



THE SCOPE COOKBOOK

A guide to cooking with tomatoes,
peppers, wheat, beans, and more!

By the Student Collaborative Organic Plant Breeding Education program





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ABOUT SCOPE

The Student Collaborative Organic Plant Breeding Education (SCOPE) project is a student-led collaborative of faculty and student plant breeders working with local organic growers on improving crop varieties for organic farming systems in California. Using traditional, field-based plant breeding methods, new varieties of tomatoes, jalapeño peppers, bell peppers, common beans, lima beans, wheat, and zinnias are being developed on certified organic land at the Student Farm at UC Davis and Cal Poly Pomona.

Edited and designed by SCOPE intern Gisselle Orozco.

Thank you to everyone in SCOPE and the Student Farm who contributed to this cookbook

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Fluffy Vegan Pancakes



Servings

8

Total Time

1 hr

SCOPE Author

Gisselle Orozco

Recipe Source

Tasty

Pancakes have a long history, with historians tracing the earliest pancake to the Romans in the 1st century. They made their pancakes with flour, milk, eggs and spices, many of the same ingredients that are often still used to make pancakes. However, to make these vegan I made some slight alterations to the original ingredients. For the flour I used Yurok Hard Red Spring wheat, which is a semi-dwarf variety developed by the UC wheat breeding program.

INGREDIENTS

- 1 cup flour
- 2 tbsp. organic sugar
- 1 tbsp. baking powder
- ½ tsp. salt
- 1 cup non-dairy milk
- 1 tbsp. apple cider vinegar
- 1 tsp. vanilla

PROCEDURE

1. Combine dry ingredients, flour, sugar, baking powder and salt in a bowl
2. In a separate bowl combine wet ingredients, non-dairy milk, apple cider vinegar and vanilla extract
3. Pour wet ingredients into dry and stir until combined
4. Let the batter rest for 5 minutes
5. Pour ¼ cup scoops into pan and cook until brown on one side and flip. Remove from pan when fully cooked and repeat with the rest of the batter.

Katie's Great Grandma's Belgian Waffles

This recipe is from my Grandma whose parents are from Belgium. It is the only waffle recipe used in our family. The Belgian waffles we know today were originally called Brussels waffles and were introduced to North America through a world's fair in 1962. It was then popularized by Belgian native Maurice Vermersch. In Belgium, the waffles are a popular street food. Their distinct batter makes them crisp, light and fluffy. Some versions have pearled sugar incorporated into the dough creating sweet caramelized bits .

Servings

NA

Total Time

35 min

SCOPE Author

Allen Van
Deynze

Recipe Source

Family Recipe

INGREDIENTS

- 1 ¼ cup flour
- 2 tsp baking powder
- ½ tsp salt
- 1 tbsp sugar
- 1 ¼ cup milk
- 4 tbsp oil
- 2 egg yolks
- 2 egg whites (beaten)

PROCEDURE

- 1.** Combine dry ingredients in a bowl.
 - 2.** Separate egg whites from yolk and beat until fluffy, then chill.
 - 3.** Combine remaining ingredients, except egg whites in another bowl.
 - 4.** Combine wet and dry ingredients and chill the bowl.
 - 5.** Fold the egg whites into the batter
 - 6.** Grill in a waffle iron until iron stops steaming
 - 7.** Add maple syrup and fruit. Enjoy!
-

Crepes



Servings

20

Total Time

1 hr 25 min

SCOPE Author

Emma
Ramirez

Recipe Source

Food
Network

Crepes originated from a northwest region of modern France called Brittany. They were more often used as an everyday bread. Around the 12th century buckwheat was introduced to the region, and became the main ingredient for the flat bread. The white flour wasn't used in crepes until around the 20th century. No matter what kind of flour is used, the key to making the best crepes lies in the type of butter that is used.

INGREDIENTS

- 2 large eggs
- $\frac{3}{4}$ cup of milk
- $\frac{1}{2}$ cup water
- 1 cup of flour
- 3 tbsp melted butter
- Butter - for coating the pan

TIPS

Savory Variation add $\frac{1}{4}$ tsp of salt and $\frac{1}{4}$ cup of chopped fresh herbs, spinach or sun dried tomatoes to the egg mixture

Sweet Variation Add 2 $\frac{1}{2}$ tbsp of sugar, 1 tsp of vanilla extract, and 2 tbsp of your favorite liqueur to the egg mixture

PROCEDURE

1. In a blender, combine all the ingredients and pulse for 10 seconds. Place the crepe batter in the refrigerator for one hour. This allows the bubbles to subside so the crepes will be less likely to tear during cooking the batter will keep for up to 48 hours.
2. Keep a small non-stick pan. Add butter to coat or 1 oz of batter into the center of the pan and swirl to spread evenly for 30 seconds and flip cook for another 10 seconds and remove to a cutting board. Lay them out flat so they can cool. Continue until all the batter is gone. After they have cooled you can stack them and store in sealable plastic bags in the refrigerator for several days or in the freezer for up to two months.

Versatile Zucchini Muffins

I created this recipe as a way to use as much zucchini as possible during those summer months when my zucchini plants would produce more fruit than I could handle. I'm well-known in my circle of friends for these muffins, which I would bring to almost every club meeting I attended as an undergraduate and bake for friends' birthdays. These muffins are very versatile and can be made in a variety of ways. Experiment away! For those who like to follow the recipe exactly, I've included a regular, healthy-ish and vegan version. You can vary the amount of sugar and zucchini, ratio of whole wheat: all purpose flour, and types of mix-ins (like oats) to your liking.

Servings

14-16
muffins

Total Time

45 min

SCOPE Author

Laura Roser

Recipe Source

Personal
Recipe

PROCEDURE

1. Preheat the oven to 350°F (175°C).
2. Chop up zucchini (and walnuts if not pre-chopped) using a food processor. Put the butter in the microwave for 10 second increments to melt. In a large bowl combine the sugar, eggs, and vanilla. Stir in the grated zucchini and then the melted butter.
3. Add flour, baking soda, nutmeg, cinnamon, and salt. Add milk as needed to achieve desired moisture. Stir in walnuts, oats and/or chocolate chips.
4. Coat each muffin cup in your pan with a little butter or vegetable oil spray. Use a spoon to distribute the muffin dough equally among the cups, filling the cups to be ~75% full.
5. Bake on the middle rack until muffins are golden brown, about 20 to 25 minutes. Test with a long toothpick or a thin bamboo skewer to make sure the center of the muffins are done.
6. Set on wire rack to cool for 5 minutes. Remove muffins from the tin and let cool another 15-20 minutes.

INGREDIENTS

- 3 cups shredded zucchini (or 2-5 cups, depending on preference)
- $\frac{2}{3}$ cup melted unsalted butter
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 tsp baking soda
- Pinch of salt
- 3 cups flour
- 2 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- 1 cup walnut pieces or 1 cup oats (or half and half of both!)
- 1 cup chocolate chips (optional, but why wouldn't you include them?!)
- Optional: $\frac{1}{2}$ - $\frac{3}{4}$ can coconut milk or $\frac{1}{2}$ cup milk or juice from half a lemon (to add moisture and flavor when using whole wheat flour)

TIPS

Below are listed two alternative versions of the recipe. Although the ingredients are different the same procedure outlined above can be followed.

INGREDIENTS (VEGAN VERSION)

- 3 cups grated zucchini
- $\frac{2}{3}$ cup melted unsalted vegan butter or vegetable oil +2 tbsp oil
- $\frac{2}{3}$ cup organic cane sugar (or other vegan sugar)
- 4 tbsp water
- 2 tsp vanilla
- 2 tsp baking soda
- 2 tsp baking powder
- $\frac{1}{2}$ can coconut milk
- Pinch salt
- 3 cups flour (add more coconut milk if you used whole wheat flour)
- 2 tsp cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 1 cup walnut pieces or 1 cup oats (or half and half of both!)
- 1 cup vegan chocolate chips

INGREDIENTS (HEALTHIER VERSION)

- 4-5 cups shredded zucchini
- $\frac{2}{3}$ cup melted unsalted butter
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 tsp baking soda
- Pinch salt
- 1 $\frac{1}{2}$ cups all-purpose flour
- 1 $\frac{1}{2}$ cups SCOPE whole wheat flour (ideally a soft wheat like Yurok)
- 2 tsp cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 1 cup walnut pieces or 1 cup oats (or half and half of both!)
- 1 cup semisweet chocolate chips
- $\frac{1}{2}$ can coconut milk (if using whole wheat flour)

Red Velvet Cupcakes



Servings

30 cupcakes

Total Time

1 hr

SCOPE Author

Lillian Akopyan

Recipe Source

Allrecipes

I love colorful foods, but they do not always taste good. Red velvet cupcakes are an exception as they look adorable and taste amazing. I often purchase red velvet cupcakes at bakeries, but I decided to attempt them on my own this time using a recipe I found online. To make this a little bit healthier, I decided to forgo the frosting and instead eat the cupcakes with a cup of black tea.

INGREDIENTS

- 2 ½ cups flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup butter, softened
- 2 cups sugar
- 4 large eggs
- 1 cup sour cream
- ½ cup milk
- 1 ounce red food coloring
- 2 tsp vanilla extract

PROCEDURE

- 1.** Preheat the oven to 350°F
- 2.** Mix flour, cocoa powder, baking soda and salt in a medium bowl.
- 3.** Beat butter and sugar in a large bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time. Mix in sour cream, milk, food color and vanilla.
- 4.** Gradually beat in flour mixture on low speed until just blended. Do not overbeat.
- 5.** Spoon batter into muffin cups until 2/3 full.
- 6.** Bake for 20 minutes or until a toothpick inserted into the cupcake comes out clean.
- 7.** Cool in pans for 5 minutes. Remove from pans; cool completely.

Shortbread Cookies



Servings

12 cookies

Total Time

40 min

SCOPE Author

Laura Roser

Recipe Source

Betty Crocker

Every December, my mom would make red and green shortbread cookies in the shape of Christmas and other holiday symbols, which my brother and I would decorate with sprinkles. In honor of my annual holiday cookie binge, I created this recipe based off of a classic Betty Crocker shortbread cookie recipe that incorporates some whole wheat flour. Whole wheat has a reputation for being healthy so it's not used as much in desserts, but I find that it imparts a unique flavor and appearance that I like. Plus it makes me feel better about eating cookies for breakfast.

INGREDIENTS

- $\frac{2}{3}$ stick butter, softened
- 2 tbsp sugar
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup whole wheat flour

PROCEDURE

- 1.** Heat oven to 350°F. In large bowl, stir butter and 4 tablespoons of the sugar until well mixed. Stir in flour. (If dough is crumbly, mix in 1 to 2 tablespoons more softened butter.)
- 2.** Roll dough on lightly floured surface until $\frac{1}{2}$ inch thick; Cut into small shapes with knife or use cookie cutters. Alternatively, you can hand form them into small, flat circles. On ungreased cookie sheets, place shapes $\frac{1}{2}$ inch apart.
- 3.** Bake about 20 minutes or until the cookie edges turn golden.

Nut Butter Cookies



Servings

10-15
cookies

Total Time

30 min

SCOPE Author

Lillian
Akopyan

Recipe Source

Personal
Recipe

One day when I was in middle school, I was craving something sweet. Upon looking at the ingredients we had at home, I decided to make peanut butter cookies. I found the simplest recipe and made the cookies. Throughout the years, I have made peanut butter cookies and have tried different variants of the recipe each time. This is the recipe that I have found works the best throughout all my experiments. The good thing about peanut butter cookies is that you do not need to be precise and the cookies will taste good with any variation.

INGREDIENTS

- 1 cup nut butter of choice (preferably smooth peanut butter)
- 1 cup of granulated sugar (can use $\frac{3}{4}$ cup for healthier option)
- 1 egg (can substitute 1 mashed banana for vegan option)
- $\frac{1}{2}$ cup all purpose white flour (can exclude for gluten-free option)

Optional

- 1 tsp vanilla extract
- $\frac{1}{2}$ cup chocolate chip cookies
- 1 teaspoon salt (to top cookies)

PROCEDURE

1. Preheat the oven to 350°F
2. Mix all ingredients in a large bowl using a spoon.
3. Roll into ball then gently flatten (any size)
4. Place on parchment paper
5. Bake for 15-20 minutes or until desired chewiness is achieved.

Vegan Pumpkin Bread

This is one of the first vegan desserts I ever made, using some homemade pumpkin puree. I believe that coconut milk is an essential ingredient in any vegan bread or muffin recipe and so there is a generous amount in this bread! For best results, use homemade pumpkin puree and some SCOPE whole wheat flour! As always with whole wheat flour, add more liquid than you would for all-purpose flour.

Servings

2 loaves

Total Time

2 hrs

SCOPE Author

Laura Roser

Recipe Source

Personal
Recipe

INGREDIENTS

- 3 ½ cups flour
- 2 cups packed dark brown sugar
- ⅔ cup white sugar
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp ground nutmeg
- 1 ½ tsp ground cinnamon
- 2 cups pumpkin puree
- 1 cup vegetable oil
- ⅔ cup coconut milk
- 1 cup chopped walnuts
- ⅔ cup vegan chocolate chips

PROCEDURE

- 1.** Preheat oven to 350°F . Grease and flour two 8x4 inch loaf pans.
- 2.** Spread walnuts in a single layer on an ungreased baking sheet. Toast in the preheated oven for 8 to 10 minutes, or until lightly browned. Set aside to cool.
- 3.** In a large bowl, stir together the flour, brown sugar, white sugar, baking soda, salt, nutmeg, and cinnamon. Add the pumpkin puree, oil, and coconut milk, and mix until all of the flour is absorbed. Fold in the toasted walnuts and chocolate chips. Divide the batter evenly between the prepared pans.
- 4.** Bake for 1 hour and 15 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean

Blueberry-Miso Crumb Cake

I first made this recipe as part of a winter break baking frenzy in 2020 while flipping through Bon Appetit. Since it used all whole wheat flour, I knew I had to make it! I love how it combines 4 different tastes into one dessert: sweet, salty, sour, and umami. Although I have only tried the recipe with blueberries, I'm sure any other type of berry would work just as well! Use a soft white wheat, such as Sonora, for best results.

Servings

8 servings

Total Time

1 hr 45 min prep
+ 2 hrs cooling

SCOPE Author

Laura Roser

Recipe Source

Chris
Morocco

INGREDIENTS

Crumble

- ¾ cup whole wheat flour
- ½ cup (packed) light brown sugar
- 4 tbsp unsalted butter, melted (salted is okay)
- 3 tbsp white miso

Cake

- 1 cup (2 sticks) unsalted butter, melted, cooled slightly, plus more for pan (salted is okay)
- 1 ¾ cups whole wheat flour, plus more for pan
- 1 ½ tsp baking powder
- 1 tsp kosher salt
- ¼ tsp baking soda
- 2 large eggs
- 1 cup (packed) brown sugar (dark or light is okay)
- 1 cup whole-milk Greek yogurt
- 1 tsp vanilla extract
- 1 pint blueberries

PROCEDURE

- 1.** Make the crumble. Mix flour, sugar, butter, and miso in a small bowl until combined. Let sit until ready to use.
- 2.** Preheat oven to 350°F. Lightly grease a 9" or 10" cake pan with butter. Lightly dust with flour, tapping out excess. Whisk baking powder, salt, baking soda, and 1 ¾ cups flour in a large bowl to combine.
- 4.** Whisk eggs, brown sugar, and yogurt in a medium bowl. Add vanilla and 1 cup melted butter and whisk to combine. Using a rubber spatula, mix dry ingredients into egg mixture until well combined, but do not overmix. Mix in blueberries.
- 5.** Transfer batter to prepared pan and spread in an even layer. Top with reserved crumble.
- 6.** Bake cake, checking after 30 minutes and tenting with foil only if crumble is getting very dark (some color is fine), until top of cake is firm and a tester inserted into the center comes out clean, 60-70 minutes total.
- 7.** Let cake cool in pan, at least 2 hours, then cut into slices in pan.

Whole Wheat Cornbread



Servings

12

Total Time

35 min

SCOPE Author

Laura Roser

Recipe Source

Betty Crocker

The first time I made this recipe, I used Jerry Peterson Blue corn from the border of the SCOPE tomato field at the Student Farm and Sonora wheat. Saarah Kuzay and I husked and dehulled the corn, then milled it (and the wheat) in SCOPE's Mockmill. It was a long process, but worth it for that fresh, strong corn flavor! If you use blue cornmeal, the cornbread will take on a nice blue-purple color. I hope to someday try this cornbread with some of the blue wheats we are breeding so that it will be extra blue!

INGREDIENTS

- ¼ cup butter (½ stick)
- 1 ¼ cup milk
- 1 large egg
- 1 ¼ cups cornmeal
- 1 cup whole wheat flour
- ½ cup granulated sugar
- 1 tbsp baking powder
- ½ tsp salt

PROCEDURE

1. Heat the oven to 400°F. Spray the bottom and sides of an 8-inch square pan or 9-inch round cake pan with the cooking spray.
2. Microwave butter in 10 second increments to melt.
3. In a large bowl, beat the melted butter, milk and egg with a fork or wire whisk until well mixed. Add the cornmeal, flour, sugar, baking powder and salt all at once; stir just until the flour is moistened (batter will be lumpy). Pour batter into the pan; use a rubber spatula to scrape batter from bowl. Spread batter evenly in pan and smooth top of batter.
4. Bake 20 to 25 minutes or until golden brown and a toothpick or knife inserted in the center comes out clean. Serve warm.

Recipe Link: <https://www.bettycrocker.com/recipes/cornbread/8990e15c-fc1d-4a8d-b8b3-4b37f45eca49>

Whole Wheat Bagels



Servings

8

Total Time

3 hrs

SCOPE AuthorMaya
Shydrowski**Recipe Source**

littlechefbigappetite

Everything's better with whole wheat. It's not just better tasting (and it is), but it's also better for you! Whole wheat flour, as opposed to all-purpose or white flour, is composed of the entire wheat kernel, or wheat berry, which includes the bran, endosperm, and germ. This means it contains all the nutrients in the kernel, not just those from the endosperm, which is the only part of the kernel included in white flour. This recipe calls for whole wheat flour, of which I used the UC 1839 hard white spring wheat. The hard white variety makes the bagels less dense than a red wheat would, but hearty enough for a thick bread.

TIP

These freeze well!

INGREDIENTS

- 1 package active dry yeast (about 1 tbsp)
- 1 ⅓ cups warm water
- 3 tbsp sugar
- 3 ½ cups whole wheat flour
- 2 tsp salt
- 1 egg, beaten + 1 tsp water (for topping)
- Oats, poppy seeds, chocolate chips, raisins,

PROCEDURE

- 1.** In a small bowl, combine yeast with ¼ cups warm water and 1 tsp sugar. Stir and let sit for ~10 minutes.
 - 2.** In a large bowl, combine flour, yeast mixture, remaining water, remaining sugar, and salt. Knead by hand for 10 minutes. If needed, add another tbsp water.
 - 3.** Place dough in a lightly greased large bowl and cover with a kitchen towel. Let sit for ~2 hours (ideally in a warm place) to allow for sufficient rising. If the area you are keeping the dough is not warm, it will take longer than 2 hours to rise enough. It should approximately double in size.
 - 4.** Once dough has risen, place dough on the countertop or a cutting board. Divide into 8 equally sized pieces. Roll each piece into a ball. Take each dough ball and use your finger to make a hole in the center of each one. Twirl the circular dough mass on your finger to expand the hole. (If you really want your bagels to have a whole in the middle, make sure to really stretch out each piece.)
 - 5.** Now, preheat your oven to 450°F. Line a baking sheet with parchment paper and lightly grease the parchment paper.
 - 6.** Bring a large pot of water to a boil. Add 1 tbsp sugar to the water. Drop the bagels into the water. (I did two at a time because I used a small pot.) Use a spoon to bring the bagels to the top to float. After one minute, flip each bagel and let boil for another minute on the opposite side. Remove the bagels from the water and place on the baking sheet.
 - 7.** If using toppings, coat the tops of the bagels with the mix of egg and water. Sprinkle toppings onto the bagels.
- Bake for 15 minutes, then make sure the bagels aren't sticking to the parchment paper. Place back into oven, rotated 180°. Bake for another ~10 minutes or until golden brown. Remove, let cool, and enjoy!

Artisanal Bread



Servings

2 loaves

Total Time

12-36 hrs

SCOPE Author

Lillian Akopyan

Recipe Source

Sally's Baking
Addiction

One day I wanted bread, but had run out. Instead of running to the store, I decided to make my own. I found this recipe online after searching for a beginner friendly option, as this was my first time attempting to bake bread. I ended up only rising the dough overnight, but the bread turned out great and I was able to share some with my family as well.

INGREDIENTS

- 3 ¼ cups bread flour, plus more for hands and pan
 - 2 tsp instant yeast
 - 2 tsp coarse salt
 - 1 ½ cups cool water
-

PROCEDURE

1. In a large, un-greased mixing bowl whisk the flour, yeast, and salt together. Pour in the cool water and gently mix together with a rubber spatula or wooden spoon. Shape into a ball in the bowl as best you can.
 2. Cover the dough tightly with plastic wrap and set at room temperature. Allow the dough to rise for 2-3 hours.
 3. Place covered dough in the refrigerator for 12 hours - 3 days. I usually let it rest in the refrigerator for about 18 hours.
 4. Lightly dust a large non-stick baking sheet with flour. Turn the cold dough out onto a floured work surface.
 5. Using a sharp knife or bench scraper, cut dough in half. Using floured hands, shape into 2 long loaves about 3 inches apart.
 6. Loosely cover and allow to rest for 45 minutes.
 7. Preheat the oven to 475°F.
 8. Using a very sharp knife, score the bread loaves with 3 slashes, about ½ inch deep.
 9. Optional for a slightly crispier crust: After the oven is preheated and bread is scored, place a shallow metal or cast iron baking pan or skillet on the bottom oven rack. Carefully and quickly pour 3-4 cups of boiling water into it. Place the scored dough/baking pan on a higher rack and quickly shut the oven, trapping the steam inside. The steam helps create a crispier crust.
 10. Place the dough in the preheated oven on the center rack. Bake for 20-25 minutes or until the crust is golden brown.
 11. Remove the bread from the oven and allow to cool for at least 5 minutes before slicing and serving.
-

Fig & Honey Focaccia

I made this recipe after receiving a dozen Black Mission and Green figs in my SCOPE ingredient basket. I wanted to make something with the figs instead of just eating them. I also received SCOPE whole wheat flour, so I thought to make a fig and honey focaccia. In this recipe, the fresh figs from the student farm are baked and become sweeter and jammy. Combined with the flavors of good honey and extra virgin olive oil, this recipe has become a summertime favorite. If you can get your hands on UC Davis honey and olive oil, that would be even better. Focaccia is also one of the easiest breads to make at home! It is a simple process that anyone can do.

Servings

1 loaf

Total Time

45 min

SCOPE Author

Justin Ng

Recipe Source

Laura in the
Kitchen

PROCEDURE

1. In a bowl, combine warm water and sugar. Sprinkle in yeast and lightly mix. Let yeast develop for five minutes.
2. In the bowl of a stand mixer with a dough hook attachment, combine all ingredients except the figs and honey. Knead the dough on medium speed for around 5 minutes until it is smooth. Alternatively, dough can be mixed and kneaded in a bowl with a wooden spoon and by hand.
3. Place dough on a floured working surface. Sprinkle a little flour on top. Form dough into a ball and place into a bowl greased with extra virgin olive oil. Brush the top of dough with oil.
4. Cover bowl with a kitchen towel and let rise in a warm place away from drafts for 1.5-2 hrs or until doubled in size.
5. Use a metal baking dish, ideally round and 10 ½ inches. Grease baking dish well with olive oil. Place dough into dish, and press down with your fingers to create dimples. Arrange halved figs on top of the dough close together as dough will rise and expand again. Drizzle the top with the honey.
6. Cover baking dish with a kitchen towel and let rise once again for around 45 minutes.
7. Preheat the oven to 350°F. Remove kitchen towel and bake focaccia for around 30 minutes or until golden brown. When the focaccia comes out of the oven, brush the edges and top with more honey if desired.
8. Let cool, slice and enjoy!

INGREDIENTS

- 1 ¼ cups all purpose flour
- 1 ¼ cups SCOPE whole wheat flour
- 12 figs, halved
- 2-3 tbsp honey
- 2 tbsp extra virgin olive oil
- ½ tsp salt
- 1 packet, or 2 ¼ teaspoons dry active yeast
- 1 tsp sugar
- 1 cup warm water, about 110-115°F

Honey Whole Wheat Loaf

I love bread! I love eating it and I love attempting to make it. For my eighteenth birthday I actually had a baguette with candles stuck in it rather than having a cake. (This is a true story but we must've eaten it too fast because I cannot seem to find pictures of it.) While I have yet to perfect my sourdough loaf, this honey whole wheat bread is a million times easier to make, mostly because there's no need to keep up a starter or plan out your next three days around a baking schedule. So if you're like me and love bread, are horrible at remembering to feed a sourdough starter, and eat peanut butter banana toast on whole wheat bread every morning, this recipe is for you! Good luck and enjoy!



Servings	Total Time	SCOPE Author	Recipe Source
2 loaves	2 ½ hrs	Maya Shydrowski	It's Just Laine

PROCEDURE

1. In a large bowl, dissolve yeast and sugar in the warm water. Whisk together and let sit until bubbly and foamy. (This is when you can tell the yeast is active and feeding.) This won't take more than a couple minutes.
2. Add warm milk and honey (or brown sugar) to the yeast mixture and whisk together. Let this sit for 2 or 3 minutes.
3. Add in the oil, salt, and 4 cups of flour. Mix together.
4. Add the fifth cup of flour and knead the dough by hand for 6 to 8 minutes. Add flour as needed to form a smooth dough that is no longer sticky to the touch. If you've added too much flour, just add water a couple drops at a time to make up for it. Be careful as this can become a slippery slope of adding too much flour then too much water.
5. Grease a bowl and place the dough in it, cover it, and put it into the oven with a bowl of ~hot~ water on the rack below it. The water will help with retaining heat and moisture while in the oven. Allow to rise for about one hour, or until doubled in size.
6. After the dough has risen, remove it from the oven and punch it down to remove air bubbles. Divide the dough in half and shape each loaf. Place each loaf in a greased bread pan.
7. Cover the bread and allow them to rise for an additional 35-45 minutes. While the loaves are rising, preheat the oven to 400°F.
8. Once the oven is preheated, bake for 10 minutes, then reduce the heat to 350°F and continue to bake for an additional 15 minutes.
9. Take the bread out of the oven and immediately remove from the pans. Place on a wire rack to cool.
10. Once cool, slice up your bread and try not to eat the whole loaf in one sitting!

INGREDIENTS

- 2 tbsp yeast
- 1 cup warm water (not hot!)
- 1 tbsp white sugar
- 1 cup warm milk (I used almond milk)
- ⅓ cup honey (or ⅓ cup brown sugar, but add less flour if using sugar)
- ⅓ cup vegetable oil
- 2 tsp salt
- 5-6 cups hard red winter whole flour

Whole Wheat Farmer's Loaf

I got this recipe from a Swedish auntie. She taught me the basics of breadmaking when I was 13. This style of bread loaf is common in the Swedish countryside as a basic bread that can be made with basic ingredients. I used Hard Red wheat that I got from SCOPE as well as a sourdough starter. I didn't let the dough ferment overnight and so it was sweet rather than sour. Overall the recipe had a good result, especially considering it's the first bread that I've made in some years. Wheat was one of the first crops to be domesticated and was grown in the ancient empires in Egypt and especially in the fertile crescent. By careful selection, wheat varieties developed larger seed heads and more resistant stalks. Over time it spread across trading routes to much of the known world, with various cultures developing new phenotypes of the grain. There are several types of wheat, with various uses. Originally, wheat was made into porridges, then flat breads, and then leavened breads. The discovery of fermentation of wheat gave "rise" to many unique bread. Before this project, I had little idea that different types of wheat are used to make pasta, bread, cookies, and pastries. Although all-purpose flour can be used, using different flours can drastically improve and alter the quality of the product..



Servings

1 loaf

Total Time

4 ½ hrs

SCOPE Author

Kaleb
Harrington

Recipe Source

Swedish
auntie

PROCEDURE

1. Mix ingredients together in a medium sized bowl.
2. Knead thoroughly, until no loose flour is remaining in the bowl.
3. Coat the doughball with a little olive oil.
4. Let the bread rise for 2 hours.
5. After 2 hours, knead the dough lightly again. Let it rest for another hour on the baking tray in the desired loaf shape. Pre-heat the oven to 375°F.
6. Place the loaf in the oven and let it bake for 45 minutes to 1 ½ hours or until the crust is golden-brown top and bottom.
7. Let the bread rest overnight with a clean, dampened towel on top.
8. Wake up and eat it for breakfast!

INGREDIENTS

- 3 cups of whole wheat flour
- 1 ½ tsp salt
- ½ cup of sourdough starter
- A little olive oil to coat the doughball

TIPS

Avoid over kneading because it will turn into a brick, which is okay for soups, but we want a nice, tender loaf.

Whole Wheat Bread

Whole wheat flour is made from grinding the entire kernel, including the bran, endosperm and germ. The earliest bread was made around 8000 BC in the middle east, specially in Egypt, and the wheat was ground by hand with a rock. In the Netherlands and Belgium, whole wheat bread is one of the main foods for a large part of the population.

Servings

3 small loaves

Time

3 hrs & 25 min

SCOPE Author

Qiuying Liao

Recipe Source

Apron

INGREDIENTS

- 72g whole wheat flour
- 72g water
- 210g bread flour
- 18g sugar
- 3g salt
- 125g milk
- 3g yeast
- 24g unsalted butter

PROCEDURE

1. Mix the 72g whole wheat flour with 72g water. Stir them clockwise until they are well mixed together. Then put it into the fridge overnight.
2. Put 210g Bread flour, 18g sugar, 3g salt, 3g yeast, 125g milk, and the dough you made last night in the stand mixer.
3. Mix at low speed until the surface is pretty much clean, then add 24g of softened unsalted butter to the mixer.
4. Set it to medium speed and mix it until the butter is gone and the surface is clean.
5. Take the dough out and shape it into a ball. Put the dough in a container and let it rest for 1 hour.
6. When the dough is double in size, take it out in order to evenly divide the dough into 4 parts.
7. Shape each of the divided dough into a ball shape and let it rest for another 15 mins.
8. Use a rolling pin to flatten the dough to a long elliptical shape. Remember to squeeze out the air when you flatten the dough.
9. Fold two sides of the flatten dough to the middle. Then roll the long dough from one end to the other. Like a wheel. (The long side of the dough should always be vertically facing you when you roll it)
10. When you finish rolling 4 dough, put them in a bread pan. Then let them rest for 1 hour until they are double in size.
11. Preheat the oven to 370°F and bake for 20-25 mins.

Recipe Link: <https://www.youtube.com/watch?v=20Ht2CnV8II>



1

2

7

11

Whole Wheat Tortillas

The star of this recipe is the whole wheat flour. The cultivation of wheat began some 10,000 years ago in what is now known as Turkey. The repeated harvesting of and sowing of grains from wild grasses led to the creation of domestic strains of wheat. Tortillas on the other hand are a staple of Mexican and Central American Cuisine said to be invented by the Mayans. The first tortillas were made from corn. Interestingly, the Spanish gave the bread its current name tortilla, from the Spanish word meaning "little cake".



Servings	Total Time	SCOPE Author	Recipe Source
8	35 min	Emma Ramirez	King Arthur

PROCEDURE

1. In a medium-sized bowl, whisk together the flour, baking powder, sugar, and salt.
2. Add the lard. Use your fingers or a pastry blender to work the fat into the flour until it disappears. Coating most of the flour with fat inhibits gluten formation, making the tortillas easier to roll out.
3. Pour in the lesser amount of hot water, and stir briskly with a fork or whisk to bring the dough together into a shaggy mass. Stir in additional water as needed to bring the dough together.
4. Turn the dough out onto a lightly floured counter and knead briefly, just until the dough forms a ball. If the dough is very sticky, gradually add a bit more flour.
5. Divide the dough into 8 pieces. Round the pieces into balls, flatten slightly, and allow them to rest, covered, for about 30 minutes (see tips, below). If you wish, coat each ball lightly in oil before covering; this ensures the dough doesn't dry out.
6. While the dough rests, preheat an ungreased cast iron griddle or skillet over medium high heat, about 400°F.
7. Working with one piece of dough at a time, roll into a round about 8" in diameter. Keep the remaining dough covered while you work. Fry the tortilla in the ungreased pan for about 30 seconds on each side. Wrap the tortilla in a clean cloth when it comes off the griddle, to keep it pliable. Repeat with the remaining dough balls.

INGREDIENTS

- 2 ½ cups whole wheat flour
- 1 tsp baking powder
- ½ tsp salt
- Pinch of sugar
- ½ cup of lard
- 1 cup of hot tap water (about 110°F to 120°F)

Wheat (Seitan) Vegan Chicken

One day as I was scrolling through Tik Tok, I came across a viral video detailing how to make vegan chicken using the Seitan method. This method has been used since the 6th century in China. I decided to attempt the recipe using my own spices and methods.

Servings	Time	SCOPE Author	Recipe Source
2	3 hrs	Lillian Akopyan	Personal Recipe

INGREDIENTS

Dough

- 2 cups flour
- 1 cup water (more or less depending on consistency)

Preferred Seasonings

- 1 tsp salt
- ½ tsp black pepper
- ½ tsp salt sage
- ½ tsp oregano
- ½ teaspoon basil
- ½ teaspoon paprika

- ½ teaspoon cumin
- ½ teaspoon onion powder
- pinch of cayenne pepper

Cooking Ingredients

- 1 tablespoon vegetable oil
- water or vegetable stock to cover the bottom ½ inch of pan (add more liquid in the cooking process if it all evaporates)

PROCEDURE

1. Knead wheat and water until dough like texture.
2. Let rest for 1 hour.
3. Knead water in colander until water is almost clear (this gives texture and reduces starch for a higher protein content).
4. Add seasoning to taste.
5. Tie chicken into knots of desired size.
6. Fry until golden brown.
7. Add liquid and let it steam for 45 minutes or until desired texture is achieved.
8. Fry until liquid is dried out.



Pizza



Servings

2

Total Time

1 hr 25 min

SCOPE Author

Lillian
Akopyan

Recipe Source

The Spruce
Eats

Over quarantine I really wanted pizza but did not want to leave the house to buy some. So, I scoured the internet for the quickest and easiest pizza to make. I found this recipe and decided to give it a try. It was so delicious that I have been making this pizza ever since.

PROCEDURE

1. In a medium bowl, stir the yeast into the warm water until dissolved.
2. Stir in the sugar, salt, and oil.
3. Add in 1 ½ cups of flour. Mix the dough in the bowl and add additional flour, if needed, so the dough can be worked without it feeling too wet.
4. Turn the dough out onto a board dusted with flour and quickly knead it for 3 minutes. Add more flour, a tablespoon at a time, if the dough remains too sticky to knead. It should feel smooth, and your hands should be clean once you're done kneading it.
5. Place the dough into a greased bowl and flip it over so the dough top is also lightly greased.
6. Cover with plastic wrap and let it rise in a warm, draft-free place until it has doubled in size, or about 30 minutes.
7. Punch the dough down to release the trapped air and give the crust a better texture. Roll it out and press it into a greased 12-inch pizza pan or into a well-oiled skillet pan. If using a pan press the dough up on the edges to form the crust.
8. Add tomato sauce, cheese, and garnish
9. Bake the pizza at 400°F for about 25 minutes, or until the edges are lightly golden.

INGREDIENTS

- 2 ½ tsp dry active yeast
- ½ cup warm water, 95 - 110°F
- ½ tsp sugar
- ½ tsp salt
- 1 tbsp vegetable oil
- 1 ½ to 2 cups all-purpose flour; plus more for dusting
- ⅓ cup tomato sauce
- ½ cup cheese of your choice (mozzarella preferred)
- Oregano and basil for garnish (optional)

PEPPER

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Jalapeño Poppers



Servings

3 - 4

Total Time

1 hr

SCOPE Author

Laura Roser

Recipe Source

Personal
Recipe

Jalapeño Poppers are bite-sized appetizers that are savory and spicy. For the last 5 years, a team of students at SCOPE have been working on breeding a new variety of jalapeño just for this purpose! The goal is to breed a jalapeño that is moderately spicy, has a larger cavity (to accommodate more cream cheese filling) and great flavor. The SCOPE students developed this simple recipe to evaluate our best jalapeño breeding lines for flavor, spiciness, and texture.

INGREDIENTS

- 12 jalapeños (fresh, not canned)
- $\frac{3}{4}$ block (6 oz) of cream cheese, or vegan cream cheese
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- $\frac{1}{8}$ tsp garlic powder
- 3 tbsp panko bread crumbs

PROCEDURE

- 1.** Take cream cheese out of the fridge to soften and preheat oven to 400 °F.
- 2.** Lay out jalapeños on a cutting board and find what side they naturally settle on. This ensures they don't tilt while cooking and have the cream cheese spill out. Cut the jalapeños lengthwise so that the side they naturally settle on is on the parchment paper. You can choose to leave the stem on or off.
- 3.** Scoop out seeds and the pith (the white membrane connecting the seeds to the wall of the fruit) using a spoon.
- 4.** Combine the softened cream cheese, salt, pepper and garlic powder using a spatula or fork.
- 5.** Use a spoon or spatula to fill each of the jalapeño halves with cream cheese mixture and place on the parchment paper.
- 6.** Finally, sprinkle the stuffed jalapeño halves with breadcrumbs.
- 7.** Bake in the oven for 25 minutes at 400 °F or until panko crumbs are golden brown. Let cool for ~5-10 minutes before eating. Enjoy!

BBQ Bell Pepper & Beef



Servings

2

Total Time

30 min

SCOPE Author

Ariel Wu

Recipe Source

Family Recipe

There are so many different kinds of pepper, but I personally love bell pepper the most, especially green bell pepper. Bell pepper is a rich source of vitamin C, and they are native to Mexico, Central America, and northern South America. Pepper seeds were imported to Spain in 1493 and then spread through Europe and Asia. Today, China is the biggest producer of bell peppers in the world. People also love to add bell peppers into salad. However, the raw taste of peppers is more chili-like than when cooked; that is one of the reasons why some people don't like peppers.

INGREDIENTS

- 1 green bell pepper (you can mix yellow and red pepper as well)
- ½ lbs. beef
- Soy sauce
- Garlic
- Barbecue sauce
- Rice wine
- Cornstarch

PROCEDURE

- 1.** First add some seasoning to the beef to get rid of the smell of meat. Add some soy sauce, rice wine and cornstarch with the beef - let it marinate for 5-10 minutes.
- 2.** Slice the garlic, add some oil and stir fry the garlic for a bit then put the beef in. Stir fry until the beef is cooked (you can't see any red)
- 3.** Take out the beef, add more oil and put the chopped peppers into the pan. Add some water so the pepper can become soft faster. Cover it and wait about a minute; once the pepper is ready we can put the beef back in.
- 4.** Add some of the barbecue sauce and mix it - add soy sauce if you need the dish saltier.
- 5.** Cover it again, add some water if you like your dish juicier (I normally will). Wait a minute or so to allow the sauce soak with the beef and pepper. Then you will get your wonderful bell pepper with beef dish!

Pepper Steak Stir Fry



Servings

2

Total Time

25 min

SCOPE Author

Qiuying Liao

Recipe Source

Family Recipe

Jalapeno peppers are medium-sized chili peppers and originate from Mexico. They are a lot more spicy than other peppers such as bell peppers, and they have a range of pungency. I seldom eat jalapeno peppers since they are very spicy, but I found that this dish dilutes the spice a little bit, and it has a good taste.

INGREDIENTS

- 8 oz beef
- 1 jalapeno
- Half an onion
- 2 garlic cloves
- 2 tsp sugar
- 2 tsp salt
- 2 tsp cornstarch
- 3 tsp soy sauce

TIPS

When you fry the pepper, it has a range of pungency. Be careful. When you cut the pepper with your bare hand, your hand will feel “hot” later for a while.

PROCEDURE

1. Slice the beef into small pieces.
2. Put in 1 teaspoon of sugar and salt with 2 teaspoon of soy sauce and cornstarch. Then mix them with the beef and let it marinate for 10 mins.
3. While waiting, prepare the vegetable ingredients. Slice half of an onion into slices and one jalapeno into small rings. Crush 2 little garlic cloves.
4. Heat the pan up. When you see smoke coming out, put in some oil and separate it out evenly. Then put in all the vegetables.
5. Remember to stir the vegetables from time to time.
6. After 3 mins, you can add a little oil then put in the beef.
7. Stir the beef and the vegetables together and let it cook for another 2 mins.
8. At the end, you can add another 1 teaspoon of soy sauce, sugar, and salt. Don't forget to stir everything up before you serve it.

Fermented Vegetables



Servings

Several
Months
Worth

Total Time

1 hr + 12
days sitting

SCOPE Author

Lillian
Akopyan

Recipe Source

Family Recipe

Fermenting foods has been in my family for generations. It was one of the ways they could continue to eat vegetables in the cold winter months. This recipe kept the diet full of probiotics and nutrients when there was no harvest. The recipe below is a modernized version of the traditional one.

INGREDIENTS

- 1 head of cauliflower cut into small pieces
- 5 carrots- peeled and sliced ¼ inch thick
- 5 celery sticks- cut in 2 inch increments
- 2 heads of garlic - peeled
- 5 green tomatillos - shell removed
- 3 jalapeno peppers - sliced in half
- 1 chayote
- 1 tbsp mustard seed
- 1 tbsp black peppercorn
- ½ bunch of parsley
- Boiled water (enough to cover vegetables) - about 1 gallon
- 2-3 tbsp salt
- 2 tbsp apple cider vinegar

PROCEDURE

1. Boil water and add salt. Then let the water cool
2. Slice vegetables
3. Stack vegetables in a glass jar in layers. Bottom: garlic, jalapeno, peppercorn, mustard seed. Middle: cauliflower, carrots, celery, parsley, tomatillo, chayote. Top: garlic, jalapeno
4. Add saltwater, enough to cover vegetables.
5. Top with apple cider vinegar.
6. Leave for 2 days and check water level and saltiness. Add salted water to cover vegetables again.
7. Keep at room temperature for 10 days. (water will look murky, this is normal).
8. Refrigerate and enjoy.

Vegan Vegetable Frittata

When I was a little kid my family had a huge garden in our backyard. We grew everything from pumpkins and green beans to broccoli and carrots. As pretty much everyone who has grown tomatoes and zucchini knows, these two crops produce a lot. So what to do with so many tomatoes and zucchinis and peppers? Frittata. YUM. This delicious summer dish combines fresh produce with vegan protein—though you could just as easily make this with eggs!



Servings	Total Time	SCOPE Author	Recipe Source
8	1 hr	Maya Shydlowski	Julie the Simple Veganist

INGREDIENTS

- ¼ cup water
- 2 medium potatoes, diced
- 1 small onion, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 2 cloves garlic, minced
- 1 or 2 tomatoes, diced
- 1 package (16 oz) tofu, drained
- ½ cup unsweetened non-dairy milk
- 2 heaping tsp cornstarch, arrowroot, or tapioca flour
- 2 or 3 tbsp nutritional yeast
- 1 tsp mustard
- 1 ½ tsp dried basil or thyme (or a combo)
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp turmeric
- ⅛ tsp pepper

PROCEDURE

1. Preheat the oven to 375°F.
2. Heat the water and potatoes in a pan over medium heat for 5 minutes, then add the onion and saute for another 5. Add bell pepper, zucchini, and garlic. Cook until softened. Add tomatoes and cook for another couple of minutes. Season with salt and pepper.
3. In a food processor or blender, combine the remaining ingredients and blend until smooth.
4. Add the tofu blender mixture to the pan of cooked vegetables and mix. Spoon this mixture into a lightly greased pie/quiche pan.
5. Place on the middle rack and bake for 45 minutes or until firm and thoroughly cooked. Let cool for 10 minutes before serving.
6. Eat and be merry!

TOMATO

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Tomato & Eggs

Tomatoes originated in Central and South America, and can be consumed in diverse ways. In China, Stir-fried tomato and scrambled eggs is a very common dish. It is relatively easy to prepare and has a good taste. Traditionally, people cook scrambled eggs first and then add tomato in it later. However, in my family we cook it in the opposite way. We like to cook tomatoes firstly and then add eggs later. This dish reminds me of home since it cooks in such a special way.



Servings	Time	SCOPE Author	Recipe Source
3	15 min	Qiuying Liao	Family Recipe

INGREDIENTS

- 5 eggs
- 4 tomatoes
- Water
- Sugar

PROCEDURE

1. Cut 4 tomatoes into slices.
2. Beat 5 eggs in a bowl for preparation.
3. Add some oil in the pan with high heat and add tomatoes in it. Fry the tomatoes for a few minutes.
4. Add some water in the pan to make tomato sauce (I add around 150g of water).
5. Wait until the tomatoes become soft, and then add salt and sugar to taste. I added $\frac{1}{4}$ tsp sugar (you can use 1 tsp or $\frac{1}{2}$ tsp instead) and $\frac{3}{4}$ tsp salt. Reduce the heat to medium.
6. Once you have achieved the desired flavor, pour the egg on the tomatoes and wait for a few seconds to let the egg cook slightly, and stir slowly.
7. Stir for 2-3 minutes, and it is ready to eat!



Vegan Tomato Soup

Tomatoes originated in the Americas and was introduced to other parts of the world by way of Spanish colonizers. Today tomato soup is considered a comfort food in the US and pairs incredibly with a grilled cheese sandwich. Although it is often served warm it can also be enjoyed cold!



Servings

Varies

Total Time

1 ½ hrs

SCOPE Author

Randi Jimenez

Recipe Source

Personal
Recipe

INGREDIENTS

- Up to 3 cups water
- 3 cups veggie or *chicken broth (or water)
- 1 large white or yellow onion, coarsely chopped
- 2 cups celery, coarsely chopped
- ~3lbs tomatoes, chopped into 1-2 in pieces (Romas are better, but any tomato will do)
- 2 cups bell or chile pepper, deseeded and diced (hot or sweet, to taste)
- 2 tbsp olive oil
- 1 tbsp garlic powder or 2 tbsp fresh minced garlic
- 2 tbsp salt
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp black pepper
- 2 bay leaves

PROCEDURE

1. Heat olive oil in a 3-qt pot at medium heat. Saute onions, celery, and peppers until onions are soft and translucent (3-5 mins).
2. Add half of the garlic and salt, and all of the broth, tomatoes, and bay leaves. Cover and let boil until the veggies are totally soft (20-30 mins).
3. After veggies are soft, remove from heat and let cool for 5 mins while setting up the blender, food processor, or immersion blender. Fish out the bay leaves.
4. Add the rest of the spices and herbs and blend until the liquid is perfectly smooth (2-4 mins). For extra smooth texture, run the liquid through a sieve.
5. Return to pot set on medium-low heat and simmer for 5 minutes. Add water to thin to desired thickness. *Slowly add dairy at this point to desired creaminess.

Tomato Lemongrass Curry



Servings

4

Total Time

40 min

SCOPE Author

Justin Ng

Recipe SourcePailin
Chongchitnant

I decided to make this recipe because I looked in my fridge and saw that I had lemongrass that needed to be used. Lemongrass is not an ingredient I cook with usually, so I wanted to somehow use it in the tomato recipe task! I searched online for inspiration and found that there is a common Burmese dish using the two. I am not too familiar with Burmese food, but had all the ingredients for this recipe, so I gave it a try. Tomatoes are native to Central and South America, and were brought to Europe in the 16th century. From there, they spread and were popularized all over Asia, including what is now Myanmar (Burma). Tomatoes are often added to some curries in Myanmar, India, and nearby regions. In this recipe, tomato is the base of the dish and brings a tasty umami flavor that is also slightly sweet. Most of the ingredients I used are easily found in standard American markets or Asian markets. This dish is fairly simple to make, including for those not familiar with Burmese food. The pairing of the lemongrass and tomatoes makes for a light, refreshing meal.

Recipe Link: <https://hot-thai-kitchen.com/burmese-fish-curry/>

INGREDIENTS

- 500g protein of choice (fish, shrimp, chicken, tofu, etc.)
 - 4 cups diced fresh tomatoes
 - 1 stalk lemongrass, bottom half only, finely chopped
 - $\frac{3}{4}$ cup chopped shallots
 - 1 tbsp minced ginger
 - 4-5 cloves garlic
 - 1 tsp ground turmeric, divided
 - 1 tsp paprika
 - Thai chili or any spicy pepper of choice, to taste
 - 1 $\frac{1}{2}$ tbsp neutral oil
 - $\frac{1}{2}$ tsp salt (depending on protein used)
 - 1 tsp shrimp paste (optional)
 - 1 tbsp fish sauce, or soy sauce
 - 2 tbsp tamarind paste
 - 1 tsp sugar (optional)
 - Cilantro to garnish
-

PROCEDURE

1. If using fresh protein such as fresh pieces of fish or chicken, coat protein in $\frac{1}{2}$ teaspoon ground turmeric and $\frac{1}{2}$ teaspoon salt. Set aside.
2. Combine lemongrass, ginger, garlic, and chili (if used) in a small food processor and pulse until finely chopped. Then, add shallots and pulse just until larger chunks are broken up. A mortar and pestle can also be used here.
3. Preheat a medium sized pot or wok on medium heat. Add oil, then saute the aromatics for a few minutes. Add a pinch of salt to help draw out the moisture.
4. When aromatics are translucent and start to slightly turn golden brown, add shrimp paste and saute for about 30 seconds. Then, add paprika and $\frac{1}{2}$ teaspoon ground turmeric and saute for about 15 seconds.
5. Add tomatoes, tamarind paste, sugar, and fish sauce. Stir the contents of the pot. Cover, reduce the heat to a simmer, and let cook for 15 minutes.
6. Remove lid and add protein of choice. Cook according to the cook time of the protein.
7. Garnish with cilantro and serve with hot rice!

TIPS

Don't add too much chili to not overpower the dish. Unless that's what you want!

Use bottom half of lemongrass stalk only, mainly using the white parts. I used frozen shrimp, and I threw in the shrimp straight from the freezer after cooking tomatoes for better texture. Therefore, I did not coat the shrimp in turmeric beforehand. The tomatoes will release a lot of liquid. If protein only needs to cook for a short amount of time (such as shrimp), reduce tomato mixture with the lid off for a few minutes before adding the protein, especially if tomatoes are watery. If making this vegetarian, use soy sauce instead of fish sauce and omit shrimp paste. If you don't have shallots, use onions.

Tomato Lemon Pork

This recipe was inspired by a common Thai dish called Pad KraPow Moo, it is known for its chili and sour flavor with pork. The original ingredients for this dish requires more spices for Thailand, so the one I cooked is more customized to the ingredients we can get. This dish was famous for the leaves Thai people used called holy basil leaves, a spice that looks like basil, but has a stronger smell and chili flavor. The original dish did not come with tomatoes in it, however Chinese people customize it with tomatoes in order to keep the sweet and sour flavor when lacking those spices from Thailand. The sweetness and sourness from tomatoes makes the pork so flavorful, and the pan-frying technique makes the tomatoes become super juicy. With the fresh squeezed lemon juice, the dish mixes sour, chili and , sweet flavors and it smells nice.



INGREDIENTS

- Lemon (or lime)
- Ground Pork (add a little wine to reduce the smell of the meat)
- Basil (Thai Basil is the best)
- Garlic
- Tomatoes
- Chili
- Soy source
- Salt
- Black pepper
- Onion (optional)
- Ketchup (optional)

PROCEDURE

1. Cut the tomatoes into small pieces. You can take the skin off the tomatoes so you don't taste the hard skin part, but you can keep it if you love to chew it.
2. Add a little wine to reduce the smell of the meat. Let the meat soak for 5 minutes or more. While waiting for it, cut some lemon and squeeze it for some fresh juice.
3. Get the basil washed and ready, cut the garlic and the onion if you are adding it.
4. Add some oil to the pan and let it heat up. Then put the tomatoes in, stirring to allow them become soft and more juicy. You can add some ketchup to add more tomato flavor to it.
5. Add the meat in it. Fry it until you can't see the pink (raw) color. Add some chili, the amount depends on how chilly you want the dish to be.
6. Reduce the heat to low, so the meat can soak into the tomato sauce. Add small amounts of water if you love to have more sauce. About 3-5 minutes after, add the basil and stir. Allow the basil to become soft and release the flavor to the dish.

Servings

2

Total Time

30 min

SCOPE Author

Ariel Wu

Recipe Source

Family Recipe

Tinga

Tinga is a savory, traditional Mexican dish that originated in Puebla, Mexico. This shredded chicken with slightly caramelized onions and signature sauce made with fresh tomatoes and chipotle chilis in adobo is bound to leave you asking for seconds. It is typically served on a tostada topped with a drizzle of sour cream, queso fresco, and lettuce, and is my personal favorite dish. I hope you enjoy it as much as I do.

Servings

6

Time

1hr 25 min

SCOPE Author

Ingrid Balbuena

Source

Family Recipe

INGREDIENTS

- 1 whole chicken breast
- 1 small bunch of cilantro
- 1 ½ medium white onion (1 whole onion finely sliced, other ½ cut in half)
- 3 garlic cloves (2 whole, other finely diced)
- 3 medium-sized tomatoes
- 2-3 chipotle peppers in adobo (or adjust for the desired spiciness)
- ½ cup of chicken broth
- 1 tablespoon of chicken bouillon
- 2 tablespoons of vegetable oil
- Salt and pepper to taste

PROCEDURE

1. Fill a pot large enough for the chicken breast with water, bring to a boil, then add the whole chicken breast along with ¼ of onion, and the small bunch of cilantro. Boil for an hour.
 2. Once your chicken breast is cooked thoroughly, shred your chicken and set it aside as well as ½ cup of chicken broth.
 3. Into a blender add your ½ cup of chicken broth, ½ onion, 2 garlic cloves, 2 chipotle peppers, chicken bouillon, and blend until you have a slightly thick sauce consistency. You may add more chicken broth if needed.
 4. Heat the oil in a large frying pan over medium and add the sliced onions. Stir fry for about 3 minutes, stir in the garlic. Cook for another 5 minutes or until the onion fragrant
 5. Next, add in your shredded chicken along with your tinga sauce and simmer for another 8 minutes.
 6. Add Salt and Pepper to taste
 7. Serve on top of a tostada with sour cream, cheese, and enjoy!
-

Tomato & Summer Squash Pasta with Chicken



Servings

4

Total Time

35 min

SCOPE Author

Emma Ramirez

Recipe Source

cookieandkate.com

This dish is the perfect summer meal thanks to the fresh squash and tomatoes. For this recipe, instead of using a simple yellow squash I choose to incorporate a zephyr squash - fresh from the garden! Zephyr squashes are light yellow in color with faint white stripes, and have a distinctive pale green blossom end, which can vary in hue and size. They were developed from a Yellow crookneck squash variety and another hybrid squash that is a cross between an acorn squash and a Delicata squash..

INGREDIENTS

- ½ pound whole grain rotini or fusilli or penne pasta
- 2 chicken breasts
- 1 pint (2 cups) cherry tomatoes
- 1 large zephyr squash, quartered vertically and then sliced into ¼-inch wide wedges
- 2 small zucchinis, quartered vertically and then sliced into ¼-inch wide wedges
- 2 tbsp olive oil
- Salt and freshly ground black pepper, to taste
- 2 tbsp lemon juice
- 2 tbsp butter or olive oil
- 1 ounce goat cheese, crumbled
- 1 small clove garlic, pressed or minced
- Pinch red pepper flakes
- 1 - 2 tbsp chopped fresh basil

PROCEDURE

- 1.** Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, toss the whole cherry tomatoes and sliced zucchini and squash with 2 tablespoons olive oil. Sprinkle with salt and pepper and arrange in a single layer (or as close to a single layer as possible). Roast for about 25 minutes, tossing halfway, until the cherry tomatoes have burst and the squash is tender.
- 2.** While the vegetables are roasting and before starting the pasta begin to prep the chicken breasts. Pat the chicken dry with a towel and season with salt and pepper.
- 3.** Heat a tablespoon of olive oil in a sauté pan over medium-low until oil shimmers. Add chicken, smooth side down. Cook, without moving, for 9 minutes. Add butter; and begin to baste. Cook for 1 minute or until deep golden brown. Turn chicken; cook for 6 minutes or until a thermometer inserted into the center of breast registers 155°F. Remove pan from heat; let chicken rest in the pan.
- 4.** Meanwhile, bring a pot of salted water to boil and cook the pasta until al dente, according to package directions. Before draining the pasta, reserve about 1 cup of the pasta cooking water. Drain the pasta and return it to the pot,
- 5.** While the pasta is hot, add the lemon juice, butter, cheese, garlic and red pepper flakes to the pot. Add about ¼ cup of the reserved pasta cooking water and gently toss the pasta until the ingredients are evenly mixed together and the pasta is coated in a light sauce (add more reserved cooking water if the pasta seems dry).
- 6.** Once the tomatoes and squash are out of the oven, add them to the pot along with all of the tomato juices. Gently toss once again to combine. Season to taste with salt (I added more than ½ teaspoon) and freshly ground pepper, then sprinkle chopped basil over the pasta and divide into individual serving bowls. Serve immediately.

Sun-Dried Tomato Pesto

Tomatoes are quite possibly the most dynamic and delicious fruit. You can use them to make spicy salsa, creamy marinara sauce, thick paste, warm soup, or this delicious pesto! They have different uses across various cultures and are found in dishes around the world. Tomatoes have been bred for many uses, with different crops being used for canning, cooking, and eating fresh. The tomatoes I used for this recipe are big juicy red tomatoes bred for using fresh. However, sun-dried tomatoes are often made from Roma tomatoes, the ones used for processing (though this recipe actually calls for grape or cherry tomatoes). Regardless, this recipe makes a delicious vegan pesto! Yum!



PROCEDURE

1. Sun-dry your tomatoes! I did not actually dry my tomatoes in the sun, so dried them in the oven for an express recipe, though it still takes multiple hours. Heat the oven to 250°F. Line a baking sheet with parchment paper.
2. Slice the tomatoes, deseed them, and place them on the baking sheet. Bake for 2 to 3 hours, depending on how thin they have been sliced. Once they have dried out, remove and let cool.
3. While the tomatoes are cooling, add the pine nuts to a dry frying pan (no oil needed) to toast in a toaster oven for about 5 minutes, until they are lightly browned. Turn the pine nuts frequently so they do not burn.
4. Add the roasted pine nuts along with the sun-dried tomatoes and the rest of the ingredients to a food processor and blend until smooth. (Personally I had to use an individual size blender which was very difficult and I would not recommend, but it does work with a little added liquid if you don't have a food processor handy.)
5. Serve your pesto over pasta, on pizza, on flatbread, or however you want!

INGREDIENTS

- 1 cup pine nuts
- 2 medium tomatoes
- 2 tbsp olive oil 1 clove garlic, crushed
- 2 tbsp lemon juice
- ⅓ cup nutritional yeast
- ¼ cup (packed) fresh basil
- ½ tsp sea salt
- ¼ tsp ground pepper

Servings

1 ½ cups

Total Time

2 ½ to 3 ½
hrs

SCOPE Author

Maya
Shydrowski

Recipe Source

Alison
Andrews & Ali

Panazella "Salad"

This is a very easy recipe that requires no baking and only a bit of chopping. Excellent for hot summer days when you don't want to turn the oven on! These ingredient ratios don't need to be exact, the amounts really depend on what parts you like more. When I make this recipe, I don't actually measure anything. Some people also add other things like red onion, olives or cucumber as well.

Servings	Total Time	SCOPE Author	Recipe Source
3-5	30 min	Laura Roser	Personal Recipe

INGREDIENTS

- A large tupperware or bowl
- 1 loaf French or Italian bread, stale or toasted is best
- ¼ cup or 10-15 basil leaves, chopped if desired
- 1 package fresh mozzarella (whole, pre-sliced, ciliegine, or perlini are all okay)
- 4-5 small tomatoes or 2 large tomatoes
- ¼ cup (approx.) Balsamic vinegar
- ¼ cup olive oil (approx.)
- Salt and pepper to taste

PROCEDURE

1. Shred or chop basil into the desired size, for me this is about ½ inch chunks.
2. Cut up tomatoes, bread and cheese (if not ciliegine or perlini) into bite size pieces.
3. Combine all the ingredients in a large container. Shake the container, or stir until everything is evenly mixed and covered with the olive oil and balsamic vinegar.
4. Let sit for at least 15 minutes to let the bread soak in the oil and vinegar. Serve within 48 hours. This is an excellent recipe to make the day before serving.

MULTIPLE CROPS

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Pink Common Bean with Mushroom Cream

The common bean (*Phaseolus vulgaris* L.) has been a crucial source of food for millennia. Beans are known as one of the Three Sisters of traditional agricultural methods of Native Americans. They intercropped maize, squash, and beans. These three crops balanced each other in both crop growth needs and health benefits for people. Growing up in Los Angeles, refried beans, chile con carne, and caldos are common dishes that I ate featuring beans. As a vegetarian kid, beans provided the protein and fiber that I needed in my diet.



INGREDIENTS

- 2 cups soaked pink tepary beans
- 1 red onion
- 4 garlic cloves
- 1 jalapeno
- A dash of Worcester sauce
- 5 strips of bacon
- 1 tbsp of paprika
- 1 cup chicken stock
- 1 can cream of mushroom soup

PROCEDURE

1. Soak beans overnight.
2. Fry onions, garlic, jalapenos, and bacon in a smallish pot using veggie oil.
3. Add beans once onions are caramelized and bacon crisped.
4. Stir in Worcester sauce, chicken stock, and paprika as well
5. Add 1 can of cream of mushroom soup and 1 tbsp of dried dill.
6. Simmer on low heat, stirring constantly (because of creaminess).
7. After 1 hour, beans should be soft (if you blow on a bean, the skin should flake).
8. Enjoy alone or with rice or tortillas!

Servings

2

Total Time

1 hr

SCOPE Author

Kaleb
Harrington

Recipe Source

Personal
Recipe

A Very SCOPE Pizza



Servings

1 thin crust pizza

Total Time

4 hrs

SCOPE Author

Maya Shydrowski

Recipe Source

The Parent Spot &
Whole Grain Connection

One of my goals for this project is to make an almost solely student-farm-based recipe--with exceptions made only for inaccessible ingredients like sugar or olive oil. This is my first attempt to do so. I looked at the list of ingredients I had available and immediately thought: pizza. Based on simply number of ingredients, this dish is 1/3 supplied by the student farm; by mass, I would say it's probably closer to 4/5 or even more!

INGREDIENTS

Crust

- 250 grams freshly milled hard white whole wheat flour
- 30 grams olive oil
- 3.8 grams salt
- 125 grams water

Toppings

- Broccoli
- Tomato
- Onion

- Mushroom
- Basil
- Poblano pepper

Sauce

- 2 tbsp olive oil
- 3 garlic cloves, minced
- 5 cups of fresh tomatoes, seeded and cubed
- 5 fresh basil leaves
- 1/2 tsp salt
- 1/2 tsp dried oregano
- pinch of sugar

PROCEDURE

1. Add the flour and olive oil (for crust) to a mixing bowl and mix together as much as you can.
2. In a separate bowl, dissolve the salt in the water, then add to flour and olive oil mixture and mix well. I started mixing with a fork, then used my hands once it got too thick for a fork.
3. Here, add a little more water if the dough is still too tough. Then, round into a ball and leave covered in the bowl for 3 hours. (I turned my oven on to increase the ambient temperature.) It will not rise much if at all because it is a thin crust dough with no added cultures.
4. At about the two and a half hour mark, preheat the oven to 550°F. Place a cast iron skillet in the hot oven.
5. After the 3 hours, hand-knead the dough unless smooth and somewhat elastic. Shape into a ball again, cover, and let sit for 15 minutes.
6. While the dough is sitting, start on the sauce! In a medium pot, saute the garlic in the olive oil for 3-4 minutes. Add the tomatoes, salt, basil, and oregano to the pot and let simmer for about 30 minutes. Add sugar halfway through, to taste. While the sauce is simmering, come back to the pizza dough. Place dough on a clean surface and roll out into a circle with a diameter about 4 inches larger than your skillet. (The original recipe calls for another 2 hour resting period, but I did not use any sourdough starter and did not want to wait another 2 hours for my pizza, so I skipped the step.)
9. Carefully take the cast iron skillet out of the oven and lightly oil with more olive oil. Make sure to get the sides as well. Turn the oven heat down to 500°F.
10. Place your dough circle inside. The dough should come up the edges. Gently push the dough along the pan's edges so it stays along the sides of the pan.
11. Bake the crust for 5 minutes without any sauce or toppings on it.
12. Once you are done with the initial crust baking, your sauce should be done simmering. Let cool as you take the skillet out of the oven.
13. Pour as much sauce as you want (there will be leftover) into the crust and then top with your favorite student-farm produced toppings! Or whatever you have at home! My pizza didn't have cheese, so I sauteed mushrooms and onions to add, along with chopped up broccoli, more sliced tomatoes, poblano peppers, and basil.
14. Place the skillet in the oven and bake for another 8 to 9 minutes. Your crust should be firm and crunchy (but not too crunchy or burnt whatsoever).
15. Let cool, cut, and enjoy!!

TIPS

This recipe called for the use of a sourdough starter, but that is not necessary for this thin crust. If you want the dough to be a bit fluffier, use some sourdough starter in the salt-water mixture and, once incorporated, let rest for 6+ hours (as opposed to the 3 hours I did). This recipe also called for the use of a pizza stone, which I did not have access to, but the skillet worked miraculously (plus it held all the sauce I wanted to use). The sauce also called for it to be cooled and blended in a hand blender, but I did not find that necessary. Mostly this is an over-simplified and combined version of these recipes for someone who doesn't plan their dinner a day ahead of time. And it was delicious, so no flavor is lost!

Stuffed Poblano Peppers



Servings

4

Total Time

1 hr

SCOPE Author

Maya
Shydrowski

Recipe Source

The Live in
Kitchen &
Avocadocentric

*Poblano peppers are a cultivar of *Capiscum annuum*, the chili pepper. Dried, they are called anchos. The poblano pepper originated in the Mexican state of Puebla. They are mild in comparison to other varieties of chilis. Poblano peppers are often stuffed, either cooked or raw. This recipe calls for the peppers to be pre-boiled and skinned.*

Makes a lot of stuffed poblanos, but depends on the size of your peppers (I used small ones from the Student Farm and had a ton of leftover stuffing mix). Also makes far more crema than needed, but the crema is really yummy over any vegetable or salad.

TIPS

When removing the skin of the peppers, they should come off pretty easily. If you're having trouble, prioritize not ripping the skin over getting off all the skin.

This recipe originally calls for sour cream or cotija cheese, but the crema is to die for and is vegan, so it's a win-win.

INGREDIENTS

Stuffed Peppers

- 4 poblano peppers
- 2 tsp olive oil + extra for peppers
- ¾ cup quinoa or brown rice
- 1 cup vegetable broth
- 1 yellow onion, chopped
- 2 garlic cloves, chopped
- ½ cup cooked corn
- 1 can (14.5 oz) black beans or 1 cup black beans, rinsed and drained

- 1 can (4 oz) mild diced green chiles
- 1 tsp chili powder
- ½ tsp ground cumin
- Salt & pepper to taste

Avocado Cilantro Crema

- 1 ½ to 2 avocados
- 3 tbsp lime juice
- 1 tsp apple cider vinegar
- 2 tbsp chopped cilantro
- 1 clove garlic
- ¼ tsp salt
- 1 tbsp avocado oil or olive oil

PROCEDURE

1. Preheat broiler to high with the oven rack in the second to top position.
2. Rub poblano peppers with olive oil and place in a cast iron skillet or oiled oven safe baking dish. Broil peppers 5 to 10 minutes on each side, until the skin is beginning to brown.
3. While peppers are broiling, cook brown rice or quinoa in vegetable broth and ½ cup water. Boil, cover, and reduce heat to medium low. Allow rice or quinoa to absorb all the liquid, about 15 minutes (or longer if rice). Remove from heat and allow to sit covered for 5 minutes.
4. Take peppers out and put in a bowl, cover it, and let sit for 10 minutes.
5. Heat the oven to 375°F and put the rack in the middle position.
6. Heat 1 tsp olive oil in a skillet over medium heat. Once hot, add onions and garlic. Stir often until softened and browning, about 5 minutes.
7. In a large bowl, combine rice/quinoa, onions, garlic, corn, beans, green chiles, chili powder, cumin, and salt & pepper.
8. Remove the peppers from the covered bowl and remove the skins. Cut each pepper vertically and remove the seeds. Place peppers in the dish you broiled them in. Fill with the rice/quinoa mixture.
9. Bake the stuffed peppers for about 15 minutes, until heated through.
10. While the peppers are baking, simply add all the ingredients for the avocado crema into a blender or food processor and blend until smooth.
11. Once the peppers are done, take out of the oven and carefully place in a serving dish. Drizzle avocado crema over peppers and add extra cilantro on top. Serve and enjoy!!

Homemade Kimchi

Kimchi is one of my favorite foods in the entire world. I could eat it every day and not get tired of it! It is the national dish of South Korea for a reason. It is a great side dish, and can be used to make kimchi fried rice or kimchi stew. When tasked to form a recipe involving fermentation, I immediately thought of kimchi. I have never made it before because it seemed too hard to do at home. However, after completing the process, I realize that it is much easier than I thought! If you are a kimchi fan, you must try making it at home at least once!

The fermentation process of kimchi is done by lactic acid bacteria. The high salt environment also works to preserve the cabbage and prevent spoilage. Fermentation can seem intimidating to do at home, but as long as it's done safely, it can be fairly easy!

Servings

5 x 16oz jars

Total Time

2 ½ hr prep. +
36 hr
fermentation

SCOPE Author

Justin Ng

Recipe Source

Maangchi

INGREDIENTS

For the cabbage:

- 1 head of napa cabbage (about 3 pounds)
- ¼ cup kosher salt or sea salt (avoid iodized salt)

Paste:

- 1 cup water
- 1 tbsp glutinous rice flour, or all-purpose flour
- 1 tbsp sugar

Vegetables:

- 1 cup korean radish or daikon, cut into matchsticks
- ½ cup carrot, cut into matchsticks
- 3-4 green onions, chopped

- ½ cup garlic chives, chopped (optional, add 1-2 more green onions if omitting)
- ½ cup water celery (minari), chopped (optional)

Spices/seasonings:

- ½ medium onion
- 10-12 cloves garlic
- 1 tsp ginger, minced (optional)
- ¼ Korean pear or ½ apple
- ¼ cup fish sauce
- ½ cup Korean pepper flakes (gochugaru) (note: use 2 tbs - ¼ cup for less spiciness, use 1 cup or more for more spiciness)
- ¼ cup Korean fermented salted shrimp with brine, chopped (optional, and can replace with dried korean silver anchovies)

PROCEDURE

To prepare the cabbage:

1. Wash head of napa cabbage thoroughly. Don't dry.
2. Cut a slit at the base, then tear cabbage head into two. Repeat to split cabbage head into four pieces. Cut off some of the core.
3. In a very large bowl, liberally salt all areas of the cabbage. Lift every leaf to salt in between the layers. You may or may not use the entire ¼ cup of salt, depending on cabbage size.
4. Let cabbage pieces drain for two hours. Every 30 minutes, flip and rotate the cabbage. As water starts to drain out, you can pour it over cabbage to redistribute the salt.
5. After 2 hours total, discard bowl water and rinse cabbage thoroughly to remove excess salt. Let drain.

To make kimchi paste (prepare while cabbage resting with salt):

1. Combine water and flour in a saucepan and mix well. Bring to a gentle boil. Then, add sugar and continue to boil for a minute while stirring. Remove from heat and let cool completely.
2. In a food processor, combine onion, garlic, ginger, and korean pear (or apple). Pulse until everything is finely chopped and just starts to become a paste.
3. In a large bowl, combine flour mixture, onion mixture, korean red pepper flakes, fish sauce, and fermented shrimp (if using). Mix well.
4. Add all of the vegetables and mix well.

To make kimchi:

1. Use semi-airtight containers that can fit cabbage pieces for this process. Wearing gloves, rub kimchi paste all over cabbage pieces, including in between leaf layers.
2. Once the paste is well applied, firmly press down on cabbage pieces to make sure there are no air bubbles. Ensure the cabbage is completely covered with paste mixture.
3. Cover containers so that they are semi-airtight. If they are completely airtight, gas buildup might cause an explosion.
4. Let ferment in a cool area out of direct sunlight for 36–48 hours. After 24 hours, you might want to open containers and firmly press down on kimchi to remove gas bubbles. Always ensure that kimchi is submerged in paste mixture. Depending on the temperature, fermentation can take a little less or a little more time. Alternatively, kimchi can be fermented in the refrigerator for about 2 weeks.
- 5 After fermentation is done, store kimchi in the refrigerator. Enjoy!

TIPS

The korean pepper flakes aren't really substitutable, so use them if you can! You can add sliced spicy peppers or any peppers to the mixture if desired. The length of fermentation depends on both temperature and personal preference for sourness level. Fresh kimchi also tastes great!

Fra Diavolo

Fra Diavolo is an Italian tomato sauce that is similar to marinara. What sets it apart is its spicy heat! The name "Fra Diavolo" translates to "Devil brother" and is both the name of a dish and the name of an Italian guerrilla fighter who fought the French occupation of Naples. It's possible that a mean brother put pepper in the family pot as a prank, creating a tasty dish. The origins of the sauce is debatable, with some saying it originated among Italian immigrants in the US instead of Italy. The sauce is an exciting variation of the common tomato sauce and is simple to make. My extension of the dish includes spinach/cheese ravioli and garlic parmesan breaded chicken, making it a three step process.



Servings	Total Time	SCOPE Author	Recipe Source
2	1 hr	Kaleb Harrington	Personal Recipe

INGREDIENTS

Part 1

- 5 diced red and orange SCOPE tomatoes
- Handful of chopped basil
- ½ a red onion, minced
- Small can of tomato puree
- 4 minced cloves of garlic
- 3 minced jalapeños
- 1 tbsp of smoked paprika
- 1 tsp hot chili powder

Part 2

- 3 breaded chicken filets
- ½ a cup of parmesan
- 6 chopped strips of turkey bacon
- 3 crushed garlic cloves
- A splash of Worcestershire sauce

Part 3

- 2 packs of pre-made cheese/spinach ravioli
- 3 chopped green onions
- ½ a cup of diced black olives
- ½ liter Chicken stock, ½ liter water** (for boiling)

PROCEDURE

- 1.** In Part 1, saute the minced onion, garlic, and jalapeños until fragrant.
- 2.** Then add the tomato puree to the mix and cook for 5 minutes to bring out its flavor. Save the broth water from the ravioli to add to the Fra Diavolo sauce. This technique thickens sauces and adds extra flavor. Once stirred, simmer the sauce for 20 minutes.
- 3.** In Part 2, grill the breaded chicken in the oven until crispy.
- 4.** Using a small saucepan, fry the turkey bacon and garlic.
- 5.** Once the bacon is caramelized, add the chicken, parmesan, and Worcestershire sauce to the mix. Part 2 is completed once the parmesan melts a little.
- 6.** In Part 3 boil the ravioli, setting it aside to drain while the other portions are cooked.
- 7.** Then, combine them... Plate up ravioli- Fra Diavolo- chicken (in this order)

Lima Bean



Servings

NA

Total Time

2 hrs

SCOPE Author

Kaleb
Harrington

Recipe Source

Personal
Recipe

*Lima beans (*Phaseolus lunatus*) originate in Lima, Peru and are one of the world's most propagated beans, serving both animal and human needs. Rich in protein, carbohydrates, fiber, and iron they are easily one of the most nutritious and palatable beans out there. They differ in size, shape, and nutritional value compared to the common bean. They are commonly known as Butter Beans because of their creamy consistency. Like most beans, they can be canned easily and retain their flavor (usually). Most Americans may be familiar with canned lima beans. When fresh, they are much better. Either way, they must be well cooked or they will produce small amounts of cyanide toxins that could be very harmful in large doses. Also, soaking them and discarding the water can help get rid of the chemical compounds that cause bad gas and bloating. The recipe that I used was created by me (again). I enjoy experimenting within my own style of cooking rather than strictly following a recipe. Thus, I can't authenticate the lima bean dish that I created. Nonetheless I hope my experience may be useful to you.*

PROCEDURE

1. Soak baby limas overnight.
2. Discard water in the morning
3. Fry 1 onion, 3 garlic cloves, and 1 jalapeno in a small pot.
4. Add chile powder when onions are translucent.
5. Once the mixture is fragrant, add the soaked beans and let them cook in the oil for about 5 minutes.
6. Add 1 liter of chicken broth to the beans and let them cook at medium heat
7. After 1 and a half hours, they should be soft. Let them rest in the pot with the heat turned off for about 30 minutes.
8. Serve and enjoy!

INGREDIENTS

- 1 onion
- 3 garlic cloves
- 1 jalapeno
- Chile powder
- Baby lima beans
- 1 liter chicken broth

Stuffed Bell Peppers

Servings

NA

Total Time

1 ½ hrs

SCOPE Author

Saarah Kuzay

Recipe Source

Saarah Kuzay
& Ken Earl

INGREDIENTS

- 2 cups (dry) white rice (suggestion: jasmine or basmati)
- 3 cups water
- 1 medium onion, chopped
- 4 cloves garlic, crushed or minced ½ cup tomato puree/sauce or ¼ cup tomato paste
- 2 cups cooked black beans
- 1 cup sweet corn kernels
- ⅓ cup of your favorite salsa
- 6-8 bell peppers, halved and deseeded
- 1 tbsp lime juice
- 2 cups crushed tortilla chips
- 1 ½ cups cheese (pepper jack highly recommended)
- ¼ cup cilantro, chopped (optional)

PROCEDURE

- 1.** Preheat oven to 375°F.
- 2.** Heat oil in a large sauce pan at medium heat and sauté onions and garlic until translucent/golden brown (1-2 min).
- 3.** Add dry rice to pan and brown/toast rice until browned but not burned in the pan.
- 4.** Stir in tomato sauce/puree/paste, salsa, and water, cover with a tight-fitting lid, and let simmer for ~15-20 min or until rice is fully cooked.
- 5.** While rice is cooking, combine black beans, corn, lime juice, and cilantro into a bowl. After the cooked rice has cooked, mix the rice to the bean-corn mixture.
- 6.** Next, stuff the bell pepper halves with the rice-bean-and-corn mix and place the stuffed peppers face up on a baking sheet.
- 7.** Cover the peppers with aluminum foil and bake 20-30 minutes, or until the cheese is melted and the peppers are tender

Sopa de Habas

Like many dishes, there are many variations to sopa de habas. Some recipes include chiles secos, dry chillies, like chile ancho or use yerba buena instead of cilantro. This recipe is my first foray into lima beans. Having been forced to eat sopa de habas very frequently as a child, my abuelo came to hate them. As a result, my grandmother never made them and never passed a recipe to my mother. However, in Mexico they are a popular dish during lent.

Servings	Time	SCOPE Author	Recipe Source
8	1 hr	Gisselle Orozco	Chef Rogelio Lara

INGREDIENTS

- 1 pound of lima beans
- 2 cloves of garlic, diced
- ½ cup diced onion
- 2 ¼ cups diced tomato
- 2 tbsp. oil
- Salt to taste
- 1 bay leaf
- ½ cup nopales, cleaned and diced
- 2 ½ liters of water

PROCEDURE

1. Soak lima beans overnight
2. Drain water of lima beans, place 2 ½ liters of water to boil
3. Once water is simmering, transfer drained lima beans to water, cook for at least 1 hour
4. While lima beans are cooking, boil nopales with a dash of salt and a chunk of onion for around 20 minutes or until slightly tender. Drain and set aside.
5. Heat pan with oil, add diced onion and garlic, cooking until aromatic. Add tomato and bay leaf. Cook until slightly soupy, around 10 minutes
6. Once lima beans are tender add salt to taste, let cook a little longer until lima beans are moderately dissolved

Recipe Link: <https://www.youtube.com/watch?v=cKNZ4gWqyQM>



1

5

6

7

Aztec Casserole

Servings

1 casserole

Total Time

45 min

SCOPE Author

Saarah Kuzay

Recipe Source

Saarah Kuzay
& Ken Earl

INGREDIENTS

- 3 x 15 oz can black beans, drained and rinsed *Alternative: 5 ¼ cups cooked black beans
- 3 x 15 oz can diced tomatoes
*Alternative: 5 ¼ cups chopped tomatoes
- 3 cups salsa (or one jar of your favorite salsa)
- 3 cups frozen super sweet corn kernels
- 1 ½ tsp ground cumin
- approx. 10-15 corn tortillas
- 2-3 cups crushed tortilla chips
- 1 cup grated cheese (pepper jack is highly recommend!)

PROCEDURE

- 1.** Preheat oven to 425°F
- 2.** Combine beans, tomatoes, salsa, corn, and cumin in a large mixing bowl.
- 3.** First, place a layer of overlapping tortillas to cover the bottom of the casserole dish (suggested volume: 9 inches x 12 inches x 2 inches). Next, cover the layer of tortillas with the tomato-bean mixture. Then, cover the tomato-bean layer with a thin layer crushed tortilla chips.
- 4.** Place a second layer of tortillas on top of the crushed chips. Repeat layering method specified in Step 3 until you've used up all the tomato-bean mixture. Top the casserole with a layer of crushed chips and grated cheese.
- 5.** Bake the casserole dish uncovered until the cheese-chip layer is golden brown (approx. 30-35 min baking time).

Shakshuka

Shakshuka originated in North Africa and has many variants. Even though the recipe has eggs it is often enjoyed as an evening dish. Some recipes include meat, like chorizo or lamb. Many are also topped with cheese, cilantro and/or parsley. When I noticed all the variation among the recipe I decided to alter this recipe a little by adding beans.

Servings	Time	SCOPE Author	Recipe Source
6	1 hr	Gisselle Orozco	Melissa Clark

INGREDIENTS

- 3 tbsp olive oil
- $\frac{3}{4}$ large onion, thinly sliced
- 1 large red bell pepper
- 3 garlic cloves, crushed
- 1 $\frac{1}{2}$ tsp ground cumin
- 1 $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp ground cayenne
- 24 ounce can whole tomatoes, with their juices
- $\frac{3}{4}$ tsp kosher salt
- 6 large eggs
- 1 $\frac{1}{2}$ cups whole cooked beans, drained

PROCEDURE

1. Soak beans overnight. Drain water and place drained beans in a pot. Cover with water and boil until tender, about 1-2 hours.
2. Heat oil in a large skillet. Add onion, bell pepper, and garlic. Cook until tender. Add cumin, paprika, and cayenne.
3. Pour in tomatoes with their juices. Add salt and crush tomatoes with a spoon. Add beans. Simmer for around 10 minutes or until the sauce has thickened.
4. Using the back of the spoon make indentation into sauce to crack the egg into. Repeat for the other 5 eggs. Cover with lid and let simmer until eggs are cooked.
5. Serve and enjoy!

Recipe Link: <https://cooking.nytimes.com/recipes/1014721-shakshuka-with-feta>



Vegan Chili

This recipe is made with pink beans from the UC Davis SCOPE project. There are many bean species in the world, but only 5 of the genus Phaseolus that have been domesticated for agriculture: lima, common, tepary, runner, and year beans. The pink beans that this recipe uses are a variety of common bean, which also includes favorites like pinto, navy, kidney, and black beans. These beans were domesticated in Mesoamerica and also separately in the Andes. Because of this, they are staples in the diets of people across Mexico, Central America, and South America. They have now become crucial crops around the world, feeding people from Guatemala to Italy to Japan and beyond. While this particular chili recipe isn't a family heirloom, it is delicious! My dad used to make a massive pot of chili for special occasions and social events, like the Superbowl. Once I stopped eating meat, he had to adapt a little. This recipe is vegan-friendly, though you can add meat or cheese if you don't have any

Servings	Time	SCOPE Author	Recipe Source
4	2 hrs 20 min + Overnight soak	Maya Shydrowski	Annie Markowitz

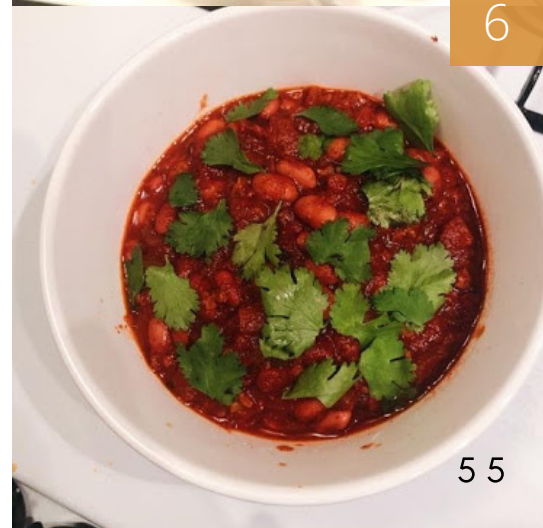
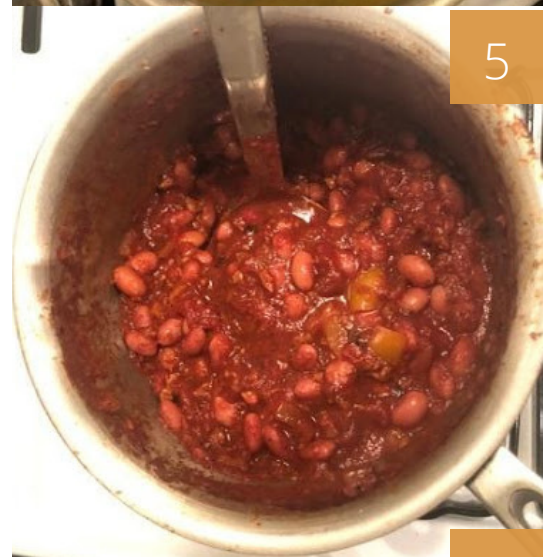
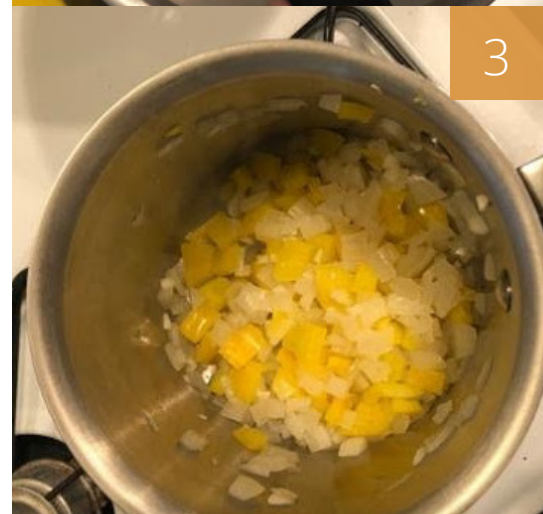
INGREDIENTS

- 1 cup dry beans
- 3 cups water
- salt
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 yellow bell pepper, chopped
- 3 tbsp + 4 more cups water
- 1 can (28 oz) crushed tomatoes
- 1 ½ tbsp chili powder
- ½ tbsp paprika
- ¼ tsp salt dash of cayenne
- ½ cup soy chorizo, premade (optional)
- 1 bunch of cilantro

PROCEDURE

1. Soak dry beans overnight in 3 cups of water, or as much water as it takes to completely cover the beans, and a couple dashes of salt.
2. Rinse and drain the beans after soaking.
- 3 Add the 3 tbsp water to a pot and sauté the onion, garlic, and bell pepper on medium heat for 5 minutes. Stir frequently.
4. Add in the beans and all remaining ingredients (except soy chorizo if adding). Bring to a boil.
5. Reduce to a simmer and let cook for 2 hours, covered. Stir occasionally. If the beans have not softened enough after 2 hours, continue to let cook, and check every 5 to 10 minutes for softening. If wanted, add soy chorizo to pot.
6. Serve with cilantro, salt and pepper, and/or extra seasoning.

Recipe Link: <https://www.vegannie.com/entrees/one-pot-mixed-bean-chili/>



Vegan Southwest Chili

Chili is one of my favorite things to cook. It also happens to be one of the easiest things to make, and one of the first one things I learned how to cook. It's warm and filling on a rainy winter day, but also the best flavors of summer vegetables in one simple dish. I've been practicing and refining this recipe for years, and this is the best version I have so far. This is the base recipe, which is vegan, and can be amended to fit anyone's personal taste, or whatever you may have in the fridge at the moment. Plus, the core of the recipe can all come from SCOPE.

Servings

4-6

Total Time

2 hrs

SCOPE Author

Will Hazard

Recipe Source

Personal
Recipe

INGREDIENTS

- 1 medium yellow onion, chopped
- 4 cloves garlic, chopped
- 2 jalapenos, chopped with seeds removed
- 1 tbs olive oil
- 14 oz can white hominy, drained
- 2 cups dry beans (any types can be used, but preferable black, pinto and kidney), precooked until soft. Save cooking liquid.
- 6 roma tomatoes, peeled and chopped
- 4 tbs red chili powder
- 1 tbs ground cumin
- 3 bay leaves
- Salt/pepper

TIPS

Garnishing is always good, and there are all kinds options. I recommend avocado, cilantro and green onion. This recipe is a base recipe, and can be modified to fit your tastes and preferences. The recipe itself, but virtually any protein can be added to it. Simply brown the meat before hand, and then add the meat right before you simmer, including the juices. For non-vegan garnishes, add shredded cheese, sour cream or cotija cheese. To make heartier but still be vegan, added chopped squash or zucchini. For the true Seattle Public School cafeteria experience, serve with cinnamon rolls. If you don't have all of the fresh ingredients, canned beans and tomatoes can be used. For cans, use 2 14 oz cans of beans, and 1 28 oz can of peeled whole tomatoes.

PROCEDURE

- 1.** In a heavy bottom pot, preferably a dutch oven, heat on the stove at medium high heat and add the oil. The oil is ready when it glistens and covers the bottom of the pot.
- 2.** Add the onion, garlic and jalapenos. Cook until the onions are translucent and the jalapenos are bright green, roughly 5-7 minutes. Add the hominy and cook for an additional 3 minutes.
- 3.** Add the beans, including the cooking liquid, and the tomatoes. Add the spices and the bay leaves, then bring to a boil.
- 5.** Bring to a boil, then reduce heat to low. Add salt and pepper to taste. Simmer, uncovered, for 1-2 hours, until the texture is thick and the beans have broken down a little. Stir every 10-15 minutes to prevent the beans from scalding.