

# Vinal's Cookbook

## Recipes from the Families of Vinal Tech

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## Recipe 1: Rice Pudding (Jeymani Santoni's Mom)

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### Ingredients:

¾ cup uncooked white rice, medium grain	1 egg, beaten
2 cups milk, divided or one can coconut milk plus 3 oz. whole milk	⅔ cup golden raisins
⅓ cup white sugar	1 tablespoon butter
¼ teaspoon salt	½ teaspoon vanilla extract
	1 tablespoon Cinnamon and nutmeg

Step One: Bring 1 1/2 cups water to a boil in a saucepan; stir rice into boiling water. Reduce heat to low, cover, and simmer for 20 minutes.

Step Two: In a clean saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar and salt.

Step 3: Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in remaining 1/2 cup milk, beaten egg, and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla, cinnamon and nutmeg.

### Cook's Note:

This recipe may also be made using Splenda(R) instead of sugar. Use 1/3 the amount. This is an easy way to enjoy this great creamy recipe but cut down on the sugar and calories.

### Nutrition Facts

Per Serving: 366 calories; protein 8.8g; carbohydrates 67.6g; fat 6.9g; cholesterol 63.9mg; sodium 236.6mg.

## Recipe 2: Sancocho (7-Meat Stew) Traditional Dominican Dish (Genesis Moreta-Guerrero)

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What makes this recipe special to my family and I:

This recipe has been in my family for as long as I can remember. It's like a signature dish. My mom learned how to make it from her mom, (my grandma), and her mom from her mom, (my great-grandmother), and so on. It's been in our family line for a very long time and sancocho is such a unique type of meat stew that cannot be made any other way. It has different seasonings and a special way that's made, the Dominican way.

Ingredients:

5 cloves garlic, minced	1 pound sweet potatoes, peeled and cut into 1 1/2-inch chunks
¼ cup dried oregano	
2 teaspoons salt, divided	1 pound eddoes, peeled and cut into 1 1/2-inch chunks
5 chicken drumsticks, or more to taste	
1 pound bone-in beef chuck	½ pound yucca (cassava) roots, peeled and cut into 1 1/2-inch chunks
1 pound bone-in pork loin roast	½ pound potatoes, peeled and cut into 1 1/2-inch chunks
2 large lemon, juiced	
2 large onion, quartered, divided	2 green plantains, peeled and cut into 1 1/2-inch chunks
10 tablespoons vegetable oil, divided	
1 tablespoon vinegar	2 ears corn on the cob, cut into quarters
1 ¼ gallons water, or more as needed	3 stalks celery, diced
1 (13.75 ounce) can chicken broth	2 large carrots, chopped, or more to taste
1 (10.5 ounce) can beef consommé	1 large green bell pepper, diced
4 cubes beef bouillon cubes, divided	1 bunch cilantro, chopped
1 ½ pounds Spanish pumpkin, peeled and cut into 1 1/2-inch chunks	1 dash adobo seasoning (Optional)

Ingredients:

Step 1: Mash garlic, oregano, and 1 teaspoon salt together in a bowl.

Step 2: Douse chicken, beef, and pork with lemon juice in a large bowl. Drain half the liquid. Mix the mashed garlic, half of the onions, 2 tablespoons vegetable oil, and vinegar into the meat mixture.

Step 3: Heat the remaining 1/2 cup vegetable oil in a large skillet over medium-high heat. Add the meat mixture in batches and cook until browned on all sides, 15 to 20 minutes.

Step 4: Transfer the browned meats into a large pot. Add half of the water, chicken broth, beef consommé, 2 bouillon cubes, and 1 teaspoon salt. Bring to a boil; reduce heat to low and simmer, covered, until meats are more than halfway cooked through, about 40 minutes.

Step 5: Combine pumpkin, sweet potatoes, eddoes, yucca, potatoes, plantains, corn, celery, carrots, green pepper, cilantro, and adobo seasoning in the simmering pot. Return soup to a boil. Reduce heat to low and continue simmering until the sancocho is thick and the root vegetables are soft, 1 to 2 hours. Stir in the remaining half of the water by gradual increments to replace any evaporated liquid.

## Recipe 3: Chocolate Chip Coffee Cake (Chace Caporossi)

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1 C. sugar

$\frac{3}{4}$  C. butter or margarine

2  $\frac{1}{2}$  C. all-purpose flour

1 C. sour cream 2 eggs

1 teaspoon baking powder

1 teaspoon baking soda

112 oz. package of semi-sweet chocolate chips

$\frac{1}{2}$  C. packed

Step 1: Preheat the oven to 350. Grease a 9" tube pan (one with a removable bottom).

Step 2: In a large bowl, mixer at medium speed, beat sugar with 1 stick of butter or margarine, until light and fluffy.

Step 3: Add 2 C. flour and the next 5 ingredients; beat at low speed until blended, constantly scraping bowl with rubber spatula, and increase speed to medium, beat 3 minutes, scraping bowl, and stir in 1 cup chocolate chips. Spread batter evenly in pan.

Step 4: In a medium bowl measure  $\frac{1}{2}$  cup flour, brown sugar and cocoa. With a fork cut in  $\frac{1}{2}$  stick butter or margarine until mixture resembles coarse crumbs, and well blended.

Step 5: Stir in  $\frac{1}{2}$  cup chocolate chips. Crumble mixture evenly over batter in pan. Then sprinkle more chips on top.

Step 6: Bake 60-65 minutes - or until cake tests done with tester - Cool cake completely in pan on wire rack. One cooled loosen cake from pan and remove.

## Recipe 4: Traditional Irish Stew

(Tyler Perez)

What makes this recipe special to our family?

This recipe is special to our family because it has been handed down through the years from my great, great grandmother. It's a great recipe to enjoy with the family with some fresh baked bread. It reminds me of dinners with my family, enjoying the stew and talking about anything we wanted to. The stew warms you up on a cold night and leaves your belly full. It's a great tradition.

Ingredients:

2 tablespoons vegetable oil, divided	1 cup finely sliced leeks, cleaned and divided
1 pound lamb cutlets (bones removed, cut into 2 inch chunks) divided	2 tablespoons all-purpose flour
2 pounds of potatoes (peeled and cut into quarters), divided	3 cups dark beef stock
1 cup roughly chopped carrots, divided	2 or 3 cabbage leaves/thinly sliced, optional
1 cup roughly chopped onion, divided	Salt to taste
	Pepper to taste

Instructions:

Step 1: Gather the ingredients. Preheat the oven to 350F

Step 2: In a large frying pan, heat 1 tablespoon of the oil until hot but not smoking. Add half of the lamb pieces and brown all over by turning in the hot oil.

Step 3: Remove the lamb pieces with tongs and place them in a Dutch oven or ovenproof stockpot.

Step 4: Cover with half of the potatoes, half of the carrots, half of the onion, and half of the leeks.

Step 5: Add the remaining oil to the frying pan and heat. Add the remaining lamb and brown all over as before and add to the Dutch oven.

Step 6: Cover with the remaining potatoes, remaining onion, remaining leeks and remaining carrots.

Step 7: Add the flour to the still hot frying pan and stir really well to soak up any fat and juices. Cook over low heat for 3 minutes.

Step 8: Add the stock a ladle at a time and mix until you have a thick, lump-free sauce. You will not add all of the stock.

Step 9: Pour this sauce over the lamb and vegetables.

Step 10: Add the remaining stock to the Dutch oven, cover with a tight-fitting lid, and cook in the preheated oven for 1 hour.

Step 11: Add the cabbage (if using), replace the lid, and cook for another hour. Check from time to time to make sure the stock hasn't reduced too much. If it has, add a little boiling water. The meat and vegetables should always be covered in liquid. If the sauce is too runny at the end, you can always cook the stew a little longer with the lid removed.

Step 12: Season with salt and pepper to taste. Serve piping hot and enjoy.

## Recipe 5: Arroz con Gandules Rice with Pigeon Peas (from Velez family)

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Arroz con Gandules is a traditional Puerto Rican dish that is served usually around Christmas season or special occasions.

### Ingredients:

3 cups medium grain rice	1/4 cup fresh cilantro, chopped optional
3 cups water	2-3 bay leaves
1 can gandules (pigeon peas) drained	1/2 cup sofrito
1/3 cup vegetable oil	6 oz. tomato sauce
1 cube chicken bouillon	1 packet sazón culantro y achiote
1 teaspoon dried Italian seasoning or oregano either one works	10 whole Spanish olives
	Salt for taste

### Instructions:

Step 1: Start by adding the vegetable oil to the caldero or large pot and set the stove heat to medium.

Step 2: Add your sofrito, tomato sauce, sazón culantro y achiote, Spanish olives, cube chicken bouillon, Italian seasoning or oregano, cilantro, bay leaves, and gandules to the caldero. Cook and stir the mixture for about 3 to 4 minutes.

Step 3: Add water and bring to a boil point. Rinse your medium grain rice to remove starch.

Step 3: Add your medium grain rice.

Step 4: Cover and allow the rice to absorb all the visible liquid. Once most of the visible surface liquid is absorbed, stir the rice, and cover again.

Step 5: Add salt for personal taste. Lower the flame to low, and allow it to steam for 20-25 minutes.

It's done when all the liquid is absorbed and the grains are fluffy and fully cooked.



## Recipe 6: Polish Babka (Thomas Wysocki)

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My mom used to make this. It was one of the best things I've ever had. Very addicting; tasty. That's why I'd like to share it with everyone.

Ingredients:

Babka

1/2 cup (113g) lukewarm milk

3 large eggs, at room temperature

Heaping 1/2 teaspoon salt

1/4 cup (50g) granulated sugar

4 tablespoons (57g) butter, softened

2 cups (240g) King Arthur Unbleached  
All-Purpose Flour

2 teaspoons instant yeast

1/4 cup (43g) currants or raisins (golden  
raisins preferred)

1/4 cup (43g) candied mixed fruit or  
candied mixed peel, or mixed dried fruit,  
chopped

Rum syrup

1/2 cup (99g) granulated sugar

1/4 cup (57g) water\*

1 to 2 tablespoons (14g to 28g) rum\*

\*Or substitute apple juice for the water  
and rum.

Icing (optional)

1 cup (113g) confectioners' sugar

Pinch of salt

2 tablespoons (28g) milk, or a  
combination of milk and rum or apple  
juice

Instructions:

Step1: Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. Place everything except the fruit in a mixing bowl, and beat at medium speed until cohesive. Increase your mixer's speed to high, and beat for 2 minutes.

Step 2: Add the fruit, beating gently just to combine.

Step 3: Cover the bowl, and let the dough/thick batter rest/rise for 60 minutes; it won't appear to do too much.

Step 4: Scoop the batter into a greased 10-cup Bundt pan. Cover the pan, and let the dough rest/rise for 30 minutes, while you preheat your oven to 350°F.

Step 5: Bake the babka for 35 to 40 minutes, until an instant-read thermometer inserted into the center of the loaf reads at least 190°F.

Step 6: While the babka is baking, prepare the rum syrup. Combine all of the syrup ingredients in a small saucepan set over medium heat. Bring the mixture to a boil, and boil, swirling the liquid in the pan, until the sugar dissolves. Remove from the heat.

Step 7: Remove the babka from the oven. Poke it all over gently with a toothpick or fork, and slowly pour the syrup over the babka's surface.

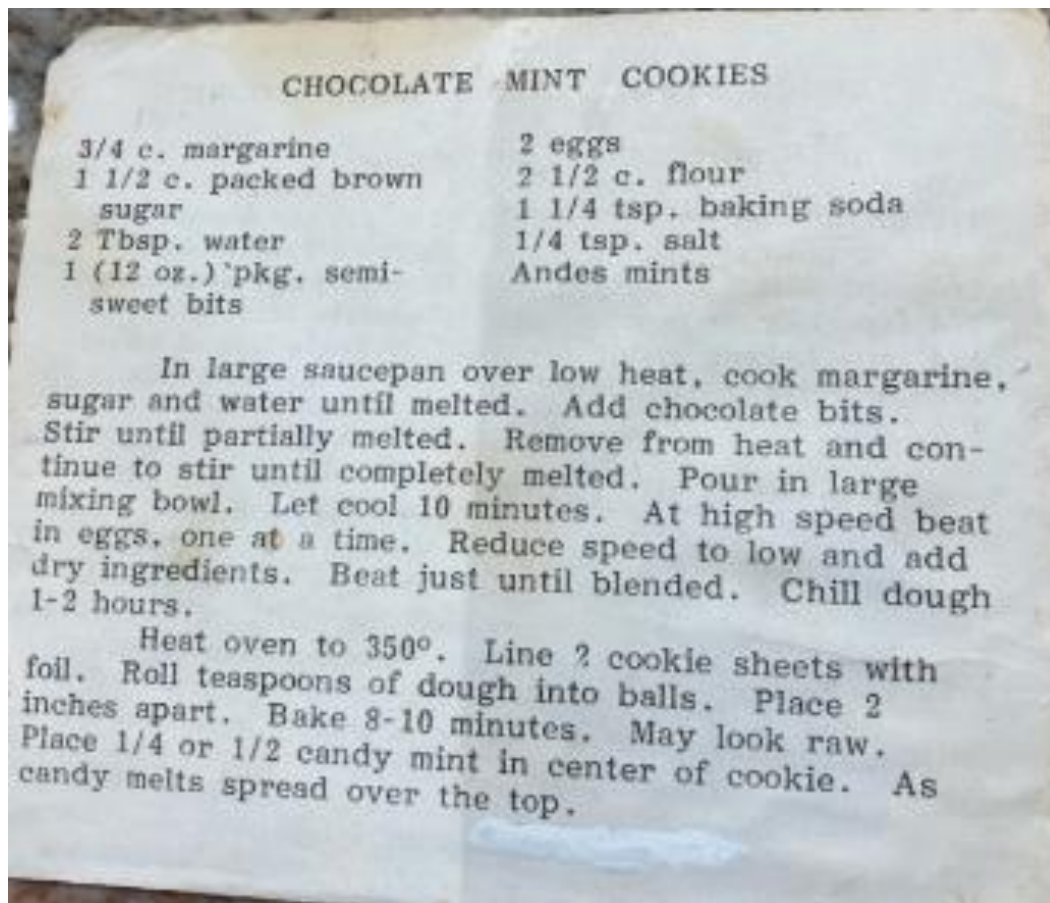
Step 8: When the syrup is fully absorbed (about 20 minutes or so), carefully loosen the babka's edges, and turn it out of the pan onto a rack.

If you choose to use the icing: Mix all of the ingredients together, stirring until smooth. Drizzle over completely cool babka.

## Recipe 7: Chocolate Mint Cookies (Andrew Collins)

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This is important because it was a family recipe that we use on holidays. One holiday is Christmas. We have big Christmases when all the family is together and don't see each other often.



## Recipe 8: Jalapeno pepper cheese dip (Anthony Vlahos)

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### Ingredients:

2.8 ounce packages of cream cheese softened

1 cup of mayonnaise

3 ¼ cup jalapeno for a jar chopped

1 cup shredded parmesan cheese real

### Instructions:

Step 1: Stir the cream cheese and mayo in a large bowl until smooth.

Step 2: Stir in half cup parmesan cheese and jalapeno.

Step 3: Pour mixture into an oven dish.

Step 4: Garnish with remaining cheese.

Step 5: Bake at 350 until top bubbles and golden brown/30 minutes.

Serve with cube chunks of fresh bread.

## Recipe 9: Smores cookies (Colin Gawel)

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We make this almost every Christmas and it's special since it's a family tradition. We usually bring these to family gatherings as well.

### Ingredients:

11 Tablespoons unsalted butter

Optional 1 teaspoon cinnamon

1 cup brown sugar

2 ½ cups flour

½ cup granulated sugar

1/2 cup semi-sweet chocolate chips

2 large eggs

1 cup mini marshmallows

1 teaspoon vanilla

3 regular sized Hershey's bars, broken into pieces

1 teaspoon baking soda

1-2 packages graham crackers, broken into squares

½ teaspoon sea salt

### Instructions:

Step1: In a medium bowl, whisk together the flour, baking soda, sea salt and cinnamon to combine. Set aside.

Step 2: In the bowl of an electric mixer, cream butter with white and brown sugar until light and fluffy. Add the eggs and vanilla and mix until combined.

Step 3: Add the flour mixture to the butter mixer and combine on low speed.

Step 4: Fold in the chocolate chips and marshmallows. Chill dough in the refrigerator for 1 hour overnight.

Step 5: Preheat the oven to 375 degrees. Line two baking sheets with parchment paper.

Step 6: Lay out 36 graham crackers side by side on the pans as close as possible (they should be touching).

Step 7: Place 1 1/2 tablespoons of dough on each graham cracker. Press down slightly with fingertips.

Step 8: Bake for 5 minutes then remove from the oven to press Hershey's bar pieces on to the top. You can place as many pieces or as little as you want depending how much chocolate flavor you want.

Step 9: Bake for an additional 5 – 7 minutes or more if your cookies are thicker. They will be done when the edges begin to turn golden brown. Remove to a wire rack to cool. For clean cutting make sure cookies are completely cool and cut with a sharp knife.

## Recipe 10: Christmas Cornflake Wreaths (Jennifer Cassella)

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One of my aunts always made these cookies at Christmas. She was the only one in the family who made them and now I make them for my kids. They were my favorite cookies and I looked forward to having them every Christmas.



Ingredients:

1/2 cup butter

5 heaping cups mini marshmallows, or about 52 large marshmallows

1 teaspoon green food coloring

6 cups corn flakes cereal

1/2 cup red hots, or small red cinnamon candies

Step 1: Measure cornflakes into a large bowl.

Step 2: Melt butter in a large saucepan over low heat. Once melted, add the marshmallows and stir continuously until completely melted. Stir in food coloring.

Step 3: Pour melted marshmallow mixture over the cornflakes. Stir until well coated.

Step 4: Lay out a piece of parchment paper on your kitchen counter. Drop spoonful of the cornflake mixture onto the parchment paper.

## Recipe 11: Peanut Butter Blossoms (Kiss Cookies)

### (Fraulino Family)

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#### Ingredients:

½ cup granulated sugar

¾ teaspoon baking soda

½ cup packed brown sugar

½ teaspoon baking powder

½ cup creamy peanut butter

Additional granulated sugar (or colored sugar to match the holidays)

½ cup butter or margarine (softened)

About 36 Hershey's kisses, unwrapped

1 egg

1 ½ cups all-purpose flour

Step One: Preheat oven to 375 Fahrenheit

Step Two: In a large bowl, beat ½ cup granulated sugar, the brown sugar, peanut butter, butter and egg with an electric mixer on medium speed or mix with a spoon until well blended. Stir in flour, baking soda and baking powder until dough forms.

Step Three: Shape dough into 1-inch balls and roll in additional granulated or colored sugar. Place on an ungreased cookie sheet 2 inches apart.

Step Four: Bake 8 to 10 minutes or until edges are light golden brown. Immediately press one 1 milk chocolate candy in the center of each cookie. Remove from cookie sheets to the cooling rack.

Step 5: Grease your (clean) hands with butter or cooking spray or dip them in a little bit of water. Use your fingers to shape each spoonful into an individual wreath.

Step 6: Top each wreath with cinnamon candies.

## Recipie 12: Fresh Sauce - Pasta Sauce - RoseAnn Vaughan

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This recipe was my mom's, who learned it from her mom. And I learned it from her. The tomatoes were always from my dad's garden. It is best served over pasta; this is the sauce I use when I make eggplant parmesan. I also double or triple it, and freeze some for later. Some people call this marinara, we always called it fresh sauce.

Ingredients:	1 tablespoon fresh basil ( <b>or more</b> )
4 Cups of fresh garden tomatoes, boiled, and skins and seeds removed (remove water).	1/8 teaspoon pepper
(or 1 can or 28 oz. Italian plum tomatoes)	1/8 teaspoon oregano
1 tablespoon olive oil	1/8 teaspoon parsley
1/2 cup water	2-3 cloves garlic (chopped) ( <b>or more</b> )
1/2 teaspoon salt	1 medium onion (chopped)

Heat oil, add garlic and onion. Sauté until golden. Not brown.

Add the tomatoes, crush them.

Add. Water and spices. Bring to a slow boil. And then simmer.

If it gets to thick, add a little water.

Taste, if it is not sweet add a pinch of baking soda or sugar