

# A Taste of Westwood



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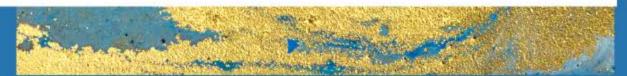
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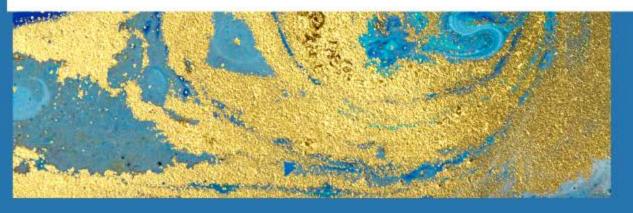
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INTRODUCTION

n behalf of the UCLA Student Alumni Association, welcome to the Taste of Westwood Cookbook! It is a great pleasure to share with you recipes near and dear to the UCLA community—students, alumni, and dining halls.

The recipes in this cookbook were submitted in the spirit of sharing the warmth of the kitchens of many who have been in Westwood, are currently in Westwood, and will always be in Westwood. We hope you find something in this cookbook that brings a Taste of Westwood into your home. May nostalgia touch your palate and warm your hearts.

Eat well and Go Bruins!

D12 Committee

STUDENT

SUPPLIED

SPECIALS



## RATATOUILLE-STYLE SHAKSHUKA

Courtesy of Gali Shalev, Exp. '21

Major: Psychobiology

Minor: French

#### **INGREDIENTS**

- · 1 eggplant, diced
- · 1 zucchini, diced
- 1 can diced tomatoes OR 4-5 fresh diced tomatoes
- 3-5 eggs
- 2 cloves of garlic
- olive oil
- salt, to taste
- · paprika, to taste
- · cayenne, to taste
- parsley, for garnish (optional)

#### **PREPARATION**

Heat olive oil in a large pan over medium heat. Add in garlic and saute. Before it browns, add in eggplant and zucchini.

Turn down the heat to low and add in diced tomatoes and seasonings as desired. Cover the entire pan and let simmer for at least 30 minutes, stirring occasionally and adding water as necessary to maintain a sauce-like consistency.

Growing up, shakshuka was a staple in the kitchen for me; it's a classic Middle Eastern breakfast and I ate it a lot as a kid. But it was only once I entered college and started spending more time cooking for myself that I thought to combine it with another one of my favorite dishes, ratatouille, which is another tomato based stew that also has eggplant and squash. Shakshuka is pretty openended... some people make it with onions, peppers, olives, etc. the only things it needs are tomatoes and eggs, everything else is really up to you. There are many ways to put your own spin on it and this is mine:)



- Once the veggies have cooked into a stew, use a wooden spoon or spatula to make indentations in the stew for the eggs.
- Turn the heat back up to medium and crack the eggs into the pan, careful to avoid puncturing the yolk.
- Cover the pan and allow the eggs to cook until the whites are cooked through and set. Cook further depending on preferred yolk consistency.
- Serve Shakshuka with toast or pita and enjoy! Garnish with parsley if desired.





## CAULIFLOWER 'MAC' AND CHEESE

Courtesy of Or Fisher, Exp. '21 Major: Physiological Science

#### **INGREDIENTS**

- I whole cauliflower, chopped into small pieces
- · 2 tbsp butter
- · 2 tbsp flour
- 1 1/2 cup plant-based milk
- 1/2 large onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup parmesan cheese
- 1/2 cup mozzarella cheese + more for topping
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp paprika

#### **PREPARATION**

- Preheat oven to 325 degrees F. in a large pot, steam or boil cauliflower for about 10 minutes until soft. while boiling, melt butter in a large pan.
- Add onion to the butter and saute for 5 minutes, then add garlic and saute for 1 minute. Add flour and whisk to form a roux, then add milk and stir until thickened to create a sauce.
- Add salt, pepper, paprika,
  parmesan, and mozzarella to the
  sauce and stir until cheese has
  melted and the sauce is thick.



During quarantine, I started becoming more conscious of working out and staying active. I also began researching ways to eat healthier and nutritious foods. By substituting the regular pasta found in mac and cheese with cauliflower, I am able to enjoy eating it much more knowing I am being healthy.

- In an oven-safe dish, pour enough cheese sauce to coat the bottom.

  Strain cauliflower and pour into the dish.
- Cover cauliflower with the remaining cheese sauce and top with mozzarella if desired.
- Place in preheated oven and bake for 20 - 25 minutes or until the cheese on top has browned and the dish is bubbling.







#### **BAKLAVA PIE**

Courtesy of Emma Cushing, Exp. '21 Major: Biology

#### **INGREDIENTS**

- 1 1/4 cup shelled pistachios
- 1 1/4 cup chopped walnuts
- 3/4 cup seeded and chopped medjool dates
- 4 sticks unsalted butter
- 1 lb. phyllo dough, defrosted overnight in refrigerator
- 3 cups sugar
- 1/2 cup honey
- juice of one lemon

#### **PREPARATION**

Heat oven to 300 degrees F and toast pistachios on a baking tray until fragrant but not burnt, rotating the tray every 10 minutes. once toasted, transfer pistachios from tray to food processor and pulse until coarsely ground.

Melt butter in a pan over low heat until the foam and milk solids separate (about 10 minute). Skim off the foam and pour through a cheesecloth- or paper towel-lined sieve. discard lining.

0

In the beginning of quarantine my mom sent me an article from UCLA newsroom on an alumna named Evan Kleiman who challenged herself to bake a different pie every day for 65 days. She has been hosting a pie contest at UCLA every year since 2009. I was so inspired by her baking journey (and how good the pictures looked!) that I decided I had to try one of her pies myself.

You can read the article here:

https://newsroom.ucla.edu/magazine/quick-take-the-power-of-pie



- Raise oven temperature to 400 degrees F and use some of your newly-clarified butter to grease the bottom and sides of a 9.5" pie pan.
- Put I layer of defrosted phyllo
  dough in pie pan and lightly
  brush over it with clarified butter,
  Layer on more sheets one-byone, brushing each with butter as
  you go until you have used about
  a third of the phyllo.
- chopped nuts and dates on the phyllo, then continue layering with another third of the phyllo, still brushing each sheet with butter as you go, rewarming the butter if necessary. Continue the process until all of the nuts, dates, and phyllo have been used.
- Trim the extra phyllo off the sides of the pan, maintaining enough overhang to fold extra dough on top of the pie to create a "crust" and pour any remaining butter evenly over the pie.
- through the pie using a skewer which will allow syrup to flow into baklava after baking, then, Bake the pie until baklava is golden brown and layer the phyllo layers beneath the nut and date mix are thoroughly cooked.

  Start checking after 40 mins, though it may take longer to be fully cooked.

- While your pie is baking, prepare the syrup. In medium pot, combine sugar with 1/2 cup water and the honey. Boil until the sugar crystals have dissolved, then mix in lemon juice.
- When the pie is fully baked, remove from oven and slowly pour hot syrup over the pastry. It will bubble up and some may overflow (be careful!).
- Allow the pie to cool on a wire rack, then slice and enjoy!







#### BIG ISLAND BANANA BREAD

Courtesy of Newara Brosnan-Faltas, Exp. '21

Major: Communications

Minor: Environmental Systems & Society

#### **PREPARATION**

#### **INGREDIENTS**

- 3-4 mashed bananas
- 1 egg
- 1/4 cup melted butter
- 11/2 cup all purpose flour
- 1/2 cup granulated sugar
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp madagascar vanilla bean
- 1 cup nuts of your choice, chopped
- semi-sweet chocolate chips, to taste

- Preheat oven to 325 degrees F. grease a 9" x 5" loaf pan. Soften butter by melting fully and allowing to cool in fridge for 5 minutes.
- Combine bananas, sugar, egg, and butter together in a bowl. Mix flour, baking soda, salt, cinnamon, and vanilla bean together in another bowl.
- Slowly stir flour mixture in with banana mixture, adding chocolate chips and nuts.
- Pour batter into prepared loaf pan and bake until a toothpick inserted in the middle comes out clean (~ 1 hour). Let cool and serve.

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Over quarantine the past few months, my family and I got really into making banana bread as a way to pass the time and kept tweaking recipes until we felt like we created the perfect one! Aloha from the Big Island!



#### **GRANOLA COOKIES**

Courtesy of Julianna Filice, Exp. '23 Major: Biology

#### **PREPARATION**

#### **INGREDIENTS**

- 2 eggs
- 3 oz. granulated sugar
- 1 oz. peanut butter
- 2 oz. raisins
- 3 oz. chocolate chips
- 1 oz. chopped walnuts
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 12 oz. old fashioned oats
- · 4 oz. wheat bran

- Preheat oven to 350 degrees F.
  mix eggs, sugar, oil, and peanut
  butter in one bowl (wet
  ingredients). In a separate bowl,
  mix oats, wheat bran, cinnamon,
  and nutmeg (dry ingredients).
- Add the dry ingredients into the wet ingredients and mix. then, fold in the raisins, chocolate chips, and raisins.
- Scoop the dough in 1" balls onto a cookie sheet and bake for 20 minutes, allow to cool, then enjoy.



These are my mom's cookies that she would make for my family growing up.

They're super nostalgic for me, and now I make them for all my friends and they're always a hit!



#### **LEMON SUGAR COOKIES**

Courtesy of Jacqueline Lee, Exp. '23' Major: Cognitive Science

#### **INGREDIENTS**

- 2 3/4 cup all purpose flour
- · 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- zest of 2 large lemons
- 11/2 cup sugar
- 1 cup (2 sticks) unsalted butter, room temperature
- 1 large egg
- 1/2 tsp vanilla extract
- 2 tbsp fresh lemon juice
- 1/2 cup granulated sugar (for rolling cookies)

#### **PREPARATION**

- Preheat oven to 350 degrees F and line baking sheets with parchment paper or silicone mats.
- In a small bowl, whisk together flour, baking soda, baking powder, and salt. set aside.
- Using a mixer, beat together the butter and sugar until smooth and creamy.
- Add lemon zest, vanilla extract, and lemon juice to the butter mixture and mix until combined.
- Gradually add dry ingredients to wet to create the cookie dough.
- Use 1 tbsp of dough and form into balls or use a cookie scoop. Roll the dough balls in sugar and place on prepared baking sheets about 1 1/2" apart.
- Bake for 8 to 10 minutes or until the cookies are slightly brown around the edges and set. Remove from oven and allow to sit on baking sheets for 2 minutes before transferring to a cooling rack.

NOTE: to keep the cookies soft, store them with a slice of bread in an airtight container.



#### MATCHA MILLE STRAWBERRY CREPE CAKE

Courtesy of Victoria Liu, Exp. '22

Major: Psychobiology Minor: Global Health

#### **INGREDIENTS**

- 130g flour
- · 10g corn starch
- 10g matcha powder
- 30g sugar
- 1/4 tsp salt
- · 4 eggs, whisked
- · 40g butter, melted
- 430g milk, warmed
- (optional) 225g strawberry, thinly sliced
- (optional) 100g Japanese red bean paste
- · 300g heavy cream
- 30g sugar



#### **PREPARATION**

- O1 Sift flour, corn starch, matcha powder, sugar, and salt in a bowl, then mix in eggs, melted butter, then gradually add warmed milk.
- Mix the batter until everything is thoroughly incorporated then strain the mixture.
- Put the strained mixture in the fridge for 1 hour to 1 day so that it can "rest" which will help the gluten relax and get rid of extra air which will help create a softer textured crepe and prevent tearing.
- In a lightly buttered 9" nonstick pan on medium heat, pour 1/4 cup of batter and swirl to coat the pan.
- When the edges are golden brown, flip and cook for another 30 seconds, then set aside to cool.



- Repeat this process until all the crepes are made (should be approximately 18 crepes total)
- In a stand mixer with a whisk attachment, whip heavy cream and sugar until stiff peaks form.
- Assemble the crepe cake by placing a crepe on a cake stand then spreading a thin layer of whipped cream on top of it. repeat as you build the cake. Add strawberries and red bean paste in some of the layers as desired.
- Wrap cake tightly in cling wrap and refrigerate for at least 2 hours before serving, then enjoy!



FOOD

FROM

ALUMNI

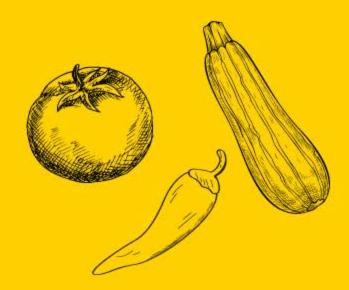


## TERRIFIC TURKEY CHILI

Courtesy of Karen Swanson, '77 Yield: 6 Servings

#### **INGREDIENTS**

- · 3 tbsp vegetable oil, divided
- 1 1/2 lbs ground turkey
- 1 package taco seasoning mix
- 1 tsp ground coriander
- 1 tsp dried oregano
- 1 tsp chili pepper flakes
- · 2 tbsp tomato paste
- 14.5 oz. can beef broth
- 7 oz. can salsa
- 14.5 oz. can crushed tomatoes or coarsely chopped tomatoes packed in puree
- 7 oz. can chopped green chile peppers
- 1 medium onion, finely chopped
- · 1 green bell pepper, diced
- · 3 medium zucchini
- 1 bunch green onions, chopped
- 1 cup sour cream
- 1 cup shredded cheddar cheese



This turkey chili is awesome for game days! Use your Insta Pot or Crock Pot to keep it warm all day. Using some fresh and some canned ingredients, this chili is a snap to throw together and will keep you craving it for days. Chunky zucchini, fresh green onion, sour cream, and - what the heck - shredded Cheddar cheese, are sure to make this your favorite chili recipe. If you like beans in your chili, garbanzos right out of the can are great in this.



#### **PREPARATION**

- Pleat I the pof oil in a large stock pot over medium-high heat. Cook the turkey, seasoning with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste and mix until evenly coated with seasonings. Crumble the turkey as it cooks and allow to brown.
- Pour in beef broth and simmer to reduce slightly (about 5 minutes), then add salsa, tomatoes, and green chiles and continue to cook at a moderate simmer for 10 minutes. Adjust thickness as desired by adding water.
- While chili is cooking, heat one tbsp of oil in a large skillet over medium-high heat. cook onion and green bell pepper, stirring occasionally for 5 minutes or until onion is translucent and bell pepper is lightly browned. Add onion and bell pepper to the chili and continue cooking at a very low simmer.
- In the same skillet, heat remaining tbsp of oil over medium-high heat. Add the zucchini and cook, stirring occasionally, for 5 minutes, or until lightly browned. Add the zucchini to the chili, reduce heat, and continue cooking 15 minutes more. Again, adjust consistency as necessary with water as needed.
- Ladle chili into serving bowls. top with sour cream, green onion, and cheddar cheese, and serve.



## BBQ BRISKET TEXAS STYLE

Courtesy of Penny Menton, '87

#### **INGREDIENTS**

- 1 beef brisket (whole 8-12 lbs.)
- 3 oz. liquid smoke
- 2 tbsp celery salt
- 2 tbsp garlic salt
- 2 tbsp onion salt
- salt (optional, to taste)
- pepper (optional, to taste)
- dash of worcestershire sauce
- BBQ sauce (homemade or store bought)

#### **PREPARATION**

- Place whole brisket in a large dish and pour liquid smoke over it.

  Then, cover with aluminum foil.
- Refrigerate the brisket overnight, turning the meat once.
- Season the brisket on both sides with celery salt, garlic salt, and onion salt, then drizzle with worcestershire sauce.
- Cover the brisket with foil and bake for 4.5 5 hours.
- Remove brisket from oven, cool slightly and drain the fat, then slice thinkly.
- Cover with BBQ sauce (recipe for homemade on the next page), saving some for serving, and place back in oven for an additional 45 minutes to 1 hour at 275 degrees F.



Authentic
Texas brisket, a
family favorite,
passed down
from my mom.

#### **BBQ SAUCE**

#### **INGREDIENTS**

- 1 1/3 cup brown sugar, tightly packed
- 1 tsp chili powder
- · 21/2 cup tomato ketchup
- 11/3 cup white vinegar
- 11/4 cup worcestershire sauce
- 1 tbsp salt
- 1/2 tbsp onion salt (powder optional)
- 1/2 tbsp garlic salt (powder optional)
- dash of liquid smoke.

Mix all ingredients and refrigerate for a minimum of one hour.









## UPCYCLED TOMATO & RED PEPPER SOUP WITH URBAN GARDEN PUFFS

Courtesy of Daniel Kurzrock, '12

#### **INGREDIENTS**

- · 1 tbsp olive oil
- · 5 cloves garlic
- · 1 onion, chopped
- 1 28-oz. can of diced tomatoes or tomato puree
- 1/4 cup tomato paste
- 3-4 cups of vegetables, chopped into 1/2 inch chunks (carrots, cauliflower, celery, potato, turnips, roasted red peppers, etc.)
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/4 tsp red pepper flakes
- 2-4 cups broth (depending on the preferred thickness of the soup)
- · 1/4 cup raw cashew
- · regrained urban garden puffs

#### **PREPARATION**

- Heat olive oil in a medium sauce pan and saute onion and garlic until translucent over medium heat (about 5 minutes).
- Add herbs, salt, pepper, red
  pepper flakes, and tomato paste.
  stir together to combine, then add
  vegetables and cook for 3
  minutes.
- Add tomato puree, broth, and cashews to the pan, stirring to combine, then cover and cook until all the vegetables are fork tender over medium heat, about 20-30 minutes.
- Pour the mixture into a highspeed blender, then blend until very creamy.
- Pour into bowl and serve with Regrained Urban Garden Puffs.



#### **ICE CREAM TIRAMISU**

Courtesy of Natasha Case, '08 Owner & Founder of Coolhaus

#### **PREPARATION**

- Add heavy whipping cream to a mixing bowl and beat on medium speed with an electric mixer (or hand mixer), slowly adding in sugar and vanilla and beating until stiff peaks form. Add mascarpone cheese and mix just until combined and set aside in fridge.
- Add coffee and liqueur to a shallow bowl. dip the cookies in the coffee (not soaking them, only quickly dipping them on both sides so they are wet) and lay them in a single layer on the bottom of an 8x8" or similar sized pan.
- Smooth ice cream over the top, then add another layer of dipped cookies. Smooth the mascarpone whipped cream mixture over the top, lining the sides with any remaining cookies. Dust cocoa powder generously over top and cover with plastic wrap.
  - Freeze at least 2 hours before serving. Can be stored frozen for up to 3 months.

#### **INGREDIENTS**

- 1 1/2 cups heavy whipping cream
- 8 oz. container or one cup mascarpone cheese (room temperature)
- · 1/3 cup granulated sugar
- 1 tsp vanilla extract
- 1 cup cold brew coffee
- 3 tbsp coffee flavored liqueur
- 1 package biscoff cookies or ladyfingers (whichever you prefer)
- 1 Coolhaus Best of Both World Vanilla pint or Coolhaus pint of preference, softened to spreadable texture
- cocoa powder for dusting the top



#### **PAVLOVA**

Courtesy of Asian Pacific Alumni (APA) of UCLA

#### **ABOUT PAVLOVA**

Pavlova is primarily a meringue with a crisp exterior, a light marshmallow inside, and topped with whipped cream and fruits.

#### **PREPARATION**

- Preheat oven to 375 degrees F.

  Cover a baking sheet with parchment paper and draw an 8" circle with a pencil on the parchment paper, then flip the parchment.
- Put egg whites and salt in a bowl and whisk for about 3 minutes, gradually increasing speed while gradually pouring in sugar, vanilla extract, cornstarch, and lemon juice until stiff peaks form.

#### **INGREDIENTS**

- 4 egg whites
- · pinch of salt
- · 1 cup granulated sugar
- 1/2 tsp vanilla
- 2 tsp of cornstarch
- 1 tsp of lemon juice
- 11/4 cup whipped cream
- 1/8 cup lemon juice
- approx. 2 cups of berries
- confectioner's sugar for garnish (if desired)





- Transfer meringue to parchment within the drawn circle, then smooth it, using the circle as a guide, creating a slight dip in the middle.
- Put the meringue in the preheated oven and bake for 1 hour and 15 minutes. Once baked, allow to cool for 1 hour.
- Pour whipping cream in a bowl and start use a hand mixer to begin whipping, beginning at a low-speed setting and slowly speeding it up until soft peaks form. Then, fold in lemon juice.
- Once the meringue has cooled, place it on a platter then lather whipped cream on top. Then, arrange desired berries on top of whipped cream and serve.





some favorites from the halls of the hill





Bruin Plate (or B-Plate, as many students call it) is a Green-Certified restaurant. It fosters a creative, honest, and responsible community and provides seasonal, innovative, and sustainable mouth-watering cuisine. Bruin Plate inspires mindful-eating through the use of healthy, nutritious, and locally procured ingredients in the creation of its fresh and wholesome dishes designed for a diverse community.





# SEARED CILANTRO JALAPEÑO CHICKEN WITH WATERMELON RADISH & APPLE SLAW

Yield: 6 5-oz. servings

#### **INGREDIENTS**

- 1 small jalapeño, stemmed, seeded, and chopped
- 1 cup fresh cilantro leaves
- 2 tbsp fresh oregano leaves
- · 2 garlic cloves, peeled
- 2 tbsp freshly squeezed lime juice
- 2 1/2 tsp smoked paprika
- 1 tsp + 1/4 tsp kosher salt, divided
- 1/2 tsp red pepper flakes
- 1/2 cup vegetable oil
- 1 1/2 lbs. boneless, skin-on chicken thighs
- 1 large watermelon radish, peeled and julienned
- 1 small granny smith apple, peeled, cored, and julienned
- 1/4 cup finely diced celery
- 1/8 cup lemon vinaigrette
- 1/8 tsp ground black pepper

#### **PREPARATION**

- Combine the chopped jalapeño, cilantro, oregano, garlic, lime juice, paprika, l tsp salt, and red pepper flakes in a blender.
- Blend on medium speed for 30 seconds to combine. drizzle in the vegetable while still blending for 11 minute or until emulsified.
- Put the chicken thighs in a large mixing bowl. Pour the marinade over the chicken and toss thoroughly to coat. Cover and place in refrigerator to marinate for 6-8 hours.
- Combine watermelon radish,
  apple, celery, vinaigrette,
  remaining 1/4 tsp salt, and pepper
  in large bowl. Toss to thoroughly
  combine and chill in the
  refrigerator until ready to serve.



- Preheat oven to 400 degrees F.

  Line a rimmed baking sheet with aluminum foil.
- Preheat a cast iron skillet over high heat. Remove chicken from the marinade, discarding remaining marinade, and place chicken in the skillet, skin-side down.
- Sear for 1 minute per side, then transfer to prepared baking sheet then bake for 25-30 minutes or until internal temperature reaches 165 degrees F, then remove the chicken and let rest for 5 minutes.
- To serve, place 1/4 cup of slaw on each serving plate and top with 1 chicken thigh.





#### CILANTRO PESTO WITH TRI-TIP TORTILLA PIZZA

Yield: 4 servings, 1 pizza

#### **INGREDIENTS**

- 2 tsp + 1/8 tsp kosher salt, divided
- 1 tbsp + 1/8 tsp freshly ground black pepper, divided
- 1 1/4 hungarian paprika
- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper
- 1 tsp granulated garlic
- 3/4 tsp dried rosemary leaves
- 1 whole tri-tip (about 2 lbs)
- olive oil spray
- 2/4 cup + 1 tbsp fresh cilantro, chopped, divided
- 1/4 cup flat-leaf parsley, chopped
- 1 clove garlic, minced
- 1 tsp parmesan cheese, grated
- 1 tsp lemon juice, freshly squeezed
- 1 tbsp extra virgin olive oil
- · 1 brown rice tortilla
- · 2 tbsp red onion
- 1/3 cup mozzarella, shredded
- 1 tbsp jalapeno, minced

#### **PREPARATION**

- Combine 2 tsp salt, 1 tbsp black pepper, paprika, onion powder, cayenne pepper, and granulated garlic in small bowl. Break the dried rosemary leaves into the spice mix and stir to combine.
- Rub the spice mixture over the entire tri-tip until coated. Place the tri-tip on a sheet pan, cover, and place in the refrigerator to marinate for at least 24 hours.
- Place 3/4 cup cilantro, the parsley, minced garlic, parmesan cheese, lemon juice, remaining 1/8 tsp salt, and remaining 1/8 tsp pepper in a food processor or blender bowl. Blend on low speed and gradually increase to high speed, blending for about 30 seconds.

  Drizzle the extra virgin olive oil while still blending for about 1 minute until the mixture becomes a paste. reserve cilantro pesto.



- Preheat oven to 425 degrees F.

  Place the brown rice tortilla on a baking sheet.
- Place the baking sheet in preheated oven and bake for 4-6 minutes. Remove from the oven and let cool to room temperature. set aside.
- Clean and oil the frill grates, then preheat grill to medium-high heat or use a grill plate over high heat on the stove top. Preheat oven to 400 degrees F.
- Remove tri-tip from refrigerator and spray lightly with the oil spray. Place tri-tip on the grill and cook for 3 minutes on each side.
- Remove tri-tip from grill and place it on sheet-pan, then place the sheet pan in the preheated oven and roast the tri-tip for about 15-20 minutes or until the internal temperature reaches 140 degrees F. Then, remove and let rest for 10 minutes before cutting into thin slices.
- Spread 1/4 cup of the cilantro
  pesto evenly over the tortilla,
  edge to edge. Place 1/2 cup
  cooked tri-tip strips evenly over
  tortilla, then top the tri-tip with
  sliced red onion, shredded
  mozzarella, and minced jalapeno,
  then, place pizza in the preheated
  oven and bake for 2-4 minutes.
- To serve, cut into 4 equal pieces and garnish with remaining 1 tbsp chopped cilantro.



### CHICKPEA PANISSE, MIXED GRAINS, & BROCCOLINI BOWL

Yield: 6 5-oz. servings

#### **PREPARATION**

- Spray a baking loaf pan with olive oil spray and set aside.
- Heat 1 tsp vegetable oil in a large saucepan over medium heat. Add diced onion, 1 tsp minced garlic, and 1/4 tsp red chili flakes and saute for 2 minutes or until the onions are transluscent.
- Add vegetable stock and bring to a simmer. Sift chickpea flour into vegetable stock while continually whisking for about 1 minute or until mixture starts to thicken.
- Continue to cook the mixture for another 10-12 minutes, whisking constantly, until batter becomes thick enough to hold its shape.

  Season with salt and pepper and remove from heat and set aside to cool for 5 minutes.

- olive oil spray
- 1 tbsp + 2 tsp vegetable oil, divided
- 3 tbsp finely diced yellow onion
- · 2 tsp minced garlic, divided
- 1/2 tsp red chili flakes, divided
- 2 1/4 cup + 2 tbsp vegetable stock
- · 1 cup chickpea flour
- 1/4 tsp kosher salt
- 1/8 tsp ground black pepper
- 1/2 pound broccolini, cut into
   2-inch pieces
- 1/2 cup cooked tri-color quinoa
- 1/2 cup cooked wheat berries
- 1/2 cup wild rice
- 6 tbsp balsamic glaze

- Pour the chickpea mixture into the prepared loaf pan and use a spatula to spread the mixture into an even layer.
- Place a piece of parchment paper directly on top of the chickpea mixture to prevent a skin from forming on top and chill in the refrigerator for 2 hours.
- Invert the panisse onto a cutting board and cut in half vertically to create 2 squares. Cut each square in half diagonally to create a triangle, then cut the triangle in half to create 2 triangles. Repeat to make 8 triangular pieces.
- Fill a saucepan 3/4 full with water and bring to a boil over high heat. Fill a bowl with ice and water and set aside.
- Put the broccolini in a colander or wire-mesh strainer and carefully place in the pot of boiling water.
- Boil broccolini for 2 minutes, then immediately transfer to the prepared ice bath for 1 minute, then drain.
- Heat 1 tsp of vegetable oil in a saute pan over medium high heat, then add remaining 1 tsp garlic and cook for 20 seconds or until aromatic. Then, add 1/4 tsp chili flakes and cook for another 10 seconds.
- Add blanched broccolini and saute for 20-30 seconds or until heated through.





- Heat the remaining I the oil in a large cast iron skillet over medium-high heat.
- Place 6 panisse triangles in the skillet and sear for 1 1/2 minutes,
  Then flip and sear for another 1
  1/2 minutes or until golden brown on both sides.
- In a large bowl, gently toss the warm quinoa, wheat berries, and wild rice to combine.
- To serve, spoon 1/4 cup of mixed grains into each serving bowl,
  Then divide sauteed broccolini equally among the bowls on top of the grains.
- Drizzle I tbsp of balsamic glaze over each bowl's broccolini and place I panisse triangle on top.

NOTE: uncooked panisse triangles can be stored in a covered container in the refrigerator for up to 1 week.





# LENTIL BOLOGNESE WITH WHOLE WHEAT ROTINI BOWL

Yield: 6 5-oz. servings

#### **PREPARATION**

- Heat 2 tsp of olive oil in a 6-qt.
  sauce pot over medium heat. Add
  onion, celery, carrots,
  mushrooms, garlic, tomato, and
  fennel and saute for 3 minutes or
  until vegetables are cooked, but
  still slightly firm.
- Add oregano, basil, and tomato paste and cook for 30 seconds before adding in the dry lentils and vegetable broth and bringing to a boil. Reduce the heat and simmer for 30 minutes or until lentils are tender.
- Season with 1/4 tsp salt and 1/2 tsp pepper and stir in chopped parsley.

- · 4 tsp. olive oil, divided
- · 1/4 cup onion, diced
- · 2 tbsp celery, diced
- 2 tbsp carrot, diced
- 1/2 cup portabello mushroom, diced into small pieces
- 1 tsp garlic, minced
- 1/2 cup tomato, diced
- 2 tbsp fennel, diced
- 1/2 tsp fresh oregano, chopped
- 1 tsp fresh basil
- 2 tsp tomato paste
- 3/4 cup black lentils
- 2 cups low-sodium vegetable broth
- 1 tbsp + 1/4 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 2 tsp plus more for garnish flatleaf parsley, finely chopped
- 8 oz. whole wheat rotini



- Bring water to a boil in a 4-qt. pot, 3/4 of the way full. Add pasta and remaining 1 tbsp of salt to the water and cook for 10-15 minutes or until pasta is al dente.
- Drain pasta from water and toss with the remaining 2 tsp of oil to prevent pasta from sticking.
- To serve, place 2/3 cup of cooked pasta in the bottom of a serving bowl and top with a 1/4 cup of the lentil bolognese. Garnish with more chopped parsley.







Covel Commons is inspired by the flavors of the Mediterranean. Diners are invited to enjoy dishes inspired by the villas and villages of countries such as Lebanon, Spain, Turkey, France, Israel and more. Thinking beyond pasta and exploring the flavors of earthy and aromatic ingredients, Covel takes you on a journey which stimulates each of your five senses.





### EGGPLANT PARMESAN

Yield: 6 servings

#### **PREPARATION**

- Heat marinara sauce in a small sauce pot over medium heat.
  Remove from heat and keep warm.
- On a plate or in a shallow bowl, combine bread crumbs, salt, white pepper, and oregano.
- Place flour and beaten eggs in two separate shallow bowls. Dip eggplant slices into flour, then egg, then breadcrumbs. Set aside until ready for frying.
- Add enough oil to a dutch oven to make a depth of 1" and heat to 350 F. Deep fry eggplant for 2-3 minutes or until deep golden brown. Place on cookie racks to drain. Preheat broiler on medium setting.

- 11/2 cup marinara sauce
- 6 tbsp italian style bread crumbs
- 1/4 tsp salt
- 1/4 tsp ground white pepper
- 1/4 tsp dried oregano leaves
- 1/2 cup all purpose flour
- 12 oz. eggplant, sliced 1/4" thick
- 2 eggs, beaten
- · vegetable oil
- 3/4 cup mozzarella
- 1/2 cup shredded parmesan





Spray the interior of 6 small casserole dishes with cooking oil, then place 1 fried eggplant slice, 1/4 cup marinara, 1 tbsp mozzarella, and 1 1/3 tsp parmesan in each dish.

place in oven for about 2 minutes or until cheese is melted and bubbling. serve immediately.











## SALMON PICCATA WITH FREGOLA SARDA

Yield: 6 servings

#### **SAUCE INGREDIENTS**

- 3 tbsp vegetable oil
- 1/2 cup shallots, sliced 1/4"
- · 1 bay leaf
- 5 tsp dried thyme leaves
- 3 tbsp dry white wine
- 3 fl. oz. chicken stock
- 1/3 cup heavy whipping cream
- 1/2 lb (16 tbsp) unsalted butter
- 3 tbsp lemon juice
- 2 tsp salt.

### FREGOLA SARDA INGREDIENTS

- 2 3/4 tsp vegetable oil
- 11/2 tbsp shallots, diced 1/8"
- 6 oz. fregola pasta
- 2 tbsp fresh thyme, minced
- 2 1/2 cups chicken stock
- 2/3 cup grated parmesan
- 1/4 cup minced italian parsley
- 1 tsp salt
- 1/2 tsp ground black pepper

#### **SALMON INGREDIENTS**

- 18 oz. salmon, cut into 3 oz. pieces
- 1/3 cup vegetable oil
- 5 tsp salt
- 5 tsp ground black pepper
- 3 tbsp capers

#### SAUCE

- Heat oil in small saucepan over medium heat. Add sliced shallots and saute until translucent and fragrant, but not browned (about 5 minutes).
- Add bay leaf and thyme, then deglaze with white wine and allow to reduce by half.
- Add chicken broth and reduce by half, then stir in heavy cream and reduce by half.
- Reduce heat to medium low. add butter and whisk until it is melted and incorporated into the sauce.
- Stir in lemon juice and salt. strain sauce into a metal bowl and keep warm until ready to use.



#### FREGOLA SARDA

- heat oil in a 12" saucepan over medium heat. add shallots and saute until translucent and fragrant, but not browned (about 5 minutes).
- stir in fregola pasta and continue to stir until coated with oil.

- Deglaze pan with 3/4 cup of chicken broth. cook, stirring frequently, until most of the broth has been absorbed. Repeat this process 2 more times with 3/4 cups of broth each time. this should take about 15 minutes.
- Stir in parmesan, parsley, salt, and pepper. Keep warm.





#### SALMON

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- Preheat 12" skillet or griddle pan over medium high-heat. Preheat convection oven to 350 degrees F.
- Season salmon with salt and pepper.
- Coat pan with oil and sear salmon fillets for 3 minutes, presentation side down.
- Official Spray a baking pan with vegetable oil. Place salmon seared side down and let cool for 10 minutes.
- Flip salmon over and roast in oven for 10 minutes or until internal temperature reaches 145 F.
- Serve each piece of salmon with 1/3 cup fregola and spoon 1/4 sauce over salmon. Garnish with 1/2 tbsp capers.





De Neve offers a diverse, bold-flavored, and colorful selection of cuisine inspired by the "Best of the Best" of the restaurants on the Hill. It features the popular "flexitarian bar," which offers a rich variety of delicious plant-based options which can be accented with various animal proteins.





Yield: 6 servings

- 1 cup water
- 2/3 cup half & half

**INGREDIENTS** 

- 1/2 cup coarse-ground cornmeal
- 1/4 tsp salt
- 1/4 cup shredded sharp cheddar cheese
- 9 oz 41/50 count shrimp
- 1/8 tsp cayenne pepper
- 2 tsp lemon juice
- 1/4 cup green bell pepper, diced
- 1/4 cup red bell pepper, diced 1/2"
- 1/4 cup yellow bell pepper, diced 1/2"
- 1/4 cup vellow onion, diced 1/2"
- 1 tbsp unsalted butter
- 2 tbsp all purpose flour
- 1/4 tsp garlic, minced
- 1/4 cup chicken stock
- 1/4 tsp worcestershire sauce
- 3/4 tsp bacon fat
- 2 oz. andouille sausage
- 3/4 tsp smoked paprika
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/8 tsp green onions, chopped

### **PREPARATION** GRITS

Bring water and half & half to a 01 boil in a medium saucepan.

Whisk in grits (cornmeal) and salt. 02 return to a boil. Reduce heat to low and simmer until grits thicken, stirring frequently, about 15 - 20 minutes.

Remove from heat and stir in the 03 cheddar cheese. Keep warm.





#### **SHRIMP**

- Toss shrimp with the cayenne and lemon juice. Marinate in refrigerator for 1 hour. Preheat oven to 400 degrees F.
- Toss together tri-color bell
  peppers and onions, place on a
  baking pan, and spray with
  cooking oil. Roast for 5 10
  minutes in preheated oven or
  until softened. Set aside.
- Melt butter in saucepan over medium-low heat. Whisk in flour and cook for 20 minutes, whisking constantly, until roux is brown and fragrant. Add garlic and chicken broth and cook for another 5 minutes or until somewhat thickened. Stir in worcestershire. Keep warm.
- Melt bacon fat in 12" skillet over medium high heat. Add diced andouille sausage and cook until its fat has been rendered (about 2 minutes).
- Add roasted vegetables, then stir.

  Then add marinated shrimp and stir, cooking for about 1 minute or until the shrimp begins to turn pink. Then stir in paprika.
- Add red sauce base and cook until sauce thickens and shrimp becomes bright pink and opaque (about 2 more minutes. Season with salt and pepper. Serve shrimp with sauce over grits and garnish with green onions.



# COUNTRY FRIED CHICKEN WITH POBLANO MASHED POTATOES

Yield: 6 servings

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#### POBLANO POTATOES INGREDIENTS

- 1 poblano pepper (a.k.a pasilla)
- 1 lb. russet potatoes
- 4 tbsp unsalted butter, melted
- 1/2 cup half & half, warmed
- 3/4 tsp salt
- 1/4 tsp ground black pepper

## PREPARATION MASHED POTATOES

Preheat oven to 375 degrees F.

place pepper on baking pan, spray
with vegetable oil. Roast for about
10 minutes or until skin is soft
and brown. Remove from oven
and place pan inside paper
grocery bag and close. Let sit for
20 minutes.

Remove skins, stems, and seeds from peppers. Dice peppers into 1/4" pieces. Set aside.

Place potatoes in a saucepan and cover with water (1" above the potatoes). Bring to a boil over high heat, then reduce to medium-low and simmer until the potatoes are tender enough for a paring knife to be slipped into and out of the center with very little resistance (about 20-30 minutes). Drain well.

#### FRIED CHICKEN INGREDIENTS

- 2 3/4 tsp seasoning salt
- 3/4 tsp ground white pepper
- 1 cup all purpose flour
- 3 lb. assorted chicken pieces
- 5 tbsp buttermilk
- vegetable oil (for frying)

- Spear potatoes with a dinner fork, then peel back the skin with a paring knife. Repeat with remaining potatoes, then place peeled potatoes on the still-warm saucepan.
- Mash potatoes with a potato masher, a potato ricer, or a food mill.
- Stir in butter with a wooden spoon until incorporated, then gently whisk in poblanos, half & half, salt, and pepper. Keep warm.





#### FRIED CHICKEN

- Mix together seasoning salt and white pepper. Divide in half. mix one half with the flour.
- Place chicken in plastic container and add the remaining half of the seasoning (without the flour) to the buttermilk. Toss together chicken and seasoned buttermilk, cover, and store in refrigerator for up to 24 hours.
- Add enough vegetable oil to a dutch oven in order to create a depth of 2". Heat to 375 degrees F.
- Drain chicken from the
  buttermilk marinade and dip in
  flour mixture. Toss well and
  shake off excess flour, then place
  chicken on a baking pan lined
  with parchment paper (without
  letting it sit for longer than 30
  minutes, otherwise the flour will
  absorb the liquid).
- Place chicken in heated oil and fry for 15 minutes, turning over from time to time, or until the chicken reaches an internal temperature of 165 degrees F.
- Remove from oil and let chicken rest on a wire rack in one layer.

  Serve immediately with the mashed potatoes.





FEAST at Rieber offers a Pan-Asian menu that boasts fresh, flavorful, authentic, and balanced fusion foods. It features cuisines from China, Hawaii, India, Japan, Korea, the Philippines, Thailand, and Vietnam.





## KOREAN GALBI BEEF WITH JASMINE RICE

Yield: 6 servings

#### **INGREDIENTS**

- 2 1/2 tbsp soy sauce
- 3/4 tsp sesame oil
- 1 1/2 tsp corn syrup
- 3/4 tsp ground black pepper
- 1 tbsp water
- 2 tsp garlic
- 1/4 cup yellow onion, diced (1/4")
- 2 tbsp green onion, chopped (3/4")
- beef short ribs, koran style (thinly sliced to about 1/4")
- 2 cups jasmine rice
- 3 cups water

## PREPARATION MARINATING BEEF

- Mix soy sauce, sesame oil, corn syrup, black pepper, and water. Set aside.
- Puree garlic, yellow onions, and green onions in a food processor. Add the soy sauce mixture and mix well, making sure that all the ingredients are dissolved.
- Dip the beef ribs into the marinade and gently rub. Place ribs into a plastic container, pour over the remaining marinade, and layer the ribs flat. Cover and marinate for 6-8 hours, turning meat at least once to ensure even marination.

#### RICE

- Place rice in a fine-mesh strainer which is set over a bowl. Rinse under running water, swishing with hands, until water runs clear. Drain thoroughly.
- Bring rice and water to boil in saucepan over medium-high heat. Cook, uncovered, until water level drops below the surface of the rice and small holes form (about 5 minutes). Note: do not stir rice as it cooks.
- Reduce heat to low, cover and cook until rice is tender and water is fully absorbed (about 15 minutes).
- Finished rice can stand off heat, covered, for up to 15 minutes.

#### **COOKING THE BEEF**

- While the rice is cooking, turn on grill to high heat, close lid, and allow to heat for 15 minutes.
- Turn down the heat to medium, spray grill with cooking oil, and grill meat. For gas grills, put the lid down. Turn the meat 3 or 4 times until well browned on both sides (10 14 minutes). Transfer to platter and serve immediately, along with jasmine rice.





### CALIFORNIA SUSHI BOWL

Yield: 4 servings

## PREPARATION RICE

- Place rice in fine-mesh strainer and rinse under running water, stirring occasionally, until water runs clear (about 1 1/2 minutes).

  Drain well and transfer to a small saucepan.
- D2 Stir in water and bring rice to a boil over high heat. Adjust heat to maintain bare simmer. Cover and cook until water is absorbed (about 20 minutes). Remove from heat and let stand, covered, for 10 minutes to finish cooking.
- Spread hot rice in a thin layer in a wide and shallow bowl. Let cool to room temperature, then cover and store in refrigerator until ready to make bowl.

- 1 cup short grain (calrose) rice
- 1 1/4 cup water
- 3 tbsp + 3/4 tsp soy sauce
- 3 1/2 tbsp Huy Fong chili garlic sauce
- 3/4 tsp sesame oil
- 1/2 tsp roasted sesame seeds
- 4 oz. imitation crab meat, flaked
- 1/4 cup tobiko (orange fish roe)
- 2 tbsp mayonnaise
- 1/4 cup cucumbers, peeled, seeded, & julienned
- 1 avocado, peeled, seeded, and cut into 6 lengthwise segments
- 1/4 cup pickled ginger
- 1/4 cup green onion, chopped
- 4 tsp shredded nori (dried seafood sheets)
- · 4 tsp roasted sesame seeds



#### SAUCE

Place soy sauce, chili garlic sauce, sesame oil, and sesame seeds in a bowl and mix well. Cover and store in refrigerator.

#### **CRAB MIXTURE**

Combine crab meat, tobiko, and mayo in a bowl. Mix well and cover. Set aside in refrigerator.

#### FOR EACH BOWL

- Place 3/8 cup of rice in a bowl
- Arrange 1 tbsp crab mixture, 1
  tbsp cucumber, 1 avocado section,
  and 1 tbsp pickled ginger around
  the rice.
- Drizzle 2 tbsp sushi sauce on top of the rice and arranged ingredients.
- Garnish with 1 tsp green onion, 1 tsp shredded nori, and 1 tsp sesame seeds.





# VEGAN CHOCOLATE CHIP COOKIE WITH NUTS

Yield: 12 4 oz. cookies

#### **PREPARATION**

- Preheat oven to 350 degrees F.
  Place both sugars, margarine,
  baking soda, salt, vanilla extract,
  and egg replacer in the bowl of a
  standing mixer.
- Mix on medium-high speed until all ingredients are thoroughly combined, about 1 minute.
- Add water and mix on low speed until incorporated.
- Add flour and mix on low speed until incorporated.
- Add chocolate chips and walnuts and mix on low until incorporated.
- Use a 4 oz. cookie scoop to place
  12 balls of cookie dough on a
  parchment paper-lined baking
  sheet.

- 3/4 cup granulated sugar
- · 3.4 cup dark brown sugar
- 20 tbsp margarine
- 3/4 tbsp baking soda
- 11/4 tsp salt
- 1 tsp vanilla extract
- 1 1/4 tsp egg replacer
- 1 tbsp + 3/4 tsp water
- 4 1/2 cup all purpose flour
- 1 1/3 cup semi-sweet chocolate chips
- 3/4 cup walnut pieces
- Bake for 12-14 minutes or until golden brown, then let cool on a wire rack for at least 10 minutes before serving.



### **CARROT CAKE**

Yield: 1 Cake (10 Slices)

#### **CREAM CHEESE MOUSSE**

- 2 1/2 tsp gelatin powder
- 1/4 tsp cold water
- 2 1/4 tsp lemon juice
- 1 1/4 cup heavy whipping cream
- 1/2 cup + 1 tbsp granulated sugar
- 1 cup + 1 tbsp cream cheese, softened

#### **CAKE BATTER**

- 4 eggs, whisked
- 1 lb + 9 oz. all purpose creme cake mix
- 1 cup canola oil
- 2/3 cup water

## PREPARATION CREAM CHEESE MOUSSE

- Whisk together gelatin, cold water, and lemon juice. Set aside.
- Whip heavy cream in standing mixer on medium speed for about 1 minute or until mediumstiff peaks form. Remove whipped cream from bowl and wipe out the inside of the bowl.
- Place sugar and softened cream cheese in the now-empty bowl and mix on medium high until combined, about 1 minute.
- Remove bowl from mixer and use spatula to mix in the gelatin mixture into the cream cheese mixture.
- Fold whipped cream into the cream cheese mixture. Cover with plastic wrap and keep refrigerated until ready to use.

#### **CARROT CAKE**

- Preheat oven to 350 degrees F.
  Pour whisked eggs into bowl of a standing mixer with dry cake mix and mix for 1 minute on low, then continue on medium for 3 minutes.
- Add canola oil and water to the mixer. Scrape down the sides of the bowl and mix for 3 minutes on low speed.
- Spray a 10" cake pan with vegetable oil and line the pan with parchment paper.
- Pour the cake batter into the pan and smooth the top with a spatula.
- Bake the cake for 30 minutes or until it springs back when pressed in the center. Allow to cool completely on a wire rack.
- Trim the top of the cake to make it flat and even, then cut it in half horizontally to make 2 layers.
- Spread 1 1/2 cups of mousse on the bottom cake layer. place the top cake layer on top of the mousse.
- Spread 1 1/2 cups of mousse on top of the cake and spread down all sides with a spatula, smoothing until the entire cake is covered.
- Refrigerate cake for about 1 hour until firm. cut into 10 slices and refrigerate until ready to eat.



## DESIGNED BY: REBECCA YEE

EXP. '22 COMMUNICATIONS MAJOR Dinners for 12 Strangers is a 50+ year UCLA tradition that has become a global phenomenon. Every year, on one of three nights, alumni, faculty, students and parents come together to enjoy good food and great conversation. This past year, alumni hosted more than 500 dinners around the world involving more than 3,700 Bruins.

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