



# POGIL

## Community Cookbook

# Message to the Community:

This has been a year like no other—a year of social distancing and working from home, a year of not getting together with friends and family, and a year of Zoom meetings and virtual classes. Many of you have let us know that during this time of pandemic, one of the things that has sustained you is the POGIL community.

Even though we haven't been able to meet in person, we've been able to support each other, find new ways to innovate in the classroom, and to create new ways to connect. It is in this spirit that we are launching our POGIL Community Cookbook.

So many of us have turned to cooking during quarantine, we thought it would be fun to share some of our favorite recipes and stories just in time for the holiday season. We asked members of the POGIL community to send us festive recipes for appetizers, desserts, and cocktails or mocktails for a crowdsourced cookbook that we can now share as our holiday gift to each other.

# Appetizers



## Ingredients:

Kale  
Olive oil  
Salt

## Instructions:

Clean and spin kale until dry.  
Toss in light olive oil.  
Season with salt  
Spread out on a cookie sheet in a single layer.  
Bake at 350 degrees for 10 minutes or until crispy

# Crispy Kale

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Recipe contributed by: (Shawn Simonson, Boise, ID)

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# Doc's Cranberry Sauce

## Special Note:

I am not particularly fond of cranberry sauce, but my wife loves good cranberry sauce and canned jello just does not work. So, one Thanksgiving, I just started throwing things into a pot and came up with this recipe. Scores points every time I make it. While it does take a bit of time, it is pretty easy and can be made ahead of time.



# Doc's Cranberry Sauce

## Ingredients:

12 oz pkg fresh cranberries  
2 cups +  $\frac{1}{3}$  cup water  
1 orange  
1 cup sugar  
 $\frac{1}{4}$  cup cornstarch  
 $\frac{1}{4}$  cup port  
1 Tbsp. cinnamon  
1 tsp. Nutmeg  
 $\frac{1}{4}$  tsp. Ground cloves

## Instructions:

Boil cranberries in 2 cups water until all pop (about 30 minutes).  
Add zest of  $\frac{1}{2}$  orange, juice of  $\frac{1}{2}$  orange, and crushed meat and juice of other half of orange.  
Add port, simmer 30 minutes.  
Add cinnamon, cloves, nutmeg, and sugar. Stir thoroughly to ensure complete mixing and all sugar has dissolved.  
In separate bowl, mix cornstarch with equal amount of water until even. Stir into hot cranberry mixture. Bring to a boil to thicken. Remove from heat and portion into serving dishes.  
Chill for 2+ hours.  
Refrigerates well for about a week. Can be frozen for later use.



Recipe contributed by: (Sara Fox, The Woodlands, TX)

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# Ambrosia Salad

## Ingredients:

- 2 packages of pistachio pudding mix
- 2 20 oz. cans of crushed pineapple
- 2 cups of mini marshmallows
- 8 oz. cool whip
- 1 cup chopped pecans (optional, I never put them in)

## Instructions:

Mix all ingredients together, let chill, and enjoy!  
This recipe makes a LOT, so you can halve it, but I don't know why you would ever want less of this green goodness.

## Special Note:

"I'm from the Midwest originally, and we are huge fans of putting marshmallows in things and then calling it a salad, which I am here for. This recipe is a huge hit with the kids, and the kids at heart, like me. Don't be fooled, though, this isn't even a little healthy. I guess the pineapple is \*kinda\* healthy-ish, but the rest of this is processed until it's basically a food substance."



# Arugula/Grilled Peaches/Burrata Cheese Salad

## Special Note:

We love this salad because it is not only good but very pleasing to the eye.

[Recipe continued on next page](#)





# Arugula/Grilled Peaches/Burrata Cheese Salad

## Ingredients:

1 bag arugula greens  
2 fresh peaches – grilled and sliced  
1 ball of burrata cheese or wet mozzarella cheese – cut into pieces  
Fig spread or fresh figs cut into chunks  
2 Tbsp. toasted pine nuts  
Store bought balsamic glaze

## Dressing:

1 Tbsp. Dijon mustard  
½ fresh lemon - squeezed  
1 Tbsp. honey or agave  
1 Tbsp. finely chopped shallot  
½ cup extra virgin olive oil  
Salt and pepper

## Instructions:

1. Prepare the dressing. Shake well and taste. Adjust to your personal taste. I don't make dressing using a recipe so you might want to add more of something - if it is too mustardy, add more olive oil. If it is too lemony, add more sweetness.
2. To grill the peaches, cut in half, take out the pit and put on an outside grill or on a grill pan for your stove. Grill for 5 min. or until you see grill marks. Cool and slice.
3. Lightly dress and toss the greens. Put them in a large flat salad bowl, place the pieces of cheese around the outer edge of the bowl.
4. Put a small dollop of fig spread on top of each piece of cheese and sprinkle with toasted pine nuts.
5. Drizzle with balsamic glaze.



Recipe contributed by: (Gail Webster, Greensboro, NC)

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# Moroccan Carrot Soup

## Special Note:

*Recipe originally from Epicurious.com*

Recipe continued on next page



# Moroccan Carrot Soup

## Ingredients:

2 tablespoons butter  
1 cup chopped onion  
1 pound large carrots, peeled, cut into 1/2-inch dice  
(about 2 2/3 cups)  
2 ½ cups low-salt chicken broth  
1 ½ teaspoons cumin seeds or 1 teaspoon of ground  
cumin  
1 tablespoon honey  
1 teaspoon fresh lemon juice  
1/8 teaspoon ground allspice  
½ cup plain yogurt, stirred to loosen

## Instructions:

Melt butter in large saucepan over medium-high heat. Add onion; sauté 2 minutes. Mix in carrots.  
Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.  
Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Finely grind in spice mill or mortar and pestle or just use ground cumin.  
Remove soup from heat. Puree in batches in blender until smooth and return to same pan. OR use an emersion blender and blend in the saucepan until smooth. Whisk in honey, lemon juice, and allspice. Season with salt and pepper.  
Ladle soup into bowls. Drizzle yogurt over; garnish with cumin seeds or ground cumin.

# Pesto



## Special Note:

I make this from herbs grown in my garden.

Recipe continued on next page

# Pesto

## Ingredients:

3 cups of loosely packed basil  
¼ cup olive oil  
¼ cup pine nuts  
3 garlic cloves  
1 teaspoon salt  
½ cup (heaping) grated parmesan cheese

## Instructions:

Put all ingredients except cheese into a food processor or blender. Process/blend until smooth.

Add cheese and mix again. Makes approximately 1 cup. Can be frozen in small jars or freeze in an ice tray, then pop the frozen pesto into a ziplock bag and into the freezer to use later.

NOTE: You can substitute sage for basil and make a sage pesto that pairs well with poultry.

# Pita Bread

## Ingredients:

2 teaspoons active dry yeast

½ teaspoon sugar

35 grams whole-wheat flour (1/4 cup)

310 grams unbleached all-purpose flour (2 ½ cups)

1 teaspoon kosher salt

2 tablespoons olive oil

*From NY Times Cooking, David Tannis*

Recipe continued on next page



# Pita Bread

## Instructions:

Put 1 cup lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve. Add the whole-wheat flour and 1/4 cup all-purpose flour and whisk together. Put bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 minutes.

Add salt, olive oil and nearly all remaining all-purpose flour (reserve 1/2 cup). With a wooden spoon, stir until mixture forms a shaggy mass. Dust with a little reserved flour, then knead in bowl for 1 minute, incorporating any stray bits of dry dough.

Turn dough onto work surface. Knead lightly for 2 minutes, until smooth. Cover and let rest 10 minutes, then knead again for 2 minutes. Try not to add too much reserved flour; the dough should be soft and a bit moist. (At this point, dough may be refrigerated in a large zippered plastic bag for several hours or overnight. Bring dough back to room temperature, knead into a ball and proceed with recipe.)

Clean the mixing bowl and put dough back in it. Cover bowl tightly with plastic wrap, then cover with a towel. Put bowl in a warm (not hot) place. Leave until dough has doubled in size, about 1 hour.

Heat oven to 475 degrees. On bottom shelf of oven, place a heavy-duty baking sheet, large cast-iron pan or a pizza stone. Punch down dough and divide into 8 pieces of equal size. Form each piece into a little ball. Place dough balls on work surface, cover with a damp towel and leave for 10 minutes.

Remove 1 ball (keeping others covered) and press into a flat disc with rolling pin. Roll to a 6-inch circle, then to an 8-inch diameter, about 1/8 inch thick, dusting with flour if necessary. (The dough will shrink a bit while baking.)

Carefully lift the dough circle and place quickly on hot baking sheet or directly onto a pizza stone (NOTE: if you leave the dough sitting too long without baking, it will not puff when it bakes). You can use a pizza peel coated with corn meal to facilitate the transfer of the dough to the stone. After 2 minutes the dough should be nicely puffed. Turn over with tongs or spatula and bake 1 minute more. The pita should be pale, with only a few brown speckles. Transfer warm pita to a napkin-lined basket and cover so bread stays soft. Repeat with the rest of the dough balls.



## Ingredients:

- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup honey
- 12 oz. bottle of beer
- ¼ cup butter, melted

## Instructions:

1. Preheat oven to 350°F.
2. Mix dry ingredients together in a large bowl.
3. Add honey and beer, mix until combined and there are no pockets of flour.
4. Pour half of the butter into a loaf pan and use a brush to spread it around to grease the pan.
5. Add the batter and smooth the top. Pour the remaining butter on top, using the brush to make sure that the butter is evenly distributed.
6. Bake for 50 minutes or until a knife inserted in the middle comes out clean. Cool in pan on a wire rack for at least ten minutes.



Recipe contributed by: (Sara Fox, The Woodlands, TX)

# Honey Beer Bread

*“This is the easiest bread recipe! Only 6 ingredients, no mixer required, and you have hot delicious bread in about an hour. I make this bread for my family all the time, and we never have leftovers. If you DO end up with leftovers, try toasting this bread and adding even more butter for an extra special breakfast!”*

## Ingredients:

1 stick butter  
5 oz sharp cheddar cheese (original recipe called for a jar of Kraft Ole English Cheese Spread)  
1.5 tsp mayonnaise  
1 tsp lemon juice  
0.5 tsp garlic salt  
0.5 tsp cayenne pepper  
0.5 tsp Lawry's seasoning salt  
6 oz can crabmeat, drained  
6 English muffins, split

## Instructions:

Allow butter to soften and mix with other ingredients in food processor until a thick paste. Spread on English muffins. Freeze. Once frozen cut each muffin into 6 pieces (like a pie). You can store these in the freezer until ready to use. Bake from frozen at 450°F for 10-15 minutes until browned and bubbly. Serve immediately.

# Crab Muffins

*“This was a recipe of my mother’s that despite all its retro-ness, is always popular as an appetizer with drinks.”*

# Mushroom Strudel

## Special Note:

When I lived in Ithaca, NY, I was a vegetarian. The Moosewood Restaurant was a mecca and inspiration for those of us who eschewed meat, and this recipe is adapted from Mollie Katzen's seminal Moosewood Cookbook.

[Recipe continued on next page](#)



# Mushroom Strudel

## Ingredients:

1 lb. mushrooms (chopped) (I use a mixture of button and cremini)  
1 cup cream cheese (lowfat OK)  
1 cup sour cream or plain yogurt  
1 tsp. salt  
Black pepper to taste  
1 tsp. dill  
1 cup good bread crumbs (GF OK)  
2 scallions, finely minced (white and green parts)  
¼ cup packed minced parsley  
3 TB. Lemon juice  
10 sheets of phyllo pastry (or you can use individual shells for individual appetizers)  
3-4 TB. Olive oil  
Optional: Poppy seeds for the top

## Instructions:

1. Preheat oven to 375. Oil a baking tray
2. Place mushrooms in saucepan, cook over medium heat for 10 minutes. Drain and squeeze out excess liquid. Transfer to medium sized bowl. (You can save the liquid for a great soup stock)
3. Add cream cheese (cut into small pieces) to hot mushrooms. Mix well.
4. Add the rest of the ingredients through the lemon juice.
5. To assemble: Place one sheet of phyllo on a clean, dry counter. Brush lightly with olive oil, then add another sheet. Brush with oil, add another sheet. Continue until you have five leaves.
6. Add half the filling at the bottom ¼ of the stack of sheets, then roll until you have a nice little log. Brush top with more olive oil.
7. Place on baking sheet.
8. Repeat this process to make a second roll. Place that one next to the first on the baking tray.
9. Bake 15-20 minutes until golden and exquisitely crisp. Sprinkle with poppy seeds.
10. Cut with a serrated knife into smaller wedges.
11. Serve hot or at room temperature.

# Beff's Cold Seafood Delight

## Special Note:

This is a family favorite. They always say it would be a \$15 appetizer at a restaurant.

Recipe continued on next page



# Beff's Cold Seafood Delight

## Ingredients:

1 lb frozen shrimp (bite size)  
1 lb frozen squid rings (Calamari)  
1 can scungilli (found where canned tuna would be found)  
2 Tbsp. olive oil  
1 bottle of clam juice  
12 green or black Kalamata olives, sliced  
4-5 finely chopped garlic cloves  
2 Tbsp. capers  
1 Tbsp. parsley, fresh or dried  
Juice of 1 lemon  
Large stalk of celery thinly sliced diagonally  
1 Tbsp. good virgin olive oil  
Salt and pepper to taste  
Ground red pepper to taste  
Crusty bread for dipping

## Instructions:

1. Put the olive oil in the bottom of a sauté pan and sauté the frozen shrimp and squid until cooked through – 5-8 min. It should release some liquid as it cooks. Turn heat to low.
2. Add the can of scungilli – if the pieces are too large, cut them.
3. Add the bottle of clam juice, olives, garlic and capers. Salt and pepper to taste (the olives and capers are salty). Sprinkle ground red pepper to taste. Let simmer about 5 min.
4. Let cool completely and refrigerate.
5. After it is completely cool and ready to serve, add the juice of the lemon, sliced celery, parsley and the virgin oil.  
Serve at room temperature and dip the crusty bread into the juice.





Recipe contributed by: (Beff Mancini, Marlton, NJ)

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# Zucchini & Onion Au Gratin

## Special Note:

My husband isn't particularly fond of zucchini but when I make this, he can eat the whole dish. It reminds us of eggplant parm but not fattening!

Recipe continued on next page





# Zucchini & Onion Au Gratin

## Ingredients:

1 Tbsp. olive oil  
1 large sweet onion, quartered lengthwise and cut into thin slices  
1 Tbsp. tomato paste  
½ tsp. dried thyme  
2 tsp. lemon rind  
½ tsp. kosher salt  
¼ tsp. black pepper  
PAM spray  
1 ½ lb. zucchini, sliced diagonally into ¼ in slices  
¼ c. grated Parmesan cheese

## Instructions:

1. Heat a large skillet over medium heat and add oil to the pan.
2. Add onion and cook about 6 min. stirring
3. Stir into the skillet the tomato paste, thyme, lemon rind, salt and pepper.  
Cook 2 minutes
4. Preheat broiler.
5. Arrange the zucchini on a parchment lined cookie sheet, spray with PAM.
6. Broil for about 7 minutes or until the zucchini is slightly charred. Sprinkle with a little salt.
7. Spread the onion mixture into a baking dish and arrange the zucchini over the onion mixture. Sprinkle with the cheese.
8. Bake at 375 degrees for 25 min. If it isn't brown enough, turn the heat to broil and broil until it is browned.

# Entrées



# Red & Orange Peppers stuffed with Potato & Cheese

## Special Note:

I like making these stuffed peppers as everyone in my family, especially my husband, really likes this. It makes a great eye-catching side dish. My family really likes this dish and I feel the key step is the roasting of pepper in the oven for about 10 minutes before stuffing.

Recipe continued on next page



# Red & Orange Peppers stuffed with Potato & Cheese

## Ingredients:

4 Large peppers  
6 medium potatoes  
1 tsp Ground coriander  
1 tsp Ground cumin  
1sp grated ginger  
½ tsp cayenne pepper or ground chili pepper  
1 tsp or to taste  
½ tsp turmeric  
½ cup Mozzarella cheese shredded

## Instructions:

Preheat the oven to 350F.

Wash the potatoes and put them in a microwave safe container and microwave for 2 minutes per potato for a total of 12 minutes.

In the meanwhile, wash and dry the peppers. Remove a part of the pepper attached to the stem so that the center of the pepper is hollow. Remove the seeds from the middle of the pepper and discard. Save the cut part of the pepper still attached to the stem. We will use this as a lid after we put the stuffing in. Spray the inside of the peppers with non-stick cooking spray. Put the peppers and the caps on a baking tray and bake at 350F for about 10 minutes.

When the potatoes are cooked, let them cool. The potatoes can also be immersed in cold water to speed the cooling process. Once they are cooled, peel the potatoes and grate them.

In a medium sized mixing bowl, add the grated potatoes and all the seasoning. Mix thoroughly. Remove the peppers from the oven and taking care to handle the hot peppers, spoon the potato stuffing into the peppers all the way to the top. Sprinkle the mozzarella cheese on top of the potato stuffing and put the tray back in the oven for 10 more minutes.

Remove the peppers from the oven. Put the pepper caps back on top of the cheese. Serve! Enjoy!

## Ingredients:

1 lb. ground meat (or veggie crumbles, or lentils, or chopped and sautéed mushrooms, or you can omit)  
3 14 oz. cans diced tomatoes (try fire roasted, or ones with chili seasoning)  
2 14 oz. cans beans, drained and rinsed (I like a can of black beans and a can of kidney beans. You can add more if you omit the meat or just want more beans)  
1 oz. unsweetened chocolate  
Chili seasonings (chili powder, cumin, salt, pepper, oregano)

## Instructions:

Brown the meat (or crumbles or mushrooms). Add the tomatoes, beans, chocolate, and seasonings. All to simmer for at least 20 minutes. Taste and adjust seasonings.

Super easy foundation for a recipe. You can saute onions and peppers with the meat, or add diced or grated carrots. I don't measure the seasonings, I just shake some in and taste until it tastes like good chili. You can use a package of chili seasoning if you would like. You can also add about ½ cup of beer or red wine, make sure you allow the chili to simmer long enough for those flavors to blend or you will be able to taste the alcohol.



Recipe contributed by: (Sara Fox, The Woodlands, TX)

# Sara's Simple Chili

*I've made this chili recipe since I was about 19. It's really easy and gives you the basics for chili that you can then adapt to your own tastes. It takes about 20 minutes, but certainly benefits from a longer simmer, just like all soups/stews/chilis.*

# Mr. Fang's Ribs

## Special Note:

In the 2017-18 school year our family hosted a Chinese student for her senior year. Her family came to Lancaster, PA for her graduation. To thank us for taking such good care of her that year they made a Chinese feast for us in our home. The mom made dumplings from scratch, while the dad made ribs. These are now our family's "go-to" party food.

Recipe continued on next page



# Mr. Fang's Ribs

## Ingredients:

1 lb Chinese style pork ribs  
1 T. wine  
2 T. soy sauce  
3 T. sugar  
4 T. vinegar (Chinese Black vinegar or Shanxi mature vinegar is best)

## Instructions:

Cut the ribs apart into single rib bones. Cook in boiling water for 10 minutes.  
Drain and put the ribs in a large skillet with the sauce ingredients. Add  $\frac{1}{4}$  water to the skillet, cover and simmer to dryness (about 1 hour).



# Pesto Chicken & Bowtie Pasta

## Special Note:

Easiest dinner ever.

Recipe continued on next page



# Pesto Chicken & Bowtie Pasta

## Ingredients:

Rotisserie Chicken – taken off the bones and cut up into bite size pieces (save the carcass to make chicken stock)

6-10 oz. store bought jar of pesto (or make your own pesto if you have the ingredients to make it)

1 large sweet onion – finely chopped

1 Tbsp. oil

1 lb. Bowtie pasta

1 c. pasta water

2 Tbsp. toasted pine nuts

Grated parmesan cheese to taste

## Instructions:

1. In a deep saute pan, caramelize the chopped onion at medium/low heat until

the onion is a deep golden brown.

2. Put the chicken into the pan with the onion and turn it to low.

3. Cook the pasta according to the directions – reserve 1 cup salted pasta water.

4. Add the cooked pasta to the chicken and onion.

5. Spoon the jar of pesto and ½ c. of the hot pasta water into the pan, mixing it all together.

6. If it is dry, add more of the pasta water until it is creamy.

7. Sprinkle with parmesan cheese and top with the toasted pine nuts. Serve immediately.

# Turkey Enchiladas

## Special Note:

I found a version of this recipe while I was in college and it has been a family favorite for 25 years now.

Recipe continued on next page



# Turkey Enchiladas

## Ingredients:

1 pound raw ground turkey  
1 can black beans, drained and rinsed  
1 can Rotel tomatoes and peppers  
1 (8 oz) block of pepperjack cheese, grated  
o (We like Cabot's brand, but can use whatever is available)  
1 large (28 oz.) can of Old El Paso Enchilada sauce  
1 package of large sized flour tortillas  
1 (8 oz) package of shredded Mexican cheese  
1 can small pitted black olives, drained and chopped

## Instructions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Prep a large Pyrex casserole dish (10 x 13) with nonstick cooking spray, or lightly brush the dish with veggie oil. Then add half of the can of enchilada sauce to cover the bottom of the pan.
3. Brown the ground turkey in a saucepan on the stove until the meat is thoroughly cooked through, about 6 minutes on medium-high heat. Drain.
4. In a large mixing bowl, add in the black beans, Rotels, pepper jack cheese and browned turkey. Mix well. This is your enchilada filling.
5. Add tortillas to a plate and lay out in one big stack. Take your filling from step 2 and make a line down the middle of the tortilla, using about ½ cup. Fold the tortilla around the filling in a long cylinder. Add to the prepared casserole baking dish. Repeat for all 10 tortillas until the casserole pan is filled.
6. Top the prepared dish with the remaining enchilada sauce to cover the tops of the enchiladas.
7. Cover the sauce with the shredded Mexican cheese and the chopped olives.
8. \*optional- place casserole dish on top of a large cookie sheet to catch drips while baking.
9. Add prepared casserole dish to the oven and bake on the middle rack for 15-20 minutes, or until cheese melts and sauce is bubbly.
10. Serve with a side green salad. Enjoy!

# Drinks





POGIL® Recipe contributed by: (Marcy Dubroff, Lancaster, PA)

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# Beggar's Banquet

## Ingredients:

You can build this cocktail right in the glass.

2 oz. bourbon

3/4 oz. maple syrup

1/2 oz. fresh lemon juice

5 oz. lager, chilled

Garnish: orange wheel

## Instructions:

1. Add bourbon, maple syrup and lemon juice to a rocks glass and stir.
2. Add ice cubes, top with lager and stir gently.
3. Garnish with an orange wheel.

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*"This recipe is from [The liquor.com](https://www.the-liquor.com) website. It proves that beer and bourbon can play well together."*



## Special Note:

For as long as I can remember, my mom and 5 of her friends held “Card Club” once a month. I loved when it was my mom’s turn to host because there was always good snacks and food, the ladies would dote on me, and I inevitably got to stay up late. (Coincidentally, I think that listening to the Card Club banter is where I learned all 4-letter swear words as a child.)

Over the years, the ladies gave up the pretense of actually playing cards, but they still got together once a month. My mom became the usual host of their December gathering for the holidays. She’d make a whole meal and I would always stop by her house on Card Club night to grab a bite to eat and visit with her friends. My mom often made this punch and the leftovers became a favorite for her 4 grandchildren. My mom passed away 5 years ago, but her friends still get together for Card Club and I join them about once a year to catch up with the ladies and to feel a little closer to my mom. And the grandkids, now young adults, still ask for Grams’ Punch at the holidays. They may or may not ask for it with a little vodka in it this year.

# Grams’ Punch

## Ingredients:

2 Quarts Cranberry Juice  
3 Cups Pineapple Juice  
3 Cups Orange Juice  
¼ Cup Lemon Juice  
1 L Gingerale  
Optional – Vodka, amount to  
your liking

## Instructions:

Chill all ingredients in the refrigerator. When ready to serve, mix the juices and gingerale together in a punch bowl. To convert to an adult beverage, add a little vodka to an individual glass of punch. Enjoy!





POGIL® Recipe contributed by: (Marcy Dubroff, Lancaster, PA)

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# Hot Toddy

## Ingredients:

1.5 oz Sagamore Spirit Rye  
3 oz Boiling Water  
.5 oz Lemon Juice  
.75 oz Honey Simple Syrup  
Half a Cinnamon Stick  
Lemon Wedge for Garnish

## Instructions:

Boil the water with the cinnamon stick in it  
Pour boiling water, rye whiskey, lemon juice and honey syrup into a mug  
Mix and garnish with lemon wedge

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*Single serving*

<https://sagamospirit.com/cocktails/hot-rye-toddy/?age-verified=8b5bcd234d>



Recipe contributed by: (Anne Glenn, Greensboro, NC)

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# Grandmama's Egg Nog

## Ingredients:

- 8 eggs, separated
- 1 quart heavy cream, whipped
- 1 cup sugar
- 1 cup dark rum (suggested Myer's Jamaican)
- 2 cups brandy or cognac (suggested "fine cognac")

## Instructions:

Beat egg whites until stiff, set aside. In a separate bowl, beat yolks until light, and slowly add brandy or cognac while beating, then stir in sugar and rum. Fold in stiffly beaten egg whites into mixture, then whipped cream. Refrigerate.

## Special Note:

"My grandmama didn't drink much, but during the holidays she'd have a mason jar of this in her fridge and have an occasional taste (ok, maybe more than occasional). This is much better after it's been in the fridge a few days. If you're concerned about raw egg, you can use pasteurized eggs (though the whites don't whip quite as well)."

## Ingredients:

3-4 rosemary needles  
Small pinch of fresh thyme  
1 teaspoon sugar  
2 oz vodka  
2 oz cranberry juice  
4 oz ginger beer  
Sugar-coated cranberries, for garnish  
Fresh herbs, for garnish

## Instructions:

In a cocktail shaker, lightly muddle together herbs and sugar. Top with vodka and cranberry juice and shake with ice.  
Strain into a copper cocktail mug and fill with ice and ginger beer. Garnish with cranberries dusted with sugar and fresh herbs.



Recipe contributed by: (Lara Dailey, Lancaster, PA)

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# Festive Holiday Mule

*One of my go-to favorites!*

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<https://www.tablespoon.com/recipes/christmas-moscow-mule-cocktail/133da6dc-1971-4121-9220-5306cda8ac28>



**POGIL**® Recipe contributed by: (Charity Lovitt, Redmond, WA)

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# FaciliBeet Smoothie

## Ingredients:

- 2 TBsp Chocolate Powder
- 1 Tbsp Peanut Butter
- 1 roasted beet, skin removed (can be purchased pre-cooked from store)
- 1 banana (frozen or fresh)
- 1 cup frozen blueberries
- 1 cup almond milk or plant based 'milk'
- 1 cup coconut water (or plain water)

## Instructions:

Mix all ingredients in a blender.  
Blend until smooth.

Makes 2 servings. Can be refrigerated for 2-3 days.

*A healthy smoothie to keep you energized while facilitating! The chocolate provides a tiny caffeine boost while the peanut butter provides protein to power through morning classes.*

# Desserts





# M&M Chocolate Chip Cookies

## Special Note:

“These are the official POGIL M&M Chocolate Chip Cookies, inspired by the POGIL community's love of M&Ms. During my first PNM, I was amazed by the number of family-sized bags of M&Ms consumed over time we were there. And now, even the smallest bag of the colorful chocolates makes me smile and reminds me of the warmth and enthusiasm in the POGIL community.”

[Recipe continued on next page](#)



# M&M Chocolate Chip Cookies

## Ingredients:

½ c. unsalted butter, softened  
½ c. light brown sugar  
½ c. white granulated sugar  
1 large egg  
1 teaspoon pure vanilla extract  
1 c. plus 2 tbsp. all purpose flour  
½ tsp. salt  
½ tsp. baking soda  
1½ c. semi-sweet chocolate chips  
1 lb. bag of M&Ms (includes extra for snacking)

## Instructions:

1. Preheat oven to 375
2. Cream butter and sugars
3. Beat in egg and vanilla
4. Sift flour, baking soda, and salt and stir into butter mixture
5. Stir in chocolate chips
6. Butter cookie sheet or line with parchment paper.
7. For each cookie, drop a heaping tablespoon of batter on the sheet, well spaced (9-12 large cookies per sheet).
8. Lightly press 5-6 M&Ms on top of each cookie.
9. Bake about 10 to 10½ minutes, depending on size. Cool for a few minutes before handling.



# Lemon-Glazed Persimmon Bars

## Special Note:

There are many persimmon trees in our neighbourhood, and the fruit, which look like large heart shaped tree ornaments hanging through the trees, are a first sign of approaching festivities. My first experience with these persimmons was many (many!) years ago in London where I found one at a local farmer's market. An extravagance on a student's income which I couldn't resist!! The disappointment as the extreme astringency at the first bite made it inedible! No google at the time, just experience! So I was very wary when I first came to Berkeley until I learned how delicious they are if you eat them when seemingly overripe and squishy soft. I found this recipe a few years ago and it is now a firm holiday favourite!



# Lemon-Glazed Persimmon Bars

## Ingredients:

Unsalted butter, for greasing pan  
1 3/4 cups flour, plus more for pan  
1 tsp. ground cinnamon  
1 tsp. freshly grated nutmeg  
1 tsp. kosher salt  
1/2 tsp. ground cloves  
1 cup pureed persimmon pulp  
2 Tbsp. fresh lemon juice  
1 tsp. baking soda  
1 cup sugar  
1 cup finely chopped dates  
1/2 cup vegetable oil  
1 egg  
For the glaze  
1 -2 Tbsp. fresh lemon juice  
1 cup confectioners' sugar, sifted

## Instructions:

1. Heat oven to 350°. Grease and flour a 10" x 15" x1" jelly roll or lasagne pan; set aside.
2. Mix together flour, cinnamon, nutmeg, salt, and cloves in a bowl; set aside.
3. In a large mixing bowl, whisk together sugar, dates, oil, and egg, set aside.
4. In a smaller bowl, whisk together persimmon pulp, lemon juice, and baking soda.
5. Now add dry ingredients and persimmon mixture to the egg/oil/date mix, and stir until just combined. Pour into prepared pan, and smooth to fit pan with a rubber spatula; bake until lightly browned, about 20-25 minutes.
6. Meanwhile, make a glaze by whisking together remaining lemon juice and confectioners' sugar in a bowl until smooth.
7. Let pan cool for 5 minutes and then pour glaze over warm cookie sheet, spreading it evenly over the top with a rubber spatula. Let cool to harden glaze, and then cut into finger-sized bars.



Recipe contributed by: (Michael Garoutte, Carl Junction, MO)

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# Deep-Dish Apple Pie

## Special Note:

I was inspired to begin baking pies by my grandmother, who made homemade pies for every family gathering. This apple pie has become my specialty, and I am often requested to bake it for get-togethers or holidays.

[Recipe continued on next page](#)



# Deep-Dish Apple Pie

## Ingredients:

### Filling:

6 medium to large Granny Smith apples  
1 cup sugar  
¼ cup flour  
1 teaspoon ground cinnamon  
Dash salt

### Crust:

2 cups all-purpose flour  
2/3 cup shortening  
1 tsp. salt  
6-8 tablespoons ice-cold water

## Instructions:

**Filling:** Peel and thinly slice apples, being careful to remove all bits of the cores. Place in a large bowl, and add sugar, flour, cinnamon, and salt. Stir well. (Variation: Replace 1 apple with 1 cup whole fresh cranberries to make apple-cranberry pie.)

**Crust:** Stir flour and salt together in a large mixing bowl. Cut in the shortening very thoroughly with a pastry blender or fork, until the pieces are as small as possible. Prepare a glass of ice-cold water. Sprinkle 1 tablespoon of this water over the flour-salt mixture; toss with a fork. Repeat with more water, 1 tablespoon at a time, until all the dough is moistened. Drink the rest of the water (it's good for you). Form dough into two equally-sized balls. Press one dough ball into a disk and place on a lightly floured nonstick surface or countertop. Roll from center to edge with rolling pin or wine bottle until crust is about 12" diameter. Beginning at the edge, roll crust onto rolling pin and unroll over a 24-cm (9.5") deep dish Pyrex pie plate. Trim so that about 1 cm extends over the edge. Add filling to dish. Roll out the second portion of dough and unroll over top of filling, trimming as before. At the edges, fold top crust over bottom and pinch with fingers and thumbs to make a scalloped edge; keep height of crust inside dish to prevent overbaking. Cut slits or carve design into top crust with a sharp knife. Place a few pats of butter on top, and sprinkle with cinnamon-sugar mix. Bake at 375°F for 1 hour, or until crust is lightly browned and filling is bubbling.



Recipe contributed by: (Daniel King, Media, PA)

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# Chocolate Cranberry Cookies

## Special Note:

I have made many variations of this recipe over the years. One variation was brought to a meeting of the ANA-POGIL group as a gift/ice-breaker, since I was invited to the meeting as an outsider. I would then routinely bring them to working meetings for our Climate Change POGIL project.





# Chocolate Cranberry Cookies

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## Ingredients:

2 sticks (8 ounces) unsalted butter, at room temperature  
1 cup granulated sugar  
1 cup (packed) light brown sugar  
2 teaspoons vanilla extract  
2 extra large eggs  
3 cups all-purpose flour  
 $\frac{1}{4}$  cup cocoa powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 package (10-12 ounces) bittersweet chocolate chips  
1 package (10-12 ounces) white chocolate chips  
1 package (5 ounces) dried cranberries  
1 package (10 ounces) white chocolate melting wafers

## Instructions:

1. Preheat the oven to 325°. In a large bowl, beat together the butter, the granulated sugar and the light brown sugar with an electric mixer until light and creamy, about 3 minutes. Beat in the vanilla and the eggs until smooth.
2. In a medium bowl, combine the flour, cocoa powder, baking soda and salt. Gradually beat the flour mixture into the butter mixture. Mix in the chocolate chips and dried cranberries.
3. Using a small ice cream scoop, drop the batter onto a greased or non-stick cookie sheet, leaving about 2 inches between cookies for spreading. Bake for about 15 minutes, or until brown around the edges. Let cool on the baking sheet for several minutes before removing to a rack.
4. Melt white chocolate wafers in small pot on low heat, stirring constantly. Remove pot from heat. Dunk cookies in chocolate to cover half of the cookie. Place coated cookies on wax paper and refrigerate until chocolate is set.



Recipe contributed by: (Marcy Dubroff, Lancaster, PA)

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# Gluten-free Clafouti

## Special Note:

A few years ago, I went gluten free. The hardest part was dealing with the withdrawal from my lifelong love affair with pie. Fortunately, I found this recipe that has kept me from diving headfirst back into the arms of the baked goods section of my local grocery store!

[Recipe continued on next page](#)





# Gluten-free Clafouti

## Ingredients:

Butter to grease pan  
Gluten-free flour to coat pan  
3 cups fresh berries  
1 cup chopped walnuts, optional  
1 cup whipping cream  
1/2 cup sugar  
3 large eggs  
1 tbsp vanilla extract  
1/2 cup gluten-free flour  
1/2 tsp baking powder  
1/2 tsp salt  
Mint leaves for garnish, optional

## Instructions:

Preheat oven to 375 F. Coat a 10-inch cake pan or skillet with butter, then dust with flour.  
Layer  
berries or fruit across base of pan. Scatter over walnuts.  
Whisk together cream, sugar, eggs and vanilla in a mixing bowl until smooth.  
Combine flour, baking powder and salt then whisk into cream mixture until combined. Pour the  
mixture over the fruit. Place in the middle of the oven and bake for 35 minutes until golden  
and  
puffy.  
Cool on a wire rack for a few minutes while the top settles. Serve warm slices garnished  
with  
extra fruit and mint leaves.



## Everyone's Favorite Chocolate Trifle

### Ingredients:

Box of brownie mix  
2 lg. boxes of  
chocolate pudding –  
NOT instant  
1 lg. container of Cool  
Whip  
6-8 peanut butter  
cups cut into tiny  
pieces or 6-8 health  
bars crushed  
large deep trifle bowl

### Instructions:

*I usually make the browning and the pudding the day before.*

1. Make the brownie mix as directed – let cool and break into bite-sized chunks.
2. Make the chocolate pudding as directed. Let cool completely.
3. Put a layer of brownie chunks on the bottom of the bowl.
4. Spread  $\frac{1}{2}$  of the chocolate pudding over the brownies.
5. Spread  $\frac{1}{2}$  of the Cool Whip on top of the pudding.
6. Sprinkle half of the peanut butter cups or health bar on top.
7. Repeat the layers.



Recipe contributed by: (Anne Glenn, Greensboro, NC)

# Sticky Toffee Pudding

## Special Note:

“This is my family’s favorite Christmas dessert, discovered on a trip to the UK, where we stress-tested this statement “there is no such thing as a bad sticky toffee pudding” and found it to be true. A single recipe fits into an 8”x8” pan - a double recipe (if you are feeding a crowd or 3 hungry nephews fits into a 13”x9” pan).”

(Adapted from David Lebovitz’s blog:  
<https://www.davidlebovitz.com/warm-sticky-toffee-pudding/>)

## Ingredients:

### For the toffee sauce:

- 2 cups (500ml) heavy cream
- 1/2 cup (90g) dark brown sugar
- 2 1/2 tablespoons Lyle’s Golden Syrup or molasses (Lyle’s is a British product, you can get it at some grocery stores and at World Market).
- pinch of salt

## Ingredients:

### For the pudding:

- 6 ounces (180g) pitted dates, snipped or chopped
- 1 cup (250ml) water
- 1 teaspoon baking soda
- 1 1/4 cups (175g) flour
- 1 teaspoon baking powder
- 1/2 teaspoon fine sea salt
- 4 tablespoons (55g) unsalted butter
- 3/4 cup (150g) granulated sugar
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract

Recipe continued on next page

# Sticky Toffee Pudding

## Instructions:

1. Preheat the oven to 350°F Coat a 8x8 or 9x9 inch ceramic or glass baking dish with nonstick cooking spray or butter.
2. To make the pudding, in a medium saucepan, heat the dates and water. Once the water begins to boil, remove from heat and stir in the baking soda. Let cool to room temperature.
3. In a small bowl, sift together the flour, baking powder, and salt.
4. In the bowl of a standing electric mixer, or by hand, beat the butter and granulated sugar until light and fluffy. Gradually beat in the eggs, then the vanilla. (Don't be alarmed if the mixture looks a bit curdled.)
5. Stir in half of the flour mixture, then the date mixture, then add the remaining flour mixture until just mixed. Don't overbeat the batter.
6. Scrape the batter into the prepared pan, and bake for 50 minutes, or until a toothpick inserted into the center comes out with moist crumbs attached.
7. While the cake is baking, you can make the toffee sauce. Bring the cream, brown sugar, golden syrup (or molasses) and salt to a boil in a medium saucepan, stirring often to melt the sugar.
8. Lower heat and simmer, stirring constantly for about 10-15 minutes, until the mixture is thick and coats the spoon. Set aside.
9. Remove the pudding from the oven, and let cool and cover until serving time. When ready to serve, poke the cake about fifteen times with a chopstick. Distribute half of the sauce over the top, cover with foil, then re-warm in a 300°F oven, for 30 minutes.

**Serving:** Spoon portions of the cake into serving bowls and douse with additional warm toffee sauce. Whipped cream or vanilla ice cream are good accompaniments, but not wholly necessary.

# Breakfast Cookies

## Ingredients:

- 3 ripe bananas, smashed up with a fork
- 1 cup quick cook oats
- 2/3 cup ground pecans
- ¼ cup mini chocolate chips or butterscotch chips

## Instructions:

Mix all ingredients together. Put scoops of the mixture on a slightly greased pan. Make sure you squish the ingredients together in the scoops because they won't rise or change shape. Place in an oven that is preheated to 350°. Bake for 15-18 minutes. As soon as I take them out, I like to flip them over and let them cool on the pan face down.



## Ingredients:

1 box Duncan Hines Dark Chocolate  
Fudge Cake  
1  $\frac{1}{4}$  cups sour cream  
 $\frac{1}{2}$  cup warm water  
4 eggs  
1 pkg. (3.9oz) jell-o instant chocolate  
pudding mix  
 $\frac{1}{2}$  cup vegetable oil  
2 cups semi sweet chocolate chips

## Instructions:

1. Preheat oven to 350
2. Grease bundt pan
3. Combine cake mix, warm water, eggs, pudding mix and oil
4. Beat well according to cake mix directions
5. Add sour cream and blend in
6. Stir in chocolate chips
7. Pour into greased bundt pan and bake at 350 for 1 hour
8. Cool in pan 15 minutes
9. Invert onto plate
10. Sprinkle with powdered sugar before serving



Recipe contributed by: (Audrey Armoudlian, Beverly Hills, MI)

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# Dark Chocolate Chip Fudge Cake

*This cake is a favorite at our house. It was one of the first things the boys learned to bake.*

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# Grandma Jude's Pumpkin Bread

## Special Note:

My maternal grandmother, Julia Smith Potter, was a 1920's flapper in her youth and a canny businesswoman in her maturity. She was a powerful influence on me in every facet of my life. Grandma Jude's pumpkin bread is a family favorite. I hope you enjoy it as much as we do.

[Recipe continued on next page](#)





# Grandma Jude's Pumpkin Bread

## Ingredients:

2 cups of pureed pumpkin (one 15-oz can of unseasoned pumpkin)  
1 cup of brown sugar  
1 cup of white sugar  
½ cup of cooking oil  
½ teaspoon of vanilla extract  
2½ cups of flour  
½ teaspoon of ground cloves  
1 teaspoon of ground cinnamon  
½ teaspoon of salt  
2 teaspoon of baking soda  
½ cup of chopped walnuts or pecans  
½ cup of raisins

## Instructions:

In a large bowl, stir together the pumpkin, brown and white sugar, cooking oil, and vanilla.

In a separate bowl, mix the flour, cloves, cinnamon, salt, and baking soda.

Add the dry ingredients to the pumpkin mixture and blend thoroughly.

Stir in the nuts and raisins.

Spoon the mixture into two greased loaf pans or (to follow the family tradition) two metal coffee cans.

Bake at 350°F for 60 minutes or until an inserted toothpick or cake tester comes out clean

A doubled recipe makes a Bundt pan and one loaf, as in the picture. Cream cheese icing will turn the Bundt loaf into pumpkin cake.



Recipe contributed by: (Anne Glenn, Greensboro, NC)

# Easiest Fruit Cobbler

## Special Note:

I first started to really learn how to cook in graduate school. Lack of money made cooking for myself economical. The success I might have had in the kitchen made up for lab disasters. I tried many a peach pie before I got this recipe from my grandmother. The peach pies were ok, but this was ALWAYS a hit. So I figured "why pie?" when I could cobbler.

*(makes an 8x8" to 9"x9"; baking dish. Double recipe for a 9"x13" pan)*

## Ingredients:

Fruit to cover bottom of pan about 1-1.5" deep. Can be sliced peaches, blueberries, blackberries or probably other berries or stone fruit (a mix of blueberries and peaches is good, I don't think strawberries would be good - but I've never tried it!). You can use frozen fruit, just thaw before using.

1 cup Bisquick

1 cup sugar

1 egg, lightly beaten

1/2 stick butter (salted), melted

## Instructions:

Preheat oven to 350°F

Spray pan with cooking spray or butter

Put in fruit

Combine Bisquick and sugar with fork

Add beaten egg and mix w/ fork (mixture will be lumpy and crumbly)

Sprinkle mixture evenly over fruit

Drizzle with melted butter

Bake at approximately 350 until browned and bubbly (I usually start checking after about

1/2 hour)

Serve with vanilla ice cream.

*Variation (I like this when I'm having people over for dinner and don't want leftovers!) Use ramekins instead of a baking dish to make individual cobblers. I usually use about 1/2 recipe for 4 ramekins, and drizzle a couple of teaspoons of butter over each. Bake as for regular recipe (may be done a little sooner)*



POGIL® Recipe contributed by: (Jinx Rasmussen, Bristol, VA)

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# Chocolate Chip Pie

## Ingredients:

2 beaten eggs  
1 Cup sugar  
1/3 cup flour  
½ cup (1 stick) butter, melted  
Dash of Salt  
1 teaspoon vanilla  
1 6 ounce bag of chocolate chips  
1 cup pecans or walnuts

## Instructions:

Mix in order given. Pour into unbaked pie shell and bake at 350° for 30 minutes.

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*This is a great pie! I make several at a time and freeze them. It has been a hit everywhere I have served it. Enjoy!*

## Ingredients:

½ lb. soft oleo (I use butter)  
1 ¼ c sugar  
2 eggs  
½ c buttermilk with  
1 t baking soda  
3 ½ c flour with  
1 t baking powder  
2 t vanilla

## Instructions:

Add another cup of flour if needed and keep working. Split dough in half. Make balls and refrigerate. Roll out and cut. Bake 10-15 min at 350 o on greased cookie sheet.

# Grandma's Sugar Cookies

*My grandmother made these plain or filled with dates. The directions presume some experience with cookies, but at least we have an amount for each ingredient.*

# Lemon Curd

## Special Note:

I grow my own lemons on a dwarf lemon tree. I get anywhere from 6 to 12 lemons each winter.



Recipe continued on next page

# Lemon Curd

## Ingredients:

5 egg yolks  
1 cup sugar  
4 lemons, zested and juiced (you need 1/3 cup of lemon juice)  
1 stick of butter, cut into 8 tablespoons (pats)

NOTE: It takes me way more than 8 minutes to get the mixture to thicken correctly. The first time I made it, the mixture separated by the following day. I poured it back into the double boiler, cooked it longer, and it worked, so don't give up!!

*(An Alton Brown recipe from FoodNetwork)*

## Instructions:

For preparing the curd, you'll need a double boiler, or you can improvise a double boiler with a saucepan with about 1-2 in of water and a bowl (preferably metal) that fits into the saucepan without falling in. Since a lot of you are chemists, you know that you're preparing a water bath! Bring the water to a simmer over medium-high heat. Meanwhile, combine egg yolks and sugar in a medium size bowl (or the insert to your double boiler) and whisk until smooth, about 1 minute. Measure the lemon juice and if needed, add enough cold water to reach 1/3 cup. Add juice and zest to egg mixture and whisk until smooth. Once water reaches a simmer, reduce heat to low and place bowl on top of saucepan. Whisk until thickened, approximately 8 minutes, or until mixture is light yellow and coats the back of a spoon. Remove from heat and stir in butter a piece at a time, allowing each addition to melt before adding the next. Remove to a clean container and cover by laying a layer of plastic wrap directly on the surface to prevent the top of the curd from hardening. I store mine in a small ball jar. Refrigerate for up to 2 weeks.

It tastes fantastic on scones.

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