

N O S T A L G I C   R E C I P E S

**T A S T E S**

**L I K E**

**H O M E**

F R O M   Y O U R   A S D A   D I S T R I C T  
F O U R   2 0 2 0 - 2 0 2 1   C A B I N E T



A G I F T

*just for you*

in honor of World Diversity Day.  
May we never forget the beautiful moments that  
bind us together.

**F R O M**

Your ASDA District  
Four Family <3

They're the stories that you tell  
around the table over good food.  
Those are the treasured memories  
that people carry with them.

LUANA BRANDT

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& our friends and family, who so willingly shared  
their ~unique~ food habits!

We asked y'all (on social media) to share with us your wild but delicious food combinations!

HERE'S WHAT YOU SHARED WITH US:

*Cheez-It crackers IN milk  
(like cereal)*

*Banana & mayo sandwiches*

*Cottage cheese & Nutella*

**Grapes INSIDE  
French bread**

*Pancakes & cream cheese*

**HUMMUS ON PASTA**

**Mac-n-cheese & Tuna**

Honey & Mayo sandwiches

**Broccoli dipped  
in raw vinegar**

**Cornbread, milk,  
and raw onions**

*Eggs & Dates*

**Spaghetti & Vinegar**

*Ketchup & Rice*

*TUNA & TWIZZLERS*

**Spam & Mustard**

**Chips & Ketchup**

*Cheddar cheese dipped in hot cocoa*



Hot dogs & cucumbers

Chicken tenders & applesauce

*Cheese & Syrup*

Pizza & Spicy honey

Brown mustard  
& liquid aminos

Greek yogurt & Rice

*Salam: & Cream cheese*

Pistachio brownies

**PEANUT BUTTER & PICKLES**

Peanut butter,  
banana, & mayo

CHICKEN

*Steak & Ketchup*

CHICKEN

Mac-n-cheese & Ketchup

*Carrots & Peanut butter*

Baked beans & Ketchup

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**TRY THESE OUT  
& LET US KNOW WHAT  
YOU THINK!**

Tag us! @district4asda

Enjoy a  
walk down  
recipe  
lane with  
ASDA  
District  
Four:





# Martica's Banana

can be an appetizer or dessert!

BY CHRISTINA APONTE  
RISING D3, MEHARRY MEDICAL COLLEGE

"THIS REMINDS ME OF HOME BECAUSE GROWING UP,  
MY MOM WOULD MAKE IT FOR MY SISTER AND I ALL  
THE TIME."

## You will need:

1 ripe plantain

2 sticks of mozzarella  
cheese (or string cheese if  
you like a more tart flavor)

Guava paste (1/2 cup) - or  
real guava

Maple syrup

## Recipe:

1. Split the ripe plantain in half, hot dog style
2. lay the string cheese (one piece) in the middle
3. cover the opening with guava paste/ real guava
4. (Optional) scatter the other, cut-up, piece of cheese over the middle
5. drizzle maple syrup over your creation
6. Put in the oven at 375' F until you see the plantain turn slightly brown (think roasted marshmellow change in color), this should be in about 10-15 minutes.
7. Let cool for 2 minutes
8. (Optional) drizzle more maple syrup over the top
9. Enjoy!



C 2013 Alica Ramkirpal

# Saltfish Cakes/Fritters

can be an appetizer!!

BY STEPH JAIPUAL  
RISING D3, DENTAL COLLEGE OF GEORGIA

"MY PARENTS ARE GUYANESE, SO I GREW UP AROUND ALL KINDS OF CARIBBEAN FOOD! I LOVE HOW CARIBBEAN FOOD IS DERIVED FROM VARIOUS ETHNICITIES AND REPRESENTS THE MIX OF CULTURES THAT MAKES UP THE IDENTITY OF CARIBBEAN PEOPLE. THIS RECIPE IS A FAVORITE IN COUNTRIES LIKE GUYANA, TRINIDAD, & JAMAICA & REMINDS ME OF THE FOOD THAT WOULD ALWAYS BE SET OUT FOR BACKYARD PARTIES DURING THE SUMMER GROWING UP IN QUEENS, NY"

## You will need:

Salted cod or Salted polluck  
(comes in a bag and there is a TON of  
salt on it/ in the bag)

Potatoes

Onions

Red pepper flakes

Eggs

Flour

## Recipe:

1. Soak salted fish in water, rinse it, put it in a pan with COLD water, bring to a boil, empty water, repeat the process 3-4x.
2. Flake the fish into pieces.
3. Wash and peel potatoes, half or quarter them, then boil with a pinch of salt until soft.
4. Mash the potatoes & chop onions.
5. Mix the onion, pepper flakes (to taste), flaked fish and mashed potatoes together.
6. Make round balls then flatten a little.
7. Coat each ball in beaten egg and then in flour.
8. Fry in pan of a lot of oil for 3ish minutes each side until golden brown.
9. Enjoy!





# CHEESECAKE

DESSERT!

BY ASHLEY ADDAMO  
RISING D3, MEDICAL UNIVERSITY OF SOUTH CAROLINA

"THIS DISH ALWAYS REMINDS ME OF THE HOLIDAYS. MY GRANDMA MADE IT EVERY YEAR GROWING UP AND THEN MY MOM TOOK OVER AND NOW ME!"



## You will need:

### Crust

- 1 cup graham cracker crumbs
- 1/2 cup sugar
- 1 stick of butter, melted

### Filling\_

- 4 eggs
- 1 cup of sugar
- 1 tsp vanilla extract
- 1/3 cup sour cream
- 3 blocks of cream cheese, room temperature

### Topping

- 2/3 cup of sour cream
- 1/2 cup of sugar
- 1 tsp of vanilla extract

## Recipe:

- 1.Pre heat oven to 350F
- 2.Combine graham cracker crumbs, melted butter, and sugar.
3. Press into spring form pan, place on cookie sheet, and bake for 10 minutes. Remove from oven and let cool.
4. In a stand mixer, add cream cheese and sugar, cream until smooth, add eggs 1 at a time, add sour cream, and vanilla, be sure not to over mix
5. Pour filling over crust Bake in oven for 35 minutes at 350F, turn oven off and leave in for another 35 minutes, open oven door and let sit in the oven for another 35 minutes
6. Mix sour cream, sugar and vanilla extract in a separate bowl
7. Pour topping on top of cheesecake
8. Bake at 350 for 5 minutes
9. Put in refrigerator to cool and serve



# Authentic Italian "Spaghetti Gravy"

Entree!

BY ANNE MARIE CURRIE

RISING D3, UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER

"GROWING UP, I COULD ALWAYS COUNT ON MY MOM (WHO IS OF POLISH AND ITALIAN DESCENT) TO COMFORT US WITH HER LOVE AND DELICIOUS PASTA DISHES. MAMA'S SAUCE IS THE VERY BEST ON THE PLANET AND WHEN I SMELL BIG POTS OF SPAGHETTI GRAVY SIMMERING ON THE STOVE, I GET TRANSPORTED TO A PLACE OF WARMTH AND CONTENTMENT!"

## You will need:

1/2 white or yellow onion

3 cans of tomato paste

Greek seasoning

oregano

basil

garlic powder

sugar

1 Jar Traditional Prego or Ragu

Mild Italian sausages

## Recipe:

1. On medium-high heat, cook 1/2 of a white or yellow onion in olive oil.
2. Lower heat and add 3 cans of tomato paste and 5 cans of tomato sauce.
3. Add a "canful" of water from each can.
4. Add a touch of greek seasoning, lots of oregano and basil, a splash of garlic powder.
5. Add 1/3 cup of sugar.
6. Add on jar of traditional Prego or Ragu.
7. Add mild italian sausages into the sauce and they will cook while the sauce simmers.
8. Let simmer for 4 hours, lightly covered.
9. Enjoy!





# Corn Soufflé

Can be eaten mainly as a side dish or even a main course!

BY HILLARY DONT SOP  
RISING D1, MEHARRY MEDICAL COLLEGE

"THIS RECIPE WAS PASSED DOWN FROM MY MOM AND IT'S A GREAT DISH THAT IS BEST SERVED WARM. IT REMINDS ME OF MY MIDDLE SCHOOL DAYS AND COMING HOME TO ONE OF MY FAVORITE DISHES AS A CHILD! IT WILL ALWAYS REMIND ME OF MY MOM AS SHE INTRODUCED THE DISH TO ME AND TO THIS DAY, I ALWAYS MAKE IT AS A SIDE DISH FOR THANKSGIVING."

## You will need:

2 cans of Cream Style Sweet Corn

3 Eggs

1/2 cup of Heavy Whipping Cream

1/2 stick of Salted Butter

2 tablespoons of Mayonnaise

1 block of Pepper Jack cheese (8 oz)

1 1/2 boxes of Jiffy Corn Muffin Mix (8.5 oz)

One pinch of black pepper

## Recipe:

1. Preheat the oven to 350 degrees
2. Melt the 1/2 stick of butter. Cool down for 5 minutes
3. Grate the pepper jack cheese until finely shredded
4. Empty cans of creamed corn into a large bowl
5. Add the eggs, grated cheese, and melted butter into the bowl. Whisk mixture well
6. Add Jiffy Corn mix into the bowl and whisk well
7. Add 1/2 cup of heavy whipping cream, mayo, and pepper and whisk until incorporated
8. Pour the mixture into a greased 13x9 pan
9. Place the pan into the preheated oven and bake for 1 hour
10. After the hour, remove the pan from the oven and cool for 10 minutes



# Grandma's Cucumbers

appetizer!

BY VICTORIA HARDY  
RISING D3, EAST CAROLINA SCHOOL OF DENTISTRY

"EASTERN NC IS KNOWN FOR THEIR LOVE OF VINEGAR AND MY GRANDMA INSTILLED THIS EARLY ON. EVERY SUNDAY WHILE GROWING UP MY FAMILY WOULD GET TOGETHER AT GRANDMA'S HOUSE FOR DINNER. THESE WERE HER GO-TO TO KEEP ALL OF THE GROWING GRANDCHILDREN APPEASED WHILE SHE FINISHED COOKING. I COULD EASILY EAT TWO CUCUMBERS BY MYSELF THIS WAY!"

## You will need:

1 Cucumber

1/3 Apple Cider  
Vinegar

1/3 Italian Salad  
Dressing

Ground pepper

## Recipe:

1. Slice a cucumber in a bowl
2. Add 1/3 cup of apple cider vinegar
3. Add 1/3 cup of Italian salad dressing
4. Top with fresh ground pepper

That's it!





# Peach Crisp

dessert!

BY JARED FLETCHER  
RISING D2, MEHARRY MEDICAL COLLEGE

"I HAVE A BIG SWEET TOOTH. REMINDS ME OF MY FRIENDS AND FAMILY COOKOUTS."



## You will need:

Flour  
Brown Sugar  
Butter  
Sugar  
Salt  
Nutmeg  
Cinnamon  
Peaches  
Ice cream (optional)

## Recipe:

1. Preheat oven to 400°
2. In a large mixing bowl, whisk together flour and brown sugar. Add 1 cup of butter and mix on low speed until crumbly.
3. In a medium bowl, whisk sugar, salt, nutmeg and cinnamon together and set aside.
4. Peel and slice peaches. Put in a large bowl.
5. Mix in sugar mixture and stir until peaches are coated well.
6. Pour fruit mixture into a 9 x 13 inch baking dish or a 3 quart baking dish.
7. Add the remaining 1/4 cup butter (sliced) and just place on top of the fruit mixture randomly.
8. Add the flour mixture on top of fruit and spread evenly.
9. Bake uncovered at 400° for 45-55 minutes, or until topping is golden brown.
10. Serve warm with dairy-free ice cream .



# Mekici

can be an app or dessert, based on if you're enjoying them salty or sweet

BY ALLEY STEFANOVSKI  
RISING D3, VCU SOD

"THIS DISH REMINDS ME OF SPENDING TIME WITH  
MY GRANDMOTHER AS A YOUNG CHILD"

## You will need:

250 ml milk  
250 ml lukewarm water  
1 fresh yeast (40 g)  
3 eggs  
3 tablespoons oil  
1 teaspoon baking powder  
1 teaspoon salt  
500-600 ml oil for frying  
1 kg of flour

## Recipe:

1. Place yeast in lukewarm water. Add 1 tablespoon sugar and 2 tablespoons flour to activate yeast.
2. Then, knead a soft dough adding the eggs, flour, salt, baking powder, milk and oil.
3. Knead until dough becomes nice and smooth.
4. Pull the dough by hand and if it doesn't tear apart or separate, then dough is good. Let prepared dough stay for about 40 minutes.
5. Knead dough again and let it rest to reach again.
6. Pour oil in a deeper pot and place pan to warm up. Oil hands, form irregular shapes from dough by pulling out from center and put to fry until they become a golden color.
7. Place fried mekici on a paper towel to soak up the excess oil.
8. Serve with feta cheese or sprinkle with powdered sugar/cinnamon.





# Kahlua Cake

Dessert

BY SCARLETT WALSTON  
RISING D3, ECU

"THIS WAS THE FIRST THING I EVER LEARNED TO BAKE WITH MY MOM. IT DEFINITELY SPARKED MY LOVE OF BAKING. WE HAD THIS FOR AT LEAST ONE OF THE "BIG" HOLIDAYS, I.E. EASTER, THANKSGIVING, CHRISTMAS, OR BIRTHDAYS"

## You will need:

1 cup of unsalted butter,  
room temp  
8 ounces cream cheese,  
room temp  
2 cups of granulated sugar  
5 eggs  
2 cups of flour  
1 cup of cocoa  
½ teaspoon of salt  
½ cup Kahlua  
1/3 cup of water  
1 cup of chocolate chips

## Recipe:

1. Preheat oven to 325 F and grease the bundt pan
2. In one bowl, beat cream cheese and butter together on low speed until well blended . Add sugar and beat continually
3. Add the eggs, one at a time; ensure that each one is thoroughly mixed before adding the next
4. In a separate bowl: mix in flour, cocoa, and salt
5. Add half flour mixture into the cream cheese mixture and blend
6. Add water and blend
7. Add the rest of the flour mixture and the Kahlua
8. Blend until smooth
9. Fold in the chocolate chips
10. Spoon into bundt pan and bake for 1 hour- 1.5 hours (each oven is different) or until you can stick in a toothpick and it comes out clean



# Chessman Banana Pudding

BY APARECIO PEGGINS  
RISING D2, MEHARRY MEDICAL COLLEGE  
"IT REMINDS ME OF MY GRANDMOTHER AND MY  
SISTER. IT'S THEIR FAVORITE DESSERT AND MINE  
AS WELL! THEY TAUGHT ME HOW TO MAKE IT & IT'S  
BOMB!"

## You will need:

2 bags Pepperidge Farm Chessmen cookies, 20 cookies for the bottom layer and 20 cookies for the top layer (pictured are the spring version)\*

4-6 bananas sliced (I used 5 bananas)

2 cups milk (I used unsweetened vanilla almond milk)

1 (5-ounce) box INSTANT French vanilla pudding

1 (8-ounce) package cream cheese, softened (I used lite cream cheese)

1 (14-ounce) can sweetened condensed milk (fat free will work)

1 (8-ounce) container whipped topping (I used lite Cool Whip)

## Recipe:

1. Line the bottom of a 9x13 inch dish with cookies and layer banana slices on top.
2. In medium bowl, combine the milk and pudding mix and blend well using a handheld electric mixer, stand mixer or whisk.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
4. Fold the whipped topping into the cream cheese mixture.
5. Add the cream cheese mixture to the pudding mixture and stir until well blended. (I used my stand mixer for all ingredient combining)
6. Pour the mixture over the cookies and banana slices.
7. Top with additional banana slices and cookies.
8. Refrigerate about 2-3 hours and until ready to serve.





# Basbousa

Palestinian Semolina Cake

BY RAND KHASAWNEH  
RISING D3, UNC ASOD

"MY MOM IS HALF-PALESTINIAN/HALF-JORDANIAN AND HAS MADE THIS CONSISTENTLY WHILE MY BROTHERS AND I WERE GROWING UP. IT REMINDS ME OF MY FAMILY AND MY HERITAGE AND IS ONE OF MY FAVORITE DESSERTS! IT IS ALSO RELATIVELY HEALTHY AND EASY TO MAKE!"



## You will need:

Cake:

1 cups flour (we used whole wheat  
but you can sub)

1 cup semolina

1 cup sugar

1 cup yogurt or condensed milk

2 large eggs or 3 small eggs

1/2cup vegetable oil

1/4tsp baking soda

1/2tsp vanilla extract

Sugar syrup:

2 cup sugar

1 cup water

Coconut shavings to top

## Recipe:

1. Mix all of the wet ingredients together: yogurt, eggs, vegetable oil, and vanilla extract.
2. Add in the dry ingredients, starting with the sugar. Then add in flour, semolina, and baking soda.
3. Pour into a large rectangular or circular pan and bake on 350 until the edges are brown (probably around 20-25 minutes or so, but use a toothpick to verify that it is done).
4. While it is baking, begin making the syrup. Heat the sugar and water on the stovetop until it boils. Leave it on the stove top until 3-4 minutes after it boils, stirring the entire time (if you don't stir, it might become caramelized instead of syrup-y).
5. Once the edges are browned, take it out of the oven. Sprinkle coconut shavings on top.
6. Cut it into square or diamond-shaped pieces (can make it diamond-shaped but cutting it straight down in one direction and diagonally in the other direction).
7. Using a ladle or something similar, pour the syrup overtop.
8. Enjoy!





# Jollof Rice with Plantain

BY KYLE NWANKWO

RISING D3, MEHARRY MEDICAL COLLEGE

"THIS DISH REMINDS ME OF HOME AND NIGERIA!  
BASIC COURSE MEAL."

## You will need:

4 cups of uncooked rice (I like basmati)

5-6 cups stock (vegetable, chicken, or beef) or water, divided

6 fresh, red poblano peppers (or 4 large red bell peppers), seeds discarded

3 medium-sized red onions )1 sliced thinly, 2 roughly chopped), divided

1 Scotch bonnet pepper (yellow is my favorite!), to taste

1/3 cup oil (palm oil or canola/vegetable oil)

Seasoning: 1 magi cube or Dash of salt

1 teaspoon (heaping) dried thyme  
2 dried bay leaves

2 teaspoons unsalted butter (optional), divided

## Recipe:

1. Rinse the rice to get rid of some starch then parboil: Bring the rice to a boil with 2 cups of the stock (or water) then cook on medium heat, covered, about 12 to 15 minutes. Rice will be hard, a bit "white" (not translucent) and only partly cooked. Remove from the heat and set aside.
2. In a blender, red poblano (or bell) peppers, chopped onions, and scotch bonnet; blend till smooth. In a large pan, heat oil and add sliced onion. Season with a pinch of salt, stir-fry for a minute or 2, then add the tomato paste, curry powder, dried thyme and bay leaves. Stir for another 2 minutes. Add the blended tomato-pepper-scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes.
3. Add 2 cups of the stock to the cooked sauce and then add the rice. Stir, cover with a couple piece of foil/baking or parchment paper and put a lid on the pan. This will seal in steam and lock in the flavor. Cook on low heat for 15 minutes. Stir again, adjust seasoning to taste, then add the remaining 1 cup of stock. Stir, cover with foil/baking or parchment paper and let cook for another 15 to 20 minutes, stirring every 10 minutes or so to prevent burning and till the rice is cooked and the grains are separate.
4. You can also pour the mixture in a pan and bake it on 200-235 low heat for 30 minutes or until ready. Check periodically and if you have to increase then do so.





# Chili Cheese Dip

Appetizer

BY ANNE MARIE CURRIE  
RISING D3, UTHSC

"THIS DIP REMINDS ME OF BACKYARD BARBECUES AND SUMMERTIME SUNSHINE!!! THIS DIP IS ALSO PERFECT FOR SNACKING WHILE WATCHING FOOTBALL GAMES!!!"

## You will need:

- 1 block of cream cheese
- 1 can of Hormel chili (with or without beans— we normally use without beans!)
- 1-2 cups shredded cheddar cheese
- Taco or Chili seasoning to spice things up!

## Recipe:

1. Soften the cream cheese and spread in the bottom of a pie dish.
2. Spread the chili on top of the cream cheese.
3. Sprinkle, to your taste, the taco/chili seasoning.
4. Sprinkle the cheddar on top of the first two layers.
5. Lastly, bake at 350 degrees for 15-20 minutes (or until cheese is bubbly!)
6. Serve with Fritos Scoops or Tostitos Scoops!



# "Piece of Cake" Cheesecake

Dessert

BY OLIVIA NILLISSEN  
RISING D2, UNC ASOD

"GROWING UP IN THE DAIRY STATE OF WISCONSIN, CHEESE, ICE CREAM, AND ALL THINGS DAIRY ARE CONSIDERED THE ESSENTIALS FOR LIFE. THEREFORE, THERE'S NOTHING BETTER THAN CHEESECAKE--COMBINING MY LOVE FOR DAIRY WITH MY SWEET TOOTH!"

## Graham Cracker Crust:      Cheesecake Filling:

- 1.5 cups of graham crackers (ground up or crushed)
- 6 tablespoons softened butter
- 1/4 cup sugar

1. Mix crumbs, sugar, and butter, along with some cinnamon sprinkled in for extra sweetness (optional), in a bowl.
2. Press crust mixture into a 8 or 9-inch pie plate.
3. Let refrigerate while making the filling.

- 2 pkg cream cheese
- 1 can sweetened condensed milk
- 1 tsp vanilla
- 2 T fresh lemon juice (optional)

1. Beat/mix cream cheese and sweetened condensed milk until fluffy.
2. Add in the vanilla and lemon juice until smooth.
3. Pour into graham cracker crust.
4. Refrigerate cheesecake for at least an hour before serving.
5. Enjoy cheesecake topped with fresh berries and whipped cream!

WE HOPE YOU HAVE  
FUN MAKING (AND  
SHARING?) THESE!

*We can't wait to  
see your creations!*

TAG US! @DISTRICT4ASDA