tablespoons butter
- 1 medium shallot, chopped
- 4 cloves garlic, minced or grated
- 1 cup dry orzo pasta
- 1/3 cup dry white wine, such as Pinot Grigio or Sauvignon Blanc
- 1 cup heavy cream
- 2 teaspoons Dijon mustard
- 1/3 cup grated parmesan cheese
- 2 cups fresh baby spinach
- 1/2 cup oil packed sun-dried tomatoes, oil drained
- juice of 1 lemon
- fresh rosemary, for serving (optional)

procedure

0

1. Preheat the oven to 400 degrees F.

2. Heat 1 tablespoon olive oil in a large oven-safe skillet set over medium-high heat. Rub the chicken with 1 tablespoon olive oil, the oregano, paprika, red pepper flakes, salt, and pepper.

3. When the oil is shimmering, add the chicken. Sear on both sides until golden, about 3-5 minutes per side. Remove the chicken from the skillet.

continued...
Sun-dried Tomato Chicken Orzo

... continued

To the same skillet, add the butter and shallot, cooking until fragrant, about 3 minutes. Add the garlic and orzo, cooking until lightly golden, 2-3 minutes.

Add the wine and de-glaze the pan. Add 1 1/2 cups water. Bring to a boil, cook 3-5 minutes, then add the cream, mustard, parmesan, spinach, and sun-dried tomatoes, stirring until the spinach has wilted.

Slide the chicken and any juices left on the plate back into the skillet. Transfer to the oven and cook, uncovered for 10-15 minutes, until the chicken is cooked through.
Baked Feta Pasta
from Chad Sheaffer, Investment Office, adapted from TikTok / Washington Post

Ingredients
- 2 pints (17 1/2 ounces / 500 grams) cherry or grape tomatoes
- 4-6 cloves garlic, halved lengthwise
- 1/2 cup extra-virgin olive oil, divided
- Kosher salt
- 1 block (7 ounces / 200 grams) Greek feta cheese
- 1/2-3/4 teaspoon crushed red pepper flakes
- Freshly ground black pepper
- 12 ounces medium-length dried pasta, such as campanelle, rigatoni or rotini
- Fresh cilantro, chopped, for serving

You can also pair with chicken or pan-fried andouille sausage

Procedure

0 Position a rack in the middle of the oven and preheat to 400 degrees.

1 In a 9-by-13-inch baking dish, combine the tomatoes, garlic and 1/4 cup of the olive oil. Sprinkle with some salt and toss to coat.

2 Place the feta cheese in the center of the tomatoes and garlic, top with the remaining olive oil, and sprinkle the entire dish with red pepper flakes and a little black pepper.

continued...
Baked Feta Pasta

... continued

Bake for about 40-50 minutes, until the garlic has softened and the tomatoes have burst their skins.

Meanwhile, bring a large pot of salted water to a boil. Cook the pasta according to package directions until al dente. Reserve 1 cup of the pasta water and then drain the pasta.

Mash the feta and tomatoes with a fork and mix until evenly combined. Mix the sauce with pasta, adding the reserved pasta water as needed if it looks a little dry. Taste and season with additional salt and pepper, if desired. To serve, divide among bowls and top with plenty of cilantro.
Mississippi Pot Roast

from Georgia Davidis, Provost's Office
adapted from Belle of the Kitchen

ingredients

- 1 (3-4 pounds) chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix
- 1/4 cup butter
- 4-5 pepperoncini peppers

procedure

0

Place roast in the slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix. Place peppers on top of the mixes, and add the butter.

1

Cook over low heat for 8 hours.

2

Notes: Do not add any water or broth to this! It will make enough liquid as it cooks. This tastes delicious with potatoes and carrots! I like to add a few quartered russet potatoes and a large handful of baby carrots to the crockpot when there is about 1-2 hours left of cooking time.

3

Serve with noodles, rice or mashed potatoes. Enjoy!
Chana Masala, Grilled Broccoli & Sweet Potatoes
from Walter Hjelt Sullivan, Quaker Affairs

My wife Traci invented the mix of Chana Masala and grilled vegetables in an effort to decrease the carbs in our diet and we discovered that we liked it better than eating it with brown rice (though that is good too.)!

ingredients
- 3 Tbsp canola oil
- 1 medium white or yellow onion, finely diced
- 1 Tbsp ground cumin
- 3/4 tsp sea salt (divided // plus more to taste)
- 6 cloves garlic, minced (6 cloves yield ~3 Tbsp)
- 2 Tbsp fresh ginger, minced
- 1/2 cup fresh cilantro, chopped
- 2-3 fresh green serrano chilies, sliced w/ seeds
- 1 Tbsp ground coriander
- 1 tsp chili powder
- 1 tsp ground turmeric
- 1 28-ounce can pureed or finely diced tomatoes
- 2 cups chickpeas, prepared in advance from dry beans (or 2 15 oz cans washed and drained)
- 1 tsp garam masala* (see instructions for DIY blend)
- 2 Tbsp lemon juice (plus more to taste)
- 1 big head of broccoli, chopped into 2 inch sections
- 3 large sweet potatoes, in 1 inch by 1/2 inch sections
- 3 TBs extra canola oil

procedure

0 1 Follow your favorite recipe for Chana Masala. We prefer the one from Minimalist Baker.

0 2 While the Chana Masala is cooking, preheat the oven to 350 degrees. Wipe a large cookie sheet with the extra canola oil.

0 3 Spread the broccoli and sweet potato pieces evenly across the sheet. Place the sheet in the oven and stir the vegetables every 5 to 10 minutes to prevent burning. Remove from the oven when the edges are slightly crisp and the inside of the potatoes are turning soft.

continued...
Chana Masala, Grilled Broccoli & Sweet Potatoes

... continued

04
Set aside as the Chana Masala completes.

05
When ready, fill your individual serving bowls with your desired amount of broccoli and sweet potato. Cover with a generous helping of Chana Masala.

06
Top with fresh cilantro, if desired. Spritz with lemon juice.

07
A full, balanced, healthy delicious meal in one bowl. Save leftovers for another meal.
Homemade Oreos
from Lauren Nash Portnoy, Alumni & Parent Relations
adapted from Smitten Kitchen

I love ALL of Deb Perelman’s cookie recipes, but this is probably my favorite (and definitely the favorite of the APR team!) Since I have celiac, I always make them gluten free (with Thomas Keller’s Cup4Cup flour) and sometimes make them dairy free too (with vegan earth balance in place of the butter).

ingredients

For the chocolate wafers:
- 1 1/4 cups (155 grams) all-purpose flour OR Cup4Cup Gluten Free flour
- 1/2 cup (45 grams) unsweetened Dutch process cocoa OR 1/2 cup less 2T +2T Black cocoa*
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup (200) sugar
- 1/2 cup plus 2 tablespoons (1 1/4 sticks or 140 grams) room-temperature butter (I prefer salted)
- 1 large egg

For the filling:
- 1/4 cup (1/2 stick or 55 grams) room-temperature butter (I prefer salted)
- 1/4 cup (50 grams) vegetable shortening OR 1/4 c marshmallow fluff
- 2 cups (240 grams) sifted confectioners’ sugar
- 2 teaspoons (10 ml) vanilla extract

procedure

0  Set two racks in the middle of the oven. Preheat to 375°F.

1  In a food processor*, or bowl of an electric mixer, thoroughly mix the flour, cocoa*, baking soda and powder, salt, and sugar. While pulsing, or on low speed, add the butter, and then the egg. Continue processing or mixing until dough comes together in a mass.

2  Take rounded teaspoons of batter and place on a parchment paper-lined baking sheet approximately two inches apart. With moistened hands, slightly flatten the dough. Bake for 9 minutes*, rotating once for even baking. Set baking sheets on a rack to cool.

continued...
Homemade Oreos

... continued

To make the cream, place butter and shortening* in a mixing bowl, and at low speed, gradually beat in the sugar and vanilla. Turn the mixer on high and beat for 2 to 3 minutes until filling is light and fluffy.

To assemble the cookies, in a pastry bag with a 1/2 inch, round tip*, pipe teaspoon-size blobs of cream into the center of one cookie. Place another cookie, equal in size to the first, on top of the cream. Lightly press, to work the filling evenly to the outsides of the cookie. Continue this process until all the cookies have been sandwiched with cream.

They keep for several days at room temp in an airtight container.

*Notes:

- While I usually use a stand mixer, a food processor is easier if you don't have time to let your butter come to room temp.
- While the original recipe calls for 1/2 c unsweetened dutch process (I use Hershey's Special Dark), at the author's suggestion I like to omit about 2T and replace that 2T with Black cocoa (I use the one by King Arthur flour) which gives the cookies the very dark color and unique oreo flavor. A little goes a long way!
- If your preference is super crispy/crunchy (like store-bought oreos) bake for the full 9 mins, but I prefer them slightly softer so I bake for 7 mins. They will firm up upon cooling but stay slightly chewy - a cross between a standard oreo and a whoopie pie! Try a test with one or two if you aren't sure.
- While the original recipe calls for shortening, I prefer to use marshmallow fluff since I don't keep shortening in the house (and I can always use leftover fluff somehow!)
- I just use a plastic sandwich baggie with the corner cut off.
Trinidadian Curried Channa & Potato

from Stephanie Zukerman, Center for Peace and Global Citizenship
adapted from The Multicultural Cuisine of Trinidad and Tobago: Naparima Girls’ High School Cookbook

ingredients
- 1 cup channa
- 2 tbsp cooking oil (4)
- 1/2 cup chopped onion (2)
- 1 tsp minced garlic (4)
- 2 tbsp curry powder (5-6) (Can purchase Trinidadian curry in Caribbean markets)
- 1 1/4 cups water (3)
- 8 oz potato, cubed (2.5 lbs)
- 1 tsp salt (2)
- Black pepper or hot pepper to taste

Numbers in parentheses are for larger quantity.

procedure
0 Heat oil in a heavy pot, add onion and garlic and sauté for a few minutes.
1 Mix curry powder with 1/4 cup water; add to oil and cook until thick stirring continuously. Add potato and stir until coated with curry.
2 Add 1 cup hot water, salt and pepper; cover and cook on medium heat for 10 minutes.
3 Add channa and stir well. Cook until water is reduced and mixture is tender and thick. Adjust salt and pepper.
**Pineapple Upside Down Cake**

from Carol Wagner, Facilities - Arboretum adapted from The Betty Crocker Cookbook

*This is a favorite treat that I create for my coworkers' birthdays!! Just ask any of them!!*

**ingredients**

- 1 stick of butter
- 1 cup of brown sugar
- 2 large eggs, beaten well
- 2/3 cup of white sugar, blend in a little at a time
- 7 Tbsp juice from pineapple
- 1 tsp almond extract
- 1 cup flour (white or wheat works well)
- 1/4 tsp salt
- 1/2 tsp baking powder
- 6 pineapple rings - in their own juice
- Marachino cherries - 1 in each pineapple ring
- Pecans (or not, if you are allergic to nuts!)

**procedure**

1. Preheat oven to 350 degrees. Melt butter in cast iron pan on stove, add brown sugar, stirring until smooth. Reduce heat.

2. In the cast iron pan, position pineapple rings and add cherries and nuts.

3. In a mixing bowl, whip up the two eggs, slowly add the white sugar and extract. Add the 7 Tbsp of pineapple juice.

4. Add flour, salt and baking powder. Mix well.

continued...
Pour batter on top of butter/sugar/pineapple layer. Place in 350 degree oven for 20 - 25 minutes until cake is firm to the touch.

Now comes the fun part!! Remove pan from oven. Set it on the stovetop. Place pizza pan, face down over the frying pan. While wearing heavy oven mitts, flip the cake onto the pizza pan. Slowly remove the frying pan...replace any fruit that might have stuck in the pan.

Enjoy!!
Quick Pan-roasted Chicken

from Elana Wolff, Provost's Office - Faculty Admin. Assistants

**ingredients**
- 4 chicken thighs, skin on and bone in (this is about what fits in my largest skillet, if you need more to feed the number of people, I'd split into two pans)
- 2-3 bunches of scallions, ends trimmed
- 1 qt mixed cherry tomatoes
- 6 oz chicken broth or a combination of broth and white wine
- 1 Tbs dijon or whole grain mustard
- 2 Tbs unsalted butter
- 3 sprigs fresh thyme or 1 tsp dried
- 1/2 tsp ground coriander
- salt and pepper to taste

**procedure**

0  
Season chicken on both sides, sear skin-side down for 10 minutes in a hot pan (I use cast iron, for other pans you'll need some olive or vegetable oil). Flip, cook another 10 minutes.

1  
Turn heat down to medium, add scallions (whole) and tomatoes (also whole) and thyme to pan. It will get quite crowded but the scallions cook down quickly.

2  
Once vegetables are nicely browned and chicken is cooked through (165 degrees, timing depends on size but typically at least another 10 minutes) remove all to a plate to rest while you finish the sauce.

continued...
Quick Pan-roasted Chicken

... continued

04

Add the broth/wine, and scrape up any browned bits and tomato seeds.

05

Stir in mustard and simmer until reduced by half. Add cold butter to the sauce and stir until combined and thickened, spoon over chicken.

Enjoy!!
The (In)famous DoubleTree Cookie Recipe

This recipe originated at the Hilton DoubleTree Hotels, became an urban legend, and was eventually officially released for common use.

ingredients
- 1/2 lb. unsalted butter
- 3/4 c + 1 Tbs granulated sugar
- 3/4 c packed light brown sugar
- 2 large eggs
- 1 1/4 tsp vanilla
- 1/4 tsp freshly squeezed lemon juice
- 2 1/4 c all-purpose flour
- 1/2 c rolled oats
- 1 tsp baking soda
- 1 tsp salt pinch cinnamon
- 2 2/3 c semi-sweet chocolate chips
- 1 3/4 c chopped walnuts

procedure

0  Cream together butter and sugars until light and fluffy. Beat in eggs, vanilla, and lemon juice.

1  Stir together flour, oats, baking soda, salt, and cinnamon. Add dry mixture into the wet ingredients—either mix by hand or on lowest speed.

2  Stir in chips and walnuts.

3  Using a large scoop (3 Tbs) drop cookies onto a cookie sheet with room to spread (use parchment paper if yours tends to stick)

continued...
The (In)famous DoubleTree Cookie Recipe

... continued

Notes:

- That is not a typo--these cookies bake low and slow.
- The dough freezes beautifully, scoop ahead, chill on a tray (shown in photo), then transfer to a bag for storage. No need to defrost before baking, will take about one minute more than usual to bake.
- They are best eaten the day they are baked and this recipe makes about 26 quite large cookies, so they are great for sharing or stocking the freezer for those "I need a cookie" days!
- If you dog is anything like mine, they'll be suuuuper stoic about never getting to eat the cookie.

0 Bake at 300' for 20-23 minutes -Cool at least 30 minutes and preferably one hour on the tray.
Puerto Rican Vegan Sancocho

from Patrick Montero, Communications. adapted from Eligia Montero

This is one of my grandmother’s recipes but I have altered it to be vegan.

ingredients
- 1 Medium Yellow Onion
- 1 Large Sweet Potato
- 2 Red or Yellow Potatoes
- 2 Large Carrots
- 2 Large Sweet Corn
- 4 Tablespoons of Olive Oil
- 5 Tablespoons of Sofrito
- 1 Can of Tomato Sauce
- 2 ½ Tablespoons of Adobo
- 2 ½ Tablespoons, or 6 Packets of Sazón
- 3 Cups of Vegetable Stock
- 3 Cups of Water
- 2 Plantains

procedure

0 1
First wash, peel, and cut potatoes, carrots, sweet potato, and corn into bite-size pieces. Cut onion into small pieces. The plantains will be introduced at the end so hold off for now.

0 2
Start by heating 4 TBSPs of olive oil on medium high. Add 5 TBSPs of sofrito and cook until it becomes aromatic. Add onions and stir to combine with sofrito and allow to cook until softened, about 5 minutes.

0 3
Add 1 can of tomato sauce and 2 ½ TBSPs of sazón and 2 ½ TBSPs of adobo. Stir to combine and cook until it starts to slightly boil. Add 3 cups of water and 3 cups of vegetable stock to a large pot. Stir to combine all ingredients and cover. Cook for 15 to 20 minutes, stirring frequently.

continued...
Puerto Rican Vegan Sancocho

... continued

04 Add the sweet potato, carrots, potatoes, and corn and stir. Cover and simmer for 25 minutes on medium-low heat. Occasionally check the softness of the vegetables.

05 While the soup is cooking, prepare the plantains by peeling and grating. Once grated, form the grated plantains into bite-sized balls and place to the side until all the balls are ready. Gently place them in the soup, leaving space between each one to avoid sticking. Gently mix so that the plantains submerge in the soup, stay intact, and finish cooking. Cook for 10 to 15 minutes or until the plantain balls have cooked all the way through.

Serve hot with a side of rice and avocado.
Creamy Chicken Florentine with Sun Dried Tomatoes

from Tricia Griffith, English Department
adapted from Fork Fire Recipes

**ingredients**

- 1 lb Spaghetti or Fettuccini
- 1.5 lbs Chicken Breast
- 2 cups Heavy Cream
- 1 1/2 cups Parmesan or Pecorino Romano Cheese
- 6 oz Sun Dried Tomatoes
- 1 1/2 cups Baby Spinach
- 1/2 cup Chicken Stock
- 2 tsps Minced Garlic
- 2 tsps Italian Seasoning
- 3/4 tsp Black Pepper
- 2 tbsp Butter
- 2 tbsp Flour
- Dash Salt

**procedure**

0
Prepare pasta (spaghetti or fettuccini) as per instructions.

1
In a skillet add olive oil and cook chicken over medium high heat, seasoning each side with a dash of salt and pepper (use approx 1/4 teaspoon of the pepper, leaving 1/2 teaspoon for sauce). Cook until until 165° F and remove from heat.

2
In a skillet, melt butter and whisk in flour, until pasty (it may appear lumpy).

3
Add in heavy cream and Parmesan (or Pecorino Romano) cheese, whisking until smooth.

4
continued...
Creamy Chicken Florentine with Sun Dried Tomatoes

... continued

05
Add in heavy cream and Parmesan (or Pecorino Romano) cheese, whisking until smooth.

06
Add baby spinach, mix into sauce and cook until spinach is tender and slightly softened.

07
Pour sauce over chicken and pasta, enjoy!
Brassica of the Gods (so named because broccoli and brussels sprouts are both in the Brassica family) has been a staple at gatherings with my friends for over a decade! This method works well with cauliflower and broccolini/other varieties of broccoli too.

ingredients

- 1 head or 12-16oz package of broccoli
- 1 small package (16ish oz) of brussels sprouts
- olive oil
- kosher salt
- ground black pepper
- 6-8 cloves of garlic (or a whole head if you love garlic)
- lemon juice
- 1/2 cup fresh grated Parmesan cheese.

procedure

0

Preheat the oven to 425.

1

Prep your veggies! Cut broccoli down to small florets; cut stems off brussels sprouts, remove the outer layer of leaves, and halve them. Slice your garlic thinly. If you wash anything (I don’t), make sure you dry them very thoroughly!

2

Toss broccoli and sprouts in a generous amount of olive oil (you want them well coated), kosher salt and pepper to taste, and sliced garlic.

continued...
Brassica of the Gods

...continued

04 Spread out on a cookie sheet and roast in the oven for 20-30 minutes, tossing with a spatula occasionally, until they start to get a nice crispy brown. (If you use a lot of oil, make sure you have a vent fan on! I ALWAYS set off the smoke alarm with this dish.)

05 Remove from oven, toss again with a splash more olive oil, a splash of lemon juice, and Parmesan cheese.

06 Eat right away for the best experience, but cold leftovers the next day are also DELISH.