PENN COOKS PRESENTS
THE PENN FAMILY COOKBOOK

Penn Dining
FOREWORD

We are very pleased to present The Penn Family Cookbook, showcasing the favorite recipes of 13 of our talented campus chefs as part of our new program Penn Cooks – Culture, Community and Cuisine.

In recognition of the diverse student population we have on campus, Penn Cooks was created to provide opportunities to feature Cuisines and Chefs from a variety of locations, backgrounds, and cultures, including those who cook right here on campus!

Every day these individuals help provide over 10,000 meals to Penn students, faculty and staff. While we have long enjoyed the meals they have prepared for their Penn family, we wanted to know more about the dishes they cook for their own families. The book answers that question by featuring favorite family recipes, many passed down from parents and grandparents. Please enjoy these recipes and we encourage you to share your experiences preparing them with our chefs.

We also want to express our appreciation to these chefs for sharing their personal recipes and to thank them and all our dining staff for the hard work they put in every day preparing and delivering meals that please Penn palates.

Eat Well!

Pam Lampitt, Director of Penn Dining
William Hess, Resident District Manager, Bon Appetit
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At the age of 18, Melvin began his first job around food at the University of Pennsylvania's 1920 Commons. This is where he developed his passion. At the age of 20, Melvin got his first chance to show what he could really do as Grill Cook. He took the opportunity and made the best of it. By the age of 22, he mastered not only the grill, but the expo and pizza stations as well. Melvin started to practice more and more at home. The moment he was placed in the kitchen, his love for food and leadership grew. At the age of 27, Melvin is now a chef, soon to be father of three beautiful girls, and owner of MelMelEatz.
MELVIN BALLARD’S
MELMELEATZ MAC & CHEESE
SERVINGS: 20

INGREDIENTS:
- 2 quarts Cream, Heavy
- 3 cups Cheddar Cheese, Shredded
- 1 cup Mozzarella Cheese, Part-Skim, Shredded
- 2 cups American Cheese, Shredded
- 2 cups Swiss Cheese, Shredded
- 1½ cups Muenster Cheese, Shredded
- 2 lbs Pasta, Elbow Macaroni
- 1 tbsp Salt
- 1 tsp Black Pepper
- 1 tsp Garlic Powder

INSTRUCTIONS:
1) Preheat oven to 365°F.
2) In a medium-size pot, heat Cream on high until it starts to bubble. Reduce heat to low and stir in Cheddar, Mozzarella, American, and Swiss Cheeses. Once the cheeses start to melt, remove from heat and stir until they are completely melted. Fold Muenster into cheese sauce. Set aside.
3) Fill a large pot ¾ of the way with water, bring to a boil, add Pasta. Cook uncovered 7-8 minutes. Drain and add to cheese sauce.
4) Add Salt, Pepper, and Garlic. Fold until well incorporated.
5) Pour Pasta and cheese mixture into a baking dish, cover, and cook in oven 45 minutes.
6) Uncover, and cook an additional 15 minutes, or until browned. Remove from oven and serve.

Where did the recipe come from or what makes the recipe special to you?
“It is a recipe I once did for my family which I then prepared for friends. It seemed that it was well received and it was often requested for events.”
At a young age, Carla was in the kitchen with her grandmother. She watched as the recipes were brought to life, and began helping with each dish. In her grandmother's kitchen, Carla found her love for baking. She enjoys bringing her passion to Penn’s kitchen. When she’s not baking, Carla enjoys vacationing, reading, and loves a good brain teaser.
CARLA CRAWFORD’S
CHOCOLATE SOUR CREAM POUND CAKE
SERVINGS: 12

INGREDIENTS:
1 cup      Butter, Unsalted
3 cups      Sugar, Granulated
6 each      Eggs, Whole, Large
2½ cups    Flour, All Purpose
¼ tsp      Salt
¼ tsp      Baking Powder
½ cups    Cocoa Powder
1 cup      Sour Cream, Real (Full Fat)
2 tbsp    Vanilla Extract

INSTRUCTIONS:
1) Preheat oven to 325°F.
2) Grease and flour a 10” tube pan.
3) In a large bowl, cream Butter and Sugar together until fluffy.
4) Add one Egg at a time, beating well and scraping down the sides of the bowl.
5) In a separate large bowl, blend Flour, Salt, Baking Powder, and Cocoa together.
6) Slowly add flour mixture, Sour Cream, and Vanilla Extract to butter mixture, a little of each at a time. Blend well.
7) Pour mixture into the greased tube pan. Bake 1 hour 10 minutes, or until a toothpick inserted into the middle comes out clean. Let cool for 10 minutes in pan.
8) Transfer to cool completely on a wire cooling rack.

Where did the recipe come from or what makes the recipe special to you?

“This recipe was handed down to me from my grandmother, the best baker in the world.”
Chef Bio:

Carolyn’s passion has always been in the kitchen. Although she loves to cook, her true love is baking. Her family loves her baking so much, that she is always in charge of special occasions. From holiday baking to pies to birthday cakes, Carolyn is the expert, and no Curtis family event is complete without one of her creations.
CAROLYN CURTIS’S
SPINACH SOUFFLÉ
SERVINGS: 6

INGREDIENTS:
¾ cup Sausage, Italian, Crumbled
1 box (12 oz) Stouffer’s® Spinach Soufflé (thawed)
2 each Eggs, Whole, Large
3 tbsp Whole Milk
2 tsp Onions, Yellow, Chopped
½ cup Mushrooms, Sliced
¾ cup Swiss Cheese, Grated
1 each Pie Shell

INSTRUCTIONS:
1) Preheat oven to 400°F.
2) Heat a sauté pan, or skillet, over medium heat. Add Sausage. Cook, stirring frequently, 14 - 16 minutes, or until sausage is browned.
3) In a large mixing bowl, add cooked sausage, Stouffer’s Spinach Soufflé, Eggs, Onions, Mushrooms, and Swiss Cheese. Fold together until well incorporated.
4) Add mixture to Pie Shell, bake 25 - 30 minutes or until set.

Where did the recipe come from or what makes the recipe special to you?
“I have been baking this soufflé for years. This was a recipe I saw in some magazine that looked so good that I decided to try it.”
CAROLYN CURTIS’S
SWEET POTATO BROWNIES

SERVINGS: 16

INGREDIENTS:

- ½ cup Butter
- 2 cups Sugar, Granulated
- 1 cup Sweet Potato, Mashed
- 1 tsp Vanilla Extract
- 4 each Egg, Whole, Large
- 1½ cups Flour, All Purpose
- 1 tsp Cinnamon, Ground
- 2 tbsp Sugar, Powdered

INSTRUCTIONS:

1) Preheat oven to 300°F.
2) Grease a 9x9 baking pan.
3) In a large bowl, cream together Butter and Granulated Sugar.
4) Add Sweet Potatoes, Vanilla Extract, and Eggs. Mix well.
5) Stir in Flour and Cinnamon.
6) Pour mixture into prepared baking pan and bake for 1 hour, or until a toothpick inserted into the center comes out clean.
7) Remove from oven and sprinkle with Powdered Sugar. Let cool 5 minutes.
8) Transfer to cool completely on a wire cooling rack.

Where did the recipe come from or what makes the recipe special to you?

“This recipe came from a baking class I attended. I bake this for my family get-togethers and it was a hit the first time I made it.”
Chef Bio:

Deborah has lived in Philadelphia for the last 67 years, and is a loving mother to two kids and eight grandkids. As a teenager, Deb learned to cook from her mother and loves to make her Chicken Cacciatore. Nearing 50 years at Penn, her favorite part of her job are the students and people she cooks for everyday. The students motivate Deb to get up and come to work every morning. “Miss Deb” is a fixture at Kings Court English House, and everyone is still talking about the Donut Bread Pudding she made for Quaker Kitchen, two years ago!
DEBORAH DAY’S
BAKED BEANS

SERVINGS: 6

INGREDIENTS:

1 ½ cups      Navy Beans, Dry
1 ¼ cup      Onion, Yellow, Chopped
2 tbsp      Molasses, Dark
2 tbsp      Ketchup
1 tbsp      Mustard, Dry
1 tsp      Salt
½ tsp      Vinegar, White
1 tsp      Curry Powder
1 tbsp      Worcestershire Sauce
¼ lb      Salt Pork, Sliced

INSTRUCTIONS:

1) Soak Beans overnight in enough water to cover.
2) Add soaked Beans and water, adding more if needed to cover, to a medium pot. Heat over medium-high heat until boiling. Lower heat and simmer for 30 minutes - 1 hour, or until tender. Drain, reserving water.
3) Preheat oven to 250°F.
4) Grease baking dish.
5) Place Beans, Onion, Molasses, Ketchup, Salt, ½ cup of reserved water, Vinegar, Curry Powder, and Worcestershire Sauce in baking dish. Combine.
6) Top with Salt Pork.
7) Bake covered for 6-9 hours, adding more reserved water if beans begin to dry out.

Where did the recipe come from or what makes the recipe special to you?

“This is my grandmother’s recipe.”
DEBORAH DAY’S
BAKED MACARONI
SERVINGS: 4

INGREDIENTS:

1¼ tsp Salt
4 oz Pasta, Macaroni
1 cup Cheddar Cheese, Shredded
2 each Egg, Whole, Large
1 cup Whole Milk
⅛ tsp Paprika, Ground
⅛ tsp Cayenne Pepper
1 each Pimento, Sliced
¼ cup Bell Pepper, Green, Chopped
1 tbsp Onion, Yellow, Grated

INSTRUCTIONS:

1) Preheat oven to 350°F.
2) Grease 8x10” baking dish.
3) In a large pot, bring 4-6 quarts of water to a rolling boil. Add Salt, return to boil.
4) Add Pasta. Return to boil. Boil, uncovered, stirring occasionally for 6 minutes. Remove from heat, drain well, and transfer to baking dish.
5) Add Cheddar Cheese. Mix well.
6) In a large mixing bowl, beat Eggs. Add Milk, Paprika, Cayenne, Pimento, Bell Pepper, and Onion. Mix well.
7) Pour egg and milk mixture over the pasta and cheese mixture.
8) Bake for 35-40 minutes.

Where did the recipe come from or what makes the recipe special to you?

“This is my grandmother’s recipe.”
DEBORAH DAY’S CANDIED SWEET POTATOES

SERVINGS: 4

INGREDIENTS:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>5 each</td>
<td>Sweet Potatoes, Peeled</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Salt</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Paprika, Ground</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Sugar, Brown</td>
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<tr>
<td>1½ tbsp</td>
<td>Lemon Juice</td>
</tr>
<tr>
<td>1½ tsp</td>
<td>Lemon Zest</td>
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<tr>
<td>2 tbsp</td>
<td>Butter, Unsalted</td>
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INSTRUCTIONS:

1) Cut Sweet Potatoes into ½” slices.
2) In a covered pot, add Sweet Potatoes, cover with water. Cook 10-14 minutes, or until tender, remove and cool.
3) Preheat oven to 375°F.
4) Grease 10x13” baking dish.
5) Add Sweet Potatoes, layering.
6) Sprinkle with Salt, Paprika, Sugar, Lemon Juice, Lemon Zest. Dot with Butter.
7) Bake uncovered 20 minutes, or until glazed.

Where did the recipe come from or what makes the recipe special to you?

“This is my grandmother’s recipe.”
DEBORAH DAY’S
CURRIED RICE
SERVINGS: 3

INGREDIENTS:

<table>
<thead>
<tr>
<th>½ cup</th>
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<tr>
<td>2 cups</td>
<td>Water, Boiling</td>
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<tr>
<td>½ cup</td>
<td>Tomatoes, Canned, Chopped, Drained</td>
</tr>
<tr>
<td>¾ tsp</td>
<td>Salt</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Onion, Yellow, Finely Sliced</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Bell Peppers, Green, Sliced</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Butter, Unsalted, Melted</td>
</tr>
<tr>
<td>¾ tsp</td>
<td>Curry Powder</td>
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INSTRUCTIONS:

1) In an 8x8” baking dish, add Rice. Pour water over Rice, cover, and let sit for 45 minutes.
2) Preheat oven to 350°F.
3) Add remaining ingredients and combine well.
4) Bake for 1½ hours, or until water is absorbed.

Where did the recipe come from or what makes the recipe special to you?

“This is my grandmother’s recipe.”
DEBORAH DAY’S
SAUTÉED CABBAGE
SERVINGS: 4

INGREDIENTS:

| 4 tbsp  | Butter, Unsalted               |
| 2 lbs   | Cabbage, Shredded              |
| ½ tsp   | Salt                           |
| ¼ tsp   | Paprika, Ground                |
| ½ tsp   | Garlic, Minced                 |

INSTRUCTIONS:

1) Preheat oven to 375°F.
2) In a large sauté pan, melt Butter over medium heat.
3) Add Cabbage, Salt, Paprika, and Garlic. Cook 5 -10 minutes, or until Cabbage begins to soften and wilt, tossing frequently.
4) Transfer to baking dish. Bake 15 minutes.

Where did the recipe come from or what makes the recipe special to you?

“This is my grandmother’s recipe.”
DEBORAH DAY’S
FRIED CATFISH

SERVINGS: 8

INGREDIENTS:
2 tsp      Salt
1 tsp      Black Pepper
2 cups     Aunt Jemima Complete Pancake Mix
8 each     Catfish, 6 oz Fillets
           Vegetable Oil
2 each     Lemons, Quartered, Deseeded

INSTRUCTIONS:
1) In a shallow baking dish, combine Salt, Pepper, and Pancake Mix.
2) One by one, dredge Catfish in seasoned Pancake Mix and set aside on wire rack.
3) In a large heavy pan, add oil until 3” deep. Heat oil on medium-high until oil reaches 325°F, a pinch of flour should sizzle instantly when added to oil.
4) Working in small batches, add coated fish to hot oil. Cook 8-10 minutes, or until coating is golden brown and fish begins to float. Drain fish on paper towels.
5) Serve with Lemon.

Where did the recipe come from or what makes the recipe special to you?

“My mother and grandmother made this.”
DEBORAH DAY’S
SHORT RIBS OF BEEF
SERVINGS: 3

INGREDIENTS:
2 lbs      Beef, Short Ribs
5 cups      Water
1 each      Onion, Yellow, Chopped
2 each      Carrot, Sliced
4 ribs      Celery, Chopped (leaves included)
½ cup      Butter, Unsalted
¼ cup      Flour, All Purpose
1 each      Onion, Yellow, Sliced

INSTRUCTIONS:
1) In a heavy pot with a lid, add Beef, Water, Chopped Onion, Carrot, and Celery.
2) Bring to a boil, then lower to a simmer. Cook 2 hours.
3) Remove Beef, set aside, and cover.
4) Strain liquid to remove and discard vegetables, creating a beef stock.
   Reserve beef stock.
5) Preheat oven to 325°F.
6) In a heavy skillet, melt ¼ cup of the Butter over medium-low heat.
7) Add Flour, stir constantly with a wooden spoon in a figure-eight motion
   3-5 minutes to create a light roux.
8) Slowly add 3 cups of the reserved beef stock stirring constantly, until
   thickened, making a beef gravy. Remove gravy from heat, set aside, and cover.
9) In a heavy oven-safe skillet, melt the remaining ¼ cup butter over medium heat.
10) Add Sliced Onions. Cook about 5 minutes, or until golden.
11) Add reserved Beef and brown on all sides.
12) Add 1 cup of the reserved beef gravy.
13) Place in oven. Roast uncovered 45 minutes, basting every 15 minutes until an
   internal temperature of at least 145°F is reached. Outside should be brown
   and crisp.
14) Reheat remaining reserved beef gravy.
15) Serve Beef with gravy.

Where did the recipe come from or what makes
the recipe special to you?
“This is my grandmother’s recipe.”
DEBORAH DAY’S
WEST AFRICAN BEEF STEW
SERVINGS: 8

INGREDIENTS:
4 tbsp      Olive Oil
2 lbs       Beef, Boneless Stew Meat
1 cup       Onions, Yellow, Chopped
2 tbsp      Flour, All Purpose
3 tbsp      Curry Powder
¼ cup       Peanut Butter
2 cups      Beef Stock
½ lb        Okra, Trimmed
2 cups      White Rice
4 cups      Water

INSTRUCTIONS:
1) In a wide heavy skillet, heat oil over medium-high heat until simmering.
2) Add Beef. Cook about 5 minutes, turning as needed to brown all sides.
   Transfer Beef to bowl, and cover.
3) Using the same pan, reduce heat to medium.
4) Add Onions. Cook about 5 minutes, or until golden.
6) Slowly stir in Beef Stock.
7) Return Beef to skillet and bring to a simmer. Cover and cook for 1 hour 40 minutes.
8) Add Okra to the beef mixture. Cover and cook 20 minutes.
9) While beef mixture cooks. Add Rice and Water to medium saucepan. Bring to a boil over high heat. Once boiling, lower heat to a simmer and cover. Simmer until Water is completely absorbed and Rice is tender, about 15-25 minutes. Turn off the heat, fluff with a fork, cover, and let rest at least 10 minutes.

Where did the recipe come from or what makes the recipe special to you?
“This is my grandmother’s recipe.”
DEBORAH DAY’S
SWEET POTATO PIE

SERVINGS: 16

INGREDIENTS:
10 each  Sweet Potatoes, Whole
6 each   Eggs, Whole, Large
2 cups   Cream, Heavy
1 tsp    Vanilla Extract
½ cup   Butter
1 tsp    Cinnamon, Ground
2 cups   Sugar, Granulated
2 each   Pie Shells

INSTRUCTIONS:
1) Preheat oven to 300°F.
2) Bake Sweet Potatoes 1 hour. Cool completely.
3) Meanwhile, in a large bowl, mix Eggs, Cream, Vanilla Extract, Butter, Cinnamon, and Sugar. Mix until well combined.
4) Cut Sweet Potatoes in half, scoop out the flesh, add to separate large mixing bowl. Mash the sweet potatoes.
5) Add mashed sweet potatoes to the egg-cream mixture. Mix well to create filling.
6) Divide the filling into the two pie shells. Bake 60 minutes or until set, or a knife inserted in the center comes out clean.

Where did the recipe come from or what makes the recipe special to you?

“This recipe came from my mother and my grandma.”
A Philadelphia native, Lashanda has been at the University of Pennsylvania for just under one year. She enjoys raising her four children in the city she grew up in. Her eldest is hoping to follow in her footsteps in a career in food, and is currently attending culinary school. Lashanda loves to share her joy in the kitchen with her family through preparing holiday meals and special family recipes. She has enjoyed sharing her knowledge in the kitchen with her children, especially her favorite dish, mac & cheese.
LASHANDA DICKS’S
CROCK–POT MAC & CHEESE

SERVINGS: 8

INGREDIENTS:

1 pint      Cream, Heavy
2 cans      Campbell’s® Condensed Cheese Soup
16 oz      Pasta, Macaroni
8 oz       Cheddar Cheese, Sharp, Shredded
8 oz       Colby Cheese, Shredded

INSTRUCTIONS:

1) In a large bowl, add Cream and Cheddar Soup. Mix well.
2) Add Pasta to crock-pot.
3) Add ½ of the cream mixture.
4) Stir in Cheddar Cheese.
5) Add the rest of the cream mixture and Colby Cheese. Mix until well incorporated.
6) Cook on low for 3 hours.

Where did the recipe come from or what makes the recipe special to you?

“I created this recipe to teach my daughter the easiest way to make mac & cheese without an oven.”
Chef Bio:

Dawn has been with Penn Dining for just over a year. Her love of cooking began as a child in the kitchen and taking trips to the grocery store with her mother. Dawn has especially fond memories of visiting the Italian Market on 9th Street. Her mom let her pick out the vegetables for their family meals. Each member of Dawn’s family had a certain job in the kitchen at home. Dawn’s job quickly became making desserts. This love of sweets and pastry grew even more as Dawn had the opportunity to be a pastry chef and garde manger chef in Atlanta, GA, where she worked on film sets for movies and television shows.
DAWN L. DIXON’S
LEMON LIMONCELLO BLUEBERRY POUND CAKE
SERVINGS: 16

INGREDIENTS:
4 cups      Flour, All Purpose
½ tsp      Baking Powder
¼ tsp      Baking Soda
1 cup      Butter, Unsalted (room temperature)
2 cups      Sugar, Granulated
2 tsp      Vanilla Extract
6 each      Eggs, Whole, Large
½ cup      Limoncello
1 cup      Sour Cream (room temperature)
3 cups      Blueberries, Fresh
2 each      Lemons, Juice and Zest
1 cup      Sugar, Powdered

INSTRUCTIONS:
1) Preheat oven to 325°F. Grease loaf baking pan with cooking spray.
2) In a medium bowl, stir together Flour, Baking Powder, and Baking Soda. Set aside.
3) In a large bowl with a hand mixer, beat Butter for 30 seconds. Add Granulated Sugar and beat until light and fluffy. Add Vanilla Extract. Add one Egg at a time, beating well and scraping down the sides of the bowl. Add the Limoncello and mix.
4) Add flour mixture and Sour Cream to the butter mixture. Beat until combined.
5) Fold in Blueberries, Lemon Zest, and all but 2 Tablespoons of the Lemon Juice.
6) Pour mixture into prepared baking pan. Bake for 1 hour. 15 minutes to 1 hour 25 minutes, or until toothpick inserted into the middle comes out clean. Let cool for 10 minutes.
7) While cake bakes, make the glaze.
8) In a medium bowl, stir together Powdered Sugar and reserved 2 Tablespoons of Lemon Juice until combined.
9) After the cake has cooled, drizzle glaze over top and serve.

Where did the recipe come from or what makes the recipe special to you?
“I created this recipe on my own. One day while cooking on set in Atlanta I was tasked with managing an excess of blueberries and some leftover liquor.”
For Sharrlene, it all started in the 80’s on her 8th birthday. Her Nanna bought her an Easy Bake Oven. That is when she found her passion and love for cooking. Having been raised by a mother who cooked daily, and a grandmother who made a living selling platters to the neighborhood, Sharrlene was a natural in the kitchen. As her confidence grew, she began finding ways to add her own twist to simple recipes, which led to Sharrlene selling platters, and then finally opening her own catering company and restaurant in West Philadelphia. She founded Sugga Mommas Soul & Seafood in 2002. Although her restaurant has shut its doors, her catering company is still going strong. In 2012, Sharrlene added seafood pots to her menu, with her own twist of course, calling them Soul Seafood Pots. She is proud to pass her knowledge in the kitchen to her daughter and is blessed to work in a profession she loves. Sharrlene looks forward to a lifetime of creating and sharing delicious and enjoyable recipes.
SHARRLENE FERRELL’S
SOUL SEAFOOD POT
SERVINGS: 15

INGREDIENTS:

1 lb Potatoes, Red Bliss, Halved
7 each Corn, Whole Ears, Halved
2 each Red Onions, Peeled, Quartered
3 each Bell Peppers, Multicolor, Chopped
½ tsp Allspice
2 tsp Red Pepper Flakes
1 cup Old Bay
2 tbsp Garlic Powder
2 tbsp Onion Powder
½ cup Fresh Garlic, Chopped
3 each Bay Leaves
4 oz Butter, Unsalted
1 cup Corn Starch Slurry
1 dozen Crabs, Blue, Whole, Cleaned
2 lbs Shrimp, Jumbo Tiger, Peeled and Deveined
3 lbs Mussels, Green, Whole
2 each Lemons, Halved

INSTRUCTIONS:

1) In a stovetop steamer, steam Potatoes for 15 minutes.
2) Add Corn to steamer, steam another 5 minutes. Remove Potatoes and Corn from steamer and set aside.
3) While steaming Potatoes and Corn. In a large pot, fill halfway with water and bring to a boil.
4) Add Red Onions, Bell Peppers, Allspice, Red Pepper Flakes, Old Bay, Garlic Powder, Onion Powder, Fresh Garlic, Bay Leaves, and Butter. Reduce to a simmer and cook for 15 minutes.
5) Bring back to a boil, add Corn Starch, and stir until combined and thickened. Reduce to a simmer.

(continued) >>
(Soul Seafood Pot, continued)

6) Add Crabs, Shrimp, and Mussels. Cook for 15 minutes.
7) Add Corn and Potatoes. Cook 10 minutes, or until Potatoes are tender.
   Turn off heat.
8) Add Lemons to garnish, and serve.

Where did the recipe come from or what makes the recipe special to you?

“This recipe is special to me because you can eat it alone but it’s even better when you enjoy your Soul Seafood Pot with friends and family.”
Nydia Grant, a Philadelphia native, grew up watching her grandmother cook in their family kitchen. This is what inspired her passion for cooking and how she found her career in the kitchen. Before coming to the University of Pennsylvania and joining the Penn Dining team just under a year ago, Nydia was honored to work for “The Nutrition Group” and their support of Michelle Obama’s Healthy, Hunger-Free Kids Act and the Let’s Move! campaign. The team she worked with made tasty and nutritious meals from scratch. Her dream is to open a food truck serving Mexican and comfort foods.
NYDIA GRANT’S
PEACHES & DUMPLINGS
SERVINGS: 6

INGREDIENTS:
24 oz Peaches, Slices, Canned
4 oz Butter, Unsalted
½ cup Sugar, Granulated
½ cup Sugar, Brown
3 tsp Cinnamon, Ground
½ tsp Nutmeg, Ground
2 cans Biscuits, Pillsbury Grands!™ Flaky Layers (10.2 oz cans)
¾ cup Whipped Topping

INSTRUCTIONS:
1) Preheat oven to 350°F.
2) Mix all ingredients, except whipped topping, in a 5-quart saucepan over medium heat, stirring occasionally. Bring to a boil. Remove from heat and transfer to a 10”x13” baking dish.
3) Bake uncovered for 45 minutes.
4) Let cool completely and serve with Whipped Topping.

Where did the recipe come from or what makes the recipe special to you?
“This recipe was adapted from my grandmother’s original recipe.”
During his time as part of the Penn Dining team, Duran has come to realize his true passion and his talent in the kitchen. Once he became a full-time cook, Duran began to challenge himself. He wanted to see how much better he could be. Over the years, he has prepared food for a variety of special events across campus and has successfully competed in friendly cook-offs.
DURAN HALL’S
CHOCOLATE BAR-B-Q SAUCE
SERVINGS: 20

INGREDIENTS:

5 tbsp      Dijon Mustard
4 cups      Ketchup
1 tsp      Salt
½ tsp      Black Pepper
1 tbsp      Garlic, Minced
2 tsp      Onion Powder
2 tbsp      Butter, Unsalted
2 cups      Hershey’s® Chocolate Kisses
½ cup      Molasses

INSTRUCTIONS:

1) In a mixing bowl, mix together the Mustard, Ketchup, Salt, Pepper, Garlic, and Onion Powder.
2) In a small saucepan over low heat, melt the Butter.
3) Add Hershey’s Chocolate Kisses, stirring slowly to incorporate. Allow chocolate to melt. When chocolate and butter are fully mixed, remove from heat and set aside.
4) In a small saucepan over medium heat, add ketchup and mustard mixture. When mixture starts to simmer, stir in the melted chocolate mixture. Whisk together until evenly mixed.
5) Return mixture to a simmer, cook for 5-10 minutes, or until slightly thickened.
6) Remove from heat, add Molasses, and whisk until combined.

Where did the recipe come from or what makes the recipe special to you?
“I prepared this recipe for a “wing bowl” challenge at 1920 Commons. When I was asked for the recipe, I knew I had a winner.”
DESIREE HARRIS
KINGS COURT ENGLISH HOUSE
NUMBER OF YEARS AT PENN: 3

Chef Bio:
Working in the hospitality industry for over 10 years, Desiree honed her communication skills while working as a waitress before joining the Penn Dining community. Meeting and interacting with students from all over the world is one of the most fulfilling things she’s experienced, and is her favorite part of her job. Desiree enjoys sharing her friendly personality with Penn’s students, faculty, and staff as well as her fellow teammates. She loves bringing her passion for food to work with her everyday. She is inspired by the power that food has to bring people and cultures together at the table.
DESIREE HARRIS’S
CHICKEN & BROCCOLI CASSEROLE

SERVINGS: 8

INGREDIENTS:

1 can      Cream of Chicken Soup (10.5 oz can)
1 can      Cream of Mushroom Soup (10.5 oz can)
2 cans      Roasted Garlic Soup (10.5 oz cans)
1 packet      Onion Soup Mix (2oz packet)
1½ lbs      Chicken Breast, Boneless, Skinless, 2” cubes
4 cups      Stuffing Mix
1 lb      Broccoli, Florets (~2 heads)
8 oz      Chedder Cheese, Shredded

INSTRUCTIONS:

1) Preheat oven to 375°F.
2) Butter a 10”x13” baking pan.
3) In a large bowl, mix Cream of Chicken Soup, Cream of Mushroom Soup, Roasted Garlic Soup, and Onion Soup Mix.
4) Add Chicken Breast to baking pan, top with Stuffing Mix, then Broccoli, then Cheddar Cheese.
5) Pour soup mixture over top.
6) Cover and bake for 1 hour 15 minutes.
7) Remove cover and continue to bake 10 minutes, or until top is golden brown.

Where did the recipe come from or what makes the recipe special to you?

“My Great Aunt Fannie used to make this dish. It was always one of my favorites. She has since passed on, but left the recipe to a host of family to try and recreate.”
Chef Bio:
Tracey started at the University of Pennsylvania as a transporter before transitioning to a cook position. This is where her love for beautiful food and decor was finally realized and where Tracey nurtured that passion over the next 20 years. She has built her leadership skills in her role as a unit leader for the past 2 years. Tracey considers hospitality to be the most important part of her job. She enjoys sharing her love for cooking and passion in the kitchen with her three daughters.
TRACEY MATTHEWS’S
BUTTERMILK BISCUITS

SERVINGS: 12 each

INGREDIENTS:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>Butter, Unsalted</td>
</tr>
<tr>
<td>3 cups</td>
<td>Flour, Self-Rising</td>
</tr>
<tr>
<td>½ cup</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Cream, Heavy</td>
</tr>
</tbody>
</table>

INSTRUCTIONS:

1) Preheat oven to 400°F.
2) In a large bowl, mix Butter and Flour using a pastry cutter until the mixture resembles coarse cornmeal.
3) Add Buttermilk and Cream, stir until the mixture holds together and leaves the sides of the bowl.
4) Scoop dough onto a floured surface, flatten, and fold it over on itself 3 times.
5) Cut dough using a 2-½” round cutter, and place on ungreased baking sheet. (Pat any scraps together, and cut additional biscuits).
6) Bake 15-20 minutes, or until tops are a light golden brown.
TRACEY MATTHEWS’S
FRIED WHITING

SERVINGS: 8

INGREDIENTS:
8 each      Fish, White (any species), 6 oz Fillets
1 tsp      Salt
½ tsp      Black Pepper
2 cups      Cornmeal, Yellow
            Vegetable Oil

INSTRUCTIONS:
1) In a medium bowl, mix Salt, Pepper, and Cornmeal.
2) Dredge Fish in seasoned cornmeal mixture one at a time, shaking off excess, then placing on baking rack until all fish is breaded.
3) Fill a large skillet about halfway with Vegetable Oil and heat to 325°F, or until a pinch of the cornmeal mixture sizzles when added.
4) Add one piece of breaded Fish at a time, cook 3-4 minutes per side.
5) Remove and place on paper towel-lined plate, and serve immediately.
# TRACEY MATTHEWS’S

**SAUTÉED APPLES**

**SERVINGS: 8**

## INGREDIENTS:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tbsp</td>
<td>Butter, Unsalted</td>
</tr>
<tr>
<td>10 each</td>
<td>Apples, Granny Smith, Peeled, Cored, Sliced</td>
</tr>
<tr>
<td>½ cup</td>
<td>Brown Sugar</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Vanilla Extract</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Cinnamon, Ground</td>
</tr>
</tbody>
</table>

## INSTRUCTIONS:

1) In a large skillet, heat Butter over medium-low heat.
2) Butter will start to bubble. Once the bubbles subside, add Apples. Cook, stirring frequently until Apples start to soften.
3) Add Sugar, Vanilla Extract, and all but a pinch of the Cinnamon. Cook, stirring frequently until Apples are soft.
4) Remove from heat, garnish the top of the cooked Apples with the remaining Cinnamon, and serve.

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**Where did these recipes come from or what makes these recipes special to you?**

“One of my best friends’ mom made these three dishes every Friday and I went as often as I could. It was a real family experience – it brought everyone together. Everyone took part in preparing the meal.

Once it was done we all sat and ate. It is one of my fondest memories and one of my favorite dishes.”
Chef Brian came from humble beginnings growing up in Jamaica, raised by two strong parents. He spent most of his childhood in the kitchen with his mother. She was constantly cooking up new dishes to feed the family of seven every night. Brian began his career with Penn Dining when he was 27 and over the last 35 years has become one of Penn’s best chefs. He enjoys putting a smile on the faces of students, faculty, staff, and his team. It is clear to everyone who meets Brian, that he loves what he does, as he will tell you in a heartbeat.
BRIAN WALCOTT’S
AU GRATIN POTATOES
SERVINGS: 16

INGREDIENTS:
4 lbs Potato, All-Purpose, ¼” Inch Slices
½ cup Butter, Unsalted
½ lb Onions, White, Chopped
2 tbsp Flour, All-Purpose
2 tsp Salt
½ tsp Black Pepper
4 cups Milk
4 cups Cheddar Cheese, Shredded
½ cup Bread Crumbs
⅛ tsp Paprika, Ground

INSTRUCTIONS:
1) Preheat Oven to 325°F.
2) In a stovetop steamer, steam Potatoes for 20 minutes. Remove from heat and set aside in a baking dish.
3) In a 2 quart pot, melt Butter. Add Onions and Sauté for 5-7 minutes or until translucent.
4) Stir in Flour, Salt, Pepper, Milk, and Cheese. Stirring constantly until thickened.
5) Add cheese sauce mixture over top of Potatoes. Sprinkle Bread Crumbs and Paprika on top. Bake for 20 minutes, or until top is brown.
BRIAN WALCOTT’S
CANDIED SWEET POTATOES
WITH BROWN SUGAR & ORANGE SAUCE

SERVINGS: 10

INGREDIENTS:
5 lbs      Sweet Potatoes, Sliced
1 cup      Orange Juice
2 cups     Brown Sugar
3 oz       Margarine
½ tsp      Cinnamon, Ground

INSTRUCTIONS:
1) Preheat Oven to 325°F.
2) In a stovetop steamer, steam Sweet Potatoes for 20 minutes. Remove from heat and set aside.
3) In a large bowl, combine Orange Juice, Brown Sugar, Margarine, and Cinnamon. Stir until well incorporated.
4) In a 2” deep pan, arrange sweet potatoes, pour sauce over top. Bake for 15 minutes.
BRIAN WALCOTT’S
HOPPIN’ JOHN BLACK EYED PEAS

SERVINGS: 12

INGREDIENTS:

4 cups      Water
3 cups      Black Eyed Peas, Dried, Soaked Overnight
2 tbsp      Oil, Vegetable
½ cup      Onion, White, Diced
1 each      Bell Pepper, Medium Size, Diced
½ tsp      Hot Sauce
4 cloves      Garlic, Fresh, Minced
1 bunch      Basil, Fresh
1 tsp       Salt
½ tsp      Black Pepper

INSTRUCTIONS:

1) In a 2 quart pot, add Water and Black Eyed Peas. Bring to boil, reduce heat and simmer for 40 minutes.
2) Add Oil, Onion, Bell Pepper, Hot Sauce, Garlic, Basil, Salt, Pepper. Simmer for another 20 minutes, or until Black Eyed Peas are tender.
BRIAN WALCOTT’S 
CURRY CHICKEN 
SERVINGS: 8

INGREDIENTS:

2 tbsp      Vegetable Oil
3 lbs      Chicken, Thigh, Bone-In, Skin-On
1½ lbs      Onions, Yellow, ½” Dice
1 lb      Bell Pepper, Green, ½” Dice
3 cloves     Garlic, Fresh, Minced
½ tbsp      Ginger, Fresh, Minced
3 stalks     Scallion, Chopped
½ oz      Thyme, Dry
1 tbsp      Salt
1 tbsp      Black Pepper
1 each      Jalapeño Pepper, 1” Dice
1 cup      Chicken Stock
4 cups      Water
2 cups      Basmati Rice

INSTRUCTIONS:

1) In a large sauté pan, heat Vegetable Oil over medium-high heat.
2) Add Chicken, cook 5-6 minutes per side, or until browned.
3) Add Onions, Bell Peppers, Garlic, Ginger, Scallion, Thyme, Salt, Pepper, 
   Jalapeño, Curry Powder, and Chicken Stock. Bring to a simmer and cook  
   25 minutes, or until chicken is tender.
4) While the Curry cooks, bring Water to a boil. Add Rice and cover. Bring back 
   to a boil, reduce heat, cover, and simmer 20 minutes, or until Water is 
   fully absorbed.
5) Turn off heat, let stand 5 minutes, fluff with a fork.
6) Serve Curry Chicken over Basmati Rice.
BRIAN WALCOTT’S
JAMAICAN CURRY BEEF STEW

SERVINGS: 10

INGREDIENTS:

1 tbsp  Vegetable Oil
2 lbs   Beef, Chuck Tip, 1” Cubes
6 cups  Water
1 tsp   Salt
¼ tsp  Black Pepper
3 tbsp  Curry Powder
2 stalks Scallion, Chopped
2 bunches Thyme, Fresh
2 lbs  Carrots, 1” Pieces
2 lbs  Celery, 1” Pieces
2 lbs  Onions, White, 1” Pieces
2 lbs  Potatoes, 1” Pieces
1 lb   Bell Pepper, Green, 1” Pieces
1 lb   Pumpkin, 1” Pieces
2 each  Bay Leaf, Whole Dry
1 lb  Peas, Frozen

INSTRUCTIONS:

1) In a 6 quart dutch oven, heat Oil over medium-high heat.
2) Add Beef. Sauté until browned.
3) Add Water, Salt, and Pepper. Reduce heat and simmer for 1½ hours, or until beef is tender.
4) Add Curry Powder, Scallion, Thyme, Carrots, Onions, Potatoes, Bell Peppers, Pumpkin, Bay Leaf, and Peas. Simmer another 45 minutes.
BRIAN WALCOTT’S
JAMAICAN JERK FRIED CHICKEN
SERVINGS: 12

INGREDIENTS:
1 cup Flour, All Purpose
1½ tsp Paprika, Ground
¾ tsp Salt
½ tsp Black Pepper
2 oz Caribbean Jerk Seasoning
4 lbs Chicken, 8-Cut Oil, For Frying

INSTRUCTIONS:
1) Preheat oven to 325°F.
2) In a large bowl, combine Flour, Paprika, Salt, Pepper, Caribbean Jerk Seasoning. Mix until well combined.
3) Coat Chicken with seasoned flour.
4) In a large pot, fill halfway with cooking oil over medium-high heat until temperature of 375°F, or until a pinch of flour sizzles immediately when added.
5) Add chicken to hot oil in batches, being sure not to overcrowd the pot and watching for spattering oil. Cook 10 minutes, or until golden brown.
6) Transfer chicken to baking dish. Bake in preheated oven for 8-10 minutes per pound, or until chicken is tender and done (at least 165 F on a food thermometer).
BRIAN WALCOTT’S
SKILLET VEGETABLE CURRY

SERVINGS: 8

INGREDIENTS:
1 lb      Potato, All-Purpose, 1” Chunks
1 lb      Sweet Potato, 1” Chunks
2 tbsp    Olive Oil
1 lb      Cauliflower, Florets
1 lb      Onion, Yellow, Finely Chopped
1 lb      Tomato, Diced
1 lb      Peas, Frozen
1 lb      Zucchini, 1” Chunks
1 lb      Bell Peppers, Green, 1” Chunks
2 oz      Curry Powder
3 cloves   Garlic, Fresh, Minced
1 tbsp    Salt
1 tbsp    Black Pepper
1 oz      Cilantro, Fresh, Chopped
2 tbsp    Coconut Flakes, Toasted

INSTRUCTIONS:
1) In a large pot, add Potatoes and Sweet Potatoes. Cover with water and bring to a boil. Cook 20-25 minutes, or until tender. Drain.
2) In a large skillet over medium heat, add Olive Oil, cooked Potatoes, Cauliflower, Onion, Tomato, Peas, Zucchini, and Bell Peppers. Sauté about 3 minutes, or until slightly browned.
3) Add Curry Powder, Garlic, Salt, Pepper, Cilantro. Cook about 5 minutes, or until vegetables are tender.
4) Finish with Coconut Flakes.

Where did these recipes come from or what makes these recipes special to you?

“These recipes are from my mother. Growing up in Jamaica, dinner was prepared every night in our household. I was inspired by how food can tell a story, convey cultural ideas, and how it brings people together.”
Chef Bio:
Michelle is a Philadelphia native, having been born in North Philadelphia and raised in West Philly. Michelle’s love for food and especially fresh seafood comes from her family who live down South. She enjoys working with the Penn Dining team and loves all the interaction with students that being a cashier affords.
MICHELLE WILCOX’S
CRAB PIE
SERVINGS: 8

INGREDIENTS:
2 each      Pie Shells, Deep Dish
4 each      Eggs, Whole, Large
1 cup      Whole Milk
1 cup      Mayonnaise
1 lb      Lump Crab
8 oz      Cheddar Cheese, Shredded
2 tbsp      Old Bay
1 tbsp      Green Pepper, Diced
1 tbsp      Onion, Yellow, Diced

INSTRUCTIONS:
1) Preheat oven to 350°F.
2) Bake Pie Shells for 3 minutes, cool.
3) In a large bowl, beat Eggs.
4) Add Milk, combine.
5) Add Mayonnaise, Lump Crab, Cheddar Cheese, Old Bay, Green Pepper, Onion. Mix until incorporated.
6) Pour half of mixture into each Pie Shell.
7) Bake 50 minutes, or until knife inserted comes out clean.

Where did the recipe come from or what makes the recipe special to you?

“My aunt lives down South and I love fresh seafood. Her recipe is my favorite crab pie recipe.”
We give our chefs tremendous freedom to create their menus, using what’s in season and turning it into delicious food that suits the tastes of their guests, but we have a long list of specific standards that their ingredients must meet.

Our kitchen philosophy is simple. We cook from scratch using fresh, authentic ingredients. We start with food in its simplest, most natural form. We have no corporate recipes. Our freezers are small, and our deliveries of fresh, seasonal produce and whole foods are big.

We care about our guests. By its nature, the act of feeding people is an intimate one — or at least it should be. We care about what you like, and we also care about your health. We know which cooking techniques preserve flavor and nutrition to produce healthy, delicious dishes. Our locations’ menus may differ widely, but they all adhere to our approach to wellness.

The recipes contained within this cookbook may, or may not, adhere to our ingredient standards, kitchen philosophy, and/or our approach to wellness. They are all beloved recipes, often passed down generations, that our staff cooks at home for their loved ones — and that is something worth sharing with the Penn Community!