

# LLM and LEI Recipe Book

as of December 2020

Office of International and  
Non-JD Programs  
Fordham Law School

*“One cannot think well, love well, sleep well, if one has not dined well.”*

— Virginia Woolf, *A Room of One's Own*

*“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”*

— J.R.R. Tolkien

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## Quick Pre-Zoom Lunch ¡a la madrileña! Christine Shanks (Canada) (LEI and LLM)

1 person • 5 minutes preparation • vegan\* vegetarian\* low salt\*

If you are in a rush, your Zoom meeting/class is starting in 20 minutes and you completely forgot to eat, you don't want something too heavy, nor too light, here is the savior recipe for you! Easy, tasty & healthy!

### Ingredients

1 can low salt chickpeas (200 g)  
½ onion  
1 tomato  
20 grams Manchego cheese\*  
2 tablespoons extra virgin olive oil  
1/8 teaspoon garlic powder  
1/8 teaspoon Spanish pepper powder\*\*  
Dried rosemary & thyme  
Pinch of black pepper

### Instructions

1. Rinse chickpeas in a sieve to remove salt and pour chickpeas into a bowl
2. Cut the onions in thin layers and the tomato and Manchego cheese in small cubes and add them to the chickpeas
3. Add the olive oil, garlic powder, Spanish pepper powder, dried rosemary & thyme flakes and black pepper.
4. Mix and pour into a plate *et voilà*.

*¡Buen provecho a todos! And still 15 minutes left before your Zoom session starts, so you will be right on time!*

\*Manchego cheese is one of the most typical (and oldest) cheeses in Madrid, if not in Spain. It is hard, dry and strong. If you cannot find it, I recommend you use old cheddar instead.

\*\*The best kind of peppers here in Spain are called: *Pimentón de la vera*. You can order them on Amazon easily. It makes all the difference in so many dishes as they taste like “smoked” peppers.

Drink recommendation: it is very warm in Spain in the Summer, Fall and Spring so cold water with a few drops of lemon is ideal!

## Steak Tartar 'À la Canadienne-française' Christine Shanks (Canada) (LEI and LLM)

2 people • French-Canada • 20 minutes preparation • \*Low salt

This is a combination of a traditional French and Polish tartar with a pinch of Spain added to it, following my incredible experiences tasting it and preparing it in all three ways in Canada. I hope that you enjoy it! It reflects my country, Canada, as it combines different recipe like its people.

### Ingredients

500 grams raw filet mignon  
1 medium red onion  
1 egg yolk  
¾ tablespoon capers  
1 tablespoon polish pickles  
2 tablespoon extra virgin olive oil  
½ teaspoon Worcestershire sauce  
1 teaspoon Dijon mustard  
1/8 teaspoon tabasco  
¼ teaspoon Spanish spicy pepper powder (*Pimentón de la vera picante*)  
Pinch garlic powder  
Pinch back pepper

### Instructions

1. Cut capers, onions, and polish pickles in very small cubes.
2. Cut meat in extremely small cubes or grind it. Place your meet on the top cold bowl\*.
3. Add the previously cut ingredients to the meat along with the egg yolk and extra virgin olive oil.
4. Slowly mix with a spatula until the ingredients are well soused into the meat.
5. Add the Worcestershire sauce, Dijon mustard, Tabasco and Spanish spicy pepper powder, garlic powder and black pepper.
6. Mix with a spatula slowly until all is homogenic.
7. *PLACE YOUR MEAT INSIDE A TARTAR MOLD (IT CREATES A GREAT EFFECT IN THE PLATE)! REMOVE THE MOLD AND IT IS READY.*

\*Tartar is usually eaten cold, not at temperature room. Here is a tip to keep your meat cold during the preparation: fill in a large bowl with ice cubes and cold water. Place a second slightly smaller bowl on top and use this one for your preparation. This way, although the meat will not freeze, it will remain cold.

You can accompany this dish with a light Cesar salad or French fries. Wine recommendation: *Montesor Amarone della Valpolicella*, Veneto (Italia).

## Chicken Piccata With Lemon and Parsley Ewa Bowden (Austria) (LLM)

From: <https://www.thespruceeats.com/chicken-piccata-with-lemon-and-parsley-3052882>

Use small chicken breasts, chicken tenders, or larger chicken breasts cut in strips in this recipe. Add capers to the sauce for the classic lemony chicken piccata flavor.

Use Meyer lemons in the dish if they're in season.

### Ingredients

- 4 tablespoons butter
- 2 tablespoons olive oil
- 6 chicken breast halves (boneless, without skin, about 5 or 6 ounces each, 2 pounds)
- Kosher salt and freshly ground black pepper
- 3/4 cup all-purpose flour
- 1 clove garlic (minced)
- 1/2 cup chicken broth (low sodium, or half dry white wine)
- 6 tablespoons fresh Meyer lemon juice or regular lemon juice
- 2 tablespoons capers (drained, optional)
- 3 tablespoons fresh chopped parsley

### Instructions:

1. In a large skillet or saute pan, heat the butter and olive oil over medium heat.
2. If the chicken breasts are large, cut them in strips or cut them horizontally to make cutlets. Chicken tenders may also be used in the recipe.
3. Put the flour in a bowl or plate.
4. Sprinkle the chicken with kosher salt and pepper. Coat the chicken with the flour. Arrange the chicken in the pan, and cook until browned and cooked through, turning to brown all sides.
5. Remove the chicken to a plate and add the garlic to the pan. Cook for 1 minute. Add the chicken broth (or chicken broth and wine mixture) and the lemon juice. Bring to a boil. Add the chicken back to the pan along with capers, if using. Bring back to a boil. Reduce the heat to low, and simmer for 5 minutes.
6. Garnish servings with fresh chopped parsley.

## Escarole Soup with Turkey Meatballs

Ewa Bowden (Austria) (LLM)

From: <https://www.skinnytaste.com/escarole-soup-with-turkey-meatballs-52/>

This is a delicious, easy, one-pot meal!

### INGREDIENTS

For the meatballs:

- 20 oz 1.3 lb ground turkey breast 99% lean
- 1/4 cup seasoned whole wheat breadcrumbs
- 1/4 cup grated parmesan cheese
- 1/4 cup parsley, finely chopped
- 1 large egg
- 1/4 cup onion, minced
- 1 clove garlic, minced
- 1/4 tsp salt

*For the soup:*

- 8 cups fat-free low sodium chicken broth
- 1 16 oz head escarole, chopped
- fresh cracked pepper, to taste
- 3 oz 1/2 cup uncooked orzo (omit or use GF pasta for GF)

*Stove Directions:*

- Heat a large pot over med-high heat and add the chicken broth, bring it to a boil, covered.
- Meanwhile, in a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your (clean) hands, gently mix all the ingredients well until everything is combined.
- Form small meatballs, about 1 tbsp each, you'll get about 40.
- When the broth comes to a boil, drop the meatballs in, add the orzo and chopped escarole.
- Add fresh pepper, adjust salt as needed and cook according to pasta directions, about 10 minutes or until orzo and meatballs are cooked.

*Instant Pot Directions:*

- Pour the chicken broth in the pot, cover and cook high pressure 1 minute to bring it to a boil. Quick or natural release.
- Meanwhile, in a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your (clean) hands, gently mix all the ingredients well until everything is combined.
- Form small meatballs, about 1 tbsp each, you'll get about 40.

- When the broth comes to a boil, drop the meatballs in, add the orzo and chopped escarole. Add fresh pepper, adjust salt as needed, cover and cook high pressure about 5 minutes, quick release.



## Seared Salmon with Garlicky Zucchini Noodles

### Ewa Bowden (Austria) (LLM)

From: <https://www.delish.com/cooking/recipe-ideas/recipes/a46065/seared-salmon-with-garlicky-zucchini-noodles/>

#### INGREDIENTS

- 4 salmon pieces (2 lb.)
- kosher salt
- Black pepper
- 1 lemon, zested and sliced into wheels
- 5 medium zucchini
- extra-virgin olive oil
- 2 tsp. minced garlic
- 1 tsp. red pepper chili flakes
- 1/4 c. chopped parsley
- Flaky sea salt, for garnish
- Lemon zest, for garnish

#### DIRECTIONS

- Season salmon with 2 teaspoon salt and 1 teaspoon pepper; set aside.
- Trim one end of each zucchini and insert into a spiralizer. Turn to create noodles. If noodles are very long, cut them to approximately 7". Place noodles in a colander and season with 1 tablespoon salt. Mix gently to ensure all noodles are well seasoned to help remove excess moisture from zucchini. Set aside and let noodles drain over a dish.
- Preheat a large cast iron skillet over high heat. Heat 1 tablespoon olive oil until very hot and almost smoking. Sear salmon on each side for 4 minutes. Transfer to a plate and let rest.
- Meanwhile, drain zucchini noodles and pat dry with paper towels to remove as much water as possible. In the same skillet, heat 1 tablespoon olive oil over medium-high heat. Add lemon slices and sauté quickly to deglaze the pan. Add garlic, chili, and noodles. Stir fry for 3 to 5 minutes until garlic is cooked and noodles are al dente.
- Serve salmon on bed of noodles and garnish with parsley, flaky salt, and pinch of lemon zest.

**Pad Kra-Praow**  
**Chanya Veawab (Thailand) (LEI and LLM)**

Thai comfort street food served with rice and topped with a fried egg

**Ingredients:**

- 100 grams of pork/any meat to your preferences
- 3 peeled garlic cloves
- 3-5 red chilies (depends on how spicy you prefer)
- 5-7 basil leaves
- 2 tablespoons of oil
- 1 tablespoon of soy sauce
- 1 1/2 tablespoons of oyster sauce
- A pinch of sugar
- 1 teaspoon of black soy sauce (optional)

**Instructions:**

1. Minced garlic cloves and pounded/chopped chilies
2. Put oil in a heated frying pan
3. After the oil gets hot, put in both the minced garlic and pounded chilies
4. Until the garlic gets yellow, add pork or any preferred meat and stir continuously for a few minutes
5. After the meat looks cooked, add all of the sauces, starting with oyster sauce, soy sauce, black soya sauce(optional), a pinch of sugar
6. Stir it thoroughly. If it's too dry, add a teaspoon of water.
7. Add basil leaves and stir fry for a few seconds until it's cooked
8. Turn off the heat and serve it with rice.
9. If you want to top it with a fried egg. Put oil in a heated pan. After the pan is hot, crack an egg on the pan until it is cooked to your liking.

## Hungarian Pepper-Tomato Stew "Lecsó" Dalma Kovacs (Hungary) (LLM)

Vegan

Preparation time: approximately 25-30 minutes

Lecsó is an easy, simple, and quick dish. I hope you will love it!

### Ingredients:

- 1 red onion
- 4 peppers (preferably Hungarian wax pepper or banana pepper, but bell peppers are also fine, just need to cook them a little longer)
- 3 tomatoes (red juicy tomatoes like beefsteak and heirloom tomatoes)
- 0.5 can chopped tomatoes
- 2 cloves garlic
- 2 tsp sweet smoked paprika powder
- coconut/olive oil
- salt and pepper to taste
- hard smoked tofu (optional)

### Instructions:

#### 1. Prepare the ingredients

- Peel and chop onion and garlic.
- Wash and cut tomatoes to pieces in a size of 1-inch cubes.
- Wash and slice peppers. Remove the seeds and the stem. Then cut it in 2-3 inch long stripes.
- Chop the tofu to 0.5-1 inch cubes.

#### 2. Cook the stew

- Heat your stock pot or Dutch oven to medium heat and add coconut or olive oil.
- Add chopped onion, stir, and cook for 2 minutes.
- Add chopped garlic, stir, and cook for a minute.
- Add sliced tofu and peppers, salt, and black pepper. Stir until combined.
- Add chopped tomatoes and sweet paprika powder. Stir until combined.
- Cover with a lid and cook on medium heat until it is boiling.
- Remove lid, stir and cook for 6-8 minutes until the tomatoes are mushy and there are juices.
- You can now add a half can of chopped tomatoes. Cook for a few more minutes.

Ready to be served!

#### 3. Tips for non-vegans

- Many Hungarians like lecsó with scrambled eggs and/or smoked spicy sausages.
- You can substitute the tofu with sausages.
- If you want to go super Hungarian, you can mix lecsó with scrambled eggs.

## Rösti

Daniela Rubiano Soto (Switzerland) (LEI)

Rösti, originally a farmers' breakfast from German-speaking Switzerland, is now a Swiss national dish and highly popular! Each region has its own version.

### Ingredients:

- 1 kg waxy potatoes, boiled in their skins the previous day, peeled, and grated coarsely into a bowl.
- 1 teaspoon salt
- Clarified butter

### Instructions:

- Heat butter in a non-stick frying pan.
- Add potatoes, and cook for about 5 minutes, turning occasionally
- Press into a flattish cake shape with a fish slice or spatula, then leave to cook undisturbed over medium heat for about 15 minutes
- Lay a flat plate upside down over the frying pan and flip the *Rösti over onto a plate.*
- *Add a little more clarified butter to the pan and slide the Rösti back into the pan*
- *Finish cooking the other side for another approximately 15 minutes.*

### *Tips:*

- *Slowly sweat 1 onion, chopped or sliced into thin strips, in the butter, before adding potatoes and cooking as above.*
- *Fry 100 g diced bacon until crispy, before adding potatoes and cook as above.*
- *Top rösti with fried eggs.*

## 15-Minute Avocado Pasta Venla Stang (Finland) (LLM)

Vegetarian

### Ingredients

- 2 cups uncooked dry pasta
- Water
- 1 clove of garlic
- ½ chili
- 1 lime
- 2 ripe avocados halved, seeded and peeled
- 1/4 cup fresh basil leaves or/and cilantro
- 1/4 cup grated parmesan or/and pecorino cheese
- Salt
- Black pepper
- 1/4 cup olive oil

### Instructions

You can make the pasta directly to the bowl that you will take to the table.

- Boil the pasta in salty water.
- While the pasta is cooking, cut garlic and chili. Put them in the bowl.
- Squeeze lime juice into the bowl.
- Add chunked avocados.
- Cut the herbs and grate the cheeses.
- Add herbs, cheeses, salt, pepper, and olive oil into the bowl.
- Mix and taste. Add salt if needed! This pasta needs some salt.
- Take ½ cups of the pasta water to side.
- Mix pasta to the other ingredients in the bowl. Add some pasta water.
- Add parmesan and pepper on the top to taste.
- Eat right away!

## **Hungarian Mushroom Stew** **Orsolya Bartha (Hungary) (LLM)**

Vegetarian/vegan

### **Ingredients:**

- Canola oil
- Onion (white)
- Champion mushroom (at least 2-3 cups)
- Paprika powder
- Salt
- Pepper

### **Instructions:**

- Heat the oil (US they would say 1 -2 tablespoon, in Hungary that would be closer to 0,5 dl).
- Cut the onion into small squares. The more onion the more Hungarian. I would do either one large or 2 medium white onions.
- Cook the onion on the oil, cover it, but make sure not to burn it.
- When the onion is transparent add the salt, pepper and the Hungarian paprika. Key is the sweet grounded Hungarian paprika. You add at least 1 tablespoon paprika (the more the better). Careful when you add it to the hot onion make sure to stir it to avoid burning it.
- Add the sliced mushroom. Cook it until it's soft, don't forget to stir.

When ready you can put it on rice or noodles (elbow) or galuska (like gnocchi). If you eat sour cream, add a lot on top.

Enjoy!

## Cassoeula Giada Ginevra (Italy) (LLM)

Typical dish from Brianza and the Milan area, so much so that the name of it is in our dialect! To pronounce it, read it as follows: the “c” is strong, the sound of both “a”s resembles that in “cat”, the “oeu” is like that of “o” with dieresis.

Enjoy!

### Ingredients:

- 1 big or 2 small Savoy cabbages
- 3 carrots
- 1 large celery stalk
- 1 onion
- 1kg pork ribs
- 1 pack of peeled tomatoes
- Salt
- Black pepper
- Broth

### Instructions:

- Wash and prepare the savoy cabbages (removing the hard core). Leave them in a clean and dry towel for one night. Either then or in the morning, wash and cut in small pieces the carrots, celery and onion.
- In the morning, wash and put the pork ribs in a pan. Leave them on the fire for approximately 5 minutes, so to make the spare fat melt.
- Once the five minutes have passed, put them in another clean and big pan, add the carrots, onion, celery, and peeled tomatoes.
- Add the broth and a bit of salt, put the pan on the fire and let it cook for approximately 45 minutes (check that the broth is never drying – if it is, add some water).
- While cooking, add pepper.

We typically also boil the pork rind in a separate pan and add them to the final dish (it depends on whether you prefer to have a light meal or not).

### Tips:

- serve it with a full-bodied red wine (if you want something from the same area, you can go with a *Ripasso della Valpolicella* or *Amarone della Valpolicella* – but a red *Chianti* is also good!);
- while cooking, add a bit of red wine and laurel oak leaves.

## Risotto with Savoy Cabbage

### Giada Ginevra (Italy) (LLM)

If you want to accompany cassoeula with a risotto, as main course to serve before or in smaller portions as appetizers, risotto with savoy cabbage is definitely a good idea as it partners with the savoy cabbage taste also present in cassoeula. Risotti too are typical of Brianza and Milan area.

#### Ingredients:

- White rice for risotto
- 2 small savoy cabbages
- White onion
- Butter
- Olive oil
- Salt
- Pepper
- White wine (for instance *Chianti*)
- Broth
- Parmigiano

#### Instructions:

- Put a big pan on the fire and brown some small cut pieces of onion with a bit of butter and olive oil.
- Add the rice and toast a bit (around 1 minute).
- Add a glass of white wine and the savoy cabbages (which you will have previously cut in tiny tiny pieces) and stir (around 1- or 2-minutes max).
- Add the broth and stir.
- Continue adding the broth until when, by tasting it, you can tell the rice is almost cooked (and remember that risotto is to be served *al dente*).
- When the rice is *al dente* and the broth almost all dried, add 250g of grated Parmigiano.
- Stir and serve.

#### Tips:

- I always add butter and some more wine when adding the Parmigiano
- Serve with the same wine you used to cook it



## Slow Cooker Coconut Lentil Curry

Toni Jaeger-Fine

Vegan

Notes:

- A slow cooker is an excellent investment, and you can find inexpensive ones on Amazon.
- This recipe was adapted from someplace – not sure where

### Ingredients

- 1.5 cups dried brown lentils
- 2 tablespoons ginger, chopped (or substitute ½ teaspoon of ground ginger)
- 1 tablespoon cumin
- 1 tablespoon coriander
- 1 tablespoon turmeric
- 28 ounce can crushed tomatoes
- 3 cups water
- 1 glove garlic, chopped
- ½ onion, finely minced
- 15 ounce can coconut milk
- 2 teaspoons salt
- Cherry tomatoes, cut in half

### Instructions

1. Add lentils, ginger, cumin, coriander, turmeric, crushed tomatoes, garlic, onion, and 3 cups of water in your crock pot. Stir contents. Put the lid on and set the timer for 4 hours on high or 8 hours on low
2. Stir in coconut milk and salt
3. Add cherry tomatoes to the top
4. Can be enjoyed alone or over rice

## Rice with Saffron and Black Beans

Toni Jaeger-Fine

Vegan

Note: This recipe was adapted from someplace but I cannot say where.

### Ingredients

- 2 cups vegetable stock
- ¼ teaspoon saffron threads
- Olive oil
- 1 small yellow onion, thinly sliced
- 1 tablespoon minced garlic
- 1 teaspoon turmeric
- 2 teaspoons paprika
- 1 cup long grain brown rice
- 1 can black beans, drained and rinsed
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 teaspoon salt

### Instructions

1. Heat the vegetable stock until boiling. Add saffron and remove from heat.
2. Heat olive oil in a large skillet over medium heat
3. Add onion, garlic, turmeric, paprika, and rice. Stir to coat.
4. Pour in the stock and add the beans and pepper.
5. Bring to a boil and reduce the heat to medium low.
6. Cover and simmer until rice is tender and most of the liquid is absorbed, 20-40 minutes.

## **Bombocado**

**Mariana Nogueira Machado Simoes (Brazil) (LEI and LLM)**

Gluten free

"Bom-bocado" literally means good-bite, and it is a sweet pastry of the Portuguese monastic confectionery tradition, that uses eggs, sugar, flour, condensed milk and cheese. It is very similar to another Brazilian sweet called "queijadinha". You can use coconut flour, or almond flour to make this recipe. Nowadays, there are a multitude of delicious versions of this recipe that use local products such as corn flour or cassava.

You will need a cupcake mold

Ingredients:

- ½ can of condensed milk
- 2 eggs
- 100 gram dehydrated shredded coconut
- 50 gram sugar
- 25 gram grated Parmesan cheese
- 25 gram melted butter
- 75 gram almond flour

Preparation:

1. Mix all ingredients together.
2. Grease the muffin pan cavities (if it's not a nonstick pan) or line them with foil baking cups.
3. Carefully pour the mixture into the mould cavity.
4. Bake in a preheated oven at 200°C until golden brown. It takes around 20 minutes.

Yield: 12 "Bons-Bocados"

*Drink recommendation:* Black coffee, strong and short, as a Brazilian does, or a Latte.

**Brazilian Chocolate**  
**Mariana Nogueira Machado Simoes (Brazil) (LEI and LLM)**

*From the book "Joy of Cooking", a classic american culinary book by Irma S. Rombauer et ali.*

***Four portions***

Combine in a small heatproof bowl:

- 1 ounce dark, bittersweet or semisweet chocolate (60 to 72%) chopped.
- ¼ cup of sugar
- ⅛ teaspoon of salt

Combine in a saucepan:

- 1 ½ cups strong coffee
- 1cup of water
- 1 cup half-and-half

Bring to a boil, then pour over the chocolate, whisking constantly to dissolve the chocolate and sugar completely. Stir in:

- 1 teaspoon of vanilla
- Pinch of ground cinnamon

**Apple Pancakes**  
**Ewa Bowden (Austria) (LLM)**

From: <https://www.allrecipes.com/recipe/23095/veronicas-apple-pancakes/>

Ingredients:

- ¼ cup butter, melted
- 1 egg
- 1 cup milk
- 1 cup shredded tart apple
- 1 ¼ cup all-purpose flour
- 1 ¼ teaspoons baking powder
- ¼ teaspoon ground cinnamon
- 1 tablespoon white sugar

Directions

- Step 1: In a large bowl, combine butter, egg, milk and apple. In a separate bowl, sift together flour, baking powder, cinnamon and sugar. Stir flour mixture into apple mixture, just until combined.
- Step 2: Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.