



ROSEN LIFE PRESENTS



ROSEN'S HERITAGE COOKBOOK

RECIPES SUBMITTED BY ROSEN
STAFF AND STUDENTS



The University of Central Florida is proud to celebrate the many cultures and heritages of the UCF staff and student body. Rosen Life in partnership with Student Government has created this Heritage Cookbook to share family recipes of our staff and students.

Daniella Lopez, SG's Diversity Initiatives Specialist writes, "Student Government has implemented UCF's first annual Campus-Wide Heritage Week! Our goal is to highlight all of the cultures present on our campus. We have a very diverse student population with 48.5% of students being a minority. We want to make sure that everyone feels a piece of their culture at their home away from home."

We hope you enjoy this cookbook, and we cannot wait for you to try these family recipes!



MOMMA'S VEGANIZED WHITE BEAN CHILI

RECIPE SUBMITTED BY MELISSA MATTEK

I have always loved to cook, it just makes me quite happy feeding people. About 4 and half years ago my teenagers decided to go vegan. What I thought was a trend turned into a lifestyle change. At first, I was timid (because I wasn't thinking); fast-forward, now I can cook a vegan replica of most anything. This is a great soup for feeding a group on a cold night. *Serves 10*



INGREDIENTS

- 10 oz bag Chicken Substitute (Gardein Strips)
- 6 Tbsp Cilantro
- 5 15 oz. cans White Cannellini Beans
- 5 15 oz. cans Great Northern Beans
- 3 Onions
- 1/2 cup grated Carrot
- 2 cups roasted Kale
- 6 cups Vegetable Broth
- 3 tbsp. Minced Garlic
- 6 tbsp. Vegan Butter
- 2 tsp. Cumin
- 3 tbsp. Onion Powder
- 1 1/2 tsp. Salt
- 1 1/2 tsp. Pepper
- 1 tbsp. Olive Oil

STEPS

1. Medium dice the onions and sauté in a pot with the butter. Wait for them to get translucent and add the minced garlic until the garlic starts to golden. Add the grated carrots, cumin, and onion powder. Stir until evenly blended.
2. Sauté' the Gardein strips in a small pan with butter until outside is golden brown.
3. Toss the Kale with Olive oil and S & P, then, roast them in the oven (400 F) for 15 min.
4. Drain and rinse the beans. Add to the pot.
5. Add the vegetable broth and bring to a boil. Then turn down to a simmer. Cover.
6. Simmer at least 30 minutes before serving.
7. Medium dice the chicken strips and add to the pot. (I like adding upon serving)
8. Add S & P and the roasted kale.
9. Garnish with the chopped cilantro, vegan cheddar (Daiya), and oyster crackers).

GREAT GRANDMOTHER'S TOMATO SAUCE AND MEATBALLS

RECIPE SUBMITTED BY ELIZABETH PETERSON

It's my great-great grandmother's recipe who moved here from Sicily!
She opened up an Italian restaurant in Rome, and then New York
when she moved here. *Serves 10*



INGREDIENTS

Sauce:

- 3 large cans tomato puree
- 1 small can tomato paste
- 4 cloves minced garlic
- 1 Tbsp. Oregano
- 2 Tbsp. Dried Parsley
- 1 Bay Leaf
- 1 Tbsp. Salt
- 1/4 cup Olive Oil

Meatballs:

- 1/2 lb. ground pork
- 1/2 lb. ground beef
- 1 egg
- 3/4 cup Italian Breadcrumbs
- 1 tsp. Salt
- 1/2 tsp. Pepper

STEPS

Sauce

1. Heat pan and olive oil. Add tomato puree and paste. If the sauce is too thick, add 1 to 2 cans of water from the tomato puree can.
2. Add garlic and spices. Bring to a boil, lower heat and simmer for at least 2 hours. Add meatballs after 1/2 hour.

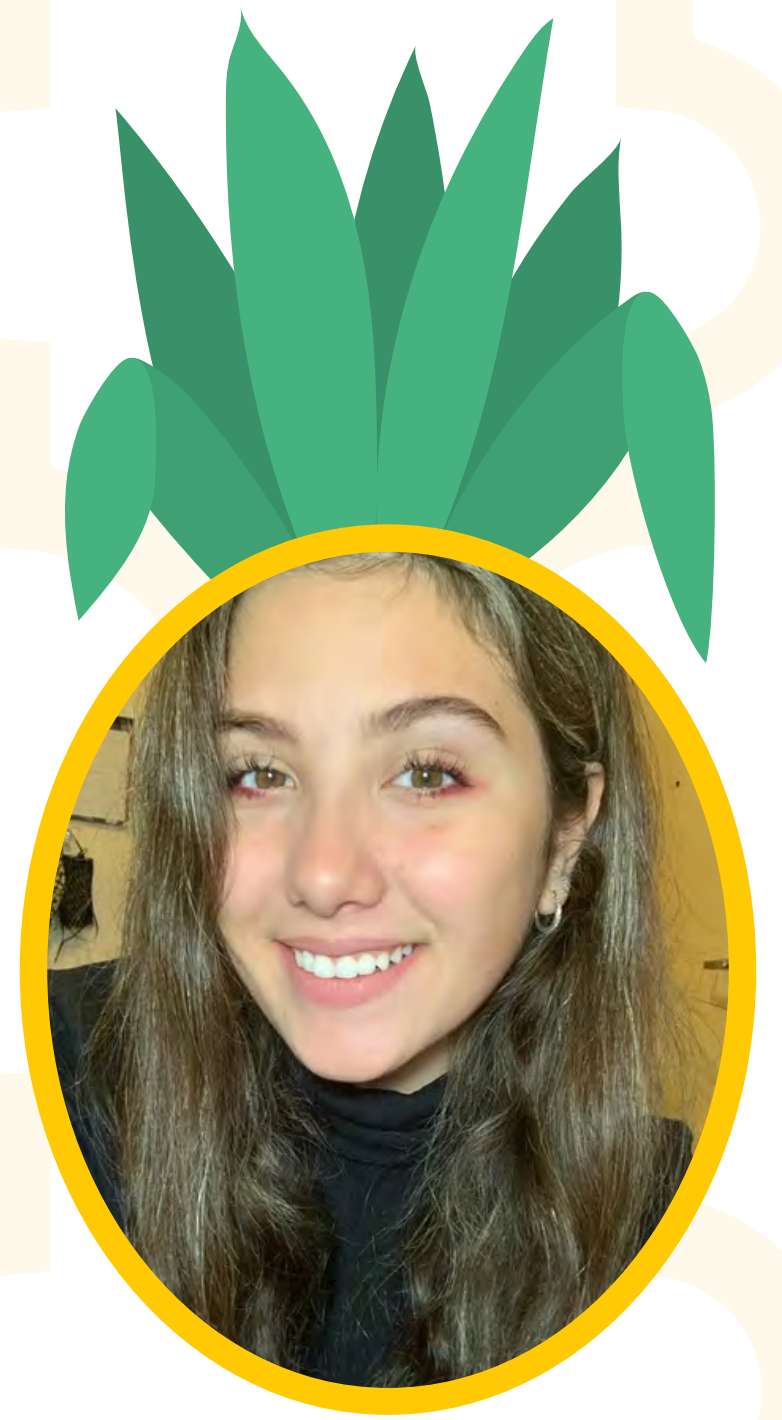
Meatballs

1. Combine all ingredients and roll into balls. Add raw meatballs to the boiling sauce to cook. They will be cooked in 20 minutes. You can also bake at 350° oven for 20 minutes
2. Serve with sauce over spaghetti

SHAWERMA SANDWICH

RECIPE SUBMITTED BY JIDA AWA

It is a Middle Eastern Sandwich served with Pita Tahini bread and pickles! It is one of the famous dishes you'll taste in the Middle East! *Serves 4*



INGREDIENTS

- 2 lbs. Ribeye, thinly sliced
- 1/4 cup Lemon Juice
- 1/4 cup Vinegar
- 1/2 cup Olive Oil
- 2 tbsp. crushed Garlic
- Salt to taste
- 1 tsp. Black Pepper
- 1/2 tsp Cinnamon
- 1 tbsp. Seven Spice
- 1/2 tsp. Cardamom
- 1/2 tsp. Nutmeg
- 1 tsp. Cumin
- 1.2 tsp Dried Ginger
- 1/2 tsp Coriander
- 1 tsp. Onion Powder
- 1/2 tsp All Spice
- Mayo
- Garlic Sauce
- Tahini Bread
- Pickles

STEPS

1. Combine ribeye and spices. Heat pan on medium-high and melt butter. Grill meat.
2. Spread mayo and garlic sauce on tahini bread. Add grilled meat.
3. Top with pickles.
4. Roll to become a sandwich
5. Saha w hana! (enjoy your meal)

SUNDAY GRAVY BROOKLYN STYLE

RECIPE SUBMITTED BY CHEF JASON FREDRICH

This recipe is inspired by my mother's recipe for pasta sauce and two very close friends, Mother's recipes. *Serves 10*



INGREDIENTS

Sauce

- 1 lb. Sweet Italian Sausage
- 1 lb. Hot Italian Sausage
- 1 lb. Boneless Pork Ribs (diced into bite size pieces)
- 1 bulb Garlic minced
- 1 Onion diced
- 2 28 oz. cans Plum Tomatoes
- 2 28 oz. cans Crushed Tomatoes
- 2 oz. Fresh Parsley
- 2 oz. Fresh Basil
- 2 oz. Fresh Oregano
- Salt to Taste
- Pinch of Red Pepper Flakes
- 2 oz. Red Wine

Meatballs

- 1/2 lb. Ground Beef
- 1/2 lb. Ground Pork
- 2 oz. chopped Onion
- 4 eggs
- 1 oz. minced garlic
- 2 slices White Bread
- 1 cup Milk
- 2 oz. grated Parmesan
- 1 oz. Olive Oil

STEPS

Meatballs

1. Tear bread into small cubes and soak in milk. In a sauté pan, heat olive oil and sauté onions and garlic for about a minute until fragrant and translucent.
2. In a large bowl, combine beef and pork, mix well. Add onion, garlic, eggs, parsley, and cheese.
3. Remove bread from milk and squeeze out excess milk. Add to meat mixture.
4. Form into 4 oz. balls. Layout on a baking sheet and bake at 350° for about 15 minutes.

Sauce

1. Heat olive oil. Brown sausages and set aside. Brown small batches of pork ribs and set aside.
2. Add onions and garlic to the pot and cook for about one minute or until fragrant and translucent. Add wine and cook for one or two minutes.
3. In a large bowl, crush plum tomatoes by hand or with a large spoon. Add crushed tomatoes and mix.
4. Add tomato mixture to the pot and simmer over a low flame. Add sausage, pork, and meatballs.
5. Add about one pint of water to ensure all of the meat is covered. Let simmer for about two hours or until pork is very tender and falls apart easily.
6. Serve with pasta.

OSTANEK PIEROGIS

RECIPE SUBMITTED BY DYLAN KREWER

This has been a family recipe for generation. My grandma grew up making these pierogis, as did my mom, and so did I. *Makes 4 dozen*

INGREDIENTS

- 1 lb. Sharp Cheddar shredded
- 5 lbs. Golden Potatoes
- 1 Onion minced
- Salt to taste
- Pepper to taste
- 3 eggs beaten
- 6 cups Flour
- 1/2 cup Warm Water
- 1 pt. Sour Cream
- 1 cup Butter

STEPS

Dough

1. Beat 3 eggs in a bowl. Add sour cream, salt, and warm water.
2. Set 1 cup of flour aside. Slowly add flour, 1 cup at a time until it is not sticky. Let sit for 15 minutes. Knead again and let sit for 30 minutes.

Filling

1. Cut and boil potatoes until soft. While hot, hand mash. Add cheese and butter. Mix until smooth. Add salt and pepper to taste.

Pierogi

1. Roll out small pieces of dough until 1/4" thick. Cut dough into circles with a glass. Roll circles until almost see-through.
2. Place 1 tbsp. filling inside the dough. Fold over and seal with water.
3. Place pierogis on a board and let dry for about 10 minutes on each side.
4. Boil the pierogi until floating (about 5 minutes).
5. Take out and add to bowl with salted butter. Toss and enjoy!



ZUCCHINI AND POTATO LATKES

RECIPE SUBMITTED BY CHEF ROBB SELTZER

My family makes these every year for Chanukah and in between as well. I am a Chef married to a Dietitian and we came up with this healthier alternative to the traditional potato latke (pancake). *10-12 Latkes*



INGREDIENTS

- 1 lb. fresh Zucchini
- 1 lb. Russet Potatoes
- 1 Onion grated
- 2 Egg Whites
- 1 tsp. Vegetable Oil
- Potato Starch or Flour as needed
- Salt to Taste
- Pepper to Taste
- Vegetable Oil for frying
- Sour cream, apple sauce, and cinnamon sugar for topping

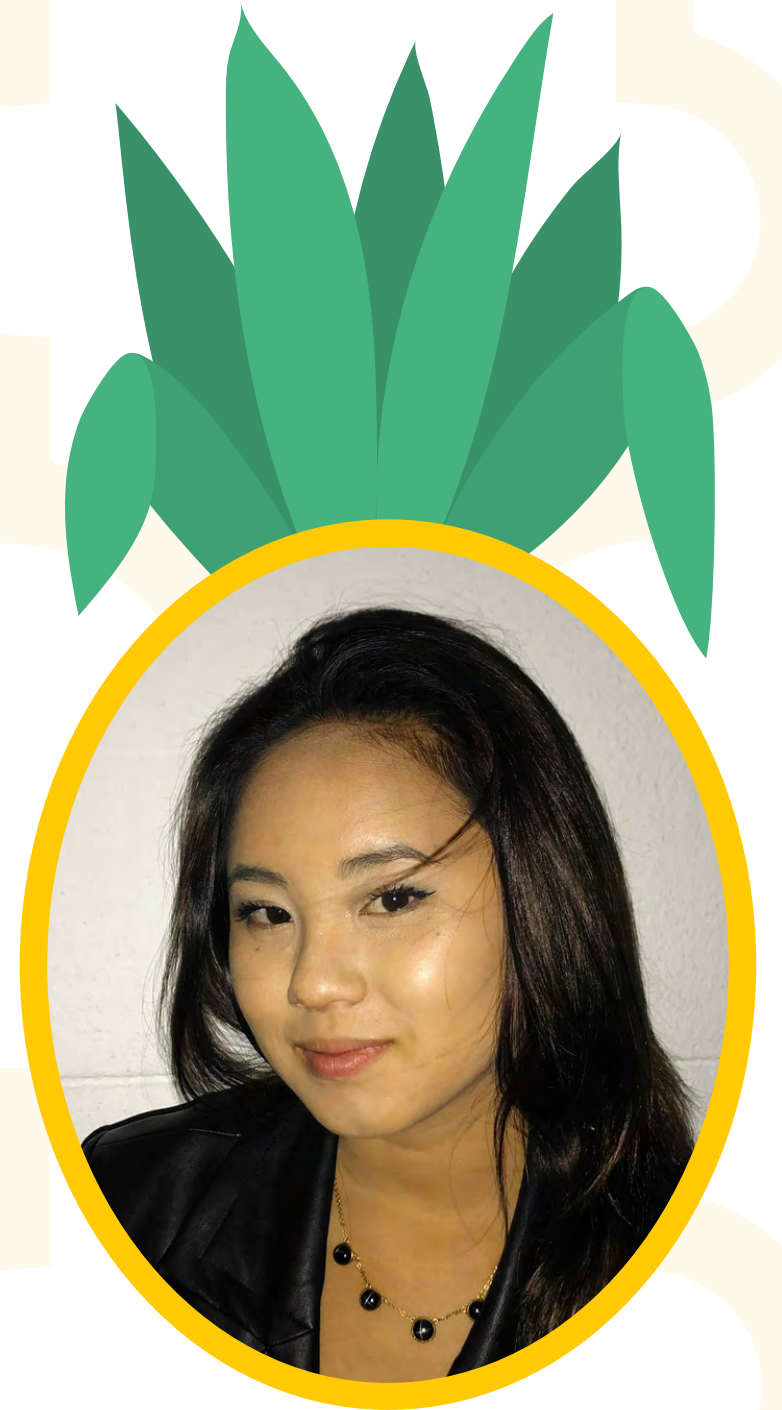
STEPS

- 1.Shred zucchini. Squeeze out as much water as you can and place it into a large bowl. Repeat for the potatoes.
- 2.Peel and grate onion and add to zucchini and potatoes.
- 3.Add egg whites and oil and mix. Add potato starch or flour until mixture holds together into a patty. Season with salt and pepper.
- 4.Heat oil in a large skillet. Place a scoop of latke mix in the pan and flatten a little. When the latkes are brown and crisping around the edges, flip until the other side is nice and crispy.
- 5.Remove from pan and place on a plate lined with a paper towel.
- 6.Serve hot with your choice of topping.

GERMAN PANCAKES

RECIPE SUBMITTED BY WAVERLY TANNER

This is the first recipe I ever learned how to make, and it has always been a comfort food since. This is a childhood recipe of my mother's and she and my grandmother would make them for my family all the time. We would always have these at cousin sleepovers. It's a super simple recipe that tastes so amazing! *Serves 4*



INGREDIENTS

- 2 Eggs
- 1/2 cup Flour
- 1/2 cup Milk
- Salt to taste
- 1/4 cup Butter

STEPS

1. Preheat oven to 450°
2. Beat eggs. Add milk and continue to whisk.
3. Add flour and salt. Whisk and until blended.
4. Melt butter in a 9" pie plate.
5. Pour batter into melted butter.
6. Bake in over for 15 minutes.
7. Top with powdered sugar, cinnamon, lemon juice, or jam.
8. Enjoy!

NANA'S CUTOUT COOKIES

RECIPE SUBMITTED BY EMILY DAVIS

These cookies have been a household staple every Christmas. For the last four generations, my family has gathered together to make these cookies. Although we make them at Christmas, they are perfect year round! *Makes 6 dozen*

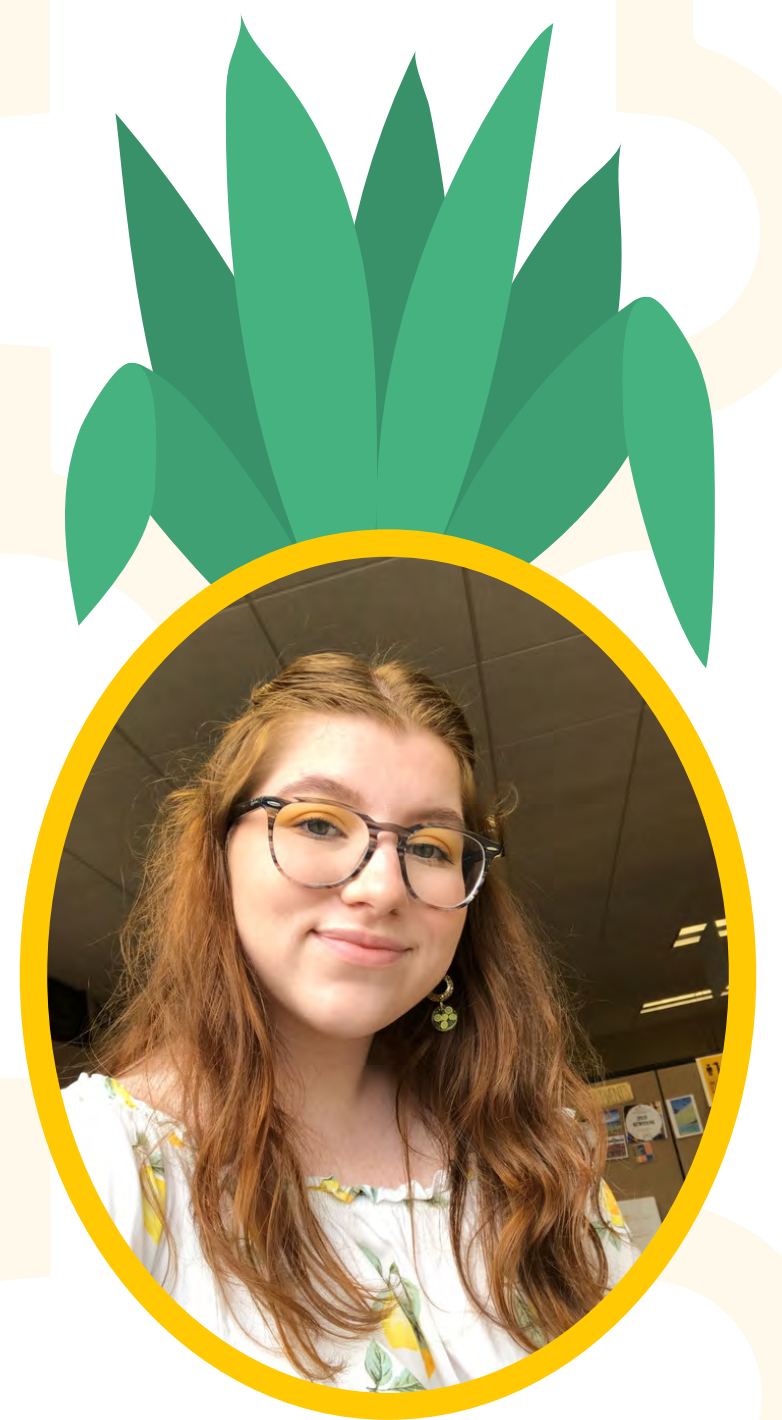
INGREDIENTS

Cookies:

- 1 cup Unsalted Butter
- 1 1/2 cup Sugar
- 3 Eggs
- 1 1/2 tsp. Cream of Tartar
- 1 1/2 tsp. Baking Soda
- 2 tbsp. Milk
- 1 tsp. Salt
- 1 tsp. Vanilla
- 5 cups Flour

Icing:

- 2 cups Powdered Sugar
- 2-3 tbsp. Milk



STEPS

Cookies

1. Cream together butter and sugar. Add vanilla.
2. Add eggs one at a time.
3. Combine milk and baking soda. Set aside.
4. Combine 4 cups of flour, cream of tartar, and salt. Whisk to combine.
5. Add dry ingredients, alternating with milk mixture.
6. Flour cutting board or countertop. Dump the dough out and finish combining until smooth.
7. Double wrap dough in cling wrap and let chill in the fridge for 3 hours or overnight.
8. Preheat oven to 350°.
9. Roll out small portions of dough at a time. Roll until about 1/8"-1/4" thick. Using desired cookie cutters, cut out shapes and place on an ungreased cookie sheet.
10. Bake for 8-10 minutes. Let cool on a cooling rack.

Icing

1. Mix together powdered sugar and milk. It should be a thicker consistency, but also still a little bit runny.
2. Using a silicone pastry brush, brush icing over cookies. Add any kind of sprinkles on top.
3. Let icing harden and enjoy!

COQUITO PUERTO RICAN EGGNOG

RECIPE SUBMITTED BY EMELY MARTINEZ

This drink is perfect for the holidays! The holidays are not complete without it! *Serves 6*



INGREDIENTS

- 6 Egg Yolks
- 2 cans Coconut Milk
- 2 cans Coconut Cream
- 2 cans Evaporated Milk
- 1 can Sweetened Condensed Milk
- 4 tsp. Vanilla
- Cinnamon
- Ice
- Spiced Rum (optional for 21+ only)

STEPS

1. In a blender combine, 1/2 can of coconut milk, 1/2 can coconut cream, 1/2 can evaporated milk, 1/4 can sweetened condensed milk, 1 egg yolk, 1 tsp vanilla, and a decent shake of cinnamon. Blend.
2. Add some ice and blend again. Pour into a gallon and repeat the process 2 more times.
3. Add spiced rum at the end.