



# AF Holiday Cookbook

 Achievement **First**



# tamales



Photo credit: [www.foodnetwork.com](http://www.foodnetwork.com)



## What is a tamal?

It's a traditional Mexican dish that's typically made around the holidays. The steamed dough can be filled with veggies, beans, or meat. Gabriela loves making these tamales de pollo because she gets to cook alongside her sous-chefs (her kiddos and AF scholars), Benjamin and Gabriel. Buen provecho!

## INSTRUCTIONS

**1.** In a pot, bring the chicken to a boil in water (4 liters) with salt,  $\frac{1}{4}$  onion, and two cloves of garlic. Boil for 1 hour.

**2.** Wash the corn husks very well in warm water and drain them in a colander.

**3.** For the sauce, remove the seeds from the dried guajillo and pulla chiles and cut them in half. Wash them and bring them to a boil in a pot for 8 minutes. When ready, put them in the blender with a little water, tomatoes, cumin, and salt.

**4.** The chicken breasts should be ready. Take them out and let them dry for 15 minutes. Save the chicken broth (remove onion and garlic) and shred the chicken.

**5.** Set aside the oil in a pan and heat.

**6.** Now it's time to make the dough! Add the corn flour, chicken broth, salt to the oil. Mix the dough until the flour dissolves and has no lumps. Taste the dough to figure out if you need more salt. If it's good to go, let it sit for about 10 minutes. (Note: If the dough is too dry, add more warm water)

**7.** You can now begin to stuff your tamales. Grab a corn husk, add 2 soup spoons of the dough mixture, add  $1\frac{1}{2}$  soup spoons of sauce, and add as much chicken as you'd like.

**8.** Once you're done, put your tamales in a steamer. Make sure the steamer is covered well! Steam for 2 hours with water.

## WHAT YOU NEED

**Serving: 65 tamales**

- 4 pounds corn flour
- 1 pound corn husks
- $\frac{1}{4}$  pound guajillo chile
- $\frac{1}{4}$  pound pulla chile
- 1 pound tomatoes
- $\frac{1}{4}$  pound cumin
- 3 pounds chicken breast
- 3 cups vegetable or corn oil

Instead of chicken, you can use pork. Vegetable and corn oil can also be substituted for pork lard.





# Chicken rice soup

This classic dish with a twist is sure to warm up any chilly day. Packed with veggies, chicken, and rice, it's the perfect hearty meal for the winter.



## INSTRUCTIONS

**1.** Chop the head of celery, half an onion, and as many carrots as you'd like. I usually do 6 or 7.

**2.** Heat 2 tbsps of butter in the Dutch oven on medium heat. Add all the chopped ingredients and toss around in the butter until onions and celery are softened. Add salt, pepper, garlic powder, all season, and white pepper. You can put whatever other seasons you'd like.

**3.** Add in the quart and a half of chicken stock. You can use the full 2 quarts if you want more broth.

**4.** Turn the heat up and stir all together until it's boiling.

**5.** Cut your chicken breasts into cubes and season with salt and pepper. Add the raw chicken into the pot. Stir. Let it boil for 2 minutes. Add 1 cup of basmati or white rice. Let it boil for another minute or so and stir.

**6.** Turn it down to low and cover it. Let it simmer for 20-30 mins. Stirring and checking it.

**7.** Squeeze lemon on top for a nice flavor!

## WHAT YOU NEED

- Celery
- White onion
- Carrots
- Quart & a half of chicken stock (the big 32 ounce bottles)
- White or basmati rice
- Chicken breast
- Fresh dill
- Fresh parsley
- Butter
- Salt
- Pepper
- Your choice of seasonings

## NOTES

Want another recipe by Ashley? Check out her super easy pesto linguine with garlic parm brussel sprouts on our [IGTV](#).



# Pernil

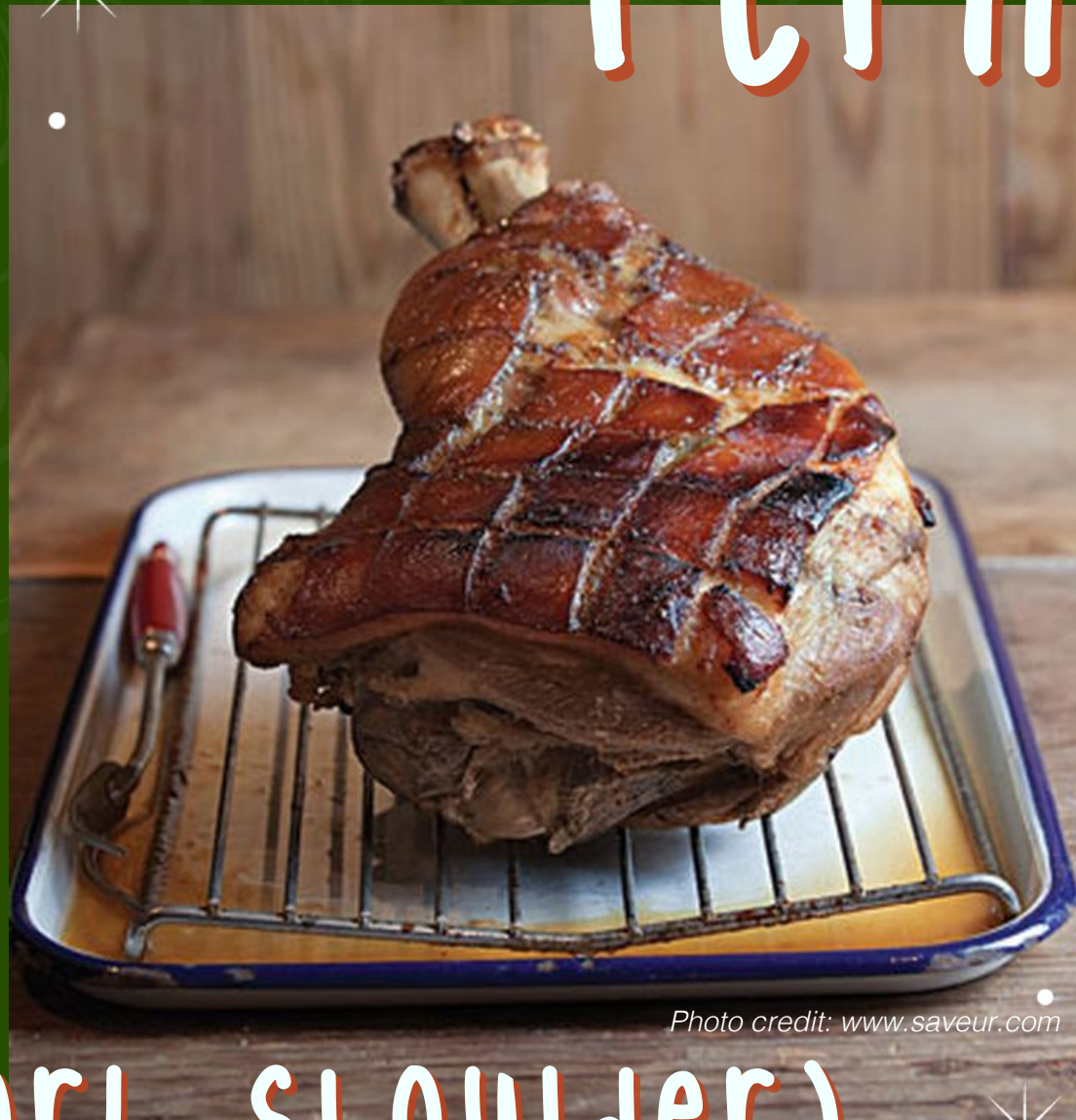


Photo credit: [www.saveur.com](http://www.saveur.com)

## (Pork Shoulder)

This authentic Puerto Rican dish is a crowd favorite at AF Bushwick Elementary. To complete the meal, serve this with a side of arroz con gandules, potato salad, tostones, and sliced avocado. Now that's a mouth-watering meal you have to try.

RECIPE BY ANA MARIA PETTAWAY, A SOCIAL WORKER AT AF BUSHWICK ELEMENTARY

## INSTRUCTIONS

1. In a small food processor or blender, combine the garlic, dried oregano, black pepper, cumin, salt. Set the marinade "mojo" aside for the pork.
2. Next, cut the fat cap almost off the pork by leaving it hanging like the photos below. If you have fat left on the skin after cutting the skin off, that's totally fine and typically ideal. This will help keep the meat juicy when roasting. Then, using a paring knife, cut small slits all over the meat without cutting into the skin. Clean the pork shoulder by running cold water over it in a large bowl. In the same bowl pour some apple cider vinegar into the bowl and let the pork should sit in the water and vinegar mixture for about 30 minutes. After 30 minutes rinse off the vinegar off the pork shoulder with cold running water. Pat the shoulder with paper towels to take off excess liquid.
3. Take the mojo and spoon it into the slits and rub all over the pork.
4. Once the mojo is added to the pork make sure everything is fully mixed and place the fat cap back over the pork like normal. Refrigerate the pork overnight. When ready to roast the next day, preheat your oven to 350°F and take the pork out of the fridge of the fridge.
5. Let it sit for about 30 minutes to get some of the chill off and then roast. Here is where you're going to leave things alone. Depending on the weight of the pork, roast for 30-45 minutes per pound.
6. After the 3 hour mark, check the pork's internal temperature. Once it's at 180°F, the pork is finished. The skin should be a beautiful, golden color at this point but you're going to want to crisp it up. Crank the heat up on the oven to 450°F and crisp the skin for the pork. This will be to your liking and normally takes 10-15 minutes, but my favorite way to test out the skin is by knocking on it. If it sounds like you're knocking on a tiny door, the pork skin "cuerito" is ready. It should be super crisp on the outside and tender underneath from the layer of fat.
7. Let the meat rest for about 20 minutes before carving or pulling. Remove the cuerito completely and then serve up the meat. Cut the cuerito up into small pieces so each person gets some skin on their plate for dinner. Serve the pernil with arroz con gandules, potato salad, tostones, and sliced avocado for an authentic Puerto Rican Christmas dinner.

## WHAT YOU NEED

- 6-8 pound Boston butt (aka pork shoulder), bone in and with fat cap left on
- 2 heads garlic, cloves peeled (crush about ½ of the cloves and leave the rest of the cloves whole)
- 2 tbsp dried oregano
- 1 tbsp black pepper
- 1 & ½ tbsp salt
- 1tsp cumin
- ½ cup sofrito (use homemade for a better and fresher taste!)



# West African Peanut Soup



This soup is a staple in West Africa, and we can see why! It's rich, nutty flavor and hint of spice make it the perfect cold weather dish.

— RECIPE BY EDDIE DANIELS, A STUDENT SERVICES MANAGER AT ELM CITY COLLEGE PREP MIDDLE —

## INSTRUCTIONS

**1.** Combine the broth and water in a medium Dutch oven or stock pot. Bring the mixture to a boil, then add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.

**2.** In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well.

**3.** Stir in the collard greens and season the soup with hot sauce to taste.

**4.** Simmer for about 15 more minutes on medium-low heat, stirring often. Season with additional salt or hot sauce if desired. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

## WHAT YOU NEED

- 4 cups vegetable broth
- 2 cups water
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch kale, ribs removed and leaves chopped into 1-inch strips
- $\frac{3}{4}$  cup unsalted peanut butter (chunky or smooth)
- $\frac{1}{2}$  cup tomato paste\*
- Hot sauce, like sriracha
- $\frac{1}{4}$  cup roughly chopped peanuts, for garnish
- Cooked brown rice, for serving (optional)

It's  
vegan  
friendly!







# COCONUT SHRIMP CURRY

Samantha King is a master of many things including cooking! In this dish, Chef King combines two of her favorite things in this world, shrimp and curry. The bold flavors and stellar presentation are sure to impress any guests.



Photo credit: [www.greenhealthycooking.com](http://www.greenhealthycooking.com)

## INSTRUCTIONS

1. Gather all ingredients and equipment needed.
2. In a medium sauce pot, soak the basmati rice in water for 15 min at room temperature.
3. While waiting for the rice to soak, begin seasoning your shrimp with the garlic salt, ground black pepper, garam masala, paprika, ground red pepper, turmeric, cumin, ginger and garlic powder. Mix well and set aside.
4. Steam rice over medium to low heat until water has fully evaporated. Fluff edges of rice and keep covered until serving.
5. In a large saute pan over medium heat, heat the canola oil.
6. Place shrimp into pan, allowing them to sear on each side for 30 seconds to a minute. Do not fully cook the shrimp. Set shrimp aside on a plate.
7. Add onions and saute until lightly caramelized.
8. Add in crushed tomatoes and coconut milk to the onions. Stir and lower heat; bringing liquid to a simmer.
9. Season the mixture with curry powder and stir until curry is well incorporated.
10. Add the shrimp into the mixture and season with salt. If sauce is too reduced, add a splash more of the coconut milk.
11. Finally, add the minced cilantro, stir and serve hot over basmati rice.

## NOTES

For more recipes, visit [Samantha's blog](#) or check out her [YouTube video](#) for step-by-step instructions.

## WHAT YOU NEED

### Serving 2

- Basmati rice, 1 cup
- Water, 1 cup
- Shrimp, peeled, de-veined, 1/2 lb
- Curry of choice, 2 1/2 tbsp
- Yellow onion, diced, 1 each
- Garlic salt, 1/4 tsp
- Black pepper, 1/4 tsp
- Garam Masala, 1/4 tsp
- Paprika, 1/4 tsp
- Ground red pepper, 1/4 tsp
- Ground turmeric, 1/4 tsp
- Ground cumin, 1/4 tsp
- Ground ginger, 1/4 tsp
- Garlic powder, 1/4 tsp
- Canola oil, 2 oz
- Crushed tomatoes, 1 cup
- Coconut milk, 1 1/2 cups
- Salt, to taste
- Cilantro, minced, 1 tsp

It's  
gluten-free  
friendly!





# easy chocolatechip cookies



## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Beat together the butter and sugar until completely combined and fluffy.
3. Add the egg and vanilla (if using) and mix until incorporated.
4. Stir in the flour (make sure your flour has not been packed down into the measuring cup when measured or there will be too much flour in your cookies), and the chocolate chips just until combined. Do not mix for a long time after adding the flour, it will create cookies that are too tough or cakey. Scoop into mounds about 2 TBSP each onto ungreased cookie sheets (you can use a silpat or parchment paper to line your sheets if you want).
5. Bake at 350°F until just set on the edges and middle still looks a little bit undercooked. About 8-12 minutes. (these cookies do not brown as much as other cookies because of the lack of baking soda or baking powder.)
6. Allow to cool on the baking sheets for 5 minutes before removing. Cookies will continue to cook on the sheets for a few minutes.



## WHAT YOU NEED

### Serving 12

- 1 stick (1/2 cup) softened butter
- 3/4 cup brown sugar
- 1 large egg
- 1 tsp vanilla extract (optional)
- 1 cup plus 1/4 cup flour
- 1 cup chocolate chips

## INSTRUCTIONS

1. Mix first 4 ingredients.
2. Bring to a rolling boil and boil for 1 minute.
3. Remove pot from heat and add peanut butter until smooth then add oatmeal.

## WHAT YOU NEED

- 2 cups sugar
- 4 tbsp cocoa
- 1/4 cup butter
- 1/2 cup milk
- 1/2 cup peanut butter
- 2 cups oatmeal

No cookbook is complete without homemade cookies. If you're looking for something quick and easy, try the no-bake cookies recipe. Looking for something a little more traditional, but still easy to make? The easy chocolate chip cookie recipe should do the trick. Don't forget to stash these somewhere safe or they'll be gone before dinnertime!

# no bake cookies



Photo credit: [www.foodnetwork.com](http://www.foodnetwork.com)