

HEP B UNITED

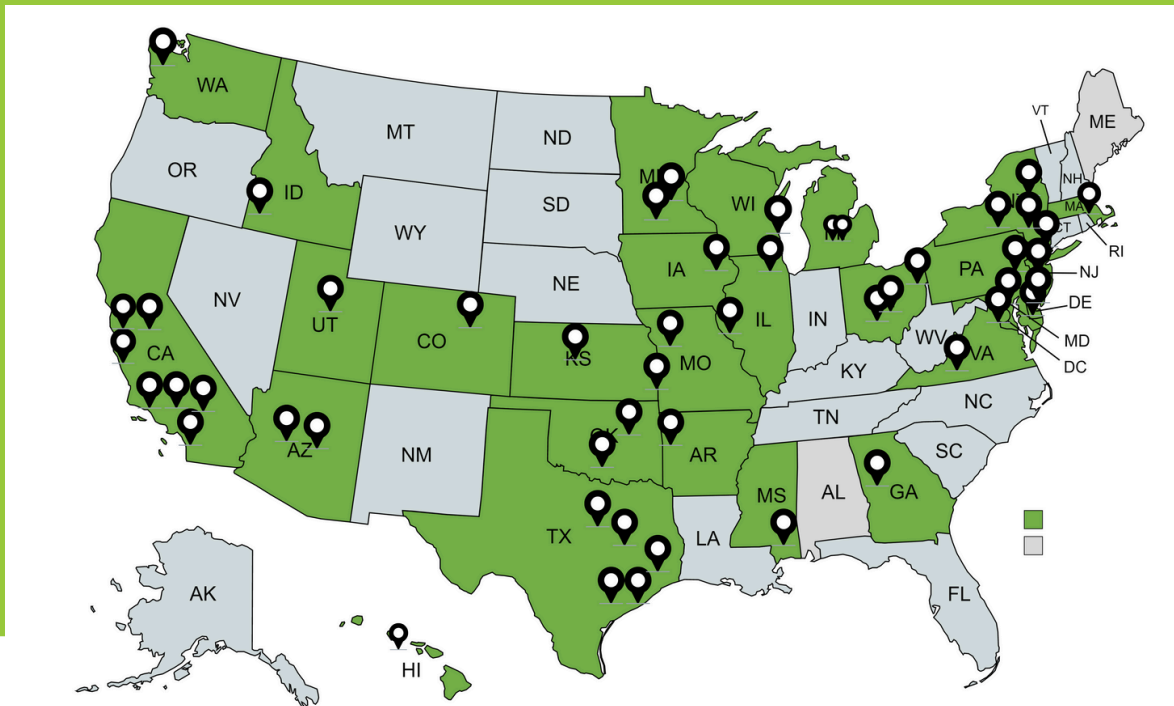
2025 VIRTUAL MINI-SUMMIT REPORT

OCTOBER 29-30, 2025



hepbunited.org

ABOUT HEP B UNITED



Hep B United is a national coalition dedicated to eliminating hepatitis B and the health disparities and inequities associated with hepatitis B and hepatitis delta among highly impacted communities across the United States by increasing awareness, screening, vaccination, and linkage to care.

Hep B United was co-founded and is co-chaired by the Hepatitis B Foundation and the Association of Asian Pacific Community Health Organizations (AAPCHO). The coalition works to reduce the impact of hepatitis B through prevention and education efforts, addressing perinatal transmission, improving screening and linkage to care, contributing to national surveillance data, and advocating on a national level.

The coalition is comprised of advocates, community leaders, and stakeholders that focuses on the health equity, respect, and empowerment of those affected by hepatitis B.

60+

LOCAL
COALITIONS &
NATIONAL
ORGANIZATIONS

39

CITIES

27

STATES PLUS DC



For many of the past fourteen years of its existence, Hep B United has held an annual in-person or virtual summit to bring partners together for education, coordination, advocacy, and camaraderie.

Held over two half-days in late October, this year's virtual mini-summit had a unique theme – **Family Potluck** – where we brought culture and community together to exchange successes, challenges, and wisdom while celebrating the diversity and richness of the communities we serve.

We showcased recipes from different cultures over these two days as an attempt to learn something new about one another and celebrate the unique backgrounds we come from.

The 22 recipes submitted by partners are highlighted in this report. We hope you enjoy them as much as we have.

FRANK HOOD
Director

MESSAGE

Potluck: noun; a meal or party to which each of the guests contributes a dish

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Slides and recordings from the virtual Mini-Summit can be found on the Hep B United website under Capacity Building > Annual Summits.

WELCOME REMARKS



Dr. Chari Cohen
President, Hepatitis B Foundation
Co-Chair, Hep B United

It is a pleasure to join Jeff and Frank in welcoming you to the 2025 Hep B United Mini-Summit. It's quite a big family, but very much like a potluck gathering, everyone is here to contribute something and to share something. We're here to talk about our shared collective efforts as stakeholders and all of the efforts that we're working on together to create safe and healthy communities. And to improve awareness and decrease stigma for hepatitis B, hepatitis Delta, liver cancer, to try and save the vaccine, and to think about innovative ways that we can all work together to get people vaccinated, tested, linked to care. So, true to a potluck gathering, we're going to come to the table today to share our strategies, our best practices, but also our struggles.

Regardless of whether you're a provider, a researcher, an advocate, or a person with lived experience, we are so happy for you to be here and share your voice. And to lean on each other as we work into the future. One of the most beautiful things about Hep B United is that we have always been a family. We've really worked together very closely since 2011, united towards a vision for a future free of hepatitis B. I treasure each and every gathering we've had. I'm excited to be here today and I look forward to learning together and thinking about how we can continue to collaborate and work towards improving the health of our communities and bringing hope to our communities.

WELCOME REMARKS



Jefferey Caballero
Executive Director, AAPCHO
Co-Chair, Hep B United

Welcome everybody. AAPCHO has really been privileged to have partnered with Hep B United for all of these years. I really do appreciate and enjoy the energy that we have together. It really is an honor for me to welcome you this year's Mini-Summit.

You know, though I am really enjoying this moment with you, I'm also eager to get to work and acknowledge the significance of the moment that we are in. I had never thought that we would have to once again advocate to protect the birth dose. I had never thought we would once again have to advocate for universal vaccination for our children. I had never thought we had to advocate to base decisions on science.

Yes, these are unprecedented times that we are in, and the challenges seem daunting. But we must remember we've won this fight before, and we will do it again. We will do it again because we remember the faces behind the statistics. We remember that each number represents a life, a family, and a community impacted by this virus. Through collaboration, innovation, and education, we will do it again. We have a mission driven by hope and a desire for a healthier future. Let's do this again. Let's do it together.

WORKSHOP #1: INCREASING SCREENING, TESTING, AND INTEGRATION FOR HEPATITIS B

Speaker:

Zinnia Dong

Viral Hepatitis and Tuberculosis Program
Associate

North East Medical Services (NEMS)

Moderator:

Dr. Catherine Freeland

Associate Director, Public Health Research
Hepatitis B Foundation



 **82,000**

The number of patients Northeast Medical Services sees yearly.

 **87%**

Northeast Medical Services' screening rate for hepatitis B.

Ms. Dong explained how NEMS provides a one-stop-shop for comprehensive health services. Their patient population is 79% Asian with 72% speaking a primary language other than English and 74% receiving Medicaid services. Given that much of their patient population is at risk for hepatitis B, NEMS has implemented a robust screening and management program within their sites. They also partner with local organizations and attend health fairs and community events to provide free screenings. NEMS sends customized results letters to all community members who get screened so they know their results.

NEMS has found that the foundational layers to support hepatitis B screening and management include:

- Making hepatitis B an organizational focus given its disproportional impact on their patient population.
- Ensure each site has a provider champion, who attends ongoing trainings and bimonthly meetings.
- All new adult providers receive special hepatitis B orientation.
- Create a custom electronic health record build to alert to "care gaps."
- Create patient outreach efforts through patient portal and emails.

WORKSHOP #2: MAINTAINING LIFESPAN PROTECTION AGAINST HBV IN THE CURRENT CLIMATE

Speakers:

Charlotte Moser

Co-Director, Vaccine Education Center
Children's Hospital of Philadelphia (CHOP)

Dr. Nina Kim

Professor of Medicine
University of Washington

Syreeta Wilkins

Senior Technical Consultant,
Migration Health Initiative (MHI)
Task Force for Global Health

Moderator:

Michaela Jackson

Program Director, Prevention Policy
Hepatitis B Foundation

Ms. Moser focused on overcoming hesitancy through understanding that vaccine decisions are shaped by existing attitudes. Parents interpret messages through current beliefs, and often ask whether vaccines are “safe” when safety and risk are not interchangeable. Because public dialogue around vaccines is largely negative, many parents feel pressured to assess vaccines and may be unnecessarily hesitant. This can occur because HBV is commonly associated with STIs and injection drug use. Providers must answer questions in a supportive manner to help parents understand the risks related to their child’s health.



Dr. Kim introduced the BOOST framework (Barriers Reduced, Orders Standing, Outreach, Settings Diversified, and Training) to improve vaccine delivery. This includes reducing operational obstacles, using standing orders, leveraging reminders, offering vaccines in multiple settings, and increasing provider confidence.

Ms. Wilkins discussed promoting vaccination in immigrant and migrant communities through community-informed design, culturally relevant imagery, rigorous translation, and multi-channel materials, and highlighted how [MHI’s materials](#) can be used to support raising awareness in these communities.

BREAKOUT #1: BUILDING COMMUNITIES

NATIVE HAWAIIAN & PACIFIC ISLANDER COMMUNITIES

Speakers:

Mukta Deia

Association of Asian Pacific Community
Health Organizations

Chibo Shinagawa

Association of Asian Pacific Community
Health Organizations

Melisa Laelan

Arkansas Coalition of Marshallese

Ms. Laelan highlighted the legacy of nuclear testing in the Marshall Islands, resulting in displacement to the U.S. without full access to federal programs. This underscored the need for trust-building and culturally grounded programming. ACOM prioritizes in-language outreach and uses Facebook as a key platform for TB education, recognizing its popularity within the community. Two nurses were hired to lead education and vaccine clinics, complemented by a TB Education Day offering comprehensive services such as diabetes prevention, women's health, and food access. Emphasis is placed on inclusive, intergenerational engagement, male-led initiatives ("Men Talk"), home visits, and relationship-centered approaches to rebuild trust.

ASIAN AMERICAN & IMMIGRANT COMMUNITIES

Speaker:

Kayla Inthabandith

Asian Health Coalition

Ms. Inthabandith focused on cultural humility as the foundation of effective health programming, shifting away from "cultural competence" toward ongoing learning, self-reflection, and bias awareness. Programs prioritize autonomy by empowering communities so they can make informed choices, addressing mistrust. Hepatitis B education is delivered using simple language, visuals, translated materials, and multilingual videos, with constant feedback and revision to remain culturally relevant. Platforms such as WhatsApp and community-driven social networks are key for outreach.

Persistent challenges include misinformation about Hepatitis B, intergenerational communication gaps, stigma, and low youth engagement. Strategies include careful, tailored messaging, real-life impact stories, flexible scheduling, and face-to-face engagement to increase screening and vaccination uptake.

AFRICAN IMMIGRANT COMMUNITIES

Speaker:
Dr. Nettie Johnson
African Cultural Alliance of North America

Dr. Johnson highlighted their African immigrant-focused community engagement project on hepatitis B. ACANA provides holistic, culturally and linguistically appropriate health and social services, promoting preventive care and access to medical resources. From March 2023 to October 2025, key activities included four educational workshops, 16 tabling events reaching 600 people, three screening events, one vaccination event, and four focus groups.

Using the African outreach toolkit, the project advanced Hepatitis B education, screening, and vaccination, strengthened partnerships, increased community knowledge and confidence, and emphasized culturally sensitive engagement, with sustainability planned through ongoing sessions and expanded collaborations.

DRUG-USING COMMUNITIES

Speaker:
Fiona Borondy-Jenkins
Hepatitis B Foundation

Ms. Borondy-Jenkins highlighted a pilot program developed with Prevention Point Philadelphia to increase hepatitis B and viral hepatitis awareness, education, screening, and linkage to care among people who inject drugs (PWID) within harm reduction settings. With acute HBV on the rise in this population, the program demonstrated strong engagement, with an 89% return rate for test results.

Key challenges included long wait times, lack of point-of-care testing, limited access to skilled phlebotomy, and transportation barriers to distant testing centers. Participants emphasized the importance of non-stigmatizing messaging, clear information about risk factors, and accessible, handheld educational materials. Lessons learned included the critical role of trained phlebotomists, incentives, and strong partnerships with local health departments. The program successfully advanced linkage to care in a trusted, harm reduction environment.

MINI-GRANTS PANEL #1



Moderator:
Shreya Koirala
Program Coordinator
Hepatitis B Foundation

Hep B United's Mini Grants Program launched in 2014. To date, 85 awards totaling \$750,000 have been distributed across 20 states to support local partners in screening, education, vaccination, and linkage to care for hepatitis B.

Each cycle offers 6–8 awards ranging from \$5,000–\$10,000 and has recently expanded to include PWID, Asian American, African Immigrants, and Native Hawaiian communities. The program prioritizes reducing HBV related health disparities through awareness, prevention, culturally appropriate navigation, and strengthened surveillance. Applications undergo internal and external review, followed by ongoing quarterly check-ins and technical support.

Grantee Speakers:
Affisath Anjorim
Health Programs Manager

Ishraga Dousa
Clinical Specialist
African Family Health Organization

AFAHO, founded in 2005, serves Greater Philadelphia, focusing on HIV/HBV testing, prevention, and access to health, social, and education services. Clients face barriers such as lack of insurance, language obstacles, and limited social support.

With the mini grant, AFAHO advanced HBV awareness, screening, vaccination, and linkage to care. AFAHO has trained cultural health navigators, educated over 1,000 individuals, and screened hundreds, with 6–15% positivity compared to the 0.3–0.4% national average. Strategies included multilingual education, faith-based partnerships, and community screening events. Outcomes included 102 individuals screened, 61 vaccinated, and linkage to follow-up care.





Grantee Speaker:
Eunice Han
Korean Community Services of
New York

KCS, founded in 1973, provides comprehensive services in aging, education, immigration, legal support, workforce development, public health, and mental health. With HBV initiatives since 2007, its Public Health and Research Center team supports AAPI communities through HBV health education, screening, research, advocacy, and linkage to care.

Project objectives include culturally and linguistically tailored HBV education, screening, vaccination and outreach. They screened 90 high-risk individuals, vaccinating and sharing resources with 40 unvaccinated participants in four languages, and linking 12 uninsured clients to treatment. Despite hesitancy due to the current political climate, KCS continues advocacy, expansion, and efforts aligned with NYC's 2030 viral hepatitis elimination goal.

Grantee Speaker:
William Chan
Intern
American Pacific Health Foundation

APHF advances the health of vulnerable populations across San Diego County through education and screenings for HBV, diabetes, hypertension, cholesterol, and vision. Their mini grant project focused on HBV awareness, screening, vaccination, and linkage to care, strengthening culturally and linguistically appropriate navigation and surveillance.

They hosted 18 outreach events (15 clinical, 3 educational), screening 71 individuals and educating over 100 from diverse communities. Results showed 27% needed immunization follow-up, 13% lacked insurance or a primary care provider, and 51% earned under \$25,000. Participants are referred to partner Family Health Centers of San Diego for care. Challenges include reaching underrepresented groups such as PWID and African immigrants.



WORKSHOP 3: STORYTELLING FOR ADVOCACY

Speakers:

Anousha Qureshi
Program Coordinator
Hepatitis B Foundation

David Urick

#just B storyteller and Advocate

Moderator:

Michelle Liu
Advocacy & Engagement Program Manager
Hepatitis B Foundation



 **300 MILLION**

The number of people living with chronic hepatitis B globally.

HEPBSTORIES.ORG

Genuine stories from people living with hepatitis B and liver cancer worldwide.

Ms. Qureshi introduced the Patient Advocacy Guide, defining different types of community-based, legislative, medical, and digital advocacy. She reviewed tools for reflection and vision mapping, a storytelling framework for structuring impactful narratives, and strategies for delivering stories to the right audiences. She highlighted storytelling as a form of advocacy, noting the importance of maintaining emotional and mental well-being throughout the process. She tackled topics such as stigma, self-compassion, and the Stop-Start-Continue activity, along with the self-care planner included in the guide.

Mr. Urick shared his lived experience following his hepatitis B diagnosis, including mental health challenges, and the difficulties of disclosure in both romantic and platonic relationships. He described the negative thought patterns and depression he faced, and how connecting with the HBF's storytelling program through social media provided resonance, support, and a whole-person approach to care.

WORKSHOP #4: POLICY UPDATES

Speakers:

Adam Carbullido

Director of Policy and Advocacy
Association of Asian Pacific
Community Health Organizations

Frank Hood

Associate Director, Policy & Partnerships
Hepatitis B Foundation



 **500,000**

The number of childhood HBV infections prevented since the birth dose was introduced

 **90,100**

The number of childhood deaths prevented since the birth dose was introduced

Mr. Carbullido outlined recent federal and state policy developments affecting healthcare access, particularly for immigrant and limited English proficient (LEP) communities. One concern is a proposed administrative rule redefining eligibility for federal public benefits. Under this rule, many immigrants would lose access to care at health centers that previously served patients regardless of immigration status. Although the proposal is currently on hold, its potential impact remains significant. He also addressed efforts to designate English as the official U.S. language. While the immediate implications are limited, the move could eventually restrict language assistance for people with LEP. Federal offices have already deprioritized LEP services, though states are attempting to fill the gap.

Mr. Carbullido also reviewed HR1, which proposes cutting federal health spending by \$1 trillion, restricting immigrant access to programs, and potentially causing 16 million people to lose Medicaid, Medicare, or affordable Marketplace coverage.

Mr. Hood highlighted proactive efforts to protect hepatitis B and liver health-related programs through appropriations, supporting research, and countering threats to ACIP recommendations and research funding. He also emphasized the importance of advocacy, encouraging participants to contact their representatives, request district meetings, and use media attention and data to amplify impact.

BREAKOUT #2: CONNECTING WITH NEW PEOPLE

FAITH-BASED LEADERS

Speakers:
Karen Jiobu
Asian American Community Services

Thahn Ma
Asian American Community Services

Dr. Hcichi Huang
Asian American Community Services

AACS shared how their work across education, language access, healthcare, and family support led to partnerships with churches and temples serving Chinese, Korean, Lao, Vietnamese, and Catholic communities. Beginning in 2008, these collaborations helped address limited awareness around hepatitis B and its consequences. A successful “train-the-trainer” model, storytelling, and culturally tailored outreach increased participation.

Providing food, engaging medical students, and hosting culturally appropriate health fairs strengthened attendance. AACS prioritizes identifying high-risk groups and connecting through trusted faith and cultural institutions to build sustainable relationships.

SYRINGE SERVICE PROGRAMS

Speaker:
Ben Thompson
Tennessee Recovery Alliance

Mr. Thompson focused on the intersection of substance use, injection-related risks, and hepatitis B prevalence. He discussed how substances contaminating the drug supply can lead to open wounds.

Concerns were discussed about increasing hepatitis B prevalence through the use of contaminated injection equipment and how it can damage the liver.

STATE HEALTH DEPARTMENTS

Speaker:

Dr. Isabel Lechuga
National Association of State and
Territorial AIDS Directors

Dr. Lechuga highlighted resources and support for strengthening public health workforce and infrastructure. NASTAD serves over 150 jurisdictions through 59 grantees, offering technical assistance, peer-to-peer learning, virtual workgroups, and tailored resources to prevent siloed work. Programs include HepTAC2.0 which works as a online technical assistance center to any jurisdiction, SynTAC for syndemics, and HepNET for clinician training and professional development.

NASTAD also leads national advocacy efforts, supports hepatitis C elimination, and encourages point-of-care testing for hepatitis B. Health departments and community organizations can leverage NASTAD for data, staffing, linkage to care, coalition participation, and symposia engagement, benefiting from lived-experience perspectives.

IMMUNIZATION COALITIONS

Speaker:

Patrick Glew
Indiana Immunization Coalition

Mr. Glew highlighted clinic-based vaccination efforts alongside broader advocacy and educational programs. Clinically, Indiana Immunization Coalition administers 50,000–60,000 doses annually and emphasizes universal HBV vaccination.

Programmatically, they host webinars, meetings, social media campaigns, and engage in legislative advocacy by providing pre-vaccination letters to state representatives. Discussions focused on challenges such as Hepatitis B being perceived as sexually transmitted, misinformation, and potential removal from school mandates, as recently observed in Florida.

Indiana Immunization Coalition collaborates with organizations like AVAC and IDPN to provide evidence-based testimony, improving understanding among legislators.

MINI-GRANTS PANEL #2



Grantee Speaker:
Afsana Monir
Founder and Executive Director
Project New Yorker

Project NY, a Queens-based learning center serving Bangladeshi and South Asian immigrant communities, launched Raising HBV Awareness in the Bangladeshi Community of New York. As one of the few organizations serving this population, Project NY addressed elevated HBV risk among the Bangladeshi population.

Project NY delivered six Bengali-language educational sessions to reduce hepatitis B-related stigma, increase awareness, and promote screening and vaccination. The outreach team linked 113 individuals to providers and shared materials with 1,250+ people through partnerships with 18 mosques, CBOs, and schools, despite persistent stigma and access barriers.

Grantee Speakers:
Sonje Calamese
Nigerians in Diaspora Organization
Americas

NIDOA provided hepatitis B education with the mini grant by engaging Nigerian and broader African communities in the Columbus, OH area. Initially, NIDOA focused on outreach and education at the annual Nigerian picnics, festivals, and through media.

However, in early 2025, declining attendance at large gatherings required a pivot in strategy. The organization shifted to digital education by creating YouTube content, promoting free HBV testing through online sign-ups, and equipping leaders of Nigerian organizations with sharable educational materials. NIDOA also hosted an October celebration event to continue awareness efforts and plans to expand digital outreach moving forward.





Grantee Speaker:
Melissa Sullivan
RN and Viral Hep Coordinator
Drexel HOPE

Drexel Hope is a mobile medical unit reducing health disparities in Philadelphia by bringing care directly to neighborhoods with high overdose and viral hepatitis rates, particularly among Black and Latinx populations. The unit is staffed by medical providers, an RN, social worker, and peer recovery specialists. The unit offers harm reduction supplies,

HIV/STI and viral hepatitis testing, PrEP/PEP, wound care, and linkage to vaccination and treatment. Through the mini grant, Drexel Hope integrated hepatitis B education, on-site screening, and vaccine navigation into weekly outreach and community events. Sixty-five individuals were tested for hepatitis B, and 65% received at least one vaccine dose. Barriers include unstable housing, stigma, lack of rapid testing, poor venous access, and limited vaccine availability in high-need areas.

Grantee Speaker:
Richard So
Executive Director
Hep B Free

Hep B Free's Blueprint Project: Improving Hepatitis B Care Across Health Systems aims to drive systemic improvements in hepatitis B care by identifying challenges, best practices, and scalable solutions across healthcare settings. The project engaged diverse partners including county departments, FQHCs, academic centers, and private health systems,

through surveys and in-depth interviews developed in collaboration with Stanford University. Findings will be analyzed to document barriers, highlight effective strategies, and develop a practical blueprint with case studies that other systems can implement. Despite delays related to academic timing and partnership coordination, Hep B Free is advancing data collection, analysis, and dissemination, with plans to publish results to support broader system-level change.



RECIPES

ABOUT THE RECIPES

While we'd love to have folks in-person and actually able to share dishes like a real "Family Potluck," we're hoping our virtual alternative still leaves folks with the sense of community a potluck brings. Just like at a real potluck where someone tries something and goes "Oh my goodness, this is tasty, how'd you make it?", we're hoping attendees find something new and tasty they're willing to try.

To help bring this community potluck together, we asked attendees to submit a link to a favorite recipe and why they submitted this particular recipe. These 22 recipes are those submissions. Recipes have been linked to their original sources.

LAAB MOO LAO

Submitted by: Kayla Inthabandith

Recipe by: [Saeng's Kitchen](#)

Reason for submission: I wanted to share a dish that is often attributed as Thai but it's actually a Lao dish. Many Thai restaurants back in the early 2000s were actually owned and ran by Lao people! Northeastern Thailand (Issan) food came from Laos, which is why a lot of Lao food was labeled as Thai to appeal to a wider audience. Nowadays, I'm seeing a rise in Lao restaurants appearing. It warms my heart to see Lao food being showcased rather than it being hidden under the "Thai food" category.



Ingredients:

- 1.13 pound pork leg meat (cut into 3-inch thick slices)
- 8 ounces pork skin (thinly sliced)
- Pinch of salt
- Pinch of MSG
- ½ cup hot water
- 2 tablespoon padaek (unfiltered fish sauce)
- 1 teaspoon ground dried bird's eye chili pepper
- 1 tablespoon galangal (minced)
- ½ tablespoon kaffir lime leaves (finely chopped)
- 2 tablespoon Lao spices laab seasoning
- 2 tablespoon lime juice
- 1 cup green onions (thinly sliced)
- 1 cup cilantro (roughly chopped)
- 1 cup Vietnamese coriander leaves (roughly chopped)
- Garnish: cucumber, lettuce, fresh bird's eye chili peppers

1. Separate the skin from the meat. Cut the skin into 1-inch thin slices. Heat a small pan over medium-high heat and cook the skin until lightly golden. Strain the oil and set the crispy skin aside.
2. Lightly season meat with salt and MSG. Bake at 400°F for 30 minutes, flipping halfway through. Place the meat under the broiler for 6 minutes, flipping halfway to achieve a slight char. Let it cool, then cut into small, thin slices and roughly chop.
3. In a large bowl, combine the chopped meat, crispy pork skin, and hot water. Mix well.
4. Season with padaek, dried chili pepper, galangal, kaffir lime leaves, and Lao spices laab seasoning. Mix thoroughly.
5. Add lime juice, green onions, cilantro, and Vietnamese coriander. Gently mix.
6. Serve with sticky rice, cucumber, lettuce, and fresh bird's eye chili peppers.

TAIWANESE BEEF NOODLE SOUP

Submitted by: Michelle Liu
Recipe by: [The Woks of Life](#)

Reason for submission:
Taiwanese beef noodle soup is one of my family's favorite dishes!

This recipe can be made in an Instant Pot or in a regular pot on the stove.

Ingredients:

- 3 pounds beef shank (1.4 kg, cut into 2-inch chunks)
- 2 tablespoons oil
- 2-inch piece of ginger (smashed)
- 6 cloves garlic (smashed)
- 3 scallions (cut into 2-inch segments)
- 1 onion (cut into wedges)
- 1 tomato (cut into wedges)
- 4 dried chilies (ripped in half)
- 1 tablespoon tomato paste
- 2 tablespoons spicy bean paste douban jiang
- 2 teaspoons sugar
- 1/2 cup soy sauce
- 1/2 cup Shaoxing wine
- 8 cups water (to make the soup broth)
- 1 Chinese aromatic herb packet (lu bao - use pre-packaged version for ease of use; if you can't access it, we've included directions for your own spice sachet)
- 32 ounces fresh wheat (white) noodles (900g)
- Small handful of bok choy for each serving
- Cilantro (finely chopped)
- Scallions (finely chopped)
- Pickled mustard greens (to taste, also known as snow vegetable; note this is different from Cantonese haam choy)



Chinese aromatic herb packet:

- 4 star anise
- 1 Chinese cinnamon stick
- 3 bay leaves
- 1 tablespoon fennel seeds
- 1 tablespoon cumin seeds
- 1 teaspoon coriander seeds
- 2 tablespoons Sichuan peppercorns
- 1/4 teaspoon five spice powder
- 1/4 teaspoon black pepper

1. Boil enough water in a pot to boil all of your beef. Once the water is boiling, add the beef. Let it come back up to a boil, and boil for 1 minute. Strain in a colander and rinse thoroughly with fresh water to remove any impurities.
2. Next, in your instant pot, turn on the saute setting. Add the oil, crushed ginger, garlic, scallions, and onions in that order. Stir to lightly caramelize. Let the onion turn translucent. Add the tomato and dried chilies.
3. Next, add the meat to the pot. Then add the tomato paste, spicy bean paste, sugar, soy sauce, and Shaoxing wine, and mix thoroughly.
4. Pour 8 cups of water into the instant pot. Add the spice packet. The instant pot should be filled to the 10-cup line; it shouldn't be more than $\frac{2}{3}$ of the way full per safety instructions. Our instant pot is the largest size (8 quarts); if yours is smaller, you can halve the recipe accordingly.
5. Close the lid of the instant pot, and make sure you have your vent set so it is not venting. Cook for 100 minutes on the Meat/Stew setting. If you don't have an instant pot, you can use a regular pot on the stove, but instead, cook the soup on a low simmer for 3-4 hours.
6. When the instant pot timer is up, carefully release the pressure valve (wear an oven mitt, so you don't scald yourself!). Boil some noodles per package instructions, and in the last minute or two of the noodles cooking, throw your bok choy in and blanch until just tender.
7. Serve each bowl of Taiwanese beef noodle soup with a serving of noodles, a few stalks of bok choy, and generous sprinklings of finely minced cilantro, scallions, and Chinese pickled mustard greens. Pro tip, buy the pre-seasoned spicy mustard greens and you can use them straight out of the package. If you are using the non-spicy version (from a can, for example), chop and saute with a little oil, a few chopped dried red chilies, and a pinch of sugar.

UGANDAN BEEF STEW

Submitted by: Denis Afema

Recipe by: [Uganda Business Travel Guide](#)

Ingredients:

- 500gm beef (cut into big chunks)
- 1 onion (cut into chunks)
- 2 tomatoes (finely dices)
- 1 green pepper (cut into chunks)
- 2 cloves garlic (finely chopped)
- 1 egg plant (cut into chunks)
- 1 spring of coat meal (aka coriander)
- 1 tablespoon Royco Mchuzi
- 1 teaspoon Beef Masala/curry powder
- Salt and pepper to taste.

Royco Mchuzi (homemade):

- 1 tablespoon beef bouillon powder (can substitute chicken bouillon)
- 3 teaspoons cornstarch
- 1 teaspoon turmeric
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder
- 3/4 teaspoon citric acid
- 1 teaspoon sugar
- 1 tablespoon salt
- 1 tablespoon MSG
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon cinnamon



1. Place meat in sauce pan, then put all chopped ingredients cover and put to cook
2. Cook until vegetables are soft stirring occasionally then add the salt, royco, pepper, stir well and cover and cook for some time until it gives off a good flavor.
3. Add stock(liquid from boiled bones)/water jus to cover the meat or art the level of the meat. Stir well.
4. Cover and boil, then simmer until cooked and the meat is tender
5. Serve hot with a staple food or any desired carbohydrate dish.

CHICKPEA & TOMATO COCONUT CURRY

Submitted by: Syreeta Wilkins

Recipe by: [Nyssa's Kitchen](#)



Ingredients:

- 2 tablespoons avocado oil
- 1 medium-sized onion (diced small)
- 4 cloves of garlic (thinly sliced)
- 1 teaspoon salt
- 1 tablespoon curry powder
- pinch of crushed dried chilies (optional – leave out for less spicy)
- 1 14.5 oz can of petite diced tomatoes – fire roasted are yummy if you can find them
- 2 15.5 oz cans of chickpeas (drained and rinsed)
- 1 13.5 oz can full-fat coconut milk
- 3 cups of broth of choice
- juice of half a lime

For garnish:

- fresh lime
- thinly sliced red onion
- cilantro
- roasted cashews – bonus points for curry-spiced cashews!

1. Heat the oil over medium heat in a large soup pot. Add the onion, garlic and teaspoon of salt. Saute for about 5-6 minutes, stirring occasionally, until translucent and soft.

2. Next add the curry powder and pinch of dried chili and stir almost constantly for about 30 seconds or so, until spices are fragrant and start to stick to the bottom of the pan.

3. Add the diced tomatoes and broth.

4. Scrape up any brown bits from the bottom of the pan. Bring to a boil and then reduce to a simmer.

5. Cover and cook for about 10 minutes, until tomatoes are soft.

6. Add chickpeas and coconut milk and bring back up to a simmer. Simmer for another 5 minutes or so to marry the flavors.

7. Season with salt and pepper and juice of half a lime.

8. Serve topped with sliced red onion, cilantro, roasted cashews and more lime wedges.

BIG FALL SALAD

Submitted by: Lily Benig

Recipe by: Lily Benig

Reason for submission:

This is an amalgamation of a couple of recipes that I've tweaked over time.

Now I eat it almost daily in the fall and absolutely love it.

Ingredients:

- sweet potato and/or squash (chopped very small)
- carrots (chopped small)
- 1 can chickpeas (or other firm beans, but chickpeas seem to be best)
- shaved Brussels sprouts
- fresh corn
- 1 cup (dry) of grain or small pasta, (like quinoa, farro, or orzo)
- 1/2-1 red onion (diced small)
- kale (chopped and massaged with olive oil)
- apple
- raisins
- walnuts/pumpkin seeds
- feta or Parmigiano Regianno

Dressing:

- olive oil
- salt & pepper
- apple cider vinegar
- textured mustard
- lemon
- honey



1. Season and roast the sweet potato and/or squash, carrots, chickpeas, and brussels sprouts.

2. Cook the corn and grain/pasta

3. Combine dressing ingredients and alter until happy

3. Combine ingredients and toss to mix.

4. Can top with chicken or chopped, pan-fried chicken sausage, if desired.

5. Serve at temperature of everything prepared, and then leftovers can be eaten cold or warmed up.

MEDITERRANEAN CHOPPED SALAD

Submitted by: Isabel Evans

Recipe by: [America's Test Kitchen](#)

Reason for submission: This is my go-to work-from-home salad! It's simple, but somehow it got me through lunches for a good chunk of the pandemic

Ingredients:

- 1 medium cucumber (peeled, seeded, and diced)
- 1 pint grape tomatoes (quartered)
- 3 tablespoons extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 medium garlic clove (minced)
- 1 (14-ounce) can chickpeas (drained and rinsed)
- ½ cup pitted kalamata olives (chopped)
- ½ small red onion (minced)
- ½ cup fresh parsley (roughly chopped)
- 1 romaine heart (cut into ½-inch pieces)
- 4 ounces feta cheese (crumbled)
- table salt
- ground black pepper



1. Combine cucumber, tomatoes, and 1 teaspoon salt in colander set over bowl and let stand 15 minutes.

2. Whisk oil, vinegar, and garlic together in large bowl. Add drained cucumber and tomatoes, chickpeas, olives, onion, and parsley; toss and let stand at room temperature for 5 minutes to blend the flavors.

3. Add romaine and feta; toss to combine. Season with salt and pepper and serve.

KOREAN GIMBAP

Submitted by: Nina Kim

Recipe by: [Maangchi](#)

Reason for submission: Gimbap or kimbap is a favorite in many Korean households including ours :-). I love that you can take just about any leftovers ingredients, wrap it up with rice/seaweed and have these become an entirely new meal.



Ingredients:

- 5 sheets of gim (seaweed paper), roasted slightly (sometimes called “nori” from Japanese)
- 4 cups cooked rice (the recipe is here, but make with 2 cups of short grain rice instead of 1 cup)
- ½ pound beef skirt steak (or tenderloin, or ground beef)
- 1 large carrot, cut into matchsticks (about 1½ cup)
- 5 strips of yellow pickled radish (use pre-cut danmuji or cut into 8 inch long strips)
- 8 to 10 ounces spinach (1 small bunch), blanched, rinsed in cold water, and strained
- 3 eggs
- 3 garlic cloves
- 2 teaspoons soy sauce
- 1 tablespoon plus 1 teaspoon brown (or white) sugar
- 1½ teaspoon kosher salt
- 2½ tablespoons toasted sesame oil
- vegetable oil

1. Make rice. Gently mix freshly made rice with $\frac{1}{2}$ teaspoon of kosher salt and 2 teaspoons of toasted sesame oil.
2. Combine the spinach, 2 minced garlic cloves, $\frac{1}{2}$ teaspoon kosher salt, and 2 teaspoons toasted sesame oil in a bowl. Mix well.
3. Combine carrot matchsticks with $\frac{1}{4}$ teaspoon kosher salt. Mix well and let sweat for 5-10 minutes. Heat pan and add a few drops vegetable oil. Squeeze out excess water from the carrot, then saute for 1 minute.
4. Trim the fat from the skirt steaks and slice into $\frac{1}{4}$ inch wide, 3 to 5 inch strips. Put the strips into a bowl. Add 2 teaspoons soy sauce, 1 minced garlic clove, $\frac{1}{4}$ teaspoon ground black pepper, 1 tablespoon plus 1 teaspoon brown (or white) sugar, and 2 teaspoons toasted sesame oil. Mix well by hand. Set aside.
5. Crack eggs in a bowl and add $\frac{1}{4}$ teaspoon kosher salt. Beat it with fork and remove the stringy chalaza. Drizzle a few drops of oil on a heated 10 to 12 inch non-stick pan. Wipe off the excess with a paper towel so only a thin sheen of oil remains. Turn down the heat to low and pour the egg mixture into the pan. Spread it into a large circle so it fills the pan. When the bottom of the egg is cooked, flip it over with a spatula. Remove from the heat and let it cook slowly in the hot pan for about 5 minutes, with the ultimate goal of keeping the egg as yellow as possible, and not brown. When finished, cut into $\frac{1}{2}$ inch wide strips.
6. Cook the marinated beef over medium-high heat until well-cooked.
7. Let's roll gimhap! Place a sheet of gim on a bamboo mat with the shiny side down. Evenly spread about $\frac{3}{4}$ cup of cooked rice over top of it, leaving about 2 inches uncovered on one side of the gim. Place beef, carrot, radish, a few egg strips, and spinach in the center of the rice. Roll the mat (along with gim and rice) over the fillings, so one edge of the rice and gim reaches the opposite edge. This centers the fillings in the roll, so they'll be nicely in the middle when you slice it. Grab the mat with both hands and press it tightly as you continue rolling the gimhap. Push out the mat as you roll, so it doesn't get wrapped in the gimhap. Remove the roll from the mat at the end and set the finished roll aside with the seam down, to seal it nicely. Repeat with the remaining ingredients.
8. Put some toasted sesame oil on the finished rolls and sprinkle some sesame seeds over top. Cut each roll into $\frac{1}{4}$ inch bite size pieces with a sharp knife. Serve.

EGYPTIAN KOSHARI

Submitted by: Yasmin Ibrahim

Recipe by: [The Mediterranean Dish](#)

Reason for submission:

It is a traditional recipe in Egypt; cooked at homes, in family gatherings, and of course, famous street food. All ingredients are vegetarian and nutritious, which makes it perfect for any diet affiliation :)

Ingredients:

Tomato Sauce:

- cooking oil
- 1 small onion (grated)
- 4 garlic cloves (minced)
- 1 tsp ground coriander
- 1/2 -1 tsp crushed red pepper flakes (optional)
- 1 can 28-oz tomato sauce
- salt and pepper
- 1-2 tbsp distilled white vinegar

Koshari:

- 1 1/2 cup brown lentils (picked over and well-rinsed)
- 1 1/2 cup medium-grain rice (rinsed, soaked in water for 15 minutes, drained)
- 1/2 tsp each salt and pepper
- 1/2 tsp coriander
- 2 cups elbow pasta
- Cooking oil
- Water
- 1 15-oz can chickpeas (rinsed, drained and warmed)



Crispy Onion Topping:

- 1 large onion (sliced into thin rings)
- salt
- 1/3 cup all-purpose flour
- 1/2 cup cooking oil

1. Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour. In a large skillet, heat the cooking oil over medium-high heat, cook the onion rings, stirring often, until they caramelize brown. Crispy, but not burned (15-20 minutes).
2. In a saucepan, heat 1 tbsp cooking oil. Add the grated onion, cook on medium-high until the onion turns a translucent gold (do not brown). Add the garlic, coriander, and red pepper flakes, if using, and saute briefly until fragrant (30-45 seconds more).
3. Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes). Stir in the distilled white vinegar, and turn the heat to low. Cover and keep warm until ready to serve.
4. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from water and season with a little salt. (Note: They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).
5. Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over medium-high heat with 1 tbsp cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 1/2 inches (you'll probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes).
6. While the rice and lentils are cooking, make the pasta according to package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.
7. Cover the chickpeas and warm in the microwave briefly before serving.
8. To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and 1/2 of the tomato sauce, then the chickpeas, and finally 1/2 of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

VIETNAMESE LEMONGRASS TOFU

Submitted by: Thaddeus Pham

Recipe by: [The Viet Vegan](#)

Reason for submission:

Simple, vegan, and Vietnamese!

Usually a hit at dinner parties, when friends and families come together :)

Ingredients:

- 1 tablespoon vegetable oil
- 1 medium sized onion (diced) OR 1 bunch of green onion (diced) OR two shallots (diced)
- 3 cloves garlic (minced)
- 2 stalks lemongrass (cleaned and chopped) (discard the dryer outer layers, because they will have flavour but will be hard to eat. You can save those for making a flavourful broth) OR 1/3 cup frozen lemongrass
- 1/2 teaspoon dried red chilli flakes
- 1 pound fresh or frozen fried tofu sliced into strips
- 2-3 tablespoons soy sauce (depends on how salty you like it, start with 2, then add more if needed)



1. Over medium heat, saute the onions in oil until translucent. Add garlic, chopped lemongrass and red chilli flakes, and stir until the lemongrass looks "melted".

2. Add the tofu and soy sauce and stir fry, mixing well until the tofu has absorbed the flavour and is cooked through (about 5-10 minutes).

3. Serve over rice, rice noodles, or even in rice wraps!

ZAMBIAN LUMANDA

Submitted by: Clever Chilende

Recipe by: [Lubz Online](#)

Reason for submission: It's our traditional food - Lumanda mixed with groundnut powder. It's very delicious and nutritious.

Ingredients:

- 800g lumanda leaves (washed)
- 1 1/2 cup groundnuts (ground)
- 1 onion (chopped into small cubes)
- 1 tomato (chopped into small cubes)
- 2 1/2 teaspoons soda
- 3/4 teaspoon baking salt
- 300ml water



1. Bring 300ml of water to a boil. Add salt and soda. It may get slightly foamy.
2. Add the lumanda to the boiling water/soda solution.
3. It will be frothy for a few seconds, but use a wooden spoon to push the leaves down into the water, keeping everything in the pot. You'll also see the vegetables begin to discolor a little bit.
4. Allow this to cook for about 5 minutes.
5. Add tomatoes and onions to the pot and cook covered for another 5 minutes.
6. At this stage, you have 2 options. A) You can make a paste of the groundnuts with a little water – before adding it to the cooked lumanda. B) You can add the pounded groundnuts directly to the pot. If using method B, cover the pot allowing the powder to steam for a few minutes cooking the groundnut powder through, before combining everything.
7. Mix the vegetable and groundnut powder with a wooden spoon, and taste for seasoning. Adjust by adding more salt, if desired. Replace the cover and let this cook for about 15-20 minutes, on medium heat.
8. Serve with nshima and your desired protein.

KOREAN JAPCHAE

Submitted by: David Urick

Recipe by: [Maangchi](#)

Reason for submission:

Popular dish in South Korea and one of my favorites, preparing or even just eating it at a restaurant makes me feel more connected to the place of my birth.

Ingredients:

- 4 ounces beef (cut into ¼ inch wide and 2½ inch long strips)
- 2 large dried shiitake mushrooms (soaked in warm water for 2 to 3 hours, cut into thin strips)
- 2 garlic cloves (minced)
- 1 tablespoons plus 2 teaspoons sugar
- 2 tablespoons plus 1 teaspoon soy sauce
- 2 tablespoons toasted sesame oil
- 1 tablespoon toasted sesame seeds
- 1 large egg
- 4 ounces spinach (washed and drained)
- 4 ounces of dangmyeon (sweet potato starch noodles)
- 2 to 3 green onions (cut crosswise into 2-inch-long pieces)
- 1 cup medium onion (sliced thinly)
- 4 to 5 white mushrooms (sliced thinly)
- ¾ cup carrot (cut into matchsticks)
- ½ red bell pepper (cut into thin strips) optional
- ground black pepper
- kosher salt



1. Mix beef and shiitake mushrooms with 1 clove of minced garlic, 1 teaspoon sugar, ¼ teaspoon ground black pepper, 2 teaspoons soy sauce, and 1 teaspoon of toasted sesame oil with a wooden spoon or by hand. Cover and keep in fridge.

2. Separate egg yolk from egg white. Beat in a pinch of salt with a fork. Add 1 teaspoon of vegetable oil to a heated nonstick pan so a thin layer covers the pan. To keep the jidan as yellow as possible, turn off the heat and pour the egg yolk mixture into the pan. Tilt it around so the mixture spreads thinly. Let it cook using the remaining heat in the pan for about 1 minute. Flip it over and let it sit on the pan for 1 more minute. Let it cool and slice it into thin strips.

3. Bring large pot of water to a boil. Blanch spinach for 30 seconds to 1 minute and remove with a slotted spoon. Keep water boiling to cook the noodles. Rinse spinach in cold water to stop from cooking. Squeeze to remove any excess water. Cut a few times and put it into a bowl. Mix with 1 teaspoon soy sauce and 1 teaspoon toasted sesame oil.

4. Put noodles into the boiling water, cover and cook for 1 minute. Stir. Cover and keep cooking for another 7 minutes until the noodles are soft and chewy. Strain and cut them a few times with kitchen scissors. Put noodles with spinach. Add 2 teaspoons toasted sesame oil, 1 teaspoon soy sauce, and 1 teaspoon sugar. Mix well by hand or a wooden spoon. This process will season the noodles and also keep the noodles from sticking to each other.

5. Heat a skillet over medium high heat. Add 2 teaspoons vegetable oil with onion, green onion, and a pinch of salt. Stir-fry about 2 minutes until the onion looks a little translucent. Transfer to the noodle bowl.

6. Heat up the skillet again and add 2 teaspoons vegetable oil. Add the white mushrooms and a pinch of salt. Stir-fry for 2 minutes until softened and a little juicy. Transfer to the noodle bowl.

7. Heat up the skillet and add 1 teaspoon vegetable oil. Add the carrot and stir-fry for 20 seconds. Add the red bell pepper strips and stir-fry another 20 seconds. Transfer to the noodle bowl.

8. Heat up the skillet and add 2 teaspoons vegetable oil. Add the beef and mushroom mixture and stir fry for a few minutes until the beef is no longer pink and the mushrooms are softened and shiny. Transfer to the noodle bowl.

9. Add 1 minced garlic clove, 1 tablespoon soy sauce, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon ground black pepper, and 2 teaspoons of toasted sesame oil to the mixing bowl full of ingredients. Mix all together by hand.

10. Add the egg garnish and 1 tablespoon sesame seeds. Mix it and transfer it to a large plate and serve.

CHINESE EGGPLANT W GARLIC SAUCE

Submitted by: Zinnia Dong

Recipe by: [The Woks of Life](#)

Reason for submission:

Growing up, my father did most of the cooking at home. He didn't follow recipes, so I was always amazed by how he just *knew* what ingredients to put into a dish and make it delicious. After he passed, I realized I had taken for granted his unique cooking style and the way he made each of his dishes his own.

One of my favorite's was his soy sauce eggplant dish--it was simple but mighty tasty! While this eggplant recipe is not the same as my father's, I always think of him when I make this dish.

Ingredients:

- ½ cup hot water
- 1 tablespoon sugar
- 1 tablespoon cornstarch
- 1½ tablespoons oyster sauce (or vegetarian oyster sauce)
- 1 tablespoon rice vinegar
- 1 tablespoon Shaoxing wine (or dry cooking sherry)
- 1 tablespoon light soy sauce
- 1 teaspoon sesame oil
- ½ teaspoon dark soy sauce
- 1/8 teaspoon white pepper
- 2 tablespoons minced garlic (about 6 cloves garlic; divided)
- 1 pound Chinese or Japanese eggplants (2-3 eggplants)
- 4½ tablespoons neutral oil (such as vegetable oil, canola oil, avocado oil, or peanut oil)
- 14 ounces ground pork (or ground chicken, optional)
- 2 teaspoons minced ginger
- 5-10 dried red chilies (de-seeded and sliced into small pieces)
- 2 scallions (chopped)



1. In a small bowl, add the hot water and stir in the sugar to dissolve. Then add the cornstarch, oyster sauce, rice vinegar, Shaoxing wine, light soy sauce, sesame oil, dark soy sauce, and white pepper. Stir in half of the garlic (1 tablespoon), and set this mixture aside.

2. When you're ready to cook, trim the ends off the eggplants and cut them on an angle, rotating the eggplant with each cut, into triangular bite-size chunks. (Don't leave them out too long, or they will turn brown.

3. Heat a wok over medium-high heat until it's smoking lightly, then pour 1½ tablespoons of the neutral oil around the perimeter of the wok to evenly coat it with oil. Spread the eggplant in a single layer, reduce the heat to medium, and cook for 3 to 4 minutes, flipping and stirring occasionally, until the eggplant is lightly browned. Spread another 1½ tablespoons of the oil around the perimeter of the wok. Continue cooking the eggplant (still in a single layer) for another 4 minutes, stirring occasionally, until evenly seared, soft, and slightly translucent. (You may want to do this in two batches.) Remove the eggplant from the wok and set on a plate.

4. Increase the heat to high and add the remaining 1½ tablespoons oil to the wok. Add the ground pork (if using) and cook until opaque, breaking it up into small bits as you go. Add the ginger, dried chilies, and the remaining tablespoon of garlic. Cook for 1 to 2 minutes, stirring constantly, until the aromatics are toasted and fragrant.

5. Add the eggplant back to the wok, and stir-fry until combined. Stir the sauce again to ensure the cornstarch is well combined with the liquid, then add it to the wok. Mix well and bring to a simmer, cooking until the sauce is just thick enough to coat a spoon. Stir in the scallions and serve immediately.

NEPALI CHICKEN MOMO

Submitted by: Shreya Koirala

Recipe by: Shreya Koirala

Reason for submission: Momo is the unofficial national dish of Nepal as it has gotten so popular. It's also really easy to make, is a comfort food for many whether you are making it for yourself on a cold rainy day or making it for a group of many.

Ingredients:
(Makes 40-50 momo)

Momo Filling:

- 1 medium onion (finely chopped)
- 4-5 green onions (finely chopped)
- 1/2 small cabbage (finely chopped)
- 2 tablespoons ginger-garlic paste (blend fresh ginger and garlic to a smooth paste, and 2-3 green chillis)
- 2 lb ground chicken
- 2-4 tablespoons of cumin-coriander powder
- 3 tablespoons of salt
- 3-5 tablespoons of momo masala (available at Nepali stores or online)
- 2 tablespoons of ghee (can be substituted with butter or oil)
- 2 teaspoons turmeric powder
- dumpling wrappers (gyoza wrappers; available at most Asian or regular grocery stores)



Tomato Sauce:

- 6 tomatoes (chopped)
- 3-4 cloves garlic (chopped)
- ½ small onion (chopped)
- 1-inch piece ginger (chopped)
- 2 green chilies (chopped)
- 1-2 tablespoons cumin-coriander powder
- ½ teaspoon turmeric powder
- salt, to taste
- 1-2 teaspoon oil for cooking
- 2 tablespoon roasted sesame seeds, optional
- handful of fresh cilantro, optional

Prepare the Filling

1. Finely chop the onion, green onions, and cabbage — as small as possible (momo taste best when the veggies are finely minced).
2. In a large bowl, combine all the chopped vegetables with the ginger-garlic paste, ground chicken, cumin, coriander, green chilies, momo masala, and salt.
3. In a small frying pan, heat 2 tablespoons of ghee.
4. Once hot, add 1 teaspoon of turmeric and let it sizzle for a few seconds.
5. Pour this hot ghee-turmeric mixture into the chicken and veggie mix.
6. Mix everything thoroughly until well combined. Set aside.

Shape the Momos

1. Take one dumpling wrapper (gyoza wrap) at a time.
2. Place a small spoonful of the filling in the center.
3. Wet the edges lightly with water and fold into your preferred shape (pleated, half-moon, or round).
4. Repeat until all the filling is used up.

Steam the Momo

1. Arrange the momo in a steamer, leaving a little space between each one.
2. Steam for about 20 minutes, or until the wrappers look slightly translucent and the filling is fully cooked. (20 minutes is the perfect sweet spot!)

Make the Tomato Sauce

1. Heat 1–2 teaspoons of oil in a pan.
 2. Add garlic, onion, ginger, and green chilies. Sauté until fragrant.
 3. Add chopped tomatoes, salt, turmeric, cumin, and coriander powder.
 4. Cook until the tomatoes soften and the mixture becomes saucy.
 5. Let the mixture cool.
 6. Blend everything together until smooth.
- Optional: Add roasted sesame seeds and fresh cilantro before blending for extra flavor.

Serve!

HUNGARIAN CHICKEN PAPRIKASH

Submitted by: Fiona Borondy-Jenkins

Recipe by: [Daring Gourmet](#)

Reason for submission:

Chicken paprikash is a Hungarian classic, and my mom makes the best! We use red peppers in our paprikash (the more, the better), and only add sour cream when serving (we don't cook it into the paprikash). This is the meal I ask for when I visit home.

Ingredients:

- 2 tablespoons pork lard or butter (lard is traditionally used, recommend it for the best flavor)
- 3 pounds chicken pieces, bone-in and skin-on (this is traditional and recommended because it creates the most flavor; you can use boneless/skinless chicken)
- 2 medium yellow onions (very finely chopped)
- 2 cloves garlic (finely minced)
- 2 Roma tomatoes (seeds removed and very finely diced)
- 1 Hungarian bell pepper (diced), optional
- 3-4 tablespoons sweet Hungarian paprika
- 2 cups chicken broth
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons all-purpose flour
- 3/4 cup full fat sour cream, room temperature
- 1/4 cup heavy whipping cream



1. Heat the lard in a large Dutch oven or heavy pot and brown the chicken on all sides. Set chicken aside. In the same oil, add onions and fry until golden brown. Add the garlic and tomatoes (and pepper if using) and fry another 2-3 minutes. Remove pot from the heat and stir in paprika, salt and pepper.

2. Return the chicken to the pot and place back on heat. Pour in chicken broth. Chicken should be mostly covered. Bring to a boil. Cover, reduce the heat to medium-low and simmer for 40 minutes. Remove chicken and transfer to a plate.

3. In a small bowl, stir the flour into the sour cream/cream mixture to form a smooth paste. Stir the cream mixture into the sauce, whisking constantly to prevent lumps. Bring it to a simmer for a couple of minutes until the sauce is thickened. Add salt and pepper to taste. Return chicken to sauce and simmer to heat through.

4. Serve the chicken paprikash with Hungarian nakedli (like German Spaetzle only they're very short and stubby.)

CHOCOLATE CHIP COOKIES

Submitted by: Alia Southworth

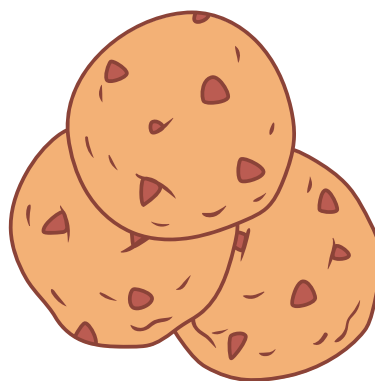
Recipe by: [Nestle Tollhouse](#)

Reason for submission:

Oldie but goodie, a family favorite that is requested to be brought to every event!

Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter (softened)
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) chocolate chips
- 1 cup chopped nuts (Optional. If omitting, add 1 to 2 Tbsp. of all-purpose flour.)



1. Preheat oven to 375°F.

2. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

3. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

BROWN BUTTER TAHINI CHOCOLATE CHIP BLONDIES

Submitted by: Chari Cohen
Recipe by: [Adeena Sussman](#)

Reason for submission:
I'm a sucker for tahini - in this recipe it perfectly balances out the sweetness of the chocolate.

Ingredients:

- 1/2 cup unsalted butter or 1/2 cup olive oil or vegetable oil
- 1 1/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons lightly toasted black sesame seeds
- 2 tablespoons lightly toasted white sesame seeds
- 1 1/4 cups lightly packed light brown sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup pure tahini paste
- 1/2 cup semisweet or bittersweet chocolate chips

1. Preheat oven to 350°F. Butter an 8-inch square baking pan, then line the pan with 2 crisscrossing strips of parchment paper, buttering between each layer and leaving a 2-inch overhang on all sides. Butter the top and sides of the parchment.



2. Cook butter over medium-high heat until foamy and toasty with brown flecks, 3 to 4 minutes. Transfer to bowl to cool.

3. In another medium bowl, whisk together flour, baking powder, cardamom, salt, pepper, and the black and white sesame seeds. To the cooled brown butter whisk in the brown sugar, eggs, and vanilla until smooth. Fold the dry ingredients into the wet ingredients until just incorporated, then fold in the tahini until smooth. Fold in chocolate chips.

4. Pour the batter into the prepared pan and bake until golden on the outside and the center doesn't jiggle but is still soft, 25 to 30 minutes.

PUMPKIN BREAD

Submitted by: Julie Borders

Recipe by: [Love & Lemons](#)

Reason for submission:

This recipe is the closest to my Grandmother's recipe. I always think of her when I bake this bread.

Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon ground ginger
- ½ teaspoon sea salt
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 1½ cups canned pumpkin puree
- 2 large eggs
- 1 cup cane sugar
- ½ cup vegetable oil, plus more for the pan
- ¼ cup milk
- 1 teaspoon vanilla extract

1. Preheat the oven to 350°F and grease an 8x4 or 9x5-inch loaf pan.

2. In a medium bowl, whisk together the flour, baking powder, cinnamon, baking soda, ginger, salt, cloves, and nutmeg.

3. In a large bowl, whisk together the pumpkin puree, eggs, sugar, vegetable oil, milk, and vanilla until smooth.

4. Add the dry ingredients to the wet ingredients and mix until just combined, being careful not to overmix. The batter will be thick.

5. Transfer the batter to the prepared pan and smooth the top. Bake for 60 to 70 minutes, or until the top springs back to the touch and a toothpick inserted comes out clean. I like to check the loaf after 45 minutes. If the top is nicely browned, I cover it with foil for the remaining bake time to prevent further browning.

6. Allow to cool completely in the pan before slicing and serving.



APPLE CAKE WITH GINGER GLAZE

Submitted by: Jessica Hood

Recipe by: Helen Goh

Ingredients:

Apples

- 4 small apples, preferably 2 Granny Smith and 2 Pink Lady
- 1/4 cup granulated sugar
- 2 tablespoons apple cider vinegar
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 1 1/2 tablespoon (20 g) unsalted butter, plus extra, softened, for brushing

Cake

- 1 3/4 cup, plus 1 tablespoon all-purpose flour, plus extra for dusting
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 3/4 cup granulated sugar
- zest of 1 large lemon (reserve juice for the glaze)
- 2 large eggs
- 1/2 cup sour cream
- 2/3 cup light olive (or sunflower) oil
- 1 teaspoon vanilla extract

Glaze

- 1 cup powdered sugar, sifted
- 1/2 teaspoon ground ginger
- 1 to 2 tablespoons lemon juice



1. Peel and core the apples, then cut into roughly 1/2-inch dice - you should have about 1 pound 2 ounces in total. Place the apples, sugar, cider vinegar, cinnamon, and salt into a medium bowl and toss to combine. Allow to macerate at room temperature for about 20 minutes (and up to 1 hour) until the apples have softened a little and released their juices.

2. Meanwhile, grease 8 mini-Bundt pans with the extra softened butter, then sprinkle each with some flour and rotate to cover the entire pan. Turn the pans upside down over the sink or a compost bin and tap to remove the excess flour, then set aside in a cool place for now.

3. When the apples have had their macerating time and have exuded their juices, place a large, wide (preferably nonstick) saute pan over medium-high heat and add the butter and the apples, along with the juices. Cook, tossing regularly, for about 8 minutes, until the juices evaporate and the apples are beginning to soften and take on some color. Remove from the heat and set aside to cool to room temperature.

4. Preheat the oven to 350°F.

5. To make the cake batter, sift the flour, ginger, cinnamon, baking powder, baking soda, and salt into a medium bowl and set aside.

6. Combine the sugar and lemon zest in a large bowl and rub together firmly between your thumb and fingers for a few minutes to release the fragrant oils. Add the eggs and whisk together until smooth, then add the sour cream, oil, and vanilla. Whisk until thoroughly combined, then add the cooled apple mix and stir gently to combine. Add the sifted dry ingredients and fold everything together with a large flexible spatula until just combined.

7. Using a large spoon, divide the batter evenly among the prepared Bundt pans (about 4½ ounces in each), then place them on a baking sheet. Bake for 15 to 17 minutes or until a skewer inserted in the middle comes out clean. Let the cakes sit on a wire rack for 10 minutes to cool slightly before turning them out onto a baking sheet lined with parchment paper.

8. While the cakes are cooling, combine all the ingredients for the glaze in a small bowl and whisk until smooth. The glaze should be thick but still able to run off a spoon. When the cakes are just barely warm, drizzle the glaze over the top—it should spread out evenly, then begin to set into a thin, crusty frosting after a few minutes.

BANANA BREAD

Submitted by: Anu Hosangadi

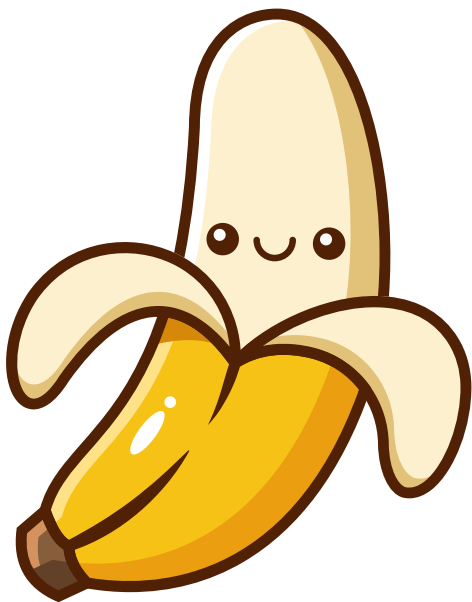
Recipe by: [Allrecipes](#)

Reason for submission:

I like to spice it up....literally...by adding any (or all!) of the following: all-spice, ground cloves, cinnamon, grated ginger, grated orange rind (and the juice of the orange providing the rind), etc. Tastes great warmed up or toasted too....the ultimate comfort food!

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup brown sugar
- ½ cup butter
- 2 large eggs, beaten
- 2 ⅓ cups mashed overripe bananas



1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.

2. Combine flour, baking soda, and salt in a large bowl. Beat brown sugar and butter with an electric mixer in a separate large bowl until smooth. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture until just combined.

3. Pour batter into the prepared loaf pan.

4. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 60 minutes.

6. Let bread cool in pan for 10 minutes, then turn out onto a wire rack to cool completely.

SHRIMP AND GRITS

Submitted by: Julie Borders

Recipe by: [Southern Lady Cooks](#)

Reason for submission:

This recipe is the closest to my Grandmother's recipe. I always think of her when I bake this bread.

Ingredients:

- 3 to 4 slices bacon
- 1 pound medium or large shrimp (peeled and deveined)
- 2 tablespoons bacon drippings
- 1 tablespoon butter
- 1/2 cup green onion (chopped)
- 1/2 cup green pepper (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon garlic (minced)
- 1 teaspoon Cajun seasoning
- 1/4 teaspoon black pepper
- few drops hot sauce or pinch cayenne

Grits:

- 2 1/3 cups milk (whole or 2%)
- 2 tablespoons butter
- 1/4 teaspoon salt
- 1/2 cup old fashioned grits
- 1 cup shredded sharp cheddar cheese
- salt and pepper to taste

1. Cook the bacon, remove from pan and set aside.

2. Combine two tablespoons bacon drippings, 1 tablespoon butter, green onion, green pepper, celery, garlic, Cajun seasoning, and black pepper in a skillet and cook until vegetables are tender. About 8 to 10 minutes.



3. Add shrimp and hot sauce or cayenne and cook about four more minutes until shrimp are done. Set aside and prepare grits.

Grits

1. Put milk, butter and salt in a saucepan and bring to a boil. Using a whisk and stirring constantly add the grits a little at a time. This keeps the grits from clumping.

2. Lower the heat, cover and cook five to six minutes or until grits thicken.

3. Remove from heat and gradually stir in cheddar cheese. Stir until cheese melts. (If grits get too thick you can always add a little water to thin.)

4. Put several spoonfuls of grits in a bowl and layer some of the shrimp mixture over the top. Crumble bacon on top of the shrimp and garnish with chopped green onions.

CINNAMON ROLLS

Submitted by: Dina Kianiazar

Recipe by: [Sally's Baking Addiction](#)

Ingredients:

Dough

- 2.75 cups flour
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 3/4 cup whole milk
- 3 tablespoons unsalted butter
- 2.25 teaspoons instant yeast
- 1 large egg (room temperature)

Filling

- 3 tablespoons unsalted butter (extra softened)
- 1/3 cup light or dark brown sugar
- 1 tablespoon ground cinnamon

Cream Cheese Icing

- 4 ounces full-fat block cream cheese (softened to room temperature)
- 2 tablespoons unsalted butter (softened to room temperature)
- 2/3 cup confectioners' sugar
- 1 teaspoon pure vanilla extract

1. Whisk the flour, sugar, and salt together in a large bowl. Set aside.

2. Combine the milk and butter in a bowl. Heat until the butter has melted and the mixture is warm to the touch (about 110°F, no higher). Whisk in the yeast until dissolved. Pour mixture into the dry ingredients, add egg, and mix on medium until a soft dough forms.

3. Transfer dough to a lightly floured surface. Using floured hands, knead the dough for 3-5 minutes. You should have a smooth ball of dough. If the dough is super soft or sticky, you can add a little more flour. Place in a lightly greased bowl, cover loosely, and let the dough rest for about 10 minutes as you get the filling ingredients ready.

4. After 10 minutes, roll the dough out in a 14×8-inch rectangle. Spread the softened butter on top. Mix together the cinnamon and brown sugar. Sprinkle it all over the dough. Roll up the dough to make a 14-inch log. Cut into 10–12 even rolls and arrange in a lightly greased 9- or 10-inch round cake pan, pie dish, or square baking pan.

5. Cover the pan and allow the rolls to rise in a relatively warm environment for 60–90 minutes or until doubled in size.

6. After the rolls have doubled in size, preheat the oven to 375°F (190°C). Bake for 24–27 minutes, or until lightly browned. Remove pan from the oven and place pan on a wire rack as you make the icing.

7. In a medium bowl using a mixer, beat the cream cheese on high speed until smooth and creamy. Add the butter and beat until smooth and combined, then beat in the confectioners' sugar and vanilla until combined. Spread the icing over the warm rolls. Serve.

TAIWANESE BUBBLE TEA

Submitted by: Hsichi Huang

Recipe by: [BBC Food](#)

Reason for submission:

Bubble tea is a refreshing summer drink to make at home, a Taiwanese classic, each glass is finished with ice and sweet, chewy tapioca pearls.



Ingredients:

- 4 tablespoon large white tapioca pearls (boba)
- 2 1/4 oz light brown soft sugar
- 2 English breakfast tea bags
- ice, to serve
- 500ml/18fl oz whole milk (or dairy-free alternative)
- 425g tin mango slices in juice
- 1 lime, juice only
- mint, to serve (optional)

1. Bring 1 litre/1¾ pints water to the boil in a saucepan and reduce to a simmer. Add tapioca pearls and cook 30 minutes, stirring occasionally. Take pan off the heat, cover, and set aside for 15 minutes.

2. Drain the pearls, and while still warm add to a bowl with the sugar and 4 tablespoons warm water. Stir until the sugar has dissolved and the pearls are evenly coated in the brown sugar syrup.

3. For the classic bubble tea, put the milk into a small saucepan over a medium heat and bring just to a simmer. As soon as the milk begins to bubble, take it off the heat, add the tea bags and set aside to cool completely. Remove the tea bags.

4. For the fruity bubble tea, put the tinned mango (juice and all) into a small saucepan with half a tin's worth of water and bring to the boil. Add the teabags and then remove from the heat. Set aside to cool completely. Remove the teabags, then blend the mango mixture with the lime juice in a blender (or using a hand-held stick blender) until smooth. Add a splash of water to loosen if needed.

5. To serve, add 2 tablespoons of tapioca pearls to the bottom of two tall glasses. Divide the milk tea or mango tea between the glasses and top up with ice. Stir to mix well. Garnish the mango tea with a sprig of mint, if you like.



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