

Columbia College
Staff
Cookbook

Summer 2020



Slow Cooker Buffalo Chicken Sandwiches

Contributed by: Jill Burya, Undergraduate
Global Engagement

From: AllRecipes.com

Ingredients

Original recipe yields 6 servings

- 4 pieces Chicken, broilers or fryers, breast, meat only, raw
- 1 (17.5 fluid ounce) bottle buffalo wing sauce
- ½ (1 ounce) package Good Seasons Dressing Mix-Ranch Dry Env
- 2 tablespoons Butter, with salt
- 6 pieces Submarine/Hoagie/Sandwich Roll

Directions

1. Place the chicken breasts into a slow cooker, and pour in 3/4 of the wing sauce and the ranch dressing mix. Cover, and cook on Low for 6 to 7 hours.
2. Once the chicken has cooked, add the butter, and shred the meat finely with two forks. Pile the meat onto the hoagie rolls, and splash with the remaining buffalo wing sauce to serve.





Marinated Zucchini with Hazelnuts and Ricotta

Contributed by: May Fung, Deans Office

“Now I make the sauce regularly: ricotta, olive oil, liquid from preserved lemons, a bit of chopped preserved lemons (or lemon juice and salt), fresh herbs, plopped over plain grilled zucchini, alone or on warm pasta with parmesan, spread over toasted sourdough, with sliced cherry tomatoes and prosciutto”

From: Bon Appetit

Ingredients

- 3 medium summer squash or zucchini (or pattypan squash!), cut in half lengthwise
- 1½ tsp. kosher salt, plus more
- ¼ cup blanched hazelnuts
- 6 Tbsp. extra-virgin olive oil, divided, plus more for drizzling
- 1 small bunch mint, divided
- 1 small garlic clove, finely grated
- 2 Tbsp. white wine vinegar
- ¾ tsp. sugar
- ½ tsp. crushed red pepper flakes
- Freshly ground black pepper
- ½ lemon
- ½ cup fresh ricotta

- Flaky sea salt
- Toasted country-style bread (for serving)

Directions

1. Preheat oven to 300°. Toss squash and 1½ tsp. kosher salt in a colander; set over a bowl. Let sit 10 minutes, then pat dry with paper towels.
2. Toss hazelnuts and 1 Tbsp. oil on a rimmed baking sheet and roast, shaking occasionally, until golden brown, 15–20 minutes. Let cool; crush into large pieces with a measuring cup or glass.
3. Smack 3 mint sprigs against your cutting board a few times to release their flavor; mix in a large bowl with garlic, vinegar, sugar, red pepper flakes, and 2 Tbsp. oil; set dressing aside.
4. Heat 2 Tbsp. oil in a large skillet, preferably cast iron, over medium-high until shimmering. Arrange squash cut side down in skillet, breaking into smaller pieces if needed in order to fit in a single layer, and cook, moving around in pan to ensure even browning, until golden brown on cut side, about 5 minutes. Reduce heat to medium-low, cover (if you don't have a lid use a baking sheet), and continue to cook until very tender, about 15 minutes. Transfer to a cutting board and let cool slightly.
5. Cut squash into 2" pieces and toss in reserved dressing to coat; season with kosher salt and black pepper. Let sit at room temperature, tossing occasionally, 15 minutes. Pluck out mint sprigs; discard.
6. Meanwhile, zest lemon half into a small bowl, mix in ricotta and remaining 1 Tbsp. oil; season with kosher salt. Hang on to that lemon.
7. Spread lemon ricotta over platter. Top with squash and their juices. Squeeze reserved lemon over. Pull leaves from remaining mint sprigs (you want about ¼ cup). Scatter mint and hazelnuts over squash. Drizzle generously with oil and sprinkle with sea salt. Serve with toast.

CranApple Sweet Potato Casserole

Contributed by: Steve Sholdra, Dean's Office

Ingredients

- 1 Large Golden Delicious Apple (peeled, cored, diced)
- 3 Cups Fresh Cranberries
- 3/4 Cup Firmly Packed Brown Sugar
- 3/4 Cup Chopped Pecans
- 3/4 Cup Orange Juice (or equivalent OJ Concentrate)
- 3 Medium-Size Sweet Potatoes
- 3/4 Teaspoon Cinnamon
- 1/8 Teaspoon Nutmeg
- 9"x13" baking pan

Directions

1. In a large bowl, combine apple, cranberries, sugar, pecans, OJ, cinnamon, nutmeg. Stir, then let sit.
2. Peel sweet potatoes, cut into 1/2" cubes. Spread cubes in a buttered/sprayed 9x13 baking pan.
3. Spoon apple-cranberry mixture evenly over the sweet potatoes.
4. Cover the dish tightly with foil, bake at 400 degrees in the oven for 45 minutes.
5. Remove foil cover and continue baking until sweet potatoes are tender when pierced, approx. 35-45 min longer.

Makes 6-8 servings

Beetroot and Feta Pasta

Contributed by: Joseph Taylor, CCE

"Sharing a submission that our household has tried this spring and continued to love this summer from Nadiya Hussain's Netflix/BBC series. The Beetroot and feta pasta is full of flavor, makes plenty for leftovers, and accessible."

From: Netflix/BBC series "Time to Cook"

Ingredients

- 500g/1lb 2oz pasta
- 200g/7 oz feta cheese
- 20g/3/4 oz fresh dill, finely chopped
- 1 tbsp lemon juice (out of a bottle or fresh)
- extra olive oil, for drizzling

For the sauce

- 600g/1 lb-5 oz cooked beetroot, drained
- 100ml/3 1/2 fl oz olive oil
- 1 tsp fine salt
- 4 garlic cloves, finely chopped
- 1 large red chilli (with or without seeds)

Directions

1. Cook the pasta according to the instructions on the packet.
2. Meanwhile make the sauce. Put the beetroot into a blender and add the olive oil, salt, garlic and chili. Blend to a smooth paste. Put half of the sauce into a small zip-lock freezer bag, seal and freeze – now you have another batch of the sauce ready for another meal.
3. Crumble the feta cheese into a bowl, add the chopped dill, drizzle over the lemon juice and mix.
4. Once the pasta is cooked to your liking, drain and put back into the pan. Pour in all that beautiful beetroot sauce and mix through. Tip out on to a serving dish and sprinkle over feta and dill mixture.
5. Drizzle with a little extra olive oil for good measure before serving.



The BEST Chocolate Chip Cookies (family recipe)

Contributed by: Michaelangelo Misseri, Undergraduate Student Life

Ingredients

- ½ cup butter, melted
- ½ cup granulated sugar
- ½ cup light brown sugar, packed
- 1 egg
- 1 teaspoon vanilla extract
- ½ teaspoon baking soda
- ½ teaspoon of salt
- 1 teaspoon warm water
- 1 ½ cups all-purpose flour
- 1 cup semisweet chocolate chips (Feel free to swap out for different chips; personally, I like a mix of peanut butter and dark chocolate chips)

Directions

1. Preheat oven to 350 degrees F.
2. Melt butter in a microwavable cup and save cup for a future step.
3. In a large bowl, mix the granulated sugar, brown sugar, and butter until smooth. Beat in the egg and stir in the vanilla.
4. Dissolve baking soda in the warm water in the cup used for the butter. Add to the batter along with the salt.
5. Stir in the flour and chocolate chips.
6. Drop large spoonfuls of batter onto an ungreased pan.
7. Bake for 11-12 minutes in the preheated oven, or until edges are nicely browned. Cool for a few minutes and transfer to a plate for serving.

Arugula Pesto

Contributed by: Michael Marino, College Alumni Relations and Development

“Passing along this arugula pesto I love to make - great for pasta, sandwiches, a topping for eggs, etc. It’s pretty riffable based on what ingredients you have. I pretty much use whatever wilting greens and herbs are leftover in my fridge - ditto for nuts!”

Ingredients

- 6 oz. of arugula (approx. 1/2 of a bag)
- 1/3 cup of grated parmesan cheese
- 2 cloves of garlic
- 1/3 cup of raw almonds or walnuts
- 1/2 cup of olive oil

Directions

1. In a dry pan, toast nuts for three minutes, stirring occasionally until they become fragrant and remove from pan as they begin to take on color
2. Combine arugula, cheese, almonds, garlic, and olive oil in the bowl of a food processor and blend. Add more oil if the mixture is not homogeneous and spreadable. Taste for seasoning and add a pinch of salt if necessary.
3. Use immediately to dress pasta, top eggs, spread on a sandwich. Store any remaining pesto in an airtight container in the refrigerator for up to one week.

Spicy Zucchini Boat

Contributed by: Cristen Scully Kromm, Undergraduate Student Life

“Something different, with a little kick!”

Ingredients

- 4 small zucchini

For stuffing:

- 4 oz. cream cheese (softened)
- 1/2 cup (2 oz) shredded pepper jack cheese with jalapeno
- 1/2 cup shredded parmesan cheese
- 1 tsp. dried chives or parsley

Directions

1. Preheat oven to 350
2. Slice zucchini in half lengthwise and blanch in boiling salted water for 2 minutes. Drain and immediately immerse zucchini in an ice bath for 5 minutes. Drain on paper towels. Spoon out seeds carefully. Dry with paper towels. Stuff each half with filling.
3. Place in lightly greased baking dish. Bake until squash is heated through and cheese is melted, 8-10 minutes, or slightly longer if you like the cheese slightly browned on top.



Jollof Rice

Contributed by: Kaitlyn Orwig, College Communications and Marketing

“My husband is Nigerian so I’ve taken this extra time to dive into some new Nigerian recipes. This one isn’t exactly like how his mom makes it, but is pretty close!”

From: NYTimes

Ingredients

- ½ cup canola or other neutral oil
- 2 medium red onions, peeled, halved and thinly sliced
- 4 garlic cloves, thinly sliced
- 1 tablespoon tomato paste
- 1 teaspoon ground turmeric
- ¼ teaspoon smoked paprika (optional)
- 3 cups parboiled long-grain rice (such as Carolina Gold or Uncle Ben’s Original), basmati or jasmine rice (about 1¼ pounds)
- 5 fresh thyme sprigs
- 1 fresh bay leaf
- Kosher salt and freshly ground black pepper
- 2 cups beef, chicken or vegetable stock

Directions

1. Prepare the obe ata: Working in batches if needed, combine all the obe ata ingredients except the canola oil in a blender and purée on high until smooth. The liquid from the can of tomatoes should suffice, but you can add up to 1/4 cup of water if necessary to get the purée going. (You should have about 3 cups of purée.)
2. Heat the 2 tablespoons canola oil in a medium saucepan over medium-high. Add the purée and bring to a simmer. Reduce heat to medium, cover and simmer until the sauce is slightly reduced by about a third of its original volume, 18 to 20 minutes. (It should make about 2 cups. Obe ata can be cooled and refrigerated for up to 2 weeks, or frozen for up to 1 month.)
3. Prepare the rice: Heat the oven to 350 degrees. Heat the 1/2 cup canola oil in a large Dutch oven over medium until shimmering, about 1 minute. Add the onions and cook, stirring frequently, until softened, 6 to 8 minutes. Remove half the onions to a plate and set aside. Add the garlic and sauté until fragrant and translucent, about 2 minutes. Add the tomato paste, turmeric and smoked paprika, if using, and toast, stirring occasionally, until turmeric is fragrant and tomato paste has deepened to a dark red color, about 2 minutes.
4. Stir in the obe ata sauce and bring to a simmer over medium heat. The habanero oils love to disperse in the air, so you may want to turn on your stovetop fan or open a window while simmering the obe ata. Stir in the rice, thyme and bay leaf, and season with salt and pepper. Stir in the stock and cover with a lid. Transfer the pot to the oven and cook until rice is just tender, 35 minutes.
5. Remove the pot from the oven and let sit, covered (no peeking) for 15 minutes. Uncover, fluff the rice with a fork and stir in the reserved sautéed onions. Adjust seasoning, if necessary, and discard the thyme sprigs and bay leaf. Serve warm.

Watermelon and Feta Salad

Contributed by: Heather Perceval, CCE

From: Smitten Kitchen (adaptation)

Servings: At least 4

Ingredients

- 1 pound Campari or plum tomatoes, diced, drained
- 1-1/2 cups diced seeded watermelon
- 1 large green bell pepper, seeded, cut into 1/3-inch cubes
- 1/2 large English hothouse cucumber, seeded, cut into 1/3-inch cubes
- 1/2 cup very thinly sliced radishes
- 3 tablespoons olive oil, divided
- 10 ounces feta cheese, cut into small cubes (about 2 1/2 cups),
- 2 divided green onions, chopped, divided
- 1/4 cup thinly sliced fresh mint leaves, divided
- 1/2 cup plain Greek-style yogurt
- 1 teaspoon dried oregano

Directions

1. Toss first five ingredients and two tablespoons oil in large bowl. Add half each of cheese, green onions, and mint. Mix remaining cheese, green onions, mint, and oil in processor; add yogurt and oregano. Process just to blend (do not over-mix or dressing will get thin). Season dressing with salt and pepper; mix into salad.



Creamy Cauliflower Pasta with Pecorino Bread Crumbs

Contributed by: Michelle Martin, College Alumni Relations and Development

"I've been making this recipe at least once a month (if not more!) since we started staying home. So simple but SO delicious!"

From: NYTimes (adaptation)

Ingredients

- Kosher salt and black pepper
- 8 ounces rigatoni, ziti or campanelle
- 6 tablespoons olive oil
- ¾ cup fresh coarse or panko bread crumbs
- ½ cup finely grated pecorino cheese, plus more for serving
- 1 large shallot, finely chopped
- 1 medium head cauliflower (about 2 pounds), outer leaves and stem removed, sliced about 1/2-inch thick (it's O.K. if it crumbles)
- 1 cup heavy cream
- 1 tablespoon finely grated lemon zest, plus more for serving
- ½ cup finely chopped chives
- Red-pepper flakes (optional)

Directions

1. Bring a large pasta pot filled with salted water to a boil. Cook the pasta until al dente; drain and reserve about 1 cup of the cooking water.
2. Meanwhile, heat 3 tablespoons olive oil in a large skillet over medium heat. Add bread crumbs and season with salt and pepper. Cook, stirring occasionally, until they're evenly toasted and golden brown, 4 to 6 minutes. Add 1/4 cup pecorino and toss to coat, letting the cheese melt and clump among the bread crumbs (think granola-like clusters). Remove from heat and transfer to a small bowl or plate; set aside.

3. Wipe out the skillet and heat remaining 3 tablespoons oil over medium heat. Add shallot and cauliflower and season with salt and plenty of black pepper. Cook, tossing occasionally, until the cauliflower has completely softened and both the cauliflower and shallots are beginning to caramelize and brown, 12 to 15 minutes.
4. Add heavy cream and 1 tablespoon lemon zest and bring to a simmer, then let the cream reduce and thicken, 2 to 4 minutes. Season with salt and plenty of pepper; if pasta is still cooking, remove from heat and set aside until pasta is ready.
5. Return the skillet to medium heat and add the pasta to the cauliflower, along with the remaining 1/4 cup pecorino and 3/4 cup of the pasta water. Cook, tossing to coat the pasta and thicken the sauce until it's thick and glossy, and almost resembles macaroni and cheese, adding more pasta water by the tablespoon as needed, 4 to 6 minutes.
6. Remove from heat. Divide pasta among bowls and top with pecorino bread crumbs, chives, more lemon zest, red-pepper flakes (if using) and more cheese if you like.

Banana Bread

Contributed by: Clayton Howard, Dean's Office

Ingredients

- ½ cup (1 stick) unsalted butter, softened
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- 1 ½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. kosher salt
- ½ cup sour cream
- 3 very ripe bananas mashed (I'm talking dark, mushy, the more ripe the better. Don't cheat this step, it makes the bread)
- ½ cup chopped walnuts, chocolate chips or shredded coconut (optional)

Directions

1. Preheat oven to 350°, grease 9x5 loaf pan
2. Whip the softened butter for 4-5 mins. This is the important part that makes the bread so fluffy. The more you whip the butter, the more air gets into the batter.
3. Add sugar, eggs, vanilla, mix until smooth.
4. In a separate bowl mix flour, baking soda, salt.
5. Mix dry ingredients into wet ingredients softly, just until dry ingredients are combined. Important to not over mix at this stage because the more you mix the flour the tougher the dough will bake.
6. Fold in sour cream, bananas, (& nuts, chocolate chips, coconut). Important to fold softly, not to over mix the flour mixture.
7. Pour into a greased 9x5 loaf pan, bake at 350° for 60 minutes. Rotate at 30 minutes and check at 45 minutes with a toothpick. Bread is done when the toothpick comes out clean and the top doesn't 'wobble' anymore. Cool in the loaf pan for 10 minutes before removing.

Serve with a spread of butter and sprinkle of sea salt on top.

Banana Crunch Muffins

Contributed by: Hannah Chipman, College Alumni Relations and Development

"I'm passing along a recipe I have used more than 3 times throughout these past few months. Although it's for banana crunch muffins, I've actually adjusted it to make banana bread. The loaf turns out great every time! Would recommend it!"

From: Food Network (adaptation)

Ingredients

- Kosher salt and black pepper
- 8 ounces rigatoni, ziti or campanelle
- 6 tablespoons olive oil
- ¾ cup fresh coarse or panko bread crumbs
- ½ cup finely grated pecorino cheese, plus more for serving
- 1 large shallot, finely chopped
- 1 medium head cauliflower (about 2 pounds), outer leaves and stem removed, sliced about 1/2-inch thick (it's O.K. if it crumbles)
- 1 cup heavy cream
- 1 tablespoon finely grated lemon zest, plus more for serving

Directions

1. Preheat the oven to 350 degrees F.
2. Line 18 large muffin cups with paper liners. Sift the flour, sugar, baking powder, baking soda, and salt into the bowl of an electric mixer fitted with a paddle attachment. Add the melted butter and blend. Combine the eggs, milk, vanilla, and mashed bananas, and add them to the flour-and-butter mixture. Scrape the bowl and blend well. Don't overmix.
3. Fold the diced bananas, walnuts, granola, and coconut into the batter. Spoon the batter into the paper liners, filling each 1 to the top. Top each muffin with dried banana chips, granola, or coconut, if desired. Bake for 25 to 30 minutes, or until the tops are brown and a toothpick comes out clean. Cool slightly, remove from the pan, and serve.



Cinnamon Sugar Scones

Contributed by: College Communications and Marketing Team

“This recipe has been discussed at length and enjoyed by the majority of our team, so we wanted to share it with everyone!”

From: Smitten Kitchen

Ingredients

- 1-3/4 cups (230 grams) all-purpose flour, plus more for counter
- 6 tablespoons (75 grams) granulated sugar, divided
- 1 tablespoon baking powder
- 1/2 teaspoon fine sea salt
- 8 tablespoons (4 ounces or 115 grams) unsalted butter, cold, diced
- 1/4 cup (60 ml) half-and-half or 2 tablespoons each milk and heavy cream, cold
- 1 large egg
- 2 teaspoons ground cinnamon, divided

Directions

1. Heat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, 3 tablespoons of the sugar,

baking powder, and salt. Pinch the butter into the dry mixture with your fingers or cut it in (with a pastry blender; I use this one) until it resembles coarse cornmeal. Make a well (clear area) in the center and pour in the half-and-half, then the egg. Use a fork to gently combine the egg and cream in the center, then use it to combine everything into a rough mass. Dip your hands into the bowl and knead the mixture a few times into an even mass.

3. On a lightly floured counter, roll the dough to roughly a 10-by-6-inch rectangle (think: a piece of paper but a little smaller). Sprinkle 1 tablespoon of the remaining sugar and 1 teaspoon of the cinnamon over half of the rectangle (it will seem like too much but trust me, these scones do not end up overly sweet), then fold it in half. Roll the dough out again into an 8-by-6-inch rectangle; sprinkle another of the remaining tablespoons of sugar and the last teaspoon of cinnamon over half, then fold in half again. Do not roll again, just pat the dough into roughly a 6-inch circle and cut with a sharp knife into 6 wedges. Evenly space the wedges on the pan, sprinkle with final tablespoon of sugar, and bake until slightly golden at the edges, 15 to 17 minutes.

Do ahead: Really, scones are better the first day, freshly baked. You can rewarm them in the oven briefly on the second, but it's always a bit more dry. You could make them and freeze them until needed instead. You'll probably need 4 to 5 extra minutes in the oven if baking them from frozen.