

GAIN Family Cookbook



GAIN

GEORGIA ASYLUM AND
IMMIGRATION NETWORK

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Milanesas

(Country of origin: Argentina)

“Milanesas is a fast go-to dish and most Argentines have it more than once a week when they can afford meat. It's always a favorite at camps and it's one of my childhood favorites. Argentines love it because it's tasty and fast to make. Many people will prepare without cooking, and keep the prepared meat in the freezer.” --Priscila Barravecchia, Paralegal

Ingredients:

- 2 lbs beef or chicken tenderloin*, thinly sliced
- 2 eggs, beaten
- 2 cloves of garlic, chopped
- 3 tbs, chopped parsley
- Plain breadcrumbs for coating
- Salt
- Black pepper
- Vegetable oil (for frying)

Directions:

1. Soften the meat with a meat pounder (or your knuckles).
2. Chop 2 cloves of garlic and fresh parsley.
3. Stir 2 eggs, garlic, and parsley in a bowl.
4. Salt the meat and then let sit in the bowl (if the meat is still dry, add more eggs).
5. Pour breadcrumbs on a separate bowl (plain breadcrumbs and avoid panko).
6. Cover all sides of the meat with breadcrumbs (use meat pounder again).
7. Cook either by frying or in the oven.
8. For the oven, make sure to oil the pan, and also lightly pour oil on top of the meat, as well as a few sprinkles of water. Oven should be set at 350 degrees. Turn meat at 8 minutes, and leave for another 8 minutes.

This dish is best paired with a fried egg on top, and a side of french fries or mashed potatoes. For milanesas a la napolitana, lightly pour tomato sauce on top and add cheese.

*A vegetarian alternative is to replace meat with eggplant.

SOURCE: <https://www.196flavors.com/argentina-milanesa/>



Ashish's Smoked Eggplant

(Country of origin: India)

“Before we got married, my husband’s method of cooking was mainly the microwave. Over the last 10 years, he has become a fantastic cook, making many favorites from Northern India. His first try cooking this dish resulted in eggplants exploding in our non-self-cleaning oven. Not long after, I bought him a grill for his birthday. He now has terminal cancer, and I am trying to get him to write down his recipes.”

--Rachel Effron Sharma, Supervising Attorney

Ingredients:

- 2 large eggplants
- 3 medium sized chopped tomatoes
- 1/2 cup of frozen peas (optional)
- 1/2 jalapeño finely chopped (optional)
- 2 tbsp olive/canola oil
- 1 tbsp full of finely chopped ginger
- 1 medium sized diced onion
- 1 tsp cumin powder
- 1/4 tsp cayenne pepper
- 1/2 lemon
- 2 tbsp chopped cilantro
- Salt to taste

Directions:

1. Take the eggplants and cut 3-4 slits in them and place them directly over the grill at 500 degrees Fahrenheit.
2. Usually takes about 15-20 minutes for the skin to be completely blackened. You know the eggplants done, when it’s skin is charred, there is a smoky smell and it looks all shriveled up.
3. While the eggplant’s smoking on the grill, heat the oil on a pan and cook the ginger on medium high heat for about 30 seconds. Stir often to prevent it from sticking to the pan.
4. Add the onion and salt and cook for a few minutes until the onion begins to brown (7-10 minutes).
5. Add the tomatoes, cumin and peas and a little bit of water and stir often. Cook on medium heat for 5-7 minutes and let the tomatoes soften.
6. By now, the eggplant should be ready. Squeeze the lemon into the cooking tomatoes and lower the heat to simmer.
7. Get the eggplants off the grill, put them under cold running water and peel off the skin. Be careful to not let the steam burn you.
8. Cut off the stems and use either your hands or a potato masher to mash the eggplant to a puree.
9. By now the tomato, pea mix should be soft and well cooked. Add the eggplant puree and mix well. Add the cayenne powder and mix in the jalapeños. Let it cook for another 4-5 minutes on medium heat.
10. Sprinkle some chopped cilantro and serve hot.

This recipe serves 3-4 people.



Ful Madamas

(Country of origin: Syria)

“We have Ful Madamas during our family breakfasts, which usually take place on Saturday or Sunday morning. Basically, it means quality family time at the beginning of a weekend day. We also usually have labne, olive oil with zaatar (a type of thyme mix), black olives, eggs, cucumbers, fruit, cheese, and pita bread (or toast).” --Serene Hawasli Kashlan, Asylum Attorney

Ingredients:

- 2 cans of fava beans
- 1 can of chickpeas (optional)
- 1 large tomato chopped (or 2 small)
- 1/2 cup parsley finely cut
- 2 lemons squeezed
- 2-3 Tsp olive oil
- 3-4 Cloves Garlic (or as preferred)
- Salt (1 tbsp or to taste)

Directions:

1. Warm up fava beans and chickpeas in a stove pot and let it boil.
2. Drain most of the liquid, but not all and place in your serving bowl.
3. Then, put the tomatoes and parsley over them.
4. In a separate bowl, mix the lemon juice, olive oil, garlic, and salt to taste.
5. Pour over the beans and chickpeas.
6. Mix all together.

Serves 6-8 people.



Pav Bhaji

(Country of origin: India)

“The Pav Bhaji recipe is a traditional Gujrati dish from India and is from the region that both Alpa and Monica's family are originally from. Both recipes are fan favorites of my family and friends during parties, and family dinners.” --Monica Khant, Executive Director

Ingredients:

- 2 to 4 tablespoons salted butter plus 4 tablespoons, at room temperature
- 1 large yellow onion finely diced
- 1/2 green bell pepper seeded and diced
- 1/2 red bell pepper seeded and diced (optional)
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 5 cups cauliflower florets 1-inch florets
- 2 large Yukon gold potatoes peeled and cut into 1-inch cubes
- 3 plum tomatoes cored and diced
- 1/2 cup frozen green peas
- Kosher salt
- 1 cup water
- 3 tablespoons tomato paste
- 1 to 2 tablespoon paav bhaji masala (see Note)
- 1 tablespoon Kashmiri red chili powder or another mild red chili powder (see Note)
- 1/4 teaspoon ground turmeric
- 1/2 cup fresh cilantro finely chopped
- 12 potato buns
- 1 red onion finely diced
- 1 lime cut into wedges

Directions:

1. Select the high Sauté setting on the Instant Pot and heat 2 tablespoons of the butter. Add the yellow onion, ginger, garlic and bell peppers and sauté until the onion turns translucent, about 5 minutes. Add the cauliflower, potatoes, tomatoes, peas, and 2 teaspoons salt; pour in the water; and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 6 minutes at high pressure.
3. Perform a quick release by moving the Pressure Release to Venting. Open the pot. Select the normal Sauté setting and mash all the veggies with a potato masher. Stir in the tomato paste, paav bhaji masala, red chile powder, and turmeric, followed by 2 tablespoons butter (optional but highly recommended). Cover the pot with a glass lid (or other nonlocking lid that fits), as the bhaji will start to splatter, and cook until heated through, about 5 minutes. Taste and adjust the seasoning with salt, paav bhaji masala, and chile powder if needed. Press the Cancel button to turn off the Instant Pot. Sprinkle with the cilantro.
4. Just before serving, use the remaining 4 tablespoons butter to spread 1 teaspoon room-temperature butter on the cut side and over the top and bottom of each potato bun. Heat a griddle or heavy skillet over high heat. Add the buns and toast each side until golden brown, 2 to 3 minutes each.
5. Spoon the bhaji onto plates, sprinkle with the red onion, and serve with the toasted buns and lime wedges on the side.

This recipe serves 6. For a spicier bhaji, add more pav bhaji masala or red chili powder.

SOURCE: <https://ministryofcurry.com/pav-bhaji/>

VEGAN VARIATION: Substitute neutral vegetable oil for the butter.

Trader Joe's* Indian Masala Meatballs

Ingredients:

- Party Package of Trader Joe's frozen Meatballs
- Trader Joe's Masala Simmer Sauce
- 2/3 of a jar of Apricot Jam
- Chopped green onions for a garnish

* All Ingredients are from Trader Joe's

Directions:

1. Put all three ingredients in a pot and simmer on medium for 40 min and until meatballs are cooked through
2. Garnish meatballs with green onions
3. Can eat with Basmati Rice or Trader Joe's garlic naan



Southern Potato Salad

(Country of origin: U.S.)

“Potato salad is such a staple side dish on my mom’s side of the family, who are from Mississippi. When she was able, my grandma made potato salad year-round for summer family cookouts, and for the holiday season.” --Adewunmi Oke, Development & Communications Associate

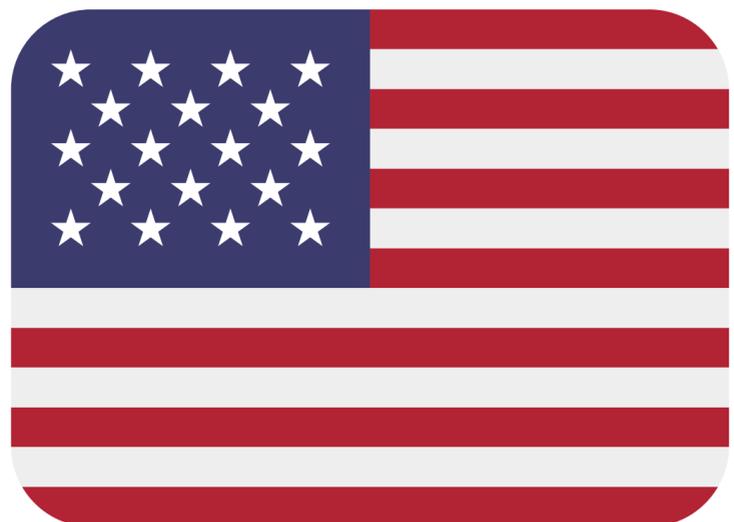
Ingredients:

- Around 6 to 8 medium red-skinned potatoes
- ½ , 8 oz. jar of Mt. Olive or Vlasic sweet relish (more or less to taste)
- 1 cup of Duke’s mayonnaise or Miracle Whip (more or less to taste)
- ¼ cup of plain yellow mustard (more or less to taste)
- 6 hard-boiled eggs
- 4 tbsp of salt (2 tbsp to boil potatoes and the remainder to boil eggs)
- Paprika for garnish

Directions:

1. Wash, peel, and cube your red potatoes into ½-inch pieces.
2. Place the potatoes in a large pot with enough water to cover by 1-inch. Don’t forget to add salt to your water!
3. Bring potatoes to a boil over high heat. Reduce the heat to medium-low and simmer until tender, but not mushy, about 20 minutes.
4. As your potatoes are boiling, grab a smaller pot to boil your eggs for about 10 minutes over medium-high heat. Eggs should be covered about one inch above with water. Remember to add salt to your water.
5. Pour out the water for your potatoes and place the pot in the sink. Run cold water over the potatoes for about 2 minutes, or until cool enough to handle. Drain well.
6. With a slotted spoon, transfer all 6 of your eggs to a large bowl with ice water and let them cool for a couple of minutes. Once cool enough to touch, peel all of your eggs.
7. Chop 4 of your boiled eggs and add them to your potatoes.
8. Gradually stir in the mayonnaise, mustard, and relish (wear rubber or plastic gloves and use your hands, if you wish), being careful not to smash the potatoes.
9. Transfer to a large serving bowl.
10. Slice your 2 remaining boiled eggs. Arrange the slices on top of the salad and sprinkle with paprika.
11. Don’t serve immediately. Place a layer of paper towels over the serving bowl. Then, cover tightly with plastic wrap, and refrigerate until chilled, or at least 2 hours.

This recipe serves quite a few, and allows for leftovers.



Flan

(Country of origin: Mexico)

"I enjoy making desserts and this flan recipe has been a favorite at all of our family celebrations. It was given to me by a relative about 10 years ago and in true homemade fashion was passed down as a recipe with a "little pinch of this" and a "spoonful of that", which means that I am happily surprised everytime it comes out right!" --Karla Diaz, Victims of Violence Attorney

Ingredients:

- 5 eggs
- 1 (12oz) can evaporated milk
- 2 (14oz) cans sweetened condensed milk. Use about 1.5-1.75 cans, depending on how sweet you want it.
- 1 teaspoon vanilla extract
- 2/3 cup of white sugar

Directions:

1. Preheat the oven to 350°F.
2. Melt sugar in a small skillet until sugar is dissolved and becomes a caramel color. Remove from heat and pour into an oval baking dish (about 2.5 quart). Carefully spread the caramel around the bottom of the dish before it dries and hardens (it does not have to cover the entire bottom). Set aside to dry and harden.
3. In a blender combine the eggs, evaporated milk, condensed milk and vanilla extract until mixed.
4. Pour the mixture into the baking dish with the caramelized sugar.
5. Place the baking dish in a larger pan with about 1 inch of water ("a baño maría") and bake uncovered for 50-60 minutes or until set.



Grandma's New York Cheesecake

(Country of origin: U.S.)

“This recipe is special to me because my grandmother's cheesecake is legendary in our family and we enjoy it at almost every holiday. Learning how to bake it with her is one of my favorite memories that I have with her - I can't have cheesecake without thinking of her!” --Abby Nape, Victims of Crime Navigator

Ingredients:

Crust:

- 13 graham crackers, finely crumbled
- 1/2 cup melted butter

Filling:

- 2, 8oz packages of cream cheese
- 2 eggs
- 1/2 cup sugar
- 1.5 tsp vanilla
- 1.5 tbsp lemon juice

Topping:

- 1 cup sour cream
- 1 tsp vanilla
- 3.5 tbsp sugar

Directions:

1. Mix together graham crackers and melted butter, pressing mixture into an 8" pie pan. Freeze pie crust for 15-20 minutes. Then, preheat the oven to 325 degrees Fahrenheit.
2. While the crust is freezing, soften cream cheese and combine all filling ingredients. Beat with mixer until smooth and creamy. Pour filling into pie crust and bake at 325 degrees for 40-45 minutes (or until a toothpick comes clean from the middle).
3. Lastly, combine all topping ingredients and spread over top of baked cheesecake. Bake for an additional 10 minutes. Cool and refrigerate overnight or for at least 8 hours.

