

# Northwestern Pathology Department Holiday Cookbook



*From Members of Northwestern Pathology*

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*a note from*

## **Dr. Carla Ellis**

The Northwestern Pathology Department is profoundly honored to have cultural diversity in our community, and an active diversity, equity and inclusion committee! Members of our department and our DEI committee have submitted recipes that are dear to their families and a part of their culture to share with you this holiday season. We thank our departmental leadership for their support and also the authors of the recipes for their contributions. Have a warm and happy holiday season!



# Moe Family Lefse

Submitted by Dr. Kristy Wolniak

## Ingredients

- 4 Cups Mashed Potatoes (refrigerated overnight)
- 1/2 TSP Sugar
- 1/2 Cup Flour
- Pinch of salt



## Cooking Process

Start with 4 cups mashed potatoes refrigerated overnight (made with butter and half and half). In the morning stir in a little salt and about 1/2 tsp of sugar. Gently add flour starting with 1/2 cup. Gradually add more; enough to form balls of dough (but too much flour makes it tough). Use flour sparingly when rolling lefse into sheets. It's best to use a pastry cloth on the rolling pin and on the pastry board. A lefse stick is nice to help move from board to griddle. Set the griddle to 500 degrees. When lefse gets brown spots on bottom flip over.

## Notes from the Author

I asked my mom to try to write down the recipe; I don't believe it had ever been written down before. It is delicious with butter and sugar and then rolled up to eat.





# *Baked Mac & Cheese*

Submitted by Dr. Lucy Fu

## *Notes from the Author*

My family and I moved to the US when I was about five. We quickly embraced celebrating our new holidays, and eating lots of food with family and friends is universal. Although we lived in multiple cities and regions, the majority of my formative years were spent in Athens and Atlanta, Georgia. I will always consider southern hospitality and food a part of my story. This mac and cheese recipe is clearly not an Asian-themed dish, but something I've brought to nearly every potluck and holiday gathering for the past decade. I love how versatile the dish can be, and once you build the roux + milk base, you can add whatever cheeses, condiments, and mix-ins desired. And of course, the choice of pasta is also part of the fun— it looks especially festive with tricolor fusilli! This dish **MUST** be finished in the oven with a crushed potato chips crust. This final touch takes it from 5 to 100 stars. Hope you enjoy this comforting side (or main dish!) with those you love.

## *Ingredients*

- 6 tablespoons butter
- 1/2 cup all-purpose flour
- 4 cups milk, warm
- 1 tbsp mustard
- 1 tbsp freshly ground black pepper
- Hot sauce, to taste
- Additional salt, to taste
- 3 cups shredded Cheddar
- 1 pound pasta, cooked al dente
- 1 cup crushed potato chips, for topping
- 1/2 cup freshly grated Parmesan, for topping
- Crushed bacon, for topping (optional)







# Jamaican Oxtail Stew

Submitted by Dr. Steven Smith

## Notes from the Author

Jamaican oxtail stew is a beloved and culturally significant dish in Jamaica, known for its rich and flavorful preparation. The oxtail is slow-cooked with a medley of aromatic herbs, spices, and vegetables, creating a mouthwatering and comforting dish that's popular year-round but holds special significance around holiday times, especially Christmas and New Year's.

## Ingredients

3 pounds oxtails, cut into segments by a butcher  
Kosher salt  
Freshly ground black pepper, to taste  
3 tablespoons light brown sugar  
2 Spanish onions, peeled and chopped  
4 cloves garlic, peeled and minced  
3 tablespoons fresh ginger, peeled and chopped  
1 Scotch bonnet pepper, whole  
3 sprigs fresh thyme  
12 allspice berries  
1 bunch scallions, trimmed and chopped  
2 tablespoons white sugar  
3 tablespoons soy sauce  
1 tablespoon Worcestershire sauce  
3 tablespoons flour  
3 tablespoons tomato ketchup  
1 cup butter beans, or a 10 ½-ounce can butter beans, rinsed and drained

# Jamaican Oxtail Stew (continued)

## Cooking Process

- Season and refrigerate overnight to allow the oxtails to marinate. Season oxtails with salt, pepper, garlic, onions, ginger, thyme, allspice, scallions, ("green seasoning"), and both sauces.
- Heat a large Dutch oven or a heavy-bottomed pot over high heat. Add brown sugar to the pot and melt, stirring with a wooden spoon, until it darkens and starts to smoke – about six minutes. When sugar is nearly black, add 2 tablespoons boiling water (or a little butter). (It will splatter.) Stir to mix.
- Add the seasoned oxtails to the pot, working in batches, stirring each time to cover them with blackened sugar, then allowing them to cook, turning occasionally, until they are well browned. Do not remove the oxtails. Instead add water or broth and keep the oxtails submerged.
- Add half of the onions, garlic, and ginger to the pot, along with the pepper, thyme, the allspice, and a third of the scallions, and stir to combine. Cook slowly and steady for about 10 minutes, taste, and adjust.
- Add the remaining onions, garlic, and ginger to the pot, along with another third of the scallions. Add sugar, soy sauce, and Worcestershire sauce. Stir to combine and continue to cook until the meat is yielding and loose on the bone, approximately one hour longer. Remove approximately one cup of liquid from the pot and place it in a small bowl. Add flour to this liquid and stir to combine, working out any lumps with the back of a spoon. Add this slurry to the pot along with ketchup, then stir to combine and allow to cook a further 15 minutes or so. Remove Scotch bonnet pepper and thyme stems. Fold butter beans into the stew and allow these to heat through. Scatter the remaining scallions over the top. Serve with white rice or rice and peas.







# *Red Rice (Kosher Version)*

Submitted by Dr. Elisheva Shanes

## *Notes from the Author*

The Jewish community in Charleston, South Carolina has a long history, dating to colonial times. My own family came to SC in the very early years of the 20th century, fleeing pogroms and persecution in Eastern Europe. The relationship between the Jewish community and the African American community was one of mutual acknowledgement of minority status and historical persecution. My family enjoyed traditional recipes from African culture. Red rice is a staple in African American cuisine in what is called the "Lowcountry" of South Carolina. It's one of many varieties of tomato-based rice recipes likely derived from West African jollof rice (think of gumbo, jambalaya, etc.). Traditional red rice is made with pork sausage. However, my great grandmother adapted it to suit the kosher laws that prohibit pork products -- and she chose to make it meat-free. This has served my family well, as I currently make it vegan, using vegan butter! This is a recipe I grew up eating at many Friday night dinners at my grandparents' house. My mother grew up eating it with fried chicken and potato kugel! If anyone is interested in reading more about the crossover between African American and Jewish cooking, I recommend the book "Koshersoul" by Michael W. Twitty."

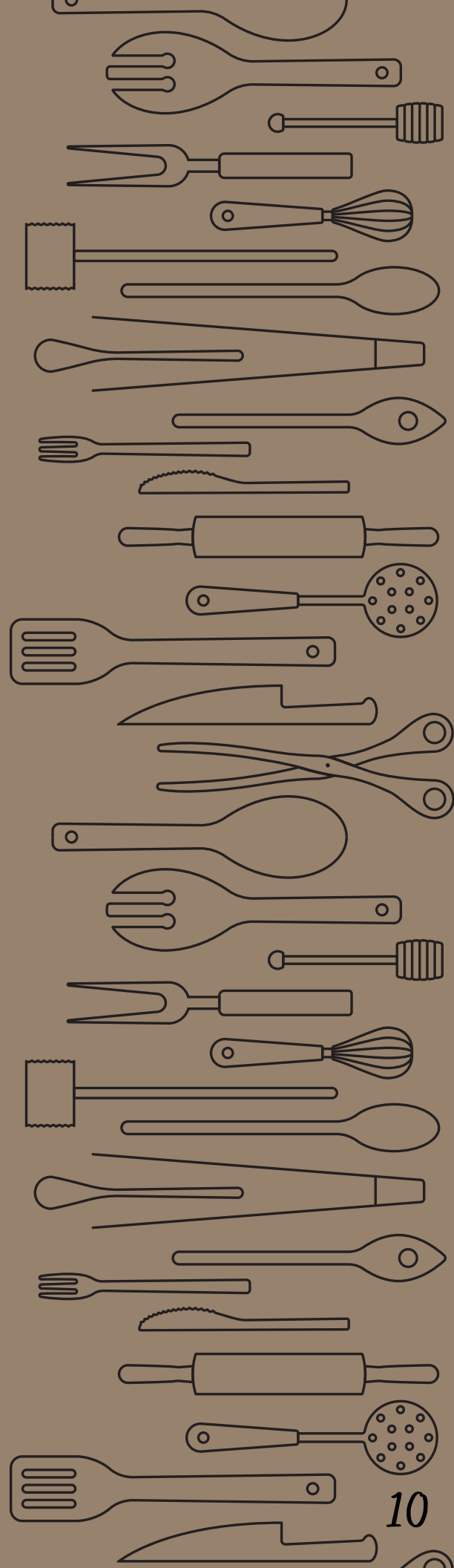
# Red Rice (continued)

## Ingredients

- 1 medium yellow or white onion, chopped
- 3 Tbsp butter
- 15 oz can crushed tomatoes
- 3/4 cup water
- 2 tsp salt
- Pepper to taste
- 2 tsp sugar
- White rice, medium or long grain, to fill empty tomato can

## Cooking Process

- Preheat oven to 350F
- Sauté onion in butter, preferably in oven-safe pan
- Add crushed tomatoes and remainder of ingredients and bring to boil.
- Cover tightly with foil or oven-safe lid (or transfer to baking dish and cover with foil) and cook for 45 minutes, stirring every 15.







# Koshari

Submitted by Dr. Mohamed Tageldin

## *Notes from the Author*

Koshari is another one of those genius solutions to using up pantry staples. It is a cousin to the Middle Eastern Mujadara. In a nutshell, it is a comforting bowl of simple pantry staples: spiced lentils and rice, combined with chickpeas and small pasta. All smothered in a tomato sauce that's been spiked with vinegar (out-of-this-world tasty, by the way!) Then...wait for it...it's topped with savory, crispy thin fried onion rings.

## *Ingredients*

### **For the Crispy Onion Topping**

1 large onion, sliced into thin rings  
Salt  
1/3 cup all-purpose flour  
1/2 cup cooking oil

### **For Tomato Sauce**

Cooking oil  
1 small onion, grated  
4 garlic cloves, minced  
1 tsp ground coriander  
1/2 -1 teaspoon crushed red pepper flakes (optional)  
1 can 28-oz tomato sauce  
Salt and pepper  
1-2 tablespoon distilled white vinegar

### **For Koshari**

1 1/2 cup brown lentils, picked over and well-rinsed  
1 1/2 cup medium-grain rice, rinsed, soaked in water for 15 minutes, drained  
1/2 tsp each salt and pepper  
1/2 tsp coriander  
2 cups elbow pasta  
Cooking oil  
Water  
1 15-oz can chickpeas, rinsed, drained and warmed

# Koshari (continued)

## Cooking Process

### Make the Crispy Onion Topping.

- Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour.
- In a large skillet, heat the cooking oil over medium-high heat, cook the onion rings, stirring often, until they turn a nice caramelized brown. Onions must be crispy, but not burned (15-20 minutes).

### Make the Tomato Sauce.

- In a saucepan, heat 1 tablespoon cooking oil. Add the grated onion, cook on medium-high until the onion turns a translucent gold (do not brown). Now add the garlic, coriander, and red pepper flakes, if using, and saute briefly until fragrant (30-45 seconds more).
- Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so).
- Stir in the distilled white vinegar, and turn the heat to low. Cover and keep warm until ready to serve.

### Make the Koshari

- Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from water and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).
- Now, for the rice. Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over medium-high heat with 1 tablespoon cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 ½ inches (you'll probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes or so.
- Now make the pasta. While the rice and lentils are cooking, make the pasta according to package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.
- Cover the chickpeas and warm in the microwave briefly before serving. Put it All Together!
- To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and ½ of the tomato sauce, then the chickpeas, and finally ½ of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

Recipe and Photo modified from <https://www.themediterraneanandish.com/egyptian-koshari-recipe/>





# Gingerbread Molasses Cookies

Submitted by Dr. Erica Vormittag-Nocito

## Ingredients

- 1/3 cup water
- 1/8 cup butter, softened
- 1/2 teaspoon allspice
- 1/2 teaspoon clove
- 3 1/4 cup flour
- 3/4 cup molasses
- 1/3 cup packed dark brown sugar
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 1/2 teaspoon ground ginger

## Cooking Process

- Start by mixing in a large mixing bowl the molasses and sugar, butter and water until well combined. Add in seasonings (cinnamon, ginger, clove, allspice).
- Add in three cups of flour and baking soda one cup at a time after all other ingredients are well mixed. At some point the dough will be hard to mix with a spoon and will need to be kneaded to incorporate all the flour.
- Refrigerate the dough for at least 4 hours
- Use remaining flour to cover surface for rolling out dough.
- Roll out dough approximately 1/2 to 1/3 inch thick. use cookie cutters to shape cookies.
- Place cookies on cookie sheet at least 1 inch apart.
- Bake cookies at 350 degrees for 8-10 minutes. less time for soft cookies, longer for crispy biscuit like cookies.

## Notes from the Author

These cookies are my absolute favorite and are great in fall and wintertime. I use them at thanksgiving to pair with a pumpkin dessert but can be used anytime. Add some royal frosting and they are great cookies to decorate with family!



# *Pineapple Cherry Dump Cake*

Submitted by Dr. Carla Ellis

## *Notes from the Author*

So as a child, I was in charge of this "dump cake" for the holidays, probably because it was the easiest thing to make. The problem was that I hated nuts and everyone else loved them. My family compromised with me (spoiled much?) and allowed me to make half the cake with nuts on top and half without. Fast forward to adulthood where I now love nuts, I tried to make this cake with whole walnuts on top, but in the shape of a histology cassette for national histotechnologist day (<https://www.nsh.org/nsh-events/histotechnology-day>).

Pro tip - do not arrange the nuts in a particular design because when the butter melts - the walnuts move (see photo), and happy holidays!





# Pineapple Cherry Dump Cake (continued)

## Ingredients

- 1 can of crushed pineapples
- 1 can of cherry pie filling
- 1 box of yellow cake mix
- 1 and 1/2 sticks of unsalted butter
- Walnuts (optional)

## Cooking Process

- "Dump" the crushed pineapples into the ungreased baking pan and spread evenly.
- "Dump" the cherry pie filling over the crushed pineapples and spread as evenly as possible.
- "Dump" the yellow cake mix (dry - do not add any ingredients) over the pineapples and cherries and smooth the top surface.
- Cut multiple pats of unsalted butter and arrange evenly over the top of the dry cake mix.
- Add walnuts (whole or crushed) according to preference (see comments).
- Bake at 350 degrees for approximately 45 minutes or until the butter/cake mix top is golden brown. The liquid from the cherries and pineapples will cook "upward" and the butter will cook downward and mix well with the dry cake mix! Trust me!

