STUDENT CARE PACKAGE

Critical thinkers never run out of food for thought.
But they do run out of food.

DIRECTIONS

Get cooking. Pick and choose from the items to the right. Season with your own ideas. Pack carefully and put in the mail. Wait for a thank-you call or text.

INGREDIENTS

Homemade cookies (your family recipe)
Cold and sore-throat remedies
Gloves and hat (to replace the ones already lost)
Long underwear
Snuggie (as seen on TV!)
Book light (it comes free with a Snuggie)
Instant coffee
Roll of quarters
Laundry detergent
Reminder note: Get a flu shot
Energy-saving light bulbs
Gift certificate to the Seminary Co-op or University of Chicago Bookstore

THANK YOU.
YOUR CHILD COULDN’T DO IT WITHOUT YOU.

SEASON’S GREETINGS from
THE COLLEGE OF THE UNIVERSITY OF CHICAGO

For recipes from across the University—and to add your own—visit alumniandfriends.uchicago.edu/recipes
EGGNOG
as William Rainey Harper may have drunk it

INGREDIENTS
1 egg
¾ tbsp sugar
A few grains salt
1 ½ tbsps sherry or 1 tbsp brandy or rum
⅔ cup cold milk
A few gratings nutmeg

DIRECTIONS
Beat egg slightly. Add sugar, salt, and, slowly, liquor; then add, gradually, milk.
The nutmeg may be used with or instead of the liquor as flavoring.

Serves one.

THIS RECIPE IS ADAPTED FROM Fanny Farmer’s 1904 cookbook Food and Cookery for the Sick and Convalescent. Eggnog was considered a “strengthening” drink at the turn of the 20th century. According to Young Man in a Hurry, Milton Mayer’s biography of William Rainey Harper, eggnog fueled the “busiest man in America.”

As dean of Yale Divinity School, Harper’s typical day went this way: “His schedule took him to his first class at 7:30 in the morning. He taught until 11:00, and went to his office to work on his mail, discuss perhaps a dozen matters with each of his five assistants, and drink a quart of eggnog at his desk.

“Catching the 1:00 o’clock train to New York or Boston, he would deliver a lecture in the afternoon and another in the evening. The midnight train took him back to New Haven and his study.” When he became president of the University of Chicago in 1890, Harper’s to-do list lengthened—but his lunch of eggnog remained in force.

For more recipes from across the University—and to add your own—visit alumniandfriends.uchicago.edu/recipes
SOUR CREAM POUND CAKE

from Allen Sanderson

INGREDIENTS

- ½ lb. butter (2 sticks)
- 3 cups granulated sugar
- 1 tbsp vanilla
- 6 large eggs
- 3 ¼ cups flour
- ½ tsp baking soda
- 1 cup sour cream (8 oz.)

DIRECTIONS

Preheat oven to 360 degrees.
Grease and flour a Bundt or tube pan.

Cream sugar and butter together with an electric mixer.

Add the vanilla and eggs; mix well.

Sift together the flour and baking soda and add to the mix along with the sour cream. (I tend to go heavy on the vanilla, flour, and sour cream; add flour as needed to keep the consistency right—not too dry and not too runny.)

Bake 65–70 minutes, checking for doneness after 1 hour. Do not overbake.

Remove from cake pan right away and cool on a rack.

When not in the kitchen, Allen Sanderson is senior lecturer in economics and a senior research scientist at the National Opinion Research Center; he’s also an expert on sports economics.

THIS WINTER, WARM UP YOUR LIFE WITH A RECIPE.

SEASON’S GREETINGS from

THE COLLEGE OF THE UNIVERSITY OF CHICAGO

For more recipes from across the University—and to add your own—visit alumniandfriends.uchicago.edu/recipes
FRENCH TOAST CASSEROLE
from Cathe and Larry McEnerney

INGREDIENTS

16 slices Hawaiian bread
(or any sweet bread)
1 stick unsalted butter,
melted
4 whole eggs
2 egg yolks
½ to ¾ cup granulated sugar
3 cups milk
1 cup heavy cream
1 tbsp vanilla extract
1 tsp cinnamon
(optional, see directions)
Confectioner’s sugar

DIRECTIONS

Preheat oven to 350 degrees.

Brush both sides of each bread slice with butter and arrange in rows in a buttered 9-by-12 inch baking dish, sprinkling generously with cinnamon as you go.
(Option: Use cinnamon bread.)

In a large bowl, beat together the whole eggs and egg yolks. Whisk in the granulated sugar, milk, cream, and vanilla. Pour this mixture over the bread slices, making sure that each piece is evenly moistened. (The recipe may be prepared ahead to this point and refrigerated for up to one day.)

Place the baking dish in the warmed oven. Bake in the upper half of the oven for 35 minutes or until the top is lightly browned and the casserole is set.

Remove from oven and allow the casserole to rest for 10 minutes or so before serving.

We love this as it is, but options for serving this dish include: dusting with powdered sugar, serving with maple syrup, serving with sliced strawberries or any berries of your choice.

When not in the kitchen, Cathe and Larry McEnerney are resident masters in the South Campus Residence Hall, where they plan activities for students, including quarterly brunches. Larry is also the director of the University Writing Programs.

For more recipes from across the University—and to add your own—visit alumniandfriends.uchicago.edu/recipes
EDDIE’S FLANK STEAK
from Ka Yee Lee, Professor, Department of Chemistry

INGREDIENTS
- 2 lbs. flank steak
- ¼ cup peanut oil (use corn oil if nut allergy is an issue)
- ¼ cup soy sauce
- ¼ cup tomato juice
- ¼ cup packed brown sugar
- Chopped garlic (optional)

DIRECTIONS
To prepare the marinade: Mix the oil, soy sauce, tomato juice, and sugar together. Add the desired amount of garlic (roughly 1 tbsp for this amount of marinade).

With a sharp knife, score both sides of the flank steak diagonally, making diamond patterns.

Marinate the beef in the mixture for at least 2 hours at room temperature (or put everything in a sealable storage bag and refrigerate overnight).

Turn broiler on high and broil the steak at the top rack for 4–5 minutes (depending on the oven). Turn the steak and broil for another 4–5 minutes for a medium-rare finish.

Allow the steak to cool for a few minutes; slice into long strips and serve immediately.

When not in the kitchen, Ka Yee Lee is professor in the Department of Chemistry, Institute for Biophysical Dynamics, and James Franck Institute and directs the Chicago Materials Research Center. She usually serves the flank steak with rice pilaf.
FALL SQUASH RISOTTO

from Laura Letinsky

INGREDIENTS

- 1 medium squash with firm flesh, i.e., butternut, amercup, hubbard, kabocha, turban, gold nugget, or a small pumpkin
- 1 medium shallot, diced
- About ½ cup olive oil
- Salt and pepper to taste
- 1 cup arborio rice
- 1 cup white wine
- 2 cups or more chicken broth, heated to a simmer
- About ½ cup parmesan cheese, finely grated
- 12–18 fresh sage leaves, separated from stem

DIRECTIONS

Preheat oven to 450 degrees. Peel and halve the squash. Separate seeds from pulp, placing seeds on a flat pan with 1 tbsp olive oil and ¼ tsp salt. Mix and roast until light brown, approximately 10 minutes. Dice squash flesh into ½-inch cubes, mix with enough olive oil to make moist (2–4 tbsp), and 1 tsp salt. Roast until soft and lightly browned, about 30 minutes, stirring if necessary to moisten flesh.

Heat medium heavy-bottomed pot over low to medium heat. Add 2 tbsp olive oil. When oil is hot, add the shallot and thyme. Sauté until the shallot is soft and beginning to color, about 2 minutes. Add rice and stir to moisten. After a minute or two, when rice glistens, add white wine. As moisture evaporates but rice is still easily stirred, add broth, ½ cup at a time. Keep heat at a low simmer, adding broth as the rice absorbs broth. When rice is firm but cooked, add squash and stir. Salt and pepper to taste.

Heat separate skillet to medium and add ⅛ inch olive oil. Add sage leaves and stir constantly but with a light touch until crisp.

Garnish with roasted seeds, sage leaves, and parmesan.

Serves 4 to 6.

When not in the kitchen, photographer Laura Letinsky is professor in the Department of Visual Arts.
# HOLIDAY CUT-OUT COOKIES

*from* Jeanne Marsh

## INGREDIENTS

<table>
<thead>
<tr>
<th>Dough:</th>
<th>Frosting:</th>
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<tbody>
<tr>
<td>1/2 cup butter, softened</td>
<td>1 tbsp butter</td>
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<tr>
<td>3/4 cup sugar</td>
<td>1 cup milk</td>
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<tr>
<td>1 egg</td>
<td>1 cup powdered sugar</td>
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<tr>
<td>1 tbsp milk or cream</td>
<td>Colored sugars</td>
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<tr>
<td>1 tsp vanilla</td>
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<tr>
<td>2 1/4 cups flour</td>
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<tr>
<td>1/4 tsp baking powder</td>
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<tr>
<td>1/4 tsp salt</td>
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## DIRECTIONS

Preheat oven to 425 degrees.

*Cookies*: Mix thoroughly the butter, sugar, and egg. Stir in the milk and vanilla. Mix together the dry ingredients and add to the batter to form the dough. Chill the dough, roll fairly thin, and cut into holiday shapes with your favorite cookie cutters.

Bake on an unbuttered cookie sheet for 5–7 minutes. Makes 3 to 3 1/2 dozen cookies.

*To frost and decorate*: Heat butter in milk until boiling. Pour just enough liquid into powdered sugar to achieve desired frosting consistency. Food coloring can be added to frosting. Frost each cookie and sprinkle with colored sugars.

When not in the kitchen, Jeanne Marsh is the George Herbert Jones distinguished service professor and dean of the School of Social Service Administration.
PULLOW
(RICE COOKED WITH SPICES AND ONIONS)
from Chris Fair, AB’91, AM’97, AM’97, PhD’04

INGREDIENTS

3 cups basmati rice
3 tbsp ghee or canola oil
3-inch piece of cinnamon stick
5 cloves
5 black peppercorns
2 black and 5 green cardamom pods (slightly crushed with a mortar and pestle to expose seeds)
1 medium yellow onion, finely chopped
5 cloves garlic, finely chopped
4 ½ cups water
2 tsp sea salt

DIRECTIONS

Wash and rinse the basmati rice thoroughly. It is important to rinse the starch off the rice to ensure that the grains do not clump together. (I typically rinse 3 times.) While rinsing the rice, agitate carefully to avoid breaking it. Drain as much water as possible from the rice and set aside.

In a large pot, heat the oil. Add the cinnamon stick, cloves, peppercorns, and green and black cardamom pods, and fry until the spices have “puffed up.” This will only take a minute. Be sure to not let them burn.

Add the onions and garlic and fry until the onions are golden brown. (Add a wee bit of oil if needed.)

Add the rice and stir gently until it is translucent. This should take 2–4 minutes. Along with removing the starch, this important step will ensure that the rice is light and fluffy and less inclined to clump.

Add the water and salt to the pot with the rice and spices. Once the water boils, lower the heat, cover the pot, and let simmer until done. This should cook in about 15 minutes. (Holes will appear on the surface of the rice when done.) Serve on a platter. As elsewhere, feel free to remove the cinnamon stick, cloves, and peppercorns before serving.
CHILI FOR A SMALL CROWD

from Holly Humphrey, MD’83, adapted from The Silver Palate Cookbook

When choosing chopped meat for chili, you’ll find that beef chuck adds great flavor. And you never can have too many spices. Look for dark-red kidney beans. Lemon juice brightens all the flavors!

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 lb. yellow onions, coarsely chopped
- 1 lb. sweet Italian sausage, removed from casings
- 4 lbs. beef chuck, ground
- 12-ounce can tomato paste
- 1 ½ tbsp minced garlic
- ¼ cup ground cumin
- ½ cup chili powder
- ¼ cup Dijon mustard
- 2 tbsp dried basil
- 2 tbsp dried oregano
- 1 ½ tbsp salt, or to taste
- 1 ½ tbsp freshly ground black pepper
- 3 28-oz. cans Italian plum tomatoes, drained
- 2 16-oz. cans dark-red kidney beans, drained
- 2 5½-oz. cans pitted black olives, drained
- ⅓ cup ground cumin
- ½ cup chili powder
- ¼ cup Dijon mustard
- 2 tbsp dried basil
- 2 tbsp dried oregano
- 1 ½ tbsp salt, or to taste
- 1 ½ tbsp freshly ground black pepper
- 3 28-oz. cans Italian plum tomatoes, drained
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- 2 tbsp dried basil
- 2 tbsp dried oregano
- 1 ½ tbsp salt, or to taste
- 1 ½ tbsp freshly ground black pepper
- 3 28-oz. cans Italian plum tomatoes, drained
- 2 16-oz. cans dark-red kidney beans, drained
- 2 5½-oz. cans pitted black olives, drained
- ¼ cup dry red wine
- 2 tbsp lemon juice
- ¼ cup chopped fresh dill
- ¼ cup chopped parsley
- ⅛ cup chopped black olives

DIRECTIONS

Heat the olive oil in a very large pot. Add the onions and cook over low heat, stirring occasionally, until wilted, about 15 minutes. Add the sausage meat and ground chuck and cook over medium-high heat, stirring, until the meats are well browned. Spoon off any excess fat and discard.

Stir in the tomato paste, garlic, cumin, chili powder, mustard, basil, oregano, salt, and pepper. Add the tomatoes, wine, lemon juice, dill, parsley, and kidney beans. Stir well and simmer uncovered for another 15 minutes.

Taste and adjust the seasonings. Add olives and simmer for 5 minutes more to heat through. Serve immediately. Serves 20.

When not in the kitchen, Holly Humphrey, MD’83, is dean for medical education at the Pritzker School of Medicine and a member of the Alumni Leadership Society.
ENGLISH WASSAIL

as served at the International House Holiday Dinner

INGREDIENTS
1 pint water
1 cup honey
4 cloves
3 sticks cinnamon
2 lemons thinly sliced
1 bottle medium-dry red wine

DIRECTIONS
Boil together water, honey, cloves, and cinnamon for 5 minutes. Add 2 lemons, thinly sliced, and let stand for 7 or 8 minutes. Add a bottle of medium-dry red wine and heat slowly until just below boiling point.

Pour into a jug and serve hot. Serves 6.

HOLIDAY DINNERS AT INTERNATIONAL HOUSE began in 1947 at the suggestion of the Board of Governors and continue today. Every resident staying at International House over the holiday season is invited to a special dinner, where the menu includes a wassail bowl, roast turkey and gravy, cranberry jelly, pumpkin and mince pies, and assorted nuts and candies. Post-dinner traditions include games and movies.

Wassail is a hot, spiced punch often associated with Christmas and the holiday season. Particularly popular in Germanic countries, the term comes from the Middle English phrase *wæs hæil*, or “be healthy.” Wassail relates to the holiday practice of wassailing—carolers going from door to door, their singing rewarded by a warm drink to everyone’s health. International House wishes all alumni and friends a happy and healthy new year.

For more recipes from across the University—and to add your own—visit alumniandfriends.uchicago.edu/recipes
BAKLAVA
by Vickie Kamberos, U-High’60

INGREDIENTS

Syrup:
1 ¾ cups sugar
1 ¼ cups water
2 tbsp honey
1 oz. brandy

Filling:
1 lb. walnuts, chopped fine
2 tsp cinnamon
2 tsp sugar
1 lb. phyllo dough (strudel leaves)
1 ½ cups unsalted butter, melted

DIRECTIONS

Preheat oven to 350 degrees. Butter bottom and sides of a 9 x 13 x 2-inch pan.

To prepare syrup: Heat sugar and water 15 minutes. (Once boiling point is reached, reduce heat and continue stirring.) Add honey and brandy; stir. Set aside to cool.

To prepare filling: Combine nuts, cinnamon, and sugar.

To assemble: Place 1 sheet of phyllo in pan; brush with melted butter. (Any overlapping dough can be cut off or folded for next layer.) Sprinkle handful of nut mixture over phyllo. Continue following this layering procedure until all ingredients are used. End with 2 pieces of phyllo. Cut through all the layers into diamond shaped pieces before baking. Bake 45 minutes or until nicely browned. Pour cooled syrup over hot baklava.

Yields two-dozen pieces.

When not in the kitchen, Vickie Kamberos, U-High’60, taught in Lab’s Lower School for 31 years, retiring in 2000.
TEQUILA-LIME GRILLED SHRIMP

from L. Patrick Gage, PhD’69

This is a wonderful appetizer for a party. It is easy to prepare and never has failed to be rewarded with accolades.

INGREDIENTS

- 2 lbs. large shrimp, cleaned
- ¼ cup lime juice
- ¼ cup tequila gold
- 2 medium garlic cloves, minced
- 2 medium shallots, finely chopped
- 2 tsp ground cumin
- Salt and freshly ground pepper
- ½ cup olive oil

DIRECTIONS

Prepare the marinade by mixing all ingredients except the shrimp and olive oil. Then add the oil, mixing carefully until combined. Season with salt and pepper to taste.

Pour the marinade over the shrimp, either loose in a bowl or, if skewered, on a glass tray. Let marinate for at least 30 minutes.

Cook on barbecue on high heat for about 4 minutes per side. The shrimp can be cooked in a flat basket used for fish fillets or on skewers.

Serve and enjoy immediately! Wonderful when paired with a Chablis or sauvignon blanc.

When not in the kitchen, Pat Gage, PhD’69, serves on the Visiting Committee to the University of Chicago Medical Center and is a member of the Alumni Leadership Society.

For more recipes from across the University—and to add your own—visit alumniandfriends.uchicago.edu/recipes
BEST MAPLE FUDGE

from Gertrude Ezeta Jennison’s 1912 cookbook
The Sterling Candy Book: Containing Three Hundred Recipes for Making Delicious Candies at Home

INGREDIENTS

| 1 cup maple sugar |
| 2 cups light brown sugar |
| 1 cup heavy cream |
| 1 cup walnuts, broken into pieces |
| 12 or more large marshmallows |

Maple sugar, once a kitchen staple, can be found at health, gourmet, and specialty stores or online.

DIRECTIONS

Butter a baking pan and set aside.

Use one cupful of maple sugar, two cupfuls of light brown sugar, and add one cup of thickest (heavy) cream. Cook about five minutes, or until a soft ball can be made of the mixture when dropped into cold water. Remove the candy from the fire and beat it until it begins to thicken, then add about a cupful of walnut meats, broken, not chopped, and before turning it into the buttered pan to cool and ”set,” stir in a dozen or more quartered marshmallows.

This book is part of a substantial collection of works on cooking and food held by the University of Chicago’s John Crerar Library. For more than 100 years the Library has collected books on the “useful arts,” including the subjects of nutrition, cookery, and food manufacture. This collection provides a fascinating history of the development of modern cooking and the food industry.