



# WINTER COMFORTS

— A CapShift Cookbook —

*Thirteen comfort food recipes from  
the CapShift team*

# From Our Families to Yours

2021 has come to an end — and what a roller coaster it's been.

This year, our work to help fund solutions to the most pressing social, environmental, and public health challenges has kept us focused, hopeful, and energized. Still, during 2021, our team too looked for ways to bring ease and warmth to our days — and as we reflected on the year, many of us turned to food as a source of comfort. And not just any food, food with special meaning to each of us.

We've asked our team to share these recipes and stories with you. We hope they will bring you as much joy and comfort as they brought us.

Cheers,  
All of us at CapShift



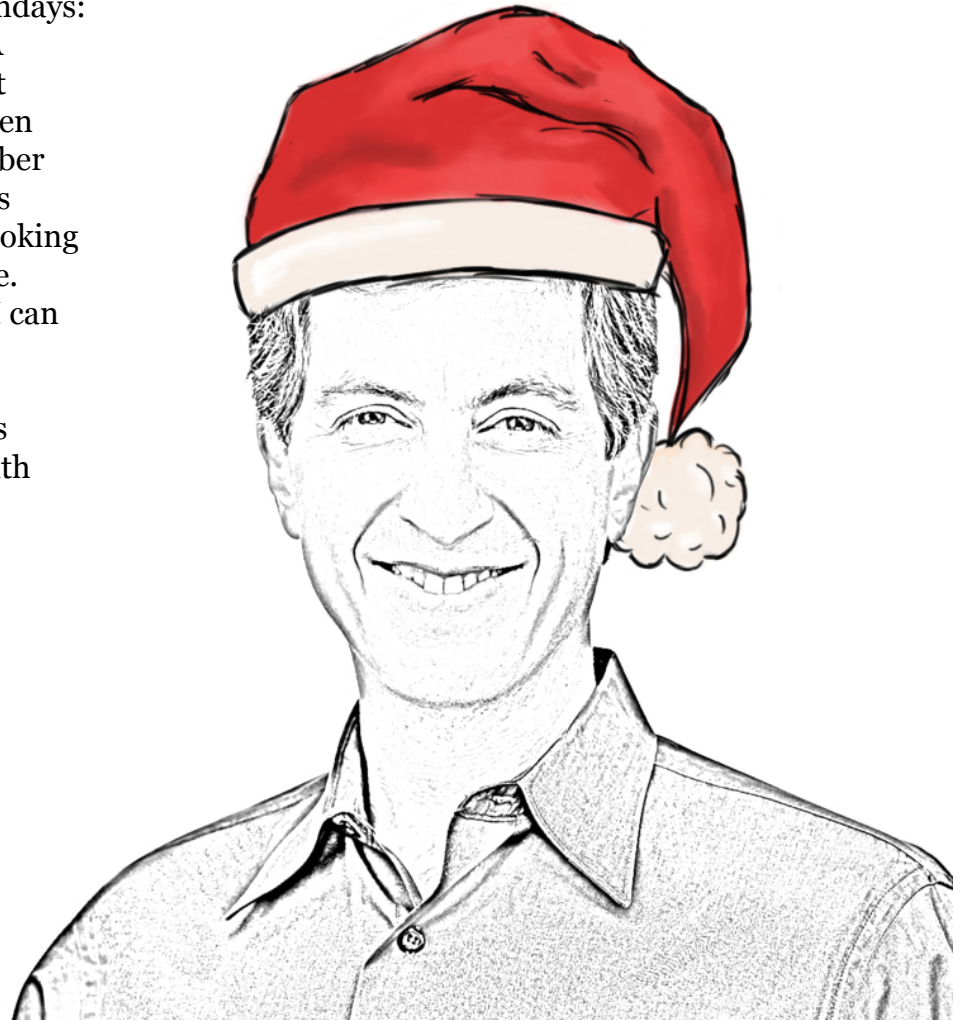
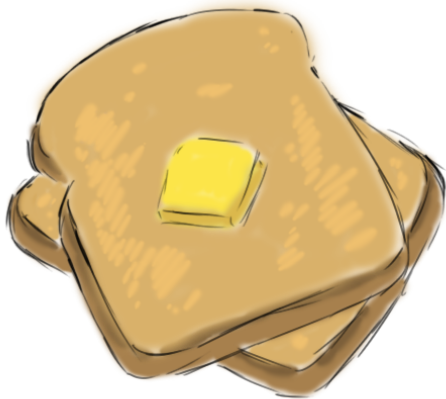
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# Adam's Cinnamon Banana French Toast

In my family, we love all things banana. For birthdays: it was banana cake. Dessert: banana popsicles. A healthy treat? Frozen banana. So for breakfast, it was only natural to create a family recipe that even cooking novices could master. As a kid, I remember many a weekend when my father would cook this recipe for me. When I was old enough to start cooking myself, this was the first recipe that he taught me. Today, this is a favorite weekend breakfast that I can cook for my wife and kids.

Our family likes to minimize clean up, which this recipe is designed for. Feel free to experiment with variations — go bananas!





# Ingredients

**1** whole banana, on the riper side

**4** eggs

**6** large or **8** small slices of bread (honey oat bread, challah bread, wheat bread, sourdough bread)

**½** cup milk

**1** teaspoon vanilla (optional)

**1** wide bowl

**1** fork

**1** large cooking pan

**1** flat spatula

Butter or olive oil spray

Cinnamon



# Instructions

**1.** Unpeel 1 banana into a large wide regular or mixing bowl (one and a half bananas if you are adventurous) and mash with a fork until it is baby food texture.

**2.** Add 4 raw eggs into the bowl (for a healthier version, try 2 eggs plus egg whites from 3 additional eggs).

**3.** Pour in roughly ½ cup of milk into the bowl (skim, whole, or nut milk substitute all fine).

**4.** Pour in 1 tsp vanilla (watch out, it can come out fast from those little containers).

**5.** Stir and mix all ingredients in the bowl with the fork.

**6.** Spray olive oil or melt butter onto a large wok or grill pan (if you can fit all of the bread onto one wok that speeds up cooking time. If not, you will do two batches and remember to put olive oil or butter on for the second time).

**7.** Immerse each slice of bread into the bowl, flipping it with fork after 3 seconds so that both sides are fully soaked. Then, lift the bread slice with fork or spatula onto the

pan (keep bowl close to pan as it will drip). For soft bread, move after only a few seconds or else it will get too mushy; for harder or even stale breads, it can soak for 20 seconds each slice.

**8.** Repeat for each slice of bread until you are out of batter.

**9.** If you run out of bread before the batter, you can pour the rest of the batter on top of the bread on the pan — it's ok if it spills over.

**10.** Put stove on medium and cook for a few minutes until the bottom is barely browned.

**11.** Then use a flat spatula to flip each piece. Put 3-4 shakes of cinnamon on each piece as the other side is moderately browned. Then flip one last time to slightly cook the cinnamon half. If you are adventurous, do one last flip for good measure until both sides look done. There should be no burning, and no liquid batter/egg left that squeezes out.

**12.** That's it! Best served with fresh berries on top and maple syrup.

# Angie's Secret Santo Family Meatballs

Growing up, my dad rarely cooked, but when he did, it was almost always spaghetti and meatballs. The sauce & spaghetti were nothing special (Ragu and noodles from a box) — but the meatballs. They were glorious. He'd fry up those delicious little balls of joy in a cast iron skillet, shimmering with oil and garlic slices, and then once they had a nice sear on the outside, he'd drop them into the sauce to finish cooking. They were crunchy on the outside, soft on the inside, and loaded with flavor. Just the best.

When I moved out of the house, I copied down all of my favorite recipes into a notebook (which I still use today) and I asked my dad for the meatball recipe. He told me there was no recipe. The meatballs were a secret family recipe passed down in the Santo family — but he could teach me how to make them. So, we spent many glorious hours in the kitchen with him teaching me how to do it properly. For years afterward, I would tell this story to every new person I made these meatballs for — because they were more than just part of dinner, they were part of the family.

Fast forward a decade or so, and I was at home visiting and my mom was in the kitchen cooking dinner. I asked her what she was making, and she said spaghetti and meatballs. I said, oh — well what else are you making, you have the cookbook out, and she said, that's the meatball recipe. Just as she said it my dad started yelling my mom's name from the back of the house — the punk had just made it all up! He came from a long line of Irish & Italian story tellers — so it's not the only ridiculous story he told me — but definitely the one that so succinctly sums up my dad. His greatest talent was making the mundane extraordinary and fun — which is what these meatballs will always represent to me.



# Ingredients

1 lb ground beef  
1 large egg  
½ cup breadcrumbs  
½ cup parmesan cheese (or more to taste)  
1 teaspoon dried parsley (or 1 tablespoon fresh)  
1 teaspoon garlic powder (or fresh minced garlic)  
1 teaspoon onion powder  
½ cup of canola oil  
2 cloves of garlic, sliced thin  
1 24 oz. jar of your favorite marinara  
Salt to taste  
Pepper to taste



# Instructions (My Dad's)

*Served with your favorite sauce (mine is Rao's Marinara) and spaghetti noodles. I've been known to add a salad, garlic bread, and a nice bottle of Zinfandel.*



1. Drop the ground beef into a bowl and punch your fist into the middle to create a well. Crack the egg into the well, then add the breadcrumbs and parmesan on top of the egg to fill up the well. Add parsley, salt & pepper.
2. With your hands, mix the ingredients together until well combined. Form the meatballs into 2-inch rounds and set aside.
3. Begin heating up the oil and the sauce. Pour the oil into a skillet (cast iron preferably) and heat the oil over medium-high heat until just shimmering. Add the thin slices of garlic and sauté until just

brown, then remove with a slotted spoon. Reduce heat to medium before adding meatballs.

4. Add the sauce to a separate saucepan and heat over medium-high heat, stirring occasionally. Once bubbling, reduce to a simmer.

5. Drop half of the meatballs into the pre-heated oil — careful not to overcrowd the pan. Fry half of the meatballs in the oil until browned and crispy on each side (1-2 minutes per side). Once browned, drop the meatballs into the sauce, and repeat with the remaining meatballs (adding more oil if necessary). Simmer the meatballs in the sauce until they are cooked all the way through, about 15 minutes or until they reach 165 degrees on a meat thermometer. Best over pasta or in a hoagie roll. Enjoy!

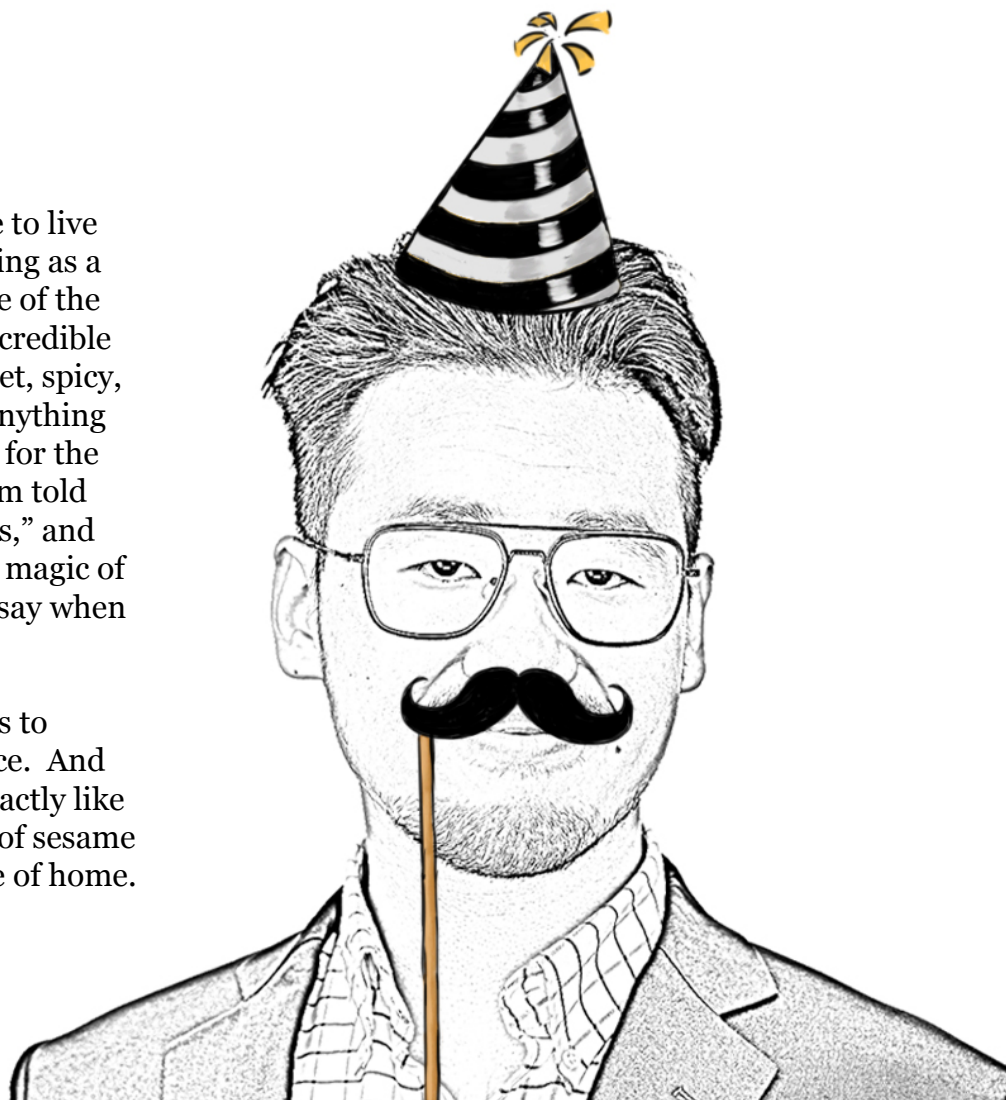


# Bochu's Fried Tofu and Secret Sauce

The magic is in the sauce.

At the onset of the pandemic, I moved home to live with my mom (at the time, my dad was serving as a frontline healthcare worker on the other side of the planet). Every week, she would make this incredible sauce — one with an incredible blend of sweet, spicy, zesty, and umami flavors — to drizzle over anything from noodles to steamed fish. When I asked for the recipe — true to Chinese tradition — my mom told me that I just had to “feel out the ingredients,” and that there were no exact measurements; the magic of the dish was, thus, up to the cook — easy to say when you’re as great a cook as my mom.

I’ve been experimenting with the ingredients to replicate mom’s scrumptious sauce ever since. And although my sauce has never quite tasted exactly like her version, just smelling the sizzling blend of sesame seeds, cumin powder, and chilis reminds me of home.





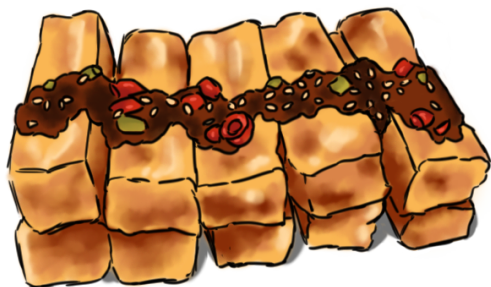
# Ingredients

## Fried Tofu

1 tub of tofu  
1 egg  
Flour  
Vegetable oil

## Secret Sauce

1 tablespoon cumin powder  
2 cloves of garlic  
1 teaspoon sugar  
1 stalk of scallion  
1 tablespoon sesame seeds  
1 tablespoon paprika powder  
1 red chili pepper  
Dash of salt  
Soy sauce (light)  
Rice vinegar



# Instructions

## *Fried Tofu*



1. Cut the tofu into slices.
2. Crack and beat the egg in a bowl. Set flour aside in another bowl.
2. Cover each slice of tofu with flour, dip it into the beaten eggs, then coat the slice with flour again.
3. Fill narrow pot with roughly 2 inches of vegetable oil and heat up until 370° F.
4. Place coated tofu into the pot and fry until golden brown.

## *Secret Sauce*

1. Cut red chili pepper and scallion into thin slices. Then, dice up the two cloves of garlic.
2. Place the ingredients into a bowl and mix in spices (cumin powder, diced garlic, sugar, salt, paprika powder, sesame seeds)
3. Then, scoop up two to three spoonfuls of the still sizzling oil and pour it into the bowl. (It should smell incredible in the kitchen).
4. Add roughly a soup-spoonful of light soy sauce, and half a soup-spoonful of rice vinegar.
5. Adjust the recipe to your own liking. Find the magic.



# Dan's Only Whole Wheat Pancake Recipe You'll Ever Need

This recipe, although adapted over the years, brings back fond memories of Sunday morning pancakes at my grandfather's house. After a few plates of these pancakes, my siblings and I would run around his four-season glassed-in porch, carpeted with a green indestructible outdoor turf rug, perfect for enduring the impact of rambunctious grandchildren. Eventually, we would tire of the indoors and venture into his garage, which had the distinct smell of lawn equipment, grass clippings, and fertilizer with a subtle comforting mustiness. We'd go in search of old basketballs, footballs, tennis rackets, and baseball gloves from when my dad and uncle were kids. And if the weather didn't cooperate, we'd find ourselves among my grandfather's collection of Life Magazines dating back to the 1950s. As a little kid, it was the perfect Sunday morning. Admittedly, I'm fairly certain my grandfather used biscuit mix to make his pancakes, but the memories created made up for any lack in haute cuisine.

The pancake-making was eventually taken over by my dad who has always leaned more towards healthier food options and embraced the organic, whole-grain, clean-eating health food trends that started taking hold in the 80s. He departed from the pancakes-out-of-a-box method and introduced the family to a heartier, healthier, whole wheat and wheat germ pancake made from scratch. Wheat germ has become harder to come by in supermarkets, so it has been omitted from this recipe, but it can easily be added back in for an even heartier, nuttier taste. They were a labor of love made with the utmost care and would fill the house with the most amazing, sweet, buttery, wheaty smell. Although the carefree days of being a little kid at my grandfather's passed, the pancakes my dad would make returned me to those times, bringing the family together on a Sunday morning to relax, talk, and refuel before a busy week.



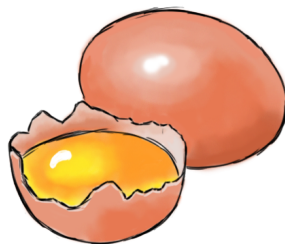
It would be years before I would take on the pancake making efforts for my own kids. I still distinctly remember calling my dad to ask for his recipe one Sunday morning from our apartment in New York City when my son was about 2 years old; he was starting to be a bit more adventurous with food and we were getting tired of making eggs all the time. He was hooked immediately and the pancake-making tradition was restarted. After a few different iterations over the years, I settled on this recipe and I now make it several times per month — usually on Sunday mornings. I often make a large enough batch to last the week so our kids can enjoy them not only on the weekend with maple syrup and berries, but also as a quick, hearty, and delicious breakfast before school.

I hope you enjoy them as much as we do!



## Ingredients

- 1 cup milk of choice
- 1 tablespoon apple cider vinegar
- 1 cup whole wheat flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt + an extra pinch
- ¼ teaspoon ground cinnamon
- 1 egg
- 2 tablespoons unsalted butter, melted
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract



## Instructions

1. In a separate bowl, combine the milk and vinegar, stir, and let sit for 5 minutes. It should curdle slightly creating a buttermilk like mixture.
2. In a medium to large bowl, mix together the dry ingredients (flour, baking powder, baking soda, salt, and cinnamon).
3. In a separate bowl, beat the egg, then add the milk/vinegar mixture, melted butter, maple syrup, and vanilla. Mix until thoroughly blended.

4. Pour the wet ingredients into the dry ingredients. Stir until just combined (do not overmix), some lumps are okay. Let the batter rest for 5 minutes so all the ingredients have time to react.

5. Heat a pan, skillet, or griddle over medium-low heat, lightly grease with butter (tastes best) or oil.

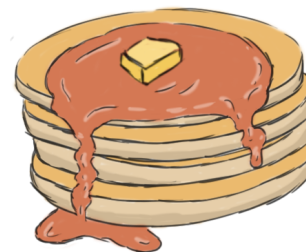
6. Once hot, spoon batter onto the pan to your desired diameter.

7. Cook until small bubbles form on the surface of the pancakes (a few minutes depending on the temperature), then flip and cook for an additional 1 or 2 minutes until lightly golden on both sides.

8. Repeat the process for the remaining batter adding more butter or oil to the pan as necessary.

9. Serve and enjoy! They're good enough to eat plain, but they are outrageously good topped with maple syrup with a side of fresh berries. And, for a special occasion add blueberries or bananas to the batter and top with syrup and whipped cream!

10. Leftovers can be kept in the fridge and toasted to reheat throughout the week.



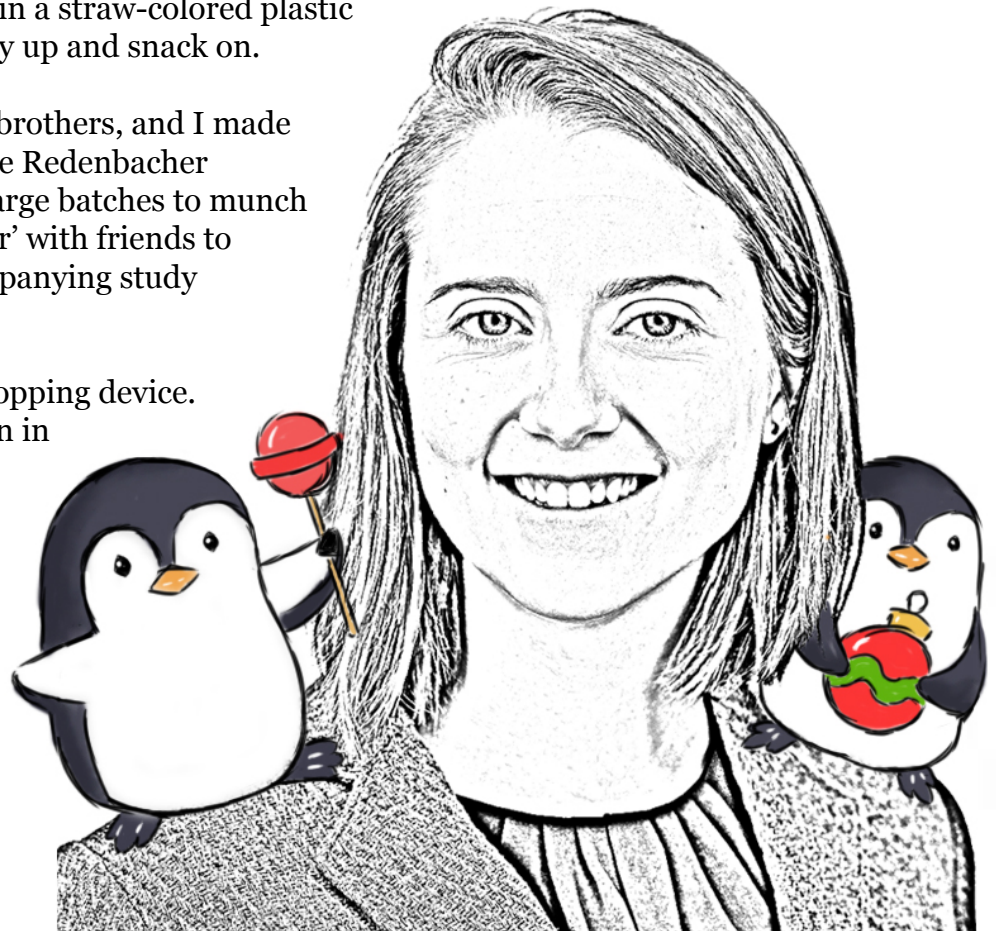


# Emma's Home-popped Popcorn

Growing up, trips to my grandfather's house in western Illinois always involved quiet evenings in his living room reading a book or watching television. Invariably, Grandpa would walk in with a bowl of freshly popped popcorn, topped with Lawry's Seasoned Salt and butter, in a straw-colored plastic mixing bowl that my brothers and I would divvy up and snack on.

Popcorn evolved into a snack that my parents, brothers, and I made regularly at home in Virginia. We had an Orville Redenbacher popcorn device that I used devoutly, popping large batches to munch on during card games, setting up a 'popcorn bar' with friends to experiment with different toppings, and accompanying study sessions with a big bowl of popcorn.

In college, though, I didn't have the popcorn-popping device. And I didn't notice the absence of fresh popcorn in my life until, while studying abroad in France my second year, I chanced upon a bag of popcorn kernels in the local market. On my birthday, of all days! I popped a batch that night, using a newly found recipe for stove-top popcorn (included here), and celebrated another year older with a taste of home. Since then, this recipe has been my go-to around the world for a crunchy, tasty, and homey snack. I hope you enjoy!

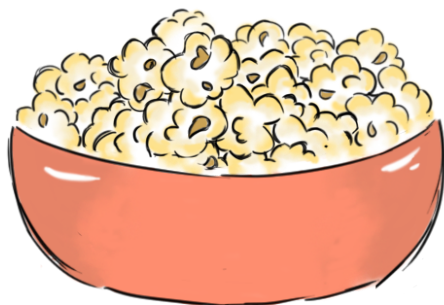




# Ingredients

1 tablespoon canola oil  
¾ cup popcorn kernels  
Salt to taste

*Optional add-ons: Up to you!  
Some personal favorites  
include cinnamon sugar,  
Lawry's Seasoned Salt, melted  
chocolate, herb-infused olive  
oil... the list goes on.*



# Instructions

1. Pour oil into stovetop pot with lid (pot should be large enough to hold several cups of popcorn). Add one popcorn kernel, put on lid, and turn heat to Medium/High.



2. Listen! When you hear the single kernel pop, that means the oil is hot and ready.

3. Clear lids are helpful for checking whether the kernel has popped. If your lid isn't clear, it's fine to open the lid to check — but be wary of letting too much steam out!

4. Pour the rest of the kernels into the pot, put lid back on, and turn heat to Low.

5. Listen again! The kernels will

start popping, most likely rapidly at the start. Shake the pot a few times as they pop to avoid burning.

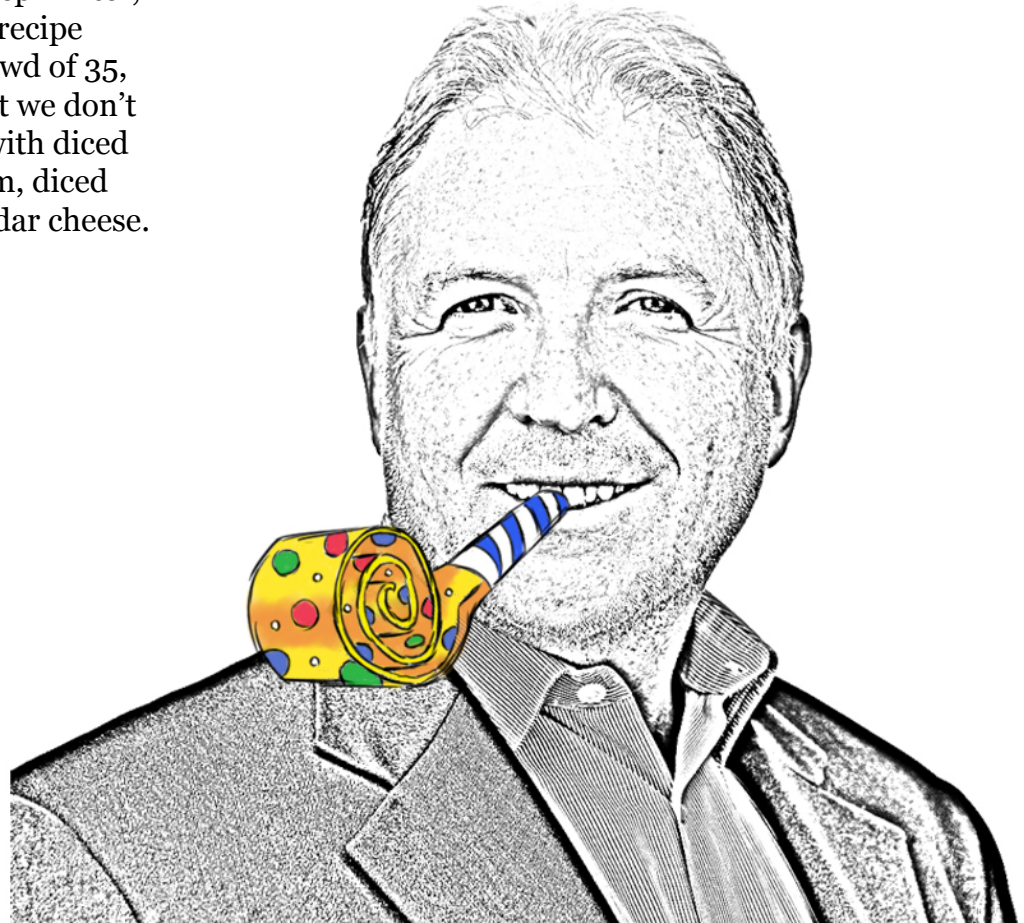
6. When the frequency of pops slows down to two or three pops every five seconds (or so), turn off the heat and keep the lid on. The trapped hot air will pop the rest of the kernels, especially if you shake the pot.



7. When ten or so seconds pass and you don't hear a pop, it's ready! Pull off the lid, pour the popcorn into a big bowl, add your toppings of choice, and dive in!

# Jacques' Chili For A Crowd

This has become a favorite of ours in the deep winter, especially around Super Bowl time. As this recipe from the Silver Palate Cookbook is for a crowd of 35, we cut the quantities in half and freeze what we don't eat — clearly we need more friends! Serve with diced avocado, Greek yogurt instead of sour cream, diced tomatoes, chopped onions and grated cheddar cheese.

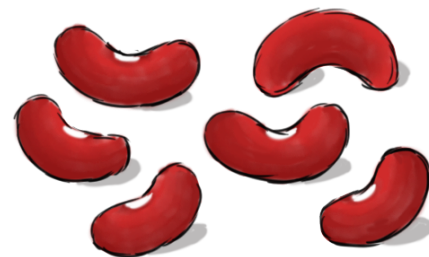
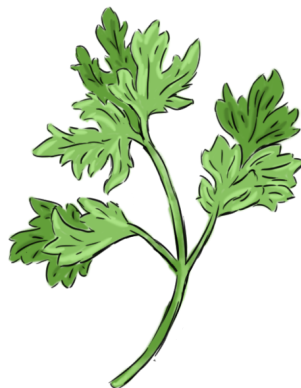


# Ingredients

**1**  $\frac{3}{4}$  lb coarsely chopped onions  
**2** lbs sweet Italian sausage meat, **8** lbs ground beef  
**1**  $\frac{1}{2}$  tablespoons ground black pepper  
**4** 6 oz cans tomato paste  
**3** tablespoons minced garlic  
**6** oz ground cumin  
**4** oz chili powder  
 $\frac{1}{2}$  cup mustard  
**4** tablespoons salt  
**4** tablespoons dry oregano  
**6** lbs drained weight Italian plum tomatoes  
 $\frac{1}{2}$  cup burgundy wine  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{2}$  cup chopped fresh dill  
 $\frac{1}{4}$  cup chopped Italian parsley  
**3** 16 oz cans dark red kidney beans (drained)  
**4** 5.6 oz cans pitted black olives

# Instructions

- 1.** In a large deep pot, wilt onions in olive oil.
- 2.** Add sausage meat and begin to brown. Add chopped ground beef and brown everything well.
- 3.** When meat is sufficiently brown, skim off excess fat.
- 4.** Add black pepper, tomato paste, garlic, cumin, chili powder, mustard, salt, basil, oregano, and stir well.



- 5.** Add the drained plum tomatoes, burgundy, lemon juice, dill, parsley, and kidney beans.
- 6.** Stir gently and simmer for about 15 mins more.
- 7.** Before serving, stir in pitted black olives. Keep nice and hot.

*Optional garnish: sour cream, onions, red peppers, and/or cheese.*

# Javier's Pulpo con Patatas

This is the perfect dish to enjoy a nice Sunday afternoon. I highly recommend preparing while listening to your go-to playlist to get in the mood. I love seafood so this is one of my favorite dishes!





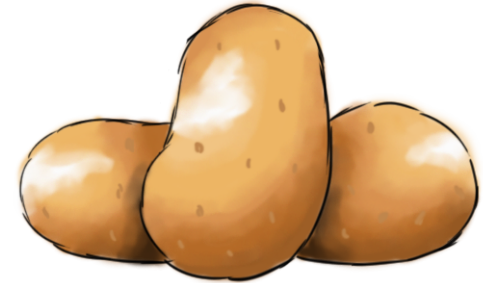
# Ingredients

**1** fresh whole octopus (1 ½ pounds serves 2). Ideally, you buy it clean.  
**1** spoon of minced garlic  
**¼** cup white wine  
**3** large potatoes  
**1** onion  
**1** bunch of cilantro  
Paprika  
Extra virgin olive oil  
Salt  
Pepper  
Some of your favorite spices!



# Instructions

- 1.** First, boil water in a large pot. Throw one potato, the onion, and some salt in there. Let it boil for 5 minutes.
- 2.** Pulpo time! Place the whole octopus in the boiling water and wait 50 minutes. To check on the progress — insert a knife in the potato and onion. Once the knife goes in easily, its ready.
- 3.** Then, cut 2 potatoes in the shape of fries and boil them for about 4 minutes in another pot. Now



it's your decision: you can either fry them or put them in the oven (at 450 degrees for 20 minutes). When done, let them rest and add paprika to taste.

- 4.** Now, remove the octopus from the water and let it cool for about 10 minutes.
- 5.** Cut the tentacles and rub each of them with olive oil.
- 6.** Use a large pan (low heat), add some olive oil and 1 spoon of minced garlic. Throw the tentacles and fried potatoes in there, add salt and pepper to taste, and your favorite spices. Now add ¼ cup of white wine and some cilantro. This should take about 3 minutes.
- 7.** Time to enjoy!

# Jesse's Ticinese White Beans and Kale

What can I say? I love beans. I also love meals that can be done quickly in one pot and include vegetarian protein and dark greens. I love eating this and I feel great after I've eaten it. Also, I keep some kale in the freezer so I typically have all of these ingredients handy.

This also strikes my Swiss-Italian tastebuds, and reminds me of eating at my Nonna's table in Ticino. Fresh lemon juice, sharp cheese, and crunchy bread mosey over a base of garlicky white beans and kale. That's comfort to me.



# Ingredients

**4-5** cloves of garlic  
**½** onion (optional)  
**1** head of kale  
**2** cans of drained cannellini beans  
**1** lemon  
**½** cup water  
Parmesean cheese

*Optional add-ons: Toasted bread, sharp cheese, avocado.*



# Instructions



- 1.** In a pot (preferably a dutch oven or something) on medium heat, cook 4-5 garlic cloves in olive oil until translucent. Can include half an onion if you like.
- 2.** Add salt.
- 3.** Wash and roughly chop a head of kale (mince stems) and throw it in for around 5 minutes (can also use spinach or swisschard).
- 4.** Add roughly a ¼ cup of water slowly to keep garlic from burning.

**5.** Add roughly 2 cans of drained cannellini beans.

**6.** Add roughly a ¼ cup of water slowly to get to your desired consistency.

**7.** Turn off heat and add the juice of a lemon.

**8.** Serve with heaps of roughly chopped parmesan cheese.

*Eat it with some crunchy toasted bread, maybe with some sharp cheese melted on it, maybe as avocado toast.*



# Jordana's Deli Roll

While this dish apparently has no actual religious connection to Judaism, it's become a staple food for many Ashkenazi Jewish families to serve with a traditional Friday night Shabbat meal. My obsession with deli roll started as a kid. Every year at sleepaway camp when my parents would come for visiting day, while all other kids asked their parents for bagels, pizza, or other normal kid food we couldn't get at camp, I asked my mom to show up with two massive 2-3ft long deli rolls to eat off in a single sitting (somewhat gross, I know, but hey — what indulgent comfort food isn't!)

Fast forward 10 years and I'm a college student learning to cook my own meals and host my own Shabbat dinners for the first time, and you guessed it — deli roll became one of my staple dishes. It was the first food I learned to prepare myself (without burning down my dorm room) and loved the way it let me share my Jewish culture with friends of all backgrounds. I've since learned to experiment (replacing mustard with BBQ sauce or duck sauce), but nothing beats a good 'ol classic deli roll to kick off a Friday Shabbat meal.





# Ingredients

Puff pastry  
Deli meats of choice  
Mustard  
Sesame seeds  
Egg for top



# Instructions

**1.** Preheat oven to 350° F. Lightly grease a 12 x 15-inch cookie sheet with non-stick cooking spray.

**2.** Unfold puff pastry sheet onto prepared cookie sheet.

**3.** Spread mustard over pastry sheet.

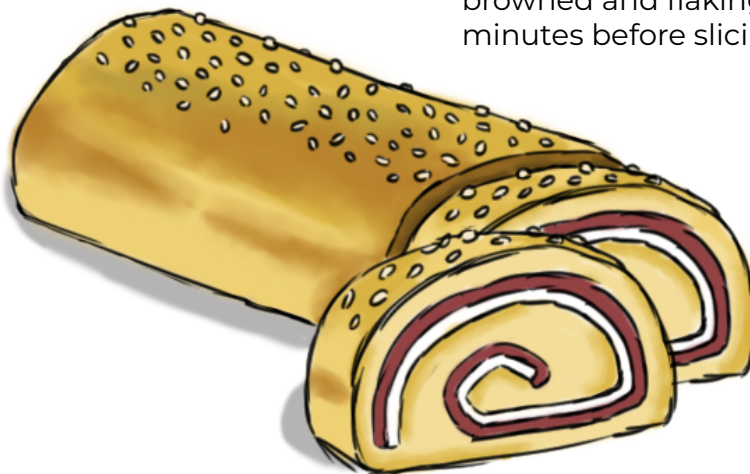
**4.** Place meats over sheet in layers, first pastrami, then turkey and corned beef.

**5.** Roll dough as for a jelly roll, place seam side down and brush with beaten egg.



**6.** Sprinkle with sesame seeds.

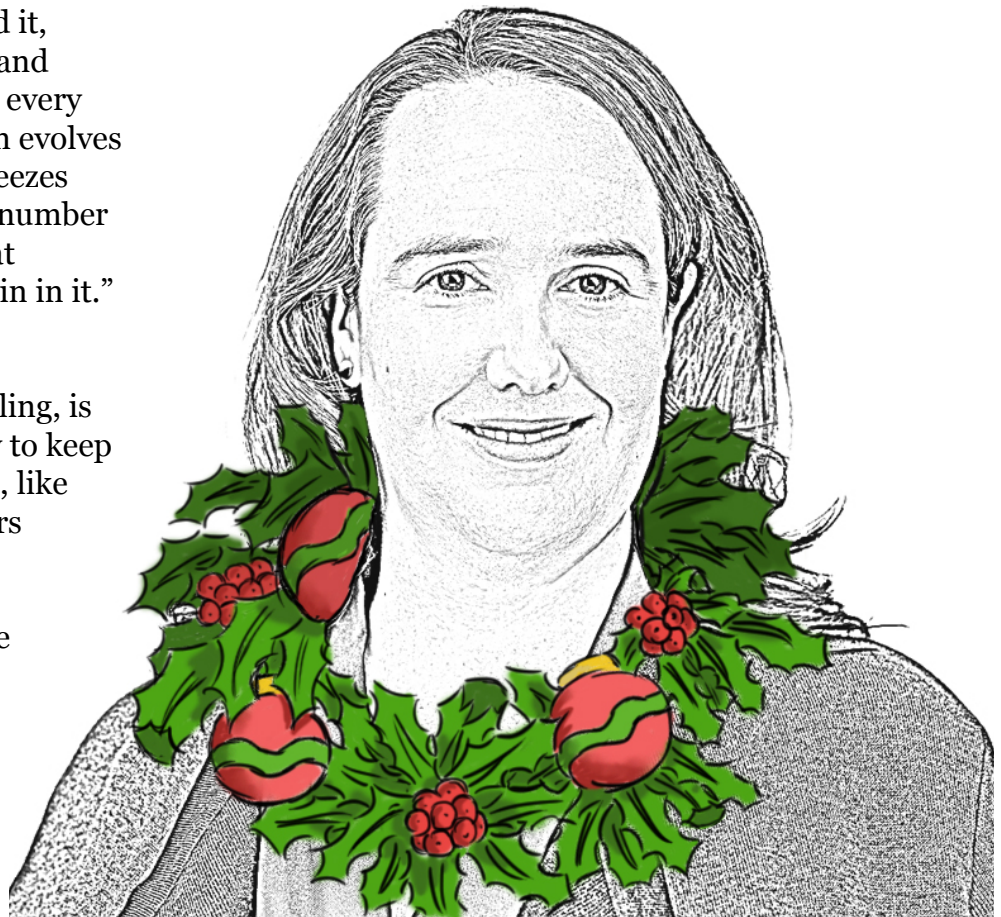
**7.** Bake, uncovered, at 350° F for 45 minutes to 1 hour, until slightly browned and flaking. Let stand 5 minutes before slicing and serving.



# Liz's Black Bean Soup (with Pumpkin!)

This recipe came to me from a friend who is not a cook. He discovered it, found out people liked it, loved the surprise that there is pumpkin in it and shared it with me. I make it a couple of times every winter. It normally starts off as soup and then evolves into a black bean dip at some point. It also freezes great. I've since passed this recipe along to a number of friends and I get periodic text messages that someone has "made the soup with the pumpkin in it." It always makes my day.

As a note pumpkin puree, not pumpkin pie filling, is easier to find during the holidays so buy a few to keep in the pantry. Or if you get ambitious enough, like I do periodically, buy a pumpkin at the farmers market it, roast it and the puree it and freeze it in quart size bags. That will normally get me through 3-4 batches of soup and the whole winter. Enjoy!



# Ingredients

1 chopped onion  
4 garlic cloves, minced  
1 teaspoon cumin  
2 cups chicken (beef or veggie) broth  
1 cup pumpkin puree (or the whole can because what else will you do with pumpkin puree)  
2 15-ounce cans of black beans, rinsed and drained  
1 15-ounce can diced tomatoes, undrained  
Olive oil  
Red pepper flakes  
Hot sauce  
Salt and pepper to taste



# Instructions



1. In a large pot add your olive oil over medium high heat and saute your onion and garlic until the onion is translucent.

2. Add red pepper flakes, hot sauce, cumin and any additional spices you like. Reduce heat to not burn as needed.

3. Add your broth, pumpkin puree,  $\frac{2}{3}$  of the black beans and tomatoes.

4. Let simmer for 20 minutes or more.

5. Use an immersion blender to blend the soup until smooth, then add in the remaining black beans.

6. Top with hot sauce, cheese, sour cream, cilantro, pumpkin seeds, etc.





# Sofia's Beef Kimchi Fried Rice

Over the spring of 2020, my family managed to travel to every part of the world through our kitchen. My aunt took our minds on flavorful journeys to Singapore, Mexico, and China while our bodies lingered at home, quarantining as COVID-19 cases continued to rise. We lived to eat, and nothing could delight us more than a rich chili crab or a bowl of chewy biang biang noodles.

But her kimchi fried rice was my favorite. It captured every taste and texture I loved in food: tangs of salt and spice, buttery rice, steak to bite into and a gooey egg to balance the heat. And just as comforting as it was to eat, it was also encoded in fond memories of four-hour karaoke, bickering at the table and mind-numbing Grey's Anatomy.

It is the dish I make on hard days at school when dining hall food and our neighborhood pizza place no longer cut it. And it was never eaten alone. Comfort food to be shared—I hope you enjoy this meal with loved ones the way I have with friends and family. Happy holidays!





# Ingredients

## The Steak

**1** steak

**2-3** tablespoons soy sauce  
(depending on size of steak)

**½-1** tablespoon brown sugar

**1** tablespoon sesame oil

A dash of ground black pepper

## The Rice

**3** tablespoons unsalted butter

**½** small onion, medium dice

**1** clove of garlic, finely diced

**1** cup roughly chopped kimchi (6 ounces)

**2** tablespoons kimchi juice or to taste

**1-2** tablespoons gochujang, or to taste

**2** cups cooked, cooled rice

**2** teaspoons soy sauce, or to taste

**1** teaspoon sesame oil, or to taste

## The Toppings

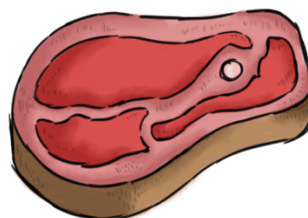
**2** teaspoons vegetable oil (for the eggs)

**2** eggs

Salt to taste

Crumbled or silvered nori  
(roasted seaweed) for garnish  
Sesame seeds for garnish

# Instructions



**1. Preparing the steak:** Combine the soy sauce, brown sugar, sesame oil and pepper into a small bowl and stir well. Cut the steak into cubes and place them into the bowl. Mix them into the marinade before letting them sit.

**2. Starting the rice:** In a nonstick sauté pan or well-seasoned cast-iron skillet, melt butter over medium-low heat, and add onions. Cook, stirring, until the onions start to sizzle, about 2 minutes. Toss in the garlic and sauté for thirty seconds. Add gochujang, kimchi and kimchi juice, and stir until it comes to a boil, about 3 minutes.

**3. Break up the rice** in the pan with a spatula, and stir it to incorporate. Turn heat to medium. Cook, stirring, until the rice has absorbed the sauce and is very hot, about 5 minutes. Stir in soy sauce and

sesame oil. Taste, and adjust with more soy sauce, sesame oil or kimchi juice. Turn heat down to low, but let the rice continue to cook, untouched, to lightly brown while you cook the steak and eggs.

**4. Cooking the steak:** In a separate pan, melt a slab of butter and cook the marinated steak to your preferred degree of doneness.

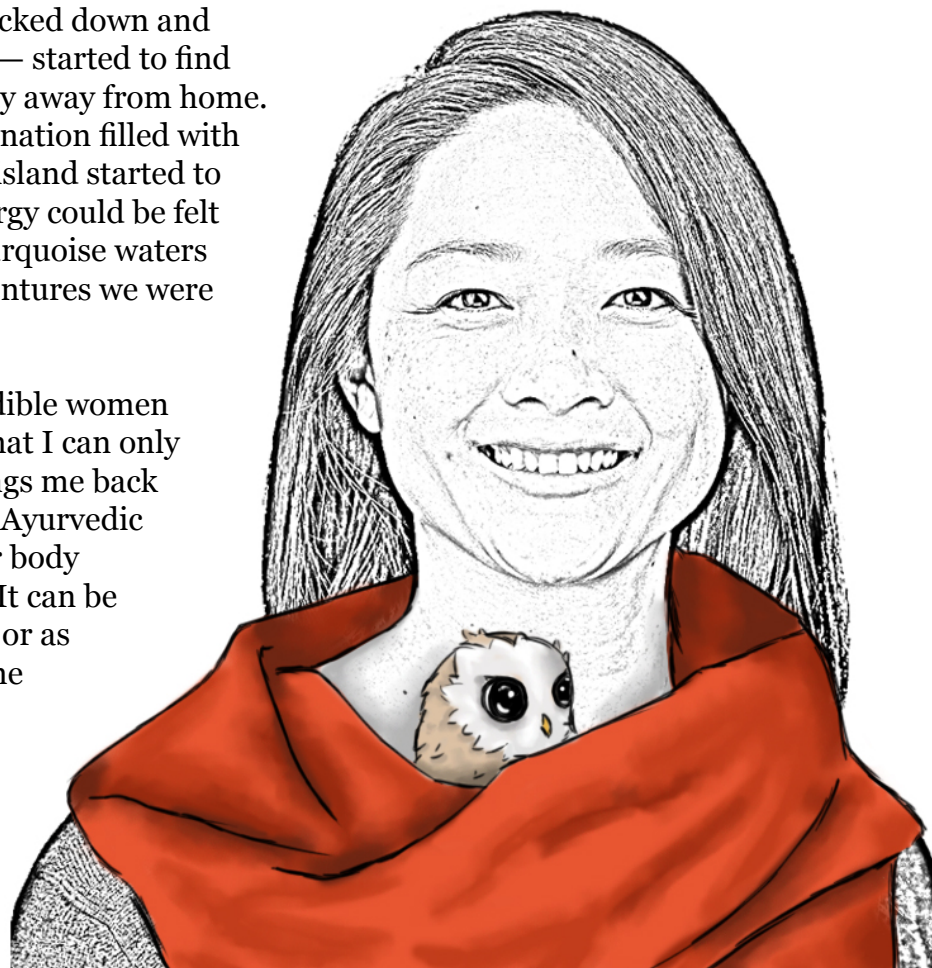
**5. Toppings:** Place another small pan over medium heat and add the vegetable oil. When it is hot, add eggs, season with salt and fry. Serve rice topped with steak, fried eggs, nori, a sprinkle of sesame seeds and a drizzle of gochujang (if you want more spice!).



# Vivan's Kitchari

I learned this recipe from a friend and fellow American/yogi who I met on Siargao island last year, as the world locked down and us stranded expats — some by choice, some not — started to find their way to each other for comfort and solidarity away from home. This special island was previously a tourist destination filled with surfers, backpackers and partygoers, but as the island started to quiet down, its potent magical and spiritual energy could be felt — from the lush palm tree jungles to the clear turquoise waters of the Pacific Ocean, and all of the barefoot adventures we were still allowed to have in between.

I grew a lot here spiritually and met some incredible women who embody spiritual practices and discipline that I can only hope to emulate one day. And so this recipe brings me back to this place and that community. Kitchari is an Ayurvedic recipe that is meant to balance your energies (or body composition), especially as the seasons change. It can be used as a cleanse (breakfast, lunch and dinner!) or as a one-off meal. What I love about Ayurveda — the sister science to yoga — is that the approach is not about restriction but more so centered on nourishing your body, mind and spirit in a loving and intentional way. If you make this recipe, please also try to enjoy it in a peaceful environment (no devices!), savor every bite and eat until you're satisfied.



# Ingredients

**1** cup sprouted mung beans, soaked overnight  
**½** cup brown/red rice, rinsed thoroughly (other whole grains like quinoa and barley also work, but cooking time will vary)  
**3 ½** cups water  
**½** teaspoon sea salt

## Spice Mix

**3** tablespoons coconut oil  
**1 ½** teaspoons cumin seeds  
**1** teaspoon coriander seeds  
**2** tablespoons fresh ginger, peeled and minced  
**5** garlic cloves, minced  
**½** yellow onion, diced  
**2** tablespoons fresh turmeric, peeled and minced or 1 tablespoon powdered turmeric  
**3** tablespoons curry powder

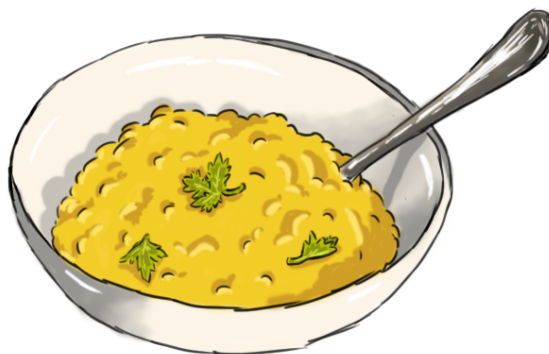
## Toppings & Sides

Lemon juice, to taste  
Rock salt and pepper, to taste  
Sliced avocado and/or cilantro, to taste  
Salad greens or other green veggies (raw or cooked)

# Instructions



- 1.** Rinse and drain the soaked mung beans and grain, then add this with the water and sea salt to a saucepan. Bring to a boil and then simmer for roughly 20 minutes until the mung beans are soft, adding more water as needed.
- 2.** Skim off any foam that appears on the surface.



**3.** To test for softness, take a mung bean in between 2 fingers and press lightly — it should have a healthy bounce to it!

**4.** Roughly ~10 minutes in, start to heat the coconut oil in a pan on medium heat. Add all of the ingredients in the spice mix and gently sauté.



**5.** Once the mung beans and spice mix are both ready, add the spice mix to the mung beans and stir thoroughly.

**6.** Serve with any toppings and sides of choice.

# Will's Nonnie's Sunday Sauce

Nonnie's Sunday Sauce is a classic southern Italian "gravy" that has been a staple of the Mucci family for generations. We like to say it's a labor of love because it requires constant attention and tinkering. In general, like any good framework, this recipe is more of a basic outline that can be adapted and modified based on individual preference. For example, although I provided the typical tomato-based sauce in the recipe, many people (including myself) like to add half cooked meatballs and sausages to the sauce at the 3-hour mark in order to cook a meaty flavor into the concoction. The only real key to any great sauce is to commit to checking on it every hour or so to make sure 1) the flavor is melding the way you like and, 2) the sauce isn't so hot that it's boiling. You can always adjust flavor and temperature, and doing so will really pay off in the end.

This sauce is my comfort food because it really reminds me of Sunday dinners at my grandparent's house. Coming from a large Italian family, Sunday dinner was/is the most important meal of the week. Often my grandmother (Nonnie in faux-Italian) would get up early and cook this sauce all day for 20+ house guests. Nowadays, I find this is the perfect treat to cook when faced with a long cold day inside during the winter months.





# Ingredients

**4** cans of whole peeled crushed tomatoes

**2** cans of tomato paste

**1** white onion

**4-6** cloves of Garlic

Fresh basil

Italian Seasoning (can be store bought or homemade)

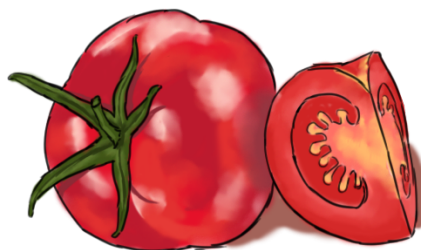
Red Pepper Flakes

Salt

Sugar



# Instructions



**1.** Coat the bottom of a large sauce pan in olive oil and heat on medium-high heat for 2-3 minutes.

**2.** Add whole onion to heated oil and brown it on all sides (some people like to chop and add, I don't because I don't like the texture of it in sauce — I add onion to extract flavor then remove at the end).

**3.** Add chopped garlic, basil, and a tablespoon of Italian seasoning to heated oil — let all of this cook in oil on medium-high for a few minutes until you brown the garlic.

**4.** Add all 4 cans of whole peeled crushed tomatoes — stir and let it cook down for 15 minutes.

**5.** Add both cans of tomato paste — fill one of the cans with water and then also add.

**6.** Add more Italian seasoning, red pepper flakes, salt, and a pinch of sugar (I do all of this to taste and continue to add throughout the cooking period — key is to check flavor periodically and adjust seasoning).

**7.** Stir thoroughly, cover and let it cook down on medium-high for 30 minutes.

**8.** Bring sauce down to a simmer and let it cook on low-heat for 6-8 hours (you never want the sauce to boil after the initial stages. If its boiling, take off the heat for some time and let it thicken, then return it to low heat).

**9.** Once done and flavor is to your liking boil the pasta of your choosing and serve on top.



