

NORTHWESTERN | ONE BOOK

NOV 2023

TASTE OF HOME

COOKBOOK



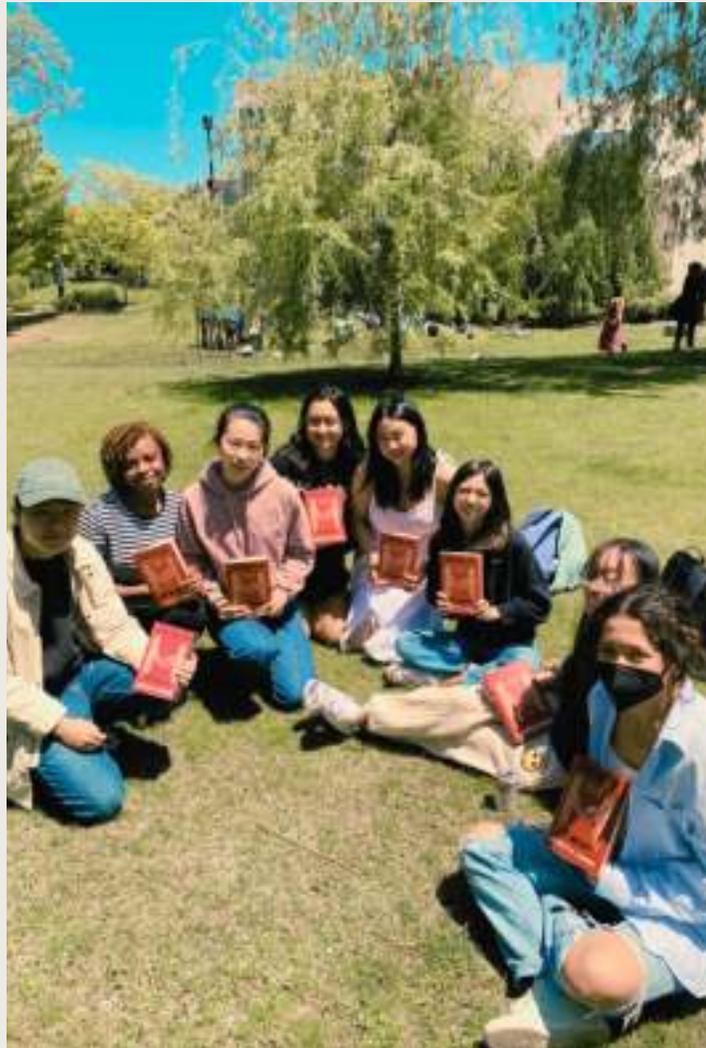
**CREATED
BY STUDENTS**
FOR STUDENTS

A NOTE FROM THE ONE BOOK FELLOWS & AMBASSADORS

Inspired by this year's One Book selection, *Crying in H Mart* by Michelle Zauner, we thought about what foods remind us of home. From passed down family recipes to family favorites, every fellow has a different taste of home to share. Each recipe also includes the significance of the dish. As you read through our recipes, you'll realize that one theme connects all of our recipes: the power of food to bring people together.

HOPE YOU'RE HUNGRY,

*Wilma Tay, Vivian Bui, Sam Habashy,
Timia Quincy Mccoade, Aria Hoesley, Mia
Rhee, James Lee, Diana Deng, Megan Lin,
Brian Whetsell.*



ONE BOOK ONE NU

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WILMA TAY

Thank you!



ATSOMO

ABOUT

Every time I indulge in a crispy and mouthwatering atsomos, I am filled with a profound and enduring love for this Ghanaian delicacy. It's not just about the flavor; it's about the memories that flood through me with every bite. You see, atsomos was the first Ghanaian snack that my mother ever taught me to make. I can still recall the countless hours we spent together in the kitchen, bonding over the art of cooking and the happiness of sharing a meal with loved ones. And now, whenever I cook or savor atsomos, I feel as if my mother is right there with me, guiding my hands and sharing the moment. It's a representation of family togetherness, tradition, and the unending love that I have for my Ghanaian heritage, passed down through generations and shared with those who mean everything to me. Whether we're rejoicing in a wedding or mourning a loss, atsomos is always present as a treasured appetizer that unites us and reminds us of the profound connections that bring us together.



Atsomo



8 servings



30 minutes

INGREDIENTS

- 4 cups of bread flour
- 2 cups of sugar or to taste
- 1 tbsp of salt
- ½ cup of water
- ½ cup + 1tbsp of butter
- 1 cup milk (evaporated)
- ½ cup coconut milk
- 1 tbsp vanilla essence
- Vegetable Oil or any other frying oil of your choice for deep frying

NOTES

Atsomo can be eaten at any time. It can be taken as an appetizer, dessert, or snack.

Can be served with a beverage or eaten by itself. Hot or cold, atsomo tastes delicious.

DIRECTIONS

1. Put the sugar in a bowl.
2. Add the coconut milk.
3. Add the butter.
4. Add the salt.
5. Rub the ingredients in and mix well.
6. Add the milk and mix into a hard dough.
7. Add the water in bits until the consistency is a soft dough.
8. Wrap the dough in plastic wrap and allow it to rest for about 15 minutes.
9. Heat the oil while you wait (This will prevent the atsomo from soaking up too much oil).
10. Roll the dough to your preferred thickness (thicker dough means a harder crunch and longer cooking time).
11. Cut the dough into good long strips with a pizza or pastry cutter.
12. Cut across the strips into square or diamond cubes.
13. Place one piece in the hot oil to check if the oil is hot enough (the piece should rise to the top).
14. Put the pieces of cut dough in the oil--the oil should bubble up when you place the pieces in.
15. Stir periodically so it doesn't burn.
16. Keep frying till crispy all done and golden brown. Don't let it brown completely as it will keep cooking when taken out.
17. Allow to cool on the strainer lined with paper towel.
18. Serve and enjoy!

Vivian Bui
Class of 2025,
*English Literature
& American Studies*
Double Major,
Legal Studies Minor



Chả Giò[?] (egg rolls)

 50 egg rolls
 90 minutes

ABOUT

My mom loves a party, and she loves cooking for parties. Chả giò (egg rolls) are one of her favorite party foods to make. When I was little, she only let me peel apart the wrappers, but now, I've moved onto wrapping the egg rolls, sometimes 100-200 at a time, depending on how many people are invited of course. The first time I made this recipe on my own while at school, I called to ask her for the recipe, and she asked, "Are you throwing a party without me?" And I told her, "If you're not at the party, then your chả giò recipe is the next best thing."

INGREDIENTS

- 1 package of egg roll wrappers
 - *May also be called "spring roll wrappers"*
 - *Can be bought at most Asian supermarkets*
- Vegetable oil for frying
- Flour
-

Filling:

- 1 lb boneless pork chops
 - *Can be substituted with 1 lb ground pork*
- 1 medium jícama minced
 - *Can be bought at most Asian supermarkets or sometimes, Whole Foods*
- ¼ cup yellow onion minced
- 1 carrot
- 1 tsp salt
- 1-2 tsps pepper
- 2 tsps chicken flavored bouillon powder



Wrapping Sealer:

- ¼ cup water
- 1 tbsp cornstarch

Optional Sides:

- Mint
- Lettuce to wrap already fried egg rolls in
- Fish sauce for dipping



Chả Giò[?] (egg rolls)

DIRECTIONS

1. Thaw egg roll wrappers if frozen.
2. Chop jícama and carrot then grind using a food processor. Use paper towels to squeeze out excess moisture.
3. Finely chop yellow onion.
4. In a large bowl, coat pork chops with flour. Wash three times with cold water. Use paper towels to dry. Cut into pieces then grind using a food processor (*skip this step if you bought ground pork*).
5. In a large mixing bowl, combine the yellow onion, jícama, carrot, and pork. Add salt, pepper, and chicken bouillon powder. Using your hands, knead the filling together until well combined. Let sit for 15 minutes.
6. Mix together water and cornstarch for wrapping sealer and microwave until the mixture is just boiling. It should become a paste. Add extra cornstarch or water if needed.
7. Wrap the egg rolls (see photos below for technique).



8. Heat vegetable oil in a large pot over medium heat (until 325°F if using thermometer). There should be enough oil in the pot to submerge the egg rolls. After 10 minutes, insert a chopstick. If there are bubbles climbing up the chopstick, then the oil is ready.
9. Fry until the wrapper is golden brown (about 10–12 minutes.) (Fry as many will fit comfortably in the pot without being crowded).
10. Transfer the egg rolls to a wire rack or plate with paper towels to drain excess oil.
11. Serve immediately with optional sides.

** Leftover egg rolls can be frozen and deep-fried straight from the freezer after thawed.*

*** Egg rolls can also be fried and frozen, then re-heated using an air-fryer or oven.*

ABOUT

Garlic Bread Knots



Sam Habashy

Class of 2026,

journalism & international studies

Garlic bread is my hometown's, Dallas, TX, staple. Coming from a small town in the south, Northwestern was uncharted territory that I'd be taking on alone, separate from my little sister's comforting hugs, my mom's wise advice, my dad's humorous one-liners, and my brother's guidance. Southern hospitality is warm and inviting but in the cold, winter-wonderland of Evanston, Illinois, it can be easy to forget where I've come from. However, I am not originally from Dallas, I was born in Cairo, Egypt--an even hotter south, if you will. My culture is a big part of my identity and how I ground myself in everyday life especially when transitioning into a new chapter like college. As an Arab-Christian, I am yet again reminded of how much love I have to share with those around me, and in a similar manner, how easy it is to share small garlic bread knots with so many others, reaching them regardless of ethnicity, race, gender, etc. One thing they teach you in Texas when you're little is: sharing is caring, and I've held steadfast to that throughout my young adulthood. When sharing, I have the opportunity to delve deeper into my relationships with others, learn and be inspired by others' passions, and truly connect with those dear to me. Sharing and caring are two fundamental pillars of my faith and I wholeheartedly believe that those will always make for a good combination in any given circumstance. Life's obstacles are tough and in a new environment where my usual support system is no longer a living room away, I have noticed that there is so much to share with others while simultaneously growing. The serving portions of garlic bread knots are a great reminder of just that, welcoming everyone's taste buds and to become best buds. Whether home is Cairo, Dallas, or Evanston, I carry with me pieces of each everywhere I go, weaving a tapestry of who I am, each thread only a continuation of the prior, the sewing needle never stopping. Each fourth of the carefully cut biscuit is just a small part of a big bowl of knots, a small part of the bigger picture. My sense of identity and purpose stems from where I've come from whether it be as a southern gal whose every other word is 'y'all' or an Egyptian immigrant living out her big city dreams, never in a million years believing it could happen.

Garlic Bread Knots



8 Pieces



20 minutes

INGREDIENTS

For the dough:

1 Southern Homestyle
Biscuits (typically contains 8
biscuits)

For the garlic butter sauce:

¼ cup unsalted butter
2-3 cloves garlic, minced
¼ cup fresh parsley, chopped
2 tbsps Salt

DIRECTIONS

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper or lightly grease it.
2. Prepare the Dough by opening the biscuits can and separating the biscuits.
3. Cut each biscuit into fourths.
4. Make the Garlic Butter Mixture by melting unsalted butter in a small saucepan or microwave-safe bowl.
5. Stir in the minced garlic and a pinch of salt. Add chopped parsley on top.
6. Brush the Knots with a brush or spoon to generously spread the garlic butter mixture over each biscuit fourth; make sure they are well coated.
7. Place the baking sheet in the preheated oven and bake according to the instructions on the biscuit can, usually for about 10-12 minutes, or until the garlic bread knots are golden brown and cooked through. Let the garlic bread knots cool for a minute or two before serving.





Johnny Cakes

ABOUT

Johnny cake is a dish I have been eating since I was 5 years old, or however old I was the first time I went to my ancestral home, St. Thomas of the US Virgin Islands. Johnny cake is a fried dough that used to be called journey cakes, because they are hearty for journeys, but through accents a dialects came to be called, at least in the Virgin Islands, johnny cake!



TIMIA QUINCY MCCOADE
CLASS OF 2026, JOURNALSM



Johnny Cakes



45 MINUTES



20 PIECES

INGREDIENTS

- 4 cups of flour
- 1 tsp of salt
- $\frac{3}{4}$ c of sugar
- 2 tbsps of baking powder
- $\frac{1}{2}$ tbsps of butter
- $\frac{1}{2}$ cups of water
- $\frac{1}{2}$ cups of milk

DIRECTIONS

1. Put all of the dry ingredients (the ones listed 1-4) in the bowl first, and stir.
2. Add the wet ingredients (the ones listed 5-7) to the dry ingredients, and stir.
3. Knead the ingredients with a spoon until they become a dough.
4. Let the dough sit covered for 15-20 minutes.
5. Roll it out into a long cylinder and cut them into small pieces.
6. Roll out the small pieces until flat cakes.
7. Cut slits in the cakes.
8. Heat oil to medium heat in a large frying pan.
9. Fry until golden brown.
10. Serve and enjoy!

KIMCHI PAJEON



About

In my family and at my favorite restaurant, kimchi pajeon is a dish of sharing. It's warm, chewy, spicy flavor pairs perfectly with the cool, salty dipping sauce in a mouthwatering way, and its large size makes it perfect for everyone to get a bite. It's a plate that is passed around the table, amidst laughter and lively chatter, with slices vanishing one by one. It's also simple enough for me, who lacks many cooking skills, to make. Many of the Korean dishes my mom and grandmother make involve hours of hard work: hand-folding dumplings, simmering bones and spices for broth, slicing and cooking the many bibimbop vegetables, and many more. Their recipes are all memorized and based on taste - throwing in an extra dash of salt or rice vinegar, a splash of sesame seed oil, or gochujang - and impossible to follow. However, this recipe makes me feel like part of the kitchen again, and I hope you enjoy.

ARIA HOESLEY

CLASS OF 2026, BIOLOGICAL SCIENCES

KIMCHI PAJEON

Ingredients

- 2 tbsps vegetable oil
- $\frac{3}{4}$ cup all purpose flour
- $\frac{1}{2}$ tsp white sugar
- 3 scallions, chopped
- $\frac{1}{2}$ lb cabbage kimchi (chopped into small pieces)
- 2 tbsps kimchi brine
- 1 egg
- 1 tbsp soy sauce

Dipping Sauce:

- 1 tsp sesame oil
- 3 tbsps rice wine vinegar
- 1 tbsp toasted white sesame seeds
- 1 thinly sliced scallion
- 3 tbsps soy sauce



8 SLICES



20 MINUTES

Directions

- Combine chopped kimchi, kimchi brine, 2 of the chopped scallions, sugar, soy sauce, egg, flour, and water into a bowl and mix until just combined.
- Heat a 12 inch nonstick skillet over medium heat.
- Add 2 tablespoons of vegetable oil and swirl to coat bottom of skillet.
- Pour batter into pan, spreading mixture evenly with a spoon to make large circle.
- Cook 3-5 minutes or until golden brown.
- Flip kimchi pajeon over and cook another 3-5 minutes or until bottom is golden brown.
- Combine all dipping sauce ingredients in a bowl and stir well.
- Slide onto a plate, sprinkle with remaining scallions, slice, and enjoy!

ABOUT

Soba Noodle Salad



A rainbow of colors and refreshingly chilled, soba noodle salad is a choose your own adventure meal: customizable in protein, vegetable embellishments, and toppings. Consumed at the dinner table, and under the fluorescent light of the refrigerator for a second round, the salad and its composite parts are not around for long. If consuming as leftovers often a second halved batch of dressing is created, as the original tossed noodles absorb the sauce.

Mia Rhee

Class of 2024

Communication Studies and
Integrated Marketing

Communications Certificate

Soba Noodle Salad



4 Servings



45 minutes

INGREDIENTS

Dressing:

4 tsps soy sauce

2 tsps sesame oil

2 tsps balsamic vinegar

Salad:

2 oz packages soba or black
rice noodles

1 Bell pepper

3 small cucumbers

1 Jalapeno

1 cup shelled edamame

Protein of choice

Toppings:

Sesame seeds

Gochugaru

3 scallions

Handful of cilantro

DIRECTIONS

1. Marinate protein of choice in a combination of soy sauce and sesame oil based on preference. Set aside and refrigerate.
2. To make the dressing combine balsamic, sesame oil, and soy sauce in a jar. Attach lid and shake until ingredients are combined.
3. For the vegetables: slice three cucumbers into coins, julienne 1 bell pepper, and slice jalapeno into coins. Keep the vegetables separate. (If adding carrots, peel skin, then use the vegetable peeler to create ribbons of carrot.)
4. For the toppings: slice scallions into thin circles and peel cilantro leaves from stem.
5. Boil shelled edamame according to package instructions.
6. If you've chosen to use broccolini, blanch the broccolini in a separate pot.
7. Boil noodles according to package instructions. Then toss in around $\frac{1}{2}$ of dressing
8. Sear protein in a skillet with olive oil until fully cooked.
9. Assemble your bowls. Begin by piling in desired amount of noodles. Add desired veggies and proteins. Finish with toppings: scallions, cilantro, shake of Gochugaru, and sesame seeds. Drizzle with dressing. Add chili oil for extra spice.
10. Serve and enjoy!

ABOUT

BOSSAM

(Korean Boiled Pork)



There will always be something about how deeply savory this meal is that makes it one of my favorite family recipes — pork boiled to the point where the meat becomes incredibly tender, flavorful, and plain delicious to eat all the way through. The meat itself is referred to as suyuk (수육), but more often than not, you'll hear this dish get referred to as bossam (보쌈), where the meat is served with cabbage wraps and various sides to accompany it. However you choose to enjoy it, and whoever you choose to enjoy it with, it is a meal that never fails to fill your stomach, and a meal that never fails to ground me to the taste of home, as well as the best that Korean cuisine has to offer.

James Lee

Class of 2026, Radio/Television/Film



Korean Boiled Pork



4 Servings



70 minutes

ESSENTIAL INGREDIENTS

- 2~3 lbs Pork belly, neck, or shoulder
- 10~15 cloves of garlic
- 2~3 slices of ginger

OPTIONAL INGREDIENTS

- 2 green onions
- 1/2 onion
- 1/4 cup of rice wine
- 1 tsp whole black pepper
- 3 tbsps soy bean paste, or 3 tbsps store-bought ssamjang
- 2 bay leaves, or 1½ tsp instant coffee

DIRECTIONS

1. Cut the pork belly into 2 large pieces. Put the pork in a big pot. Then, add some garlic, ginger, green onion, onion, rice wine, soy bean paste, and bay leaf if necessary.
2. Add water until all ingredients are submerged.
3. Boil it for about 40~50 minutes.
4. When the pork is cooked, cut the pork into thin slices.
5. Pair with lettuce, ssamjang*, salted(pickled)shrimp, or kimchi.

SSAMJANG DIRECTIONS

- Mix the following ingredients accordingly (bolded ingredients are essential, others are optional):
 - **3 tbsps, soy bean paste**
 - **1 tbsp, red chili paste / gochujang**
 - **1 tbsp, sesame oil**
 - **1 tbsp, crushed garlic**
 - 1 tbsp, ground sesame
 - 1 tbsp, chopped green onion
 - 1 tbsp, plum extract



Home Raised Beef Hunan Style

I would like to introduce a dish from my father's hometown, Chinese Home Raised Beef Stir-fried in Hunan Style, romanized as Xiaochao Huangnü Rou. At first, I had great trouble finding a precise translation of this traditional Chinese dish. Typically, American chefs translate the dish into "Hunan Beef," which you might have already seen in Chinese restaurants throughout the U.S. Named after the province where the dish originated, this translation seems to have incisively captured the dish's most distinct characteristic—it is a signature of the local cuisine, famous for its use of red pepper. For those whose life is tampered with due piquancy, this is definitely a something that you might want to add to your menu dégustation. For those who are more conservative on the choice of spices, please do not hesitate to try, as you would find a delicate brand of spiciness that makes you unable to have enough of it.

Diana Deng

Class of 2025, Comparative literary studies & Radio/Television/Film

Chinese Home Raised Beef Stir-fried in Hunan Style



3 servings



30 minutes

INGREDIENTS

1-2 lbs home raised beef sirloin
½ oz red millet pepper
½ oz millet pepper
1 oz red pepper
½ oz coriander
3 tsps salt
3 tsps sugar
2 tbsps of light soy sauce
½ cup of cooking wine
2 oz corn starch
3 pcs of garlic
3 slices of ginger
2 tbsps Carnola oil

DIRECTIONS

1. Rid the sirloin of its fascia and cut them into thin slices
2. Put the sirloin slices into a bowl, and add half a cup of cooking wine, 2 oz corn starch. Thoroughly stir them together, and marinate the mixture for 20 minutes
3. Cut 3 pieces of garlic and 3 slices of ginger into small bits, cut the millet peppers and the red peppers into ½ inch segments and cut the coriander into 1½ inch segments.
4. Add oil until it covers the wok's entire bottom. Put the pepper segments, and garlic and ginger cuts into the oil, and stir them until you can smell their flavor.
5. Add the fully marinated sirloin slices into the wok, and stir them in high fire until they change color. Add 3 teaspoons of salt, 3 teaspoons of sugar, and 2 tablespoons of light soy sauce while you stir.
6. Add the coriander cuts into the wok, and stir them with the beef for another 30 seconds.
7. The stir-fried beef is ready to serve!

NOTES

Do not let the stir-fry stay long in the wok after you turn off the fire. Put it in a plate as soon as possible





wonton soup

It isn't a dish I eat a lot, nor is it my favorite. But my mom likes making it, although not too often. And I enjoy eating it. Now that I've grown up, I regret not taking advantage of using this dish as an opportunity to spend more time with my mother. In an ever so quick-moving world, my mother loves making wontons for my siblings, and it takes time; time to make the filling, assemble, and serve. No matter what anyone says, no restaurant or store-bought wontons could replace the warm taste of home and family.

There's a specific type of wonton called ròu yàn (肉燕) from the province my parents come from, Fújiàn (福建). The wrapper (Yàn pí, 燕皮) is partially made from lean pork or fish meat and has a chewy texture. These wontons are bite-sized and the perfect street food. It's my favorite type of wonton. On one fine day in July, I went to five grocery stores in Chinatown on an unsuccessful search for yàn pí. It's hard to find in the U.S., but it's seriously one of the best foods ever and it would be an injustice for me to not talk about it. Its light flavor reminds me of when I lived with my grandparents in Fuzhou for 8 months during what was supposed to be 5th grade. While that time itself wasn't too grand, I became more connected to my family. I have the privilege of communicating with my parents in multiple languages and understanding their struggles—a privilege that not everyone has. This is especially in a society that seems to praise assimilation. Even though wontons were a major part of my past, it is also my present and future. To me, it's a reminder of my roots, my childhood spent in my parent's restaurant and home. It's a dish that adapts to the region and time it's in, but it will always be a place to come back to.

MEGAN LIN

CLASS OF 2026, SOCIAL POLICY & URBAN SOCIOLOGY

EDITED BY ELLIE CHEN

INGREDIENTS**

Wonton Filling:

2lbs Pork Belly
2 slices of Ginger (diced)
6 Green onions (diced)
Optional: Chinese Chives and napa cabbage

Wonton Filling Sauce:

½ tsp of Salt
½ tsp of MSG
1 tsp of Sugar
1½ tbsp Light Soy Sauce
2 tbsps Oyster Sauce
1 tbsp Sesame Oil
Optional: Dark Soy Sauce and 1 tbsp Shaoxing wine

Broth:

Chicken stock
Salt
Optional:
Dark Vinegar and oyster sauce

Broth Garnish (after plating):

Sesame oil
Green onions
Optional: xiā pí (Papery Dried Shrimp)

Wrapper:

1 pack of square-shaped wonton wrapper (aprox 50 wrappers)

wonton soup



7 servings



90 minutes

DIRECTIONS

1. Rinse then pound and mince pork belly as small as possible (can use ground pork but this way is recommended).
[Takes 15 min+ and it is recommended to use a fork and an at least decently-sized kitchen knife.]
2. In a bowl, mix pork, ginger, and onions.
3. Add filling sauce to the mixture from the previous step. (Mix in ONE direction, either clockwise or counterclockwise)
4. Heat up 5 ounces of cooking oil and pour it onto the filling mixture.
5. Continue to mix until even.
 1. Wrap wontons:
 - a. ròu yàn: Place a small amount of filling at the center of a yàn pí square. Hold in one palm and fold inwards to create the shape of a flower or pouch.
 - b. Wheat wontons: tutorial image provided by chinasichuanfood.com.
6. Add water to the pot. Once it reaches a rolling boil, add wontons on high until enlarged (about 8 minutes).
7. Remove wontons and drain water.
8. Pour chicken stock and other broth ingredients into the pot.
9. Once broth reaches a boil, add wontons and remove from heat.
10. Pour into a bowl and add garnish to serve and enjoy!



***This recipe is written and translated as explained. If these measurements stress you out, taste as you so go along to adjust for personal preference! These are mostly estimates since my family doesn't really use concrete measurements. Most ingredients can be substituted too if there are concerns about dietary restrictions or not having access to specific ingredients.*

Butter Brickle Dessert

BRIAN WHETSELL

**CLASS OF 2024, ANTHROPOLOGY
& GLOBAL HEALTH**



About

I always have to have something salty and sweet, balancing out the flavors that encapsulate my taste buds and representing my identical twin brother and I's personalities. On the whole, we are beautifully layered people that my mother has celebrated during Thanksgiving or other family occasions. When looking at the layers separately, you can see the intricacies of the ingredients, how each has a specific texture, meaning, and depth. We start at the crust made of graham crackers and saltines, my favorite layer because it is most explicitly salty and solid. It reminds me of the battles my brother and I would have over who would get to crush the crackers and whether we would use our hands or a rolling pin. The butter pecan and pudding layer is the sweetest, beautifully juxtaposing the crust. The pairing is like that of my brother and I—we study different topics, have different friends, and are passionate about different hobbies, but there are hints of us in both (the graham crackers in the crust and the pecans in the ice cream). The cool whip is a neutral force, compacting the other two layers below it and encouraging a levity to balance out the seemingly disparate flavors. Ultimately, the heath bars add an aged and caramelized note to the dish, just as my brother and I have gotten closer and more alike as the years have progressed. At the microscopic level we may have the same DNA, but macroscopically we are wonderfully different, complementing one another.

This dish is a graceful ager. It is something my mom has always made for my grandfather (her father in-law). Although butter pecan is notorious for being a flavor one enjoys as they age, I find its muted and subtle tones to be the best for an already rich dessert. The best part about butter brickle dessert is that it gets better as it sits longer, allowing the crust to entangle with the ice cream-pudding layer and letting the pudding set. The dessert is something I have grown up with, something that I have become fond of with time, and its absence becomes notable when I haven't had it in a couple of months. The dishes that I celebrate and are important to me are ones that my immediate family and I cherish the most and make new memories with because we have always been there for each other. The food we (re)create has been something we can rely on, and it brings me joy as I continue into adulthood.



Butter Brickle Dessert



12 servings



6-24 hours

INGREDIENTS

9 graham crackers

20 soda (saltine) crackers

1 stick unsalted butter, melted

2 tbsps sugar, granulated

2 small boxes of vanilla instant pudding

1½ cup of milk

1 quart butter pecan ice cream, softened

1 package of Cool Whip

3-4 heath bars, crushed

NOTES

You will need a gallon bag, a 9x13 pan, a hand mixer, a rolling pin, a flexible spatula, and two large bowls. Consume at your heart's desire, but beware of the richness!

DIRECTIONS

1. Put both types of crackers into a ziplock gallon bag and crush them with a rolling pin until the texture is similar to rough sand.
2. Pour into a bowl and add the melted butter. Press evenly into the bottom of a 9x13 pan. Set some aside for the topping at the end.
3. Using a hand mixer, combine the milk and instant pudding packets into another bowl until thick. Add softened butter pecan ice cream and beat until the mixture is uniform.
4. Pour the mixture over the cracker crust and spread evenly with a flexible spatula. Cover with aluminum foil and place in the refrigerator to set for two hours.
5. Spread cool whip on top, using the entire package. Sprinkle crushed heath bars and the rest of the cracker mixture on top.
6. Recover with foil and let it set in the refrigerator overnight.



one book

ONE NORTHWESTERN

Thank you!

The stories and flavors of these homes from around the globe have warmed our hearts, and we hope they have done the same for you. Thank you for being a part of this delicious expedition. From Grandma's secret recipes to newfound favorites, it's been a delightful ride. May these recipes bring a touch of home from faraway places into your kitchen. Here's to the joy of cooking and the love it spreads!



With love from the bottom of our pots and pans,
One Book Fellows 2023-2024

