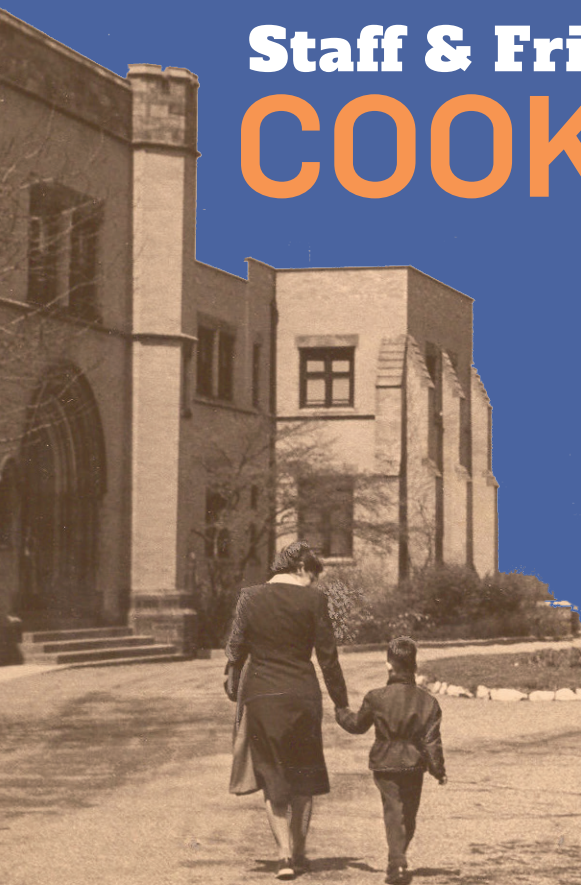




190TH ANNIVERSARY

Staff & Friend COOKBOOK





Food is at the center of the community, family, and culture through which we define our lives. It is the ultimate sign of caring, of nourishment, of growth. It is over the table that we come together, and it is the foods we eat that we associate with special moments throughout our lives and the special people who prepared them.

As we commemorate 190 years of caring for New York City's children, adults, and families in need, a cookbook seems a fitting way to honor this history. From the first orphan children welcomed by the Leake & Watts Orphan House to the many populations supported in residential, school, and community programs today, food has been both a staple in our work to provide stability for those facing adversity and a means of celebration for success and progress toward positive paths forward.

The Rising Ground 190th Anniversary Staff Committee wants to thank everyone who helped make this cookbook happen. We want to especially thank our staff who added their special recipes to the book. Rising Ground has more than 1,600 employees working for 55 programs in more than 70 locations across New York City and Westchester County. One of our goals was to try and capture the diversity within our staff and the communities we support through these recipes. We hope you find something special in these pages that will become part of your family traditions.

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We also want to thank Nykisha Brown, Director of Administration, for getting us all together and Patrick Lattin, Communications Manager, for designing the book. Finally, a special thanks to Sharon Pyle for compiling the recipes and guiding this project.





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Breakfast & Breads

POPOVERS

Ingredients

3 cups whole milk
3 cups all-purpose flour
1 tablespoon kosher salt
6 eggs
1 1/4 cup (6 ounces) grated Gruyere cheese

Directions

Place two popover pans in the bottom third of an oven. Place a baking sheet on the rack underneath to catch any drips. Preheat the oven to 400 degrees. Leave the popover pans in the oven for about 15-20 minutes. Meanwhile, in a small saucepan over medium-high heat, warm the milk until small bubbles form around the edges. Do not boil. Put the flour and salt in a fine-mesh sieve and sift into a bowl. In a separate large bowl, whisk the eggs until frothy, about 2 minutes. Slowly whisk in the hot milk, whisking constantly so the eggs don't cook, then gradually whisk in the flour mixture until almost smooth. Remove the popover pans from the oven and spray the cups with nonstick vegetable spray or grease lightly with vegetable oil. Fill the prepared cups about three-fourths full with batter and sprinkle each with a couple of tablespoons of the cheese. Return the pan to the oven and bake for 15 minutes, then rotate the pan 180 degrees. Continue baking until the popovers are browned and puffed, 30 minutes more; do not open the oven after rotating the pan. Invert the pan and remove the popovers. Serve immediately.

Note: If some batter remains, use a paper towel to wipe out the excess fat from the empty popover pans. Heat the pans in the oven for 5 to 10 minutes. Pour remaining batter into the cups and top with cheese. Return to the oven for 45 minutes.

~ BLT Steakhouse

BLT Steakhouse was the brainchild of chef Larent Tourondel (the initials stand for Bistro Laurent Tourondel) and received rave reviews from day one. The star is, of course, prime beef, but the BLT-branded restaurants (now BLT Restaurant Group) are also known for their sensational, humongous, incredibly delicious popovers, Tourondel's nod to Yorkshire pudding. Easy to make; hard to forget.



SWEDISH PANCAKES & CREPES

Ingredients

1 tablespoon butter
1 egg
1/2 cup milk
1 heaping teaspoon sugar
1/4 cup flour
Dash of vanilla
Pinch of Salt

Directions

Traditionally, pancakes are made to be small in diameter (2"), but using a larger frying pan the batter is great for jam/jelly filled crepes.

Melt butter, set aside to cool In a medium bowl, mix together egg, milk, sugar, salt and vanilla. Mix in cooled melted butter. Slowly stir in flour – break up any clumps (can run through blender to make extra smooth). In hot frying pan, melt a little butter, pour in just enough batter to coat bottom of frying pan (for crepes, 6" – 8" pan. Check to see if bottom is golden (bakes very quickly); flip to bake other side. If making crepes, spread heaping spoonful of fruit jam/jelly/preserves in center and fold over sides of pancake.

“My Swedish grandmother made these often. They are quick to make, light, slightly sweet and usually served with tart lingonberry jam. Making them in traditional small size, as a child I loved that I could eat “a whole big stack”. I inherited my grandmother’s cast iron “plett” pan and think of her every time I use it.”

~ Nancy Hruska, Vice President, Program Development/Institutional Advancement, Rising Ground



EGG PANCAKES

Ingredients

1 1/8 cups flour
3/4 teaspoon salt
1 1/2 cups milk
3 eggs
Butter
Powdered sugar

Directions

Mix ingredients together. Pour onto hot oiled 8-inch pan. Each pancake should cover full pan. After turning, butter and sprinkle with powdered sugar while the bottom is cooking. When done, roll up pancake into log shape, remove the pan, butter and sprinkle powdered sugar on top of roll. (Also good with strawberry jam rolled in.) *Servings: 4*

*~ George Ames, Marion & George Ames Early Learning Center,
from the Leake & Watts 150th Anniversary Cookbook*



CHEESY POPOVERS (AKA CHEESY BLASTERS)

Ingredients

2 eggs
2/3 cup of olive oil
1 1/3 cup milk
3 cups tapioca flour
1 teaspoon salt
1lb cheese

Directions

Preheat oven to 400 degrees. Combine egg, oil, milk in a blender. With motor running on low, gradually add in tapioca flour, salt and cheese. Pour batter into muffin tin up to 2/3 full. Top with cheese or other filling (i.e. – crumbled bacon). Bake for 20-25 minutes or until tops are a light brown.

“*It was a recipe I discovered after being diagnosed with Celiac Disease and have made for many for many friends-givings, family gatherings, and other potlucks. It's always a hit!”*

~ Helianis Quijada Salazar, Director, JustUs, Rising Ground

PUMPKIN BREAD

Ingredients

3 1/2 cups of all-purpose flour
3 cups of sugar
1/2 teaspoon salt
2 teaspoons baking soda
1 cup vegetable oil
4 eggs
2/3 cup of water
2 cups pumpkin
1 cup chopped nuts
1 cup raisins

Directions

Preheat oven at 350 degrees. Grease and flour 2 loaf pans. Coat the raisins and nuts in a separate bowl with 1 tablespoon of flour. Set aside. In a large bowl, mix all the dry ingredients together, then make a well in the middle. In the well, add oil, eggs, water, and pumpkin. Beat well so that all the ingredients are incorporated. Add the raisins and mixed nuts to the batter and mix gently. Pour the batter into the two loaf pans and bake for about 45-50 minutes. (Test with a toothpick. If it comes out clean, the bread is ready.) *Servings: 4*

~ Tom Sandoval, Actor

Tom Sandoval is an actor, known for *Alien Presence* (2009), *The Pit and the Pendulum* (2009) and *Behind Your Eyes* (2011). During the past two years, he's appeared in *Scare Us*, *The Wrong Real Estate Agent* (TV movie), and *The Other Two* (TV movie). He also starred in the TV series *Social Status*. But his fandom swoons when they see him on *Vanderpump Rules*, a reality TV staple on Bravo, which is a spin-off of *The Real Housewives of Beverly Hills*. PS: He also plays the trumpet.



ORANGE SMOOTHIE

Ingredients

1 frozen banana
1 orange
1 cup peaches (frozen)
1/2 cup vanilla Greek yogurt
1/4 cup orange juice
(add alcohol if desired)

Directions

Pour all the ingredients into a blender and mix on high for 2 minutes. Pour into glass.

“*This recipe is made at picnics and family barbeques.”*

*~ Erika Miller Bridges, Relationship Abuse Prevention Program Counselor,
Rising Ground*



POPOVERS

Ingredients

1 cup cold milk
1 cup flour, less 2 tablespoons
1 tablespoons cooking oil
1/2 teaspoon salt
2 eggs

Directions

Combine first four ingredients – milk, flour, cooking oil, salt and beat one minute with mixer at high speed. Add eggs one at a time, beating twenty seconds after each egg. Fill muffin tins 3/4 full and place in cold oven. Turn heat to 425 degrees. Bake for 35 minutes. After baking, let stand a few minutes before removing from pan. *Yield: 8 Popovers*

~ Judith Benitez, Board Member, Rising Ground Board of Directors



Appetizers, Sides & Salads

CAJUN DEVILED EGGS

Ingredients

6 hardboiled eggs
1/4 cup mayonnaise
1 tablespoon creole mustard or grainy spicy brown mustard
1 tablespoon creole seasoning
1 tablespoon hot sauce
1 tablespoon sweet pickle or pickled relish
chopped scallions for garnish

Directions

Slice eggs in half and place the whites on a plate and place the yolks in a bowl. Add mayonnaise, mustard, creole seasoning, and hot sauce to the yolk bowl and mash. Stir in sweet pickle or pickled relish and salt to taste. Place the yolk mixture in a piping bag and evenly fill the egg whites. Garnish with a few dash of creole seasoning and a sprinkle of scallions.



The Cajun Deviled Eggs are majorly delicious! They're rich and creamy with the perfect pop of zesty sweet heat! They made a great appetizer or tasty snack for on the go or at a dinner party. It is a great source of protein."

~ Nykisha Brown, Director of Administration, Rising Ground

HOT WINGS

Ingredients

5 chicken wings cut into pieces
Flour to cover the wings
Oil to fry the wings
1/2 cup Italian dressing
1/2 cup Texas Pete Hot Sauce
1 tablespoon margarine

Directions

Fry chicken wings well done in hot oil. In a medium size pot, add Italian dressing, Pete Hot Sauce, butter or margarine and mix together well. Pour mixture over fried chicken wings.



My kids loves these chicken wings."

~ Jacqueline Gary, Billing Specialist, Finance Department, Rising Ground

CRAB AND SHRIMP SALAD

Ingredients

- 1-2 cans lump crab meat
- 1-2 lbs large shrimp
(depends on desired ratio to crab meat)
- 1/2 green pepper
- 1/2 red pepper
- 1 white onion
- 1 garlic clove
- 1 bunch cilantro
- 2 plum tomatoes (or your preference)
- Apple cider vinegar (to taste)
- Light virgin olive oil or vegetable oil, depending on your preference (to taste)
- 1 packet Sazon (sin achiote)
- lemon (optional)

Directions

Drain Crab meat and set aside. Shell and de-vein shrimp (both sides). Boil water in a pot, once the water is boiling, turn off stove and add shrimp. You do not want to boil the shrimp, but you want to cook in the hot water, as shrimp gets tough if overcooked. Once the shrimp are nice and pink, drain them in a colander and let them cool off at room temperature. Chop ½ green and ½ red peppers, onion, garlic, scallions, plum tomatoes and fresh cilantro into small pieces (colorful peppers makes for this wonderful spring/summer or anytime salad). Add oil and vinegar to mixture of chopped peppers, onion and garlic and season with salt, pepper and 1 envelope of Sazon (sin achiote) to taste. When adding oil and vinegar, pour to your liking BUT be careful with the vinegar. Place cooled shrimp and crabmeat in one large mixing bowl. Pour chopped mixture over shrimp and crab meat. Be careful when mixing, as crab meat is delicate and you want to have visible chunky pieces of crab meat in your salad. Garnish with more cilantro and wedges of lemon.

Serve with: Yucca, malanga or your favorite root vegetable. It is delicious as a chunk dip as well when served with fried green plantains (Tostones)!

~ Milagro Diaz, Program Administrator, Passage of Hope, Rising Ground



BRIA'S STRAWBERRY POPPYSEED SALAD

Ingredients

8 cups lettuce such as romaine, green leaf or iceberg torn into bite-sized pieces
1 bulb endive cored and chopped
1 pint grape tomatoes halved lengthwise
4 radishes ends trimmed, halved lengthwise and slice
2 carrots peeled, halved lengthwise and sliced
2 persian cucumbers or 1 hot house cucumbers halved lengthwise and chopped
2 cups strawberries, hulled and quartered (or other Berries)
1 cup tortilla strips from condiment aisle from a local grocery
Briannas organic rich poppy seed dressing

Directions

Toss all ingredients into a mixing bowl. Add the Poppyseed Dressing to your liking to enjoy a sweet and savory treat!



This recipe is my personal favorite because I love the mix of sweet and savory in most foods. This salad is the perfect mixture with the sweet poppyseed dressing and strawberries to the salty tortilla strips."

~ Bria Fernandez, Administrative Assistant, Intellectual Developmental Disabilities (IDD) Program, Rising Ground

AUNT LENKE'S CRANBERRY SURPRISE

Ingredients

2 cans whole cranberries
1 small can crushed pineapples (drained)
1 cup chopped walnuts

Directions

Mix well and let stand for about ½ hour. Yummy as is. Left over can be refrigerated.

~ Miriam Rosenberg, Family Foster Care Adoption Supervisor, Rising Ground

GEORGIA SALTINE SALAD

Ingredients

1 pack of saltine crackers, crushed Up
2 tomatoes, chopped
1 hard- boiled egg, chopped
2 finely chopped green onions
3 shakes ground black pepper
Salt – just a shake
Mayonnaise – to your taste

Directions

Combine all the ingredients into a serving bowl. For a more attractive serving, arrange lettuce leaves on a plate. Drop a tablespoon of salad in the middle of the lettuce. This salad can be served either as a main dish or a side dish.

~ Roberta Calderella, Biondi Education Center, Rising Ground



COLESLAW DRESSING

Ingredients

1 1/2 tablespoons lemon juice
1/2 cup mayonnaise
1/2 teaspoon ground black pepper
1/2 teaspoon salt
2 tablespoons white sugar
1 tablespoon vinegar

Directions

In a sauce pan, mix all ingredients together until fully mixed, making all merge together turning creamy.

“

A creamy dressing that can be made with items you already have and keep it refrigerated until needed.”

~ Rhonda Drakes, Office Manager, STEPS to End Family Violence, Rising Ground

ATTORNEY GENERAL LETITIA JAMES SWEET POTATO RECIPE

Ingredients

6 large sweet potatoes
1 tablespoon butter
1/4 teaspoon ground cinnamon
1/4 cup brown sugar
1/4 teaspoon ground nutmeg
1/2 teaspoon vanilla extract
1/2 teaspoon salt, optional
1/2 bag mini marshmallows
1/4 cup half-n-half or heavy cream

Directions

Prepare the Potatoes. Peel potatoes and place in a pot of boiling water for approximately 20 – 25 minutes. Drain water and place mash sweet potatoes in a mixing bowl. Add the cinnamon, brown sugar, nutmeg and half and half or heavy cream, mix/whip all the ingredients together until ingredients are combined and the potatoes are smooth without lumps (use a mixer or whip with a large wooden spoon). Take a spoon and taste the mixture to ensure it's nice and sweet (not too sweet!). If necessary, add more spices and/or sugar to suit your taste. Then cook according to either the stove top or alternative oven method below.

Stove Top Method: Butter medium sized pan. Place the pan over a low flame. Place the mashed sweet potatoes into the pan. Sprinkle marshmallows on top of the mashed sweet potatoes. Cover for approximately 8 minutes or until marshmallows begin to melt. Place sweet mashed potatoes in a dish and serve.

Oven Method: While the potatoes are boiling, preheat the oven to 350 degrees. Butter a baking dish. Place mixed/whipped mashed sweet potatoes in a baking dish. Sprinkle marshmallows on top and bake for about 10 minutes.

~ Letitia James, New York State Attorney General

An attorney, activist, and politician, New York State Attorney General Letitia James, is the first woman of color to hold statewide office in New York and the first woman to be elected NYS Attorney General (2018). She was a member of the New York City Council and served as Public Advocate from 2013 – 2018. She also served as a public defender for the Legal Aid Society and counsel to Albert Vann, and Chief of Staff for Roger L. Green in the New York State Assembly.



YALE BEETS

Ingredients

12 small beets
1/2 cup Sugar
2 teaspoons cornstarch
1/2 cup orange juice
1 tablespoon lemon juice
2 tablespoons butter

Directions

Preparation: Beets should not be scrubbed or brushed. Wash the beets gently and leave the stems on. Put them in a small amount of boiling water, cover tightly, and simmer slowly. This will take 30 – 45 minutes. As soon as you can handle them, slip the skins off. Cut into slices, dice or julienne strips. Combine the sugar, cornstarch, orange juice and lemon juice in a small saucepan. Bring to a boil and let it simmer 4 or 5 minutes. Pour over beets in a larger saucepan and heat through very slowly, shaking the pan several times. Just as you serve the beets, add the butter and let it melt with the serve.

~ *Judith Benitez, Member of the Board of Directors, Rising Ground*

"LATER TATER"

Ingredients

2 lbs small red potatoes (or yukon, or whatever you have!!)
2 tablespoons of quality olive oil
1 tablespoon of chopped rosemary (better if pulled from the plant)
2 cloves of chopped garlic
Lemon pepper and salt
½ cup shredded sharp cheddar cheese

Directions

Cut Potatoes into 1/4 Pieces. Preheat Oven to 425 degrees. Mix potatoes, olive oil, chopped garlic, rosemary, lemon pepper and salt in a large bowl. Spread on baking sheet. Roast for 40 minutes, flipping once after 20 minutes. Transfer to serving bowl and sprinkle with cheese before serving. *Yield: 4 Servings*

“*I just made it up one night using what was at hand in the fridge. I based it on a recipe my mother-in-law had verbally shared one night over dinner. The kids (and adults) loved them!!!*”

~ *Edward Gorch, Clinical Director, Justice for Youth and Families Program, Rising Ground*

BAAK BANAN (DIPPED PLANTAIN FRIED)

Ingredients

1 ripe plantain (yellow in color, has black spots, and a little soft to touch)
1 cup flour (just regular plain flour)
1 teaspoon baking powder
1/2 teaspoon salt
3/4 cup plain club soda
Vegetable oil for frying

Directions

Peel plantain and slice it diagonally. Put oil in a pot and let it start heating up on medium heat. You want to have enough oil for the plantain to float in while frying. Yes – this is not your diet food! – Lol. In a small bowl or a wide mouth cup, mix the dry ingredients. Add 1/4 cup club soda and mix it thoroughly. If you need more add it slowly with a teaspoon. The consistency should be a little thicker than pancake mix. Dip a slice of plantain in the mix and put it in the frying oil. Continue dipping sliced plantain in mix and fry. Fry plantain until they are crisp on the outside and when you touch with your fork it kind of rolls away.

I grew up in Aruba, a small island in the Dutch Caribbean filled with so much culture. Growing up, we love to eat at a Surinam/Indonesian lady and she made the best Bami and Pasta on a whole other level. On the side, she always served Baak Banan! This simple side brings me so much nostalgia. Hope you like it!"

~ Anabella Quandus, Assistant Teacher, Ames Center, Rising Ground



CHEESE STRAWS

Ingredients

1/2 cup butter, softened
4 cups shredded Cheddar cheese
(at room temperature)
2 cups all-purpose flour
1 teaspoon salt
1/2 teaspoon cayenne pepper
(1/4 teaspoon if spicy is not desired)
Cooking spray

Directions

Preheat oven to 325 degrees, In a large bowl, cream butter and cheese until blended. In a separate bowl, sift flour, salt and cayenne pepper. Gradually add sifted flour and salt to the cheese and butter mixture. Mix well until dough is formed, soft enough to push through a cookie press. Lightly spray two cookie sheets with cooking spray. Place a portion of the dough in a cookie press with the star tube. Press the dough onto the cookie sheet from the top to the bottom, about 1 - 2 inches apart filling the cookie sheets until all the dough is used. Place in the oven and bake until golden brown, approximately 15 – 20 minutes. Remove from the oven and let cool. Once cooled, break with your hand or use a knife to break long strips into 3 – 4 inch strips. Place in an air-tight covered container until ready to eat.

This is delicious treat and a family favorite at birthday celebrations and family gatherings. It's hard to only eat a few pieces!"

*~ Sharon Pyle, Manager of Special Projects, Institutional Advancement,
Rising Ground*



PEAS AND RICE

Ingredients

2 cups black eye peas
4 cups jasmine rice
1 can coconut milk
Onion to taste
Salt to Taste

Directions

Bring peas to a boil until it is tender. Add rice and coconut milk and mix together
Add salt and onion to taste, Cook for 10 – 12 minutes until rice is cooked.

“*Growing up in the Caribbean, peas and rice is considered a national dish.*”
~ Kim Alleyne, Spectrum Transitional Independent Living Program (TIL),
Rising Ground





Mains

CAST-IRON SKILLET CHICKEN & FINGERLINGS WITH BASIL CHIMICHURRI

Ingredients

3 tablespoons extra-virgin olive oil
3 lbs bone-in skin-on chicken cut into pieces and patted dry with a paper towel
2 tablespoons kosher salt
1 tablespoon black pepper
2 lbs fingerling potatoes, chopped into 2-inch oblique cuts (so there are 2 angled Sides)

Basil Chimichurri

1 cup (40 g) roughly chopped fresh basil
1 cup (50 g) roughly chopped fresh flat-leaf parsley 1/4 cup (35 g) finely chopped red onion
1 cup (240 ml) extra-virgin olive oil
2 tablespoons red wine vinegar
2 teaspoons kosher salt

Directions

Heat the olive oil in a large cast-iron skillet over medium-high heat. Season the chicken with the salt and pepper on both sides. When the pan is very hot, place the chicken pieces, skin side down, in the skillet. Fill the pan with the potatoes. You want the pan's surface area to be completely covered with the chicken and potatoes. Cover with a lid and cook for 8 to 10 minutes, until the chicken has released its juices and everything is golden. Flip the chicken, cover again, and cook for another 10 minutes, or until the thickest part of the chicken reaches 165°F (use an instant-read thermometer if you have one). Remove the chicken from the heat, and add dollops of chimichurri sauce on top. Serve immediately.

Basil Chimichurri

Add all ingredients to a bowl and stir with a fork to combine. The chimichurri is best served immediately, while the herbs are still fresh, but it can be stored, covered, in the refrigerator for up to 1 day.

~ **Scott Conant, Author & TV Personality**
Chef, author, and TV personality (host of Food Network's *Chopped Sweets*; judge on *Chopped*) Scott Conant has spent the last 35 years opening restaurants across the country to widespread acclaim. His latest book, *Peace, Love, and Pasta* was published in September, 2021 (Abrams). Meals cooked from simple, fresh ingredients were staples of his New England family.



LENA GLAUDE DALY'S JAMBALAYA RECIPE

Ingredients

2 lbs of shrimp or 2lbs of chicken
2 tablespoons butter
2 tablespoons flour
1 cup finely chopped onion
2 cups bell peppers – red and green
1 cup finely chopped celery
1 tablespoon minced garlic
1 bay leaf
1/2 tablespoon salt
1/2 tablespoon pepper
1 tablespoon oregano
1/2 teaspoon thyme
1 tablespoon sugar
1 teaspoon cayenne pepper
1/2 lb sweet Italian Sausage
1/2 lb hot Italian sausage
1 – 24 oz can crushed tomatoes
1 teaspoon tomato paste
5 cups seafood or chicken broth

Directions

Peel and de-vein the Shrimp or cut the chicken into portions. Heat the butter in a large soup pot that has a heavy bottom over medium heat. Add the flour and cook, stirring constantly until browned. Do not let it burn. You have roux which is used in many Creole recipes. Add onion, celery, and garlic. Cook, stirring until the onion is clear. Stir in tomato paste. Stir in sausage and/or the chicken. Add the tomatoes, salt, pepper, oregano, thyme, cayenne pepper, sugar and the bay leaf. Add the broth and reduce the heat to medium. Simmer uncovered for about 25 – 35 minutes. If you are using shrimp, add it now and stir, cooking another 10 minutes. The Jambalaya should be slightly soupy but not watery. If it is too watery you can mix 1 Tablespoon of cornstarch with 1 cup of broth and add it slowly until thickened to your liking. Serve over white rice.



This is my mother's favorite recipe, especially during the Mardi Gras season in Mobile, Alabama, where I grew up."

*~ H. Aldervan Daly, Executive Vice President, Institutional Advancement,
Rising Ground*



GRANDMA LENA'S MUSHROOM AND BARLEY SOUP

Ingredients

2 tablespoon dried porcini mushrooms
2 tablespoon vegetable oil
1 lb portobello mushrooms, diced
1 large onion, diced
2 ribs celery, diced
3 garlic cloves, sliced
1 tablespoon flour
2 quarts beef stock
1/2 - 3/4 cup dried barley
2 teaspoons kosher salt
1 teaspoon black pepper
2 dried bay leaves
Water, if needed
1/4 cup fresh parsley chopped

Directions

Put dried mushrooms in $\frac{3}{4}$ cup very hot water; let stand 20 minutes. Add oil to sauté pan and set over low heat. Sauté portobellos, onion, celery, carrots and garlic until soft (about 5 – 6 minutes). Sprinkle flour over the vegetables and mix well. In a stock pot, place soaked mushrooms and their water, taking care not to include the grit at the bottom of the cup, sautéed vegetables, stock, barley. Season with salt and pepper. Bring almost to a boil, then lower the flame, cover, and cook over low heat for about an hour. Then, check to see if you need to add a little water if the mixture seems too thick and cook for another fifteen minutes. Remove the bay leaves and check seasoning. Before serving, sprinkle with fresh parsley.

“My grandmother Lena made great soup. I remember her chicken noodle soup most of all. Because the recipe for that did not get handed down, I share this one in loving memory.”

~ Carolyn Mandelker, Founder,
Harrison Edwards Inc.



CHICKEN KIEV

Ingredients

8 chicken breasts, boned
1 1/2 tablespoons butter or margarine for each breast
4 tablespoons chives, chopped for each breast
1 teaspoon salt for each breast
1/8 teaspoon pepper to each breast
4 egg whites
2 tablespoons milk
Bread crumbs
Vegetable oil

Directions

Pound chicken breasts very flat. Put butter, chives, salt and pepper in center of each breast. Fold edges in, roll into log rolls. Dip each rolled breast in bread crumbs. Mix egg whites with milk and dip rolled breasts in this mixture and then back into bread crumbs. Refrigerate for 20 minutes or more. Deep fry chicken in hot oil for 8 – 10 minutes at most turning occasionally. May be prepared a day in advance and kept covered in refrigerator until ready to cook.

~ *Maggy Ames, Vice President, Board of Directors, Rising Ground, from the Leake & Watts 150th Anniversary Cookbook*



GUATEMALAN CHICKEN PEPIAN

Ingredients

6 tomatoes cut in half
8 tomatillos, husks removed, cut in Half
1 large poblano pepper, cut in 2-3 pieces
1 large onion peeled
2 (or more) garlic cloves
2 tablespoons sesame seeds
2 tablespoons hulled pumpkin seeds
1-2 oz dried guajillo chilies, broken into pieces
.5 oz dried pasilla chilies, broken into pieces
1 thick slice of French baguette, toasted
4 sprigs fresh cilantro
2 black peppercorns
6 cups chicken broth
1/4 cup olive oil Plus 2 tablespoons for cooking chicken
1 chayote, cut into 8 pieces
4 potatoes (or sweet potatoes) peeled and thickly sliced
2 large carrots, thickly sliced
1 cup fresh corn kernels
3 1/4 lbs chicken (cut or bone-in, skin-on thighs and/or legs)

Directions

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Season the chicken pieces with salt and pepper. Add to skillet and brown on both sides. Continue to cook until the chicken is half done, about 10 – 15 minutes. Remove from pan and set aside. Put tomatoes, tomatillos, poblano pepper, onion and garlic in a roasting pan under the broiler and roast until the vegetables are slightly charred. Place sesame and pumpkin seeds in a pre-heated hot skillet and stir until seeds are slightly toasted. Remove from heat. Place toasted baguette slice, tomatoes, onion, garlic, tasted sesame and pumpkin seeds, guajillo and pasilla chili pieces, cilantro, salt ad black peppercorns into a blender. Pulse to chop until smooth. Pour 3 cups of chicken broth into the blender and puree again. You may need to do this in two batches. Strain the blended sauce through a sieve and pour into a large saucepan. Stir ¼ cup olive oil and the remaining 3 cups of chicken broth into the sauce. Cook sauce over medium-high heat, bring to a boil and cook for 3 minutes. Stir in chayote, potatoes, carrots and corn. Add chicken to saucepan. Cook until chicken and vegetables are done, about 30 minutes. Serve over white rice or over quinoa if you are following a low carb diet.

“Chicken Pepian is a favorite dish in Guatemala and is usually made during family celebrations or holidays. Its history dates to pre-colonial times when the Maya cultivated primary crops such as maize, beans, squash, chiles, achote and tomatoes as the basis of their cuisine.”

~ Andy Moya, House Manage, Passage of Hope, Rising Ground



HAMBURGERS

Ingredients

5lbs ground beef
Ciabatta buns
1 large onion
Handful of Garlic and Cloves –
1/2 cup breadcrumbs
3 large eggs
Bacon
Sliced Cheese
Brick Cheese
1/2 Worcestershire Sauce
2 Packets Sazon
Adobo (enough to add some color)
Paprika (enough to add some color)
Cumin (enough to add some color)
Olive oil – a few ounces just to be able to mix better
Black Pepper to taste (quantity)
Pink Himalyan Salt to taste
Oregano and Basil (quantity)

Directions

Dice the onions and garlic and put to the side. Cut brick cheese into squares about 1-2 inches this and put to the side. Cook the bacon to your preferred temperature then dice into tiny pieces and set to the side. In a large mixing bowl, combine the ground beef, onions, garlic. Add the eggs and olive oil to help with the mixing process. Add breadcrumbs, all listed spices and mix thoroughly. Add cheese cubes and bacon bits to middle of meat to form individual patties. Cook patties in a frying pan to your preferred temperature. Just before you remove them from the heat, place 2 slices of cheese to cover the patty and cover the pan so that the cheese can form a blanket over the patty. While you wait for the cheese to melt, butter ciabatta buns and let them toast for a few minutes. Place the patty on the buns and enjoy.



This recipe is a hit wherever I take them. I have yet to make these burgers and have a complaint on how they taste. Even BBQ and cookout, these burgers are always requested. The best thing about these burgers is the way the cheese oozes from the center combined with every flavorful bite."

~ Oscar Guevara, House Manager, Passage of Hope, Rising Ground



HONDURAN BALEADA

Ingredients

Flour Tortillas

4 cups flour
1 tsp baking powder
1 tsp salt
1 - 1 1/4 cup milk or water, divided
1/4 cup butter, lard or oil, softened

Baleadas

1/4 cup sour cream
1/4 cup plus 2 tablespoon milk
2 cups re-fried black beans, warmed
1/2 cup fresh grated Parmesan cheese

Directions

Flour Tortillas

In a large bowl, mix the flour, baking powder and salt. Mix in 1/2 cup of milk or water. Work in the liquid fat with your fingers until the dough comes together. Add more milk or water, a little at a time, as needed. Turn the dough out onto your counter and knead for 5-10 minutes, until you have a soft and smooth, but not sticky dough. Cover the dough with a dish towel and let rest for at least 30 minutes. When you are ready to cook your tortillas, heat an ungreased griddle or skillet over medium heat. Cut the dough into 8 equal portions and roll each into a ball. Roll each ball into an 8 1/2 inch round, roughly 1/4 inch thick. If your dough springs back on you, let it rest a little longer before continuing rolling. Place rolled dough onto the preheated, dry skillet and cook for 1 minute on each side, until lightly golden in spots and slightly puffy. Keep the finished tortillas warm and soft by wrapping in a clean tea towel.

Baleadas

Mix the milk with the sour cream, adding a little at a time, until the cream is pour-able. Set aside. Heat a dry skillet over medium heat. Place tortilla in the skillet and heat both sides to soften. Transfer the tortilla to a plate and spread the beans on one half (roughly 1/4 c). Sprinkle with your grated Parmesan cheese (about 1 Tb) and drizzle with cream (roughly 1-2 tsp). Fold the baleada in half.

Continue with remaining ingredients and serve warm!

~ German Alvarado, Case Planner, Family Foster Care, Rising Ground

HONDURAN ENCHILADAS

Ingredients

For the meat

1 waxy potato, cubed ¼ inch
1 pound ground beef, 85-90% lean
1 medium onion, diced
2 garlic cloves, minced
1/2 green pepper, diced
2 tomatoes, diced
3 Tbsp tomato paste
1 cup beef stock
1 tsp salt
1/2 tsp black pepper
1/2 tsp ground cumin

For the chimol

1 small red onion, diced
1/2 green pepper, diced
1 medium tomato, diced
1/2 cup cucumber, diced
1/2 cup fresh cilantro, chopped
1 Tbsp olive oil
1 Tbsp vinegar
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp cumin

For the cabbage salad

1 cup shredded cabbage
1 Tbsp vinegar
1/4 tsp salt

For the tomato sauce

3 tablespoons tomato paste
1/2 cup water or beef stock

Other toppings

3 hard-boiled eggs sliced
1 cup Cotija cheese

For the fried tortillas

9 corn tortillas (homemade or store bought)
1/2 cup vegetable oil, for frying

NOTES

Meat, chimol, and tomato sauce can be made a day or two in advance. To keep cabbage crispy, it is best to make the cabbage salad within a few hours of serving. For the best tortillas, fry before serving.

Directions

The Meat: In a small saucepan, add potatoes and enough water to cover it. Cook until tender, drain and set aside. In a big skillet, sauté the beef with the onions over medium high heat until the meat is browned. Add garlic, green peppers and tomatoes. Cook for 3 more minutes. Add tomato paste, beef stock, salt, pepper, and cumin. Cook for another 5 minutes. Add the cooked and drained potatoes. Mix well and set aside.

The Chimol: In a medium bowl, add all the ingredients and mix well. **The Cabbage**

Salad: Mix all ingredients in a small bowl and set aside. **The Tomato Sauce:** Mix water or beef stock with tomato paste in a small saucepan and cook over medium heat until dissolved, stirring constantly. Cook for 3 more minutes. Set aside. **The Fried**

Tortillas: Heat oil in a medium frying pan, over high heat. Once the oil is very hot, fry one tortilla at a time. About 15-20 seconds for each side, until golden and crispy. Drain on paper towels. **Putting It All Together:** Place a fried tortilla on a plate. Add

a layer of the beef and potato mixture, a layer of shredded cabbage, some chimol, a tablespoon of cheese, some egg slices and finish up with a teaspoon of tomato sauce.

“

Not like the enchiladas you may first think of, Honduran enchiladas are made in the style of a tostada. Crispy corn tortillas, piled with meat, veggies, cheese, and eggs create this delicious street food.”

~ German Alvarado, Case Planner, Family Foster Care, Rising Ground

MI MAMÁ'S ARROZ CON POLLO (MY MOM'S CHICKEN AND RICE)

Ingredients

3 1/2 lbs. whole chicken cut into pieces
3 cups long grain rice
3 1/2 cups of water (or you can make stock by boiling the chicken gizzards in 3 1/2 cups water)
1/2 cup of "sofrito" sauce (Blend 1/2 onion, 1/2 green bell pepper, 3 garlic cloves, 4 cilantro sprigs)
1/2 teaspoon ground cumin
2/3 tablespoons "Alcaparrado" (mix of olives, pimiento strips and capers)
8 ounces tomato sauce, 2 tablespoons oil, salt and pepper to taste

Directions

Wash chicken and pat dry. Season the chicken with salt and pepper and refrigerate at least 30 minutes. Heat oil in a cauldron in medium heat. Stir in the chicken and brown on each side for approximately 5 minutes total. Stir in sofrito sauce tomato sauce, cumin, and sauté for about 4 minutes in low heat. Stir in rice, mixing well with the sofrito. Add broth and bring to a boil. When liquid is evaporating, lower heat and cover. Continue cooking for 20-25 minutes until rice is completely cooked. [Tip: To know if the rice is ready, take a grain of rice and squeeze between fingers. If it is soft, it is ready]. You can decorate top with a few peas (cooked) and red pimentos on top!

"I love this recipe because my mom always made it on cold days and when the days start getting colder, the smells always remind me of her and her warmth. I love how she always decorates the dish and places it on a pretty platter."

~ Connie Márquez, Vice President of Community Services and Strategic Partnerships, Rising Ground



PUERTO RICAN ARROZ CON POLLO

Ingredients

3 1/2 lbs chicken, cut in pieces
3 cups long-grain rice
3 1/2 cups water
1/2 cup basic sofrito (1/4 onion, green pepper, 3 garlic cloves chopped and mashed)
1/2 teaspoon ground cumin
2 tablespoons Alcaparrado (Olives and Capers)
1 teaspoon Cilantro and Annatto seasoning
2 oz. tomato sauce
2 tablespoons oil (to stir-fry chicken)
Salt and black pepper to taste

Directions

Season chicken ahead of time with salt and pepper; let stand in the refrigerator until you are ready to cook. Heat the oil in a caldero or Dutch oven to medium heat. Stir in chicken and brown on each side for approximately 5 minutes, remove and store covered. Stir in sofrito, capers, seasoning, tomato sauce, cumin and sauté for about 4 minutes at low heat. Stir in rice. Mix well with the sofrito, add water, bring to boil. When rice is drying, lower heat to the lowest and cover. Continue cooking for about 20 -25 more minutes, until rice is completely cooked. Once cooked, stir and add the chicken. Cover, let cook for 20 more minutes.

“*What makes this recipe so special is that it was a preferred dish in my house growing up. Any time I eat this dish it always brings back great memories of my family and especially my grandmother.”*

~ Andy Moya, House Manager, Passage of Hope Program, Rising Ground



SPICY MAPLE SALMON

Ingredients

Salmon
Sweet Peppers
Onions
Tomatoes
Garlic
Old Bay Seasoning
Garlic and onion powder
Sazon (orange)
2 teaspoons BBQ sauce
3-4 tablespoons maple syrup
Butter
Hot sauce
Thyme
Dab of Italian seasoning
 $\frac{3}{4}$ Cup Water

Directions

Season salmon with sazon, garlic powder and onion and Old Bay seasoning. Melt butter in pan and add salmon. Fry salmon until golden brown. Remove from pan and add onions, sweet peppers, tomatoes, garlic, thyme and Italian seasoning to pan and saute for 2 – 3 minutes. Add salmon back to the pan with $\frac{3}{4}$ cup water. Add 2 Teaspoons of BBQ sauce and let it simmer for 2 minutes then add 3 – 4 teaspoons of maple syrup or add to taste. Simmer for another 3 minutes and serve. Hot sauce can be added.

“When I worked in RTC I was asked to make dinner for the youth. I didn't want to make them the same meal they have everyday so I came up with this recipe, and they loved it. Whenever it was my turn to cook they would always request salmon.”

~ Shevanice Simpson, Administrative Assistant, Administration, Rising Ground



STEWED CHICKEN WITH POTATOES

Ingredients

3 lbs. of chicken (any parts)
6 potatoes
3 tablespoons Gravy Master
1/4 cup Ketchup
1 onion
1 whole garlic or 3 teaspoons of minced garlic
3 lemons
2 tablespoons salt
Black pepper
2 tablespoons olive oil
Water – enough to cook chicken and potatoes, about 1 1/2 cups

Directions

Soak chicken in a bowl with lemons for 10-15 minutes. Wash off and season chicken with garlic, salt, black pepper and other seasonings as desired, for example, green seasoning. Add gravy master. Put chicken in pot with a little oil. Fry for 5 – 10 minutes then add water, enough to cook chicken and potatoes, about 1 1/2 cups. Bring to a boil for 15 – 20 minutes. Add peeled potatoes cut up. Put some ketchup, seasoned to taste. Cook for another 10 – 15 minutes.



It's one of the first dishes youth learn to cook in my family. It is a traditional family dish. Everybody loves a good plate of stewed chicken. Comfort food!"

~ Kim Alleyne, Spectrum Transition Independent Living (TIL) Program, Rising Ground



VEAL AND SOUR CREAM

Ingredients

3 lbs breast of veal, cubed
3 tablespoons butter
2 tablespoons hot Sherry
3/4 cup white sultana raisins
4 mushrooms, sliced
1 teaspoon tomato paste
3 tablespoons flour
1 1/2 cups beef broth
1 cup sour cream
1 tablespoon currant jelly
2 teaspoons salt
Dash cayenne (red) pepper
1/2 teaspoon coriander, ground
1 bay leaf

Directions

Brown meat in butter in heavy pot. Pour on hot sherry. Remove meat and add raisins. Cook brisky for 2 – 3 minutes. Add mushrooms, tomato paste and flour. Blend well. Pour on beef broth. Stir until boiling. Add slowly and carefully, while beating steadily, sour cream, currants, jelly, salt, pepper, coriander and bay leaf. Put back veal and simmer gently for 45 minutes until tender. Serve from casserole with bowl of boiled rice. *Servings: 6*

~ Phoebe R. Stanton, Board Member Emeriti,
from the Leake & Watts 150th Anniversary Cookbook



FILETTO DI POMODORO (NEOPOLITAN LIGHT TOMATO SAUCE)

Ingredients

- 1 4 oz. package of Prosciutto, finely chopped
- 2 tablespoons of good olive oil
- 1 tablespoon unsalted butter
- 3 large white onions, chopped
- 4 large basil leaves chopped plus more for serving
- 3 28 oz cans of whole plum tomatoes put through a food mill (approximately 8 cups)
- Freshly milled black pepper
- Red pepper flakes to taste

Directions

Saute the prosciutto in the oil and butter until crisp. Add the onions and basil. Simmer until onions are softened stirring occasionally for about 7 minutes. Add the 8 cups of tomatoes to the pan. Stir well with a wooden spoon. Simmer at least 25 minutes stirring frequently. Mix in a generous amount of black pepper and add red pepper to taste. Tear up some more basil leaves and add them as well. Raise the heat, stir and cook off any excess water from the tomatoes. Serve with penne pasta, fresh basil, and freshly grated parmesan cheese.

~ Paula Bormes and David Dinkins, Jr.

According to Paula Bormes, wife of David Dinkins, Jr., this recipe contains her husband's favorite sauce. "The original recipe is from Jack Denton Scotts marvelous recipe book "The Complete Book of Pasta". I have modified his recipe over the years to suit our taste. My tattered copy is 40 years old and I have made this sauce hundreds of times. It is always worth it because it is always a winner!"

David Dinkins, Jr. is the son of the late David Dinkins, former Mayor of New York City. Dinkins, Jr. is a well-known sports producer, having worked for ABC Sports, ESPN, CBS, ABC, and FOX, and has been the primary producer of the Showtime Championship Boxing series since 1987.

He says his wife "is a high-level chef!"



KOREAN BEEF BOWLS

Ingredients

1 lb. ground beef
3 cloves garlic
1/4 cup brown sugar (packed)
1/2 teaspoon red pepper flakes
1 tablespoon sesame Oil
1 1/2 cups Rice
Scallions (for topping)
Sriracha Mayonnaise (mix mayonnaise with sriracha sauce)

Directions

Cook rice. In a small bowl, mix soy sauce, brown sugar, onion, ginger, garlic and red pepper flakes together. In a skillet on medium high, cook ground beef with sesame oil until well done. Pour soy sauce mixture over the meat and combine together. Let it simmer for a few minutes. Serve over white rice with chopped scallions and top with sriracha mayo.

“*It's quick, delicious, and gluten free. My husband and I discovered this recipe in the middle of COVID lockdown when we were craving Korean food and couldn't find a restaurant to deliver to us. This recipe was a huge win for us then!”*

~ Helianis Quijada Salazar, Program Director, JustUs, Rising Ground



ZUCCHINI QUICHE

Ingredients

3 cups cubed zucchini
1 cup bisquick
1/2 cup chopped onion
1/2 cup cheese (Mozzarella and Parmigiano)
2 tablespoons snipped parsley
1 garlic chopped
1/2 cup vegetable oil
4 eggs lightly Beaten
1 Mozzarella

Directions

Heat oven to 350 degrees. Grease oblong pan 13 x 9 x 2. Mix all ingredients together. Bake until golden brown for about 25 – 30 minutes.

~ Thomas Cartolano, Senior Financial Accountant, Rising Ground



Desserts & Sweets

ARROZ CON DULCE

Puerto Rican Rice Pudding

Ingredients

- 1 1-inch piece of fresh ginger
- 2 -3 medium cinnamon sticks
- 6 whole cloves
- 1 teaspoon kosher salt
- 1 can coconut milk
- 1 cup medium or short grain rice
- ½ cup granulated or brown sugar
- ½ cup golden raisins
- ¼ cup sweetened coconut flakes
- 1 teaspoon ground cinnamon

Directions

In a large sauce-pan, bring 3 cups of water to a simmer. Add the ginger pieces, cinnamon sticks, whole cloves and salt. Simmer for about 15 minutes until the flavor are infused into the water. Remove the spices and save the infused water. Add the coconut milk and 1 more cup of water. Bring to a boil. Add the rice, sugar, raisins and coconut and thoroughly stir. Reduce the heat to a simmer, cover and cook for 20 minutes stirring a few times. After 20 minutes, remove the lid and stir. Continue to cook for another 20 – 30 minutes or until the rice is cooked through and creamy. The water should be absorbed. If the water is absorbed but the rice is still not cooked, add a little hot water and continue to cook until done. Once the rice is cooked, pour into your serving dish. Allow to cool and place in the refrigerator to chill until ready to serve. Garnish with cinnamon.

“I used to help my grandmother make this recipe growing up in Puerto Rico. We used to serve it during Christmas Eve which is my favorite time of the year. big stack”.

~ Carmen Soto, Economic Empowerment Specialist, JustUs, Rising Ground

BANANA PUDDING CRUMBLE

Ingredients

3-4 ripe bananas

3-4 12 oz cream cheese

3 tablespoon vanilla extract

1/2 cup brown or white sugar

Cinnamon

1 bag vanilla wafers and chessman cookies

2-3 vanilla pudding packs

Milk (4 cups of milk for 2 packs of vanilla pudding, 6 cups of milk for 3 packs of vanilla pudding)

Directions

Cut bananas into thin slices, Cream cheese should be at room temperature. Use a food processor to break apart $\frac{1}{4}$ of chessman and wafers. Put cream cheese in a bowl to soften and add sugar, vanilla extract, and cinnamon. Make vanilla pudding with milk, stir until creamy. Add pudding to cream cheese in dessert bowl. Layer cookie crumbs to pudding to chessman to pudding (repeat this step until there is no more pudding or chessman).

“*It's a family favorite due to its sweetness and how light it is.*”

~ Maya McDuffie, Senior Counselor, JustUs, Rising Ground



BLACKBERRY COBBLER

Ingredients

2 cup all-purpose flour
2 cups white sugar, divided
2 teaspoon baking powder
1 teaspoon salt
12 tablespoons cold butter
1/2 cup boiling water
1 teaspoon cinnamon
2 tablespoons cornstarch
¼ cup cold water
1 tablespoon lemon juice
6 packages fresh blackberries, rinsed and drained

Directions

Preheat oven to 400 degrees. Line a baking sheet with aluminum foil. In a large bowl, mix the flour, 1 cup sugar, baking powder, and salt. Cut in butter until the mixture resembles coarse crumbs. Stir in 1/2 cup boiling water just until mixture is evenly moist. In a separate bowl, dissolve the cornstarch in cold water. Mix in remaining 1 cup sugar, lemon juice, and blackberries. Transfer to a cast iron or oven safe skillet, and bring to a boil over medium heat, stirring frequently. Drop dough into the skillet by spoonfuls. Place skillet on the foil lined baking sheet. Bake 25 minutes in the preheated oven, until dough is golden brown.

Alternatives

- Adjust amount of blueberries or topping as desired.
- Peach Cobbler: substitute with 8 cans peaches and replace water with juice from can
- Other berries: Use any combination of blueberries, blackberries, strawberries, etc. Drain excess liquid while heating on stove top, increase amount of berries if they have higher moisture content, and adjust cornstarch accordingly.

~ Alan Mucatel, Chief Executive Officer, Rising Ground



BUTTERMILK CHOCOLATE CAKE

Ingredients

1 3/4 cups all-purpose flour
3/4 cup unsweetened natural cocoa powder
1 3/4 cups granulated sugar
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
1/2 cup vegetable oil
2 large eggs – at room temperature
2 teaspoons vanilla extract
1 cup buttermilk – at room temperature
1 cup hot water

Directions

Preheat oven to 350°F. Grease two 9-inch cake pans or one 9x13 pan and line with parchment paper. Whisk the flour, cocoa powder, sugar, baking soda, baking powder, salt and pepper together in a large bowl. In another bowl, whisk the oil, eggs and vanilla together (you can also use a hand mixer or stand mixer with whisk attachment on medium-high speed). Add the buttermilk to the wet ingredients and mix until combined. Pour the wet ingredients into the dry ingredients, add hot water and whisk or beat on low speed until the batter is completely combined. Batter will be thin. Divide batter between the two pans and bake for 23-26 minutes or until a toothpick inserted in the center comes out clean. Remove the pans from the oven and set on a wire rack to cool. They may sink slightly in the middle as they cool – this is okay. This is a soft, moist cake so it's best to let them cool completely in the pans. Once cool, the pans can be flipped over, and the cakes should release easily.



This recipe is a favorite in my family because it's easy to make and produce a delicious chocolate cake that isn't dry or too sweet. We pair it with a variety of icings and it's very popular for family birthday cakes."

*~ Jennifer Simone, Classroom Teacher – Ames Center (Green B),
Rising Ground*



CHOCOLATE CHIP COOKIES

Ingredients

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 cup salted butter, softened
3/4 cup packed brown sugar
1/4 cup white sugar
1 (3.4 oz) package instant vanilla pudding
2 eggs
1 teaspoon vanilla extract
2 cups semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Cream butter (beat with mixer until fluffy)
Add in sugars, then pudding mix. Once blended, add eggs and vanilla
Blend in flour mixture (mix flour and baking soda separately). Stir in chips. Bake for 9 to 11 minutes.

~ *Tanisha Hunter, Director, United Families Preventive Program, Rising Ground*

CZECH COOKIES

Ingredients

1/2 lb butter
1 cup sugar
2 egg yolks
2 cups flour
1 cup chopped nuts
1/2 cup strawberry jam

Directions

Cream butter and sugar. Gradually add egg yolks, then stir in flour and nuts. Grease an 8" pan. Spoon in half the dough and pat down evenly. Spread the jam. Add remainder of dough, patting until jam is covered. Pre-heat oven to 325 degrees. Place in oven and bake for 30 minutes. When cooled, sprinkle generously with confectioner sugar and cut into 1" squares. *Yield: 25 squares*

~ *Judith Benitez, Member, Board of Directors, Rising Ground*

CRÈME CARAMEL

Ingredients

2/3 cups sugar
2 large eggs plus 5 yolks
1 – 14 oz can sweetened condensed milk
1 – 12 oz can evaporated milk
1/2 cup whole milk (half-and-half or 2% milk may be substituted, not skim milk)
2 teaspoons vanilla extract
1 tablespoon Bourbon (see note)
1/2 teaspoon salt

Directions

This recipe should be made at least one day before serving. Adjust rack to the middle position and preheat the oven to 300 Degrees. Stir together the sugar and ¼ cup of water in a small heavy saucepan until the sugar is completely moistened. Bring to boil over medium-high heat and cook, without stirring, until the mixture begins to turn golden. Gently swirling the pan, continue to cook until sugar is a honey color. Remove from the heat and swirl the pan until the sugar is reddish-amber and fragrant, 15 to 20 seconds. Carefully swirl in 2 tablespoon of warm tap water until incorporated – be careful as the mixture will bubble and steam. The whole process should take less than 10 minutes

Pour the caramel into an 8 ½ x 4 ½ loaf pan, do not scrape out the saucepan Set the loaf pan aside. Whisk the eggs and yolks in large bowl until combined. Add the sweetened condensed milk, evaporated milk, whole milk, vanilla, Bourbon, and whisk until incorporated. Strain the mixture through a fine-mesh strainer into a large bowl to remove any bits of egg, then pour the strained custard into the loaf pan over the caramel. Cover the loaf pan tightly with aluminum foil. Place the loaf pan in the center of a 9 x 13 inch baking or roasting pan to make a water bath. Place the nested pans in the oven; then pour hot water around the loaf pan until it reaches about halfway up the sides. Bake for 75 – 90 minutes, until the custard is set around the edges but still a bit jiggly in the center. Carefully remove the pans from the oven. Remove the foil and leave the flan in the water bath for 1 hour to cool. Remove the loaf pan from the water bath and wipe the pan dry. Cover tightly with plastic wrap and chill in the fridge overnight or up to 4 days. To unmold the flan, carefully slide a sharp knife around the edges of the pan. Invert a platter with a raised rim (to contain liquid caramel) on top of the flan and turn over. If flan doesn't release immediately, let it sit inverted for a minute or re-knife. When the flan is released, remove the loaf pan. Using a rubber spatula, scrape the residual caramel onto the platter.



The recipe is very easy and delicious to share with family or at events and can also be combined with coconut, chocolate or other toppings. It's a very delicious dessert."

~ Iliana Tejeda, Parent Child+ Early Literacy Specialist, Rising Ground

LEMON CAKE SANDWICHES WITH RASPBERRIES AND CREAM

Ingredients

Cake

1/2 pound plus 2 tablespoons butter (softened)
1 1/4 cups superfine sugar
3 eggs
2 1/2 cups all-purpose flour
1 1/2 teaspoons baking Powder
Finely grated zest and juice of 1 lemon
3/4 cup of heavy whipping cream
1 teaspoon vanilla extract

Filling

1/2 Cup Heavying Whipping Cream
2 Teaspoons Confectioners' Sugar
1/2 Cup of Greek-Styled Plain Yogurt
1 Cup of Fresh Raspberries (halved) and confectioner's sugar for dusting

Directions

Pre-heat oven to 325 degrees and butter and flour a 12 by 4-inch loaf pan. Cream together butter and sugar until light and fluffy. Beat in the eggs one by one. Sift in flour and baking powder then add lemon zest, lemon juice, cream and vanilla. Whisk well to get a smooth batter. Spoon into the loaf pan and bake for about 1 hour and 10 minutes, or until a skewer poked into the center comes out clean. If the top looks like its getting too brown before cooking, time is up. Cover it with aluminum foil. Remove and leave to cool completely in the pan. For the filling, whip the cream and confectioners' sugar together until the cream holds peaks, then fold the yogurt through. Cut the cake like a loaf of bread into slices about 1/4 inch thick. Spread half the slices with cream then top with the raspberries and the rest of the cake slices to make sandwiches. Dust with confectioners' sugar to serve.

~ Michael McCoy, Director of Foundation and Corporate Giving, Institutional Advancement, Rising Ground

NORA'S AWARD-WINNING CHOCOLATE CHIP COOKIES

Ingredients

1/2 lb butter
1 cup dark brown sugar
1/2 cup granulated sugar
2 eggs
2 teaspoons vanilla
2 1/4 cups flour
1 teaspoon baking soda
1 teaspoon salt
18 oz chocolate chips

Directions

Cream butter and two sugars until light and fluffy. Add eggs and continue beating well. Add vanilla and beat well. Sift flour, baking soda and salt together. Gradually add to batter and mix well. Stir in chocolate chips. Place generous teaspoons of batter on a greased cookie sheets. *Yield: 5 Dozen*

~ Mrs. Nora S. Schaaf, from the Leake & Watts 150th Anniversary Cookbook



NO BAKE COOKIES

Ingredients

1 3/4 cups sugar
1/2 cup milk
1 stick butter
1/2 cup peanut butter
4 tablespoons cocoa
3 cups quick cooking oats
1 tablespoon vanilla

Directions

Boil sugar, milk, butter, cocoa for 1 1/2 minutes (start timing when mixture comes to a full boil). Remove from heat. Add peanut butter, oats and vanilla. Mix well. Drop teaspoon of full mixture onto waxed paper to set and cool.

“

This is a Midwest family favorite. As a kid we made these all the time, especially in the summer since we didn't light the oven to heat up the house!”

~ Lisa Crook, Vice President, Justice for Youth and Families, Rising Ground

PEANUT BUTTER BLOSSOMS

Ingredients

1/2 cup butter crisco
1/2 cup peanut butter
1/2 cup brown sugar
1/2 cup sugar
1 large egg
2 tablespoons milk
1 teaspoon vanilla
1 3/4 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
48 Hersey Kisses

Directions

Combine 1/2 cup sugar, brown sugar, butter and peanut butter in bowl. Beat at medium speed until light and fluffy. Add egg, milk, vanilla and salt. Continue beating until well mixed. Add flour and baking soda; beat at low speed, scraping bowl often, until well mixed. Cover with plastic food wrap; refrigerate 30 minutes. Preheat oven to 375 degrees. Shape dough into 1 1/4-inch balls. Roll balls in 1/4 cup sugar. Place 2 inches apart onto ungreased cookie sheets. Bake 8-10 minutes or until very lightly golden brown. Immediately press 1 chocolate kiss in center of each cookie. Remove to cooling racks.

~ *Tanisha Hunter, Director, United Families Preventive Program, Rising Ground*



QUICK AND EASY DENSE CHOCOLATE MOUSSE (POTS DE CRÈME)

Ingredients

10 oz (1 bag) semi-sweet chocolate chips
1 large egg
3 tablespoons sugar
1 teaspoon vanilla
1 cup heavy cream
Pinch of salt

Directions

In a blender, pulse together chocolate chips, sugar, vanilla, salt and egg; to mix them, not blend them. In a large bowl (cream rising to double in volume) microwave heavy cream to boiling (2 – 2.5 minutes). Run blender on low speed and SLOWLY pour boiling cream into mixture; ensure mixed thoroughly. Once mixed, blend on high speed for one minute. Pour into single-serve dishes or medium bowl. Chill for two hours. Can be served with whipped cream or ice cream.

“

It's dense chocolate! Not too sweet."

*~ Nancy Hruska, Vice President, Program Development,
Institutional Advancement, Rising Ground*







This cookbook is part of a yearlong celebration of Rising Ground's 190th Anniversary, beginning in March 2021 and culminating with our Hope & Opportunity Gala on March 7, 2022. To see more about the events, discussions, and a special commemorative video, visit www.RisingGround.org/190.

Driven by the belief that each of us can thrive when life has hope and opportunity, Rising Ground provides caring support and proven paths to positive change, helping New York City area children, adults, and families rise above adversity. Founded as an orphanage in 1831, Rising Ground is a leading nonprofit human services organization that has been at the forefront of evolving community needs and has become a leader in utilizing results-driven, evidence-based practices. Today, the organization's work is a positive force in the lives of more than 25,000 individuals annually.

Across more than 55 programs at more than 70 sites, Rising Ground delivers innovative educational programs from early childhood through high school; dedicated support that facilitates safe environments for children and helps families thrive; results-focused programs that help youth involved in the juvenile justice system change the trajectory of their lives; caring services that help promote independence for children and adults with intellectual and developmental disabilities; wide-reaching services that support those impacted by intimate partner violence and prevent future occurrence; and pro-active community health initiatives fostering physical and emotional well-being.

www.RisingGround.org