

## COVID ID Fellowship Wellness Session #3: Sustaining Ourselves and Each Other

Email Intro for the session – homework assignments

*Hi all,*

*For this coming Friday fellow check-in, I was hoping we could focus on the things we each use to decompress and to promote our individual resilience. I suspect that many of the activities, books, movies, songs, recipes, hobbies we each turn to, may hold some potential to lift us all, so I am hoping we can share them during this Friday fellow check-in. I also think they may give us some glimpses into each other's heads and lives that maybe we haven't seen before.*

*So I am giving you all some homework--but don't worry it's easy homework! In preparation for this Friday's session I want each of you to do the following:*

*1) Choose one of your all-time favorite movies, books, songs, poems, Netflix series etc--You will share it with the group and tell us why you love it and so should we. If you want to send me anything in advance to make copies, feel free--but otherwise I will keep a list of all these titles so you can explore them if they seem interesting to you.*

*2) Choose one of your all-time favorite recipes (can be a meal, bakery item, cocktail, etc)-- share it with the group and we will keep a record and send it out so you can all try them*

*That's it for homework. Please let me know if you have any other ideas or anything else you want to talk about at the session.*

### **The Fruits of the Session!**

#### ***Favorite Recipe Recommendations:***

Buttermilk Pancakes - <https://cooking.nytimes.com/recipes/1018180-perfect-buttermilk-pancakes>  
(Kodiak pancake and waffle mix also highly recommended if short on time)

Mujadara - Lentils, Rice, Caramelized Onions and a Dinner to Remember  
<https://www.nytimes.com/2020/03/30/dining/pantry-mujadara-coronavirus.html?referringSource=articleShare>

Samosas (see attached)

"Fattet Djaj" (closest english translation = layered chicken) – Syrian dish (see attached)

Holiday Double Chocolate Peppermint Bark  
<https://www.aberdeenskitchen.com/2018/12/holiday-double-chocolate-peppermint-bark/print/12931/>

Spanakopitas (see attached)

Celery Soup!

<https://www.epicurious.com/recipes/food/views/celery-soup-51246210>

Stir fried tomato and egg <https://thewoksoflife.com/stir-fried-tomato-and-egg/>

Fish in crazy water <https://www.panningtheglobe.com/fish-in-crazy-water/>

Sausage and kale soup <https://www.fifteenspatulas.com/andouille-sausage-and-kale-soup/>

### **Cocktails**

Mezcal (smoky tequila) Margaritas - <https://www.feastingathome.com/mezcal-margarita/>

Thanksgiving Eve Past Cocktail Recipe Winners – Pocahotness (2017) and Snood Awakening (2019) – attached below

### ***Favorite Book, Movie, Netflix Series, Music, Art Recommendations:***

#### TV/Netflix/Amazon etc series

The Americans

Terrace House (Japanese version of Real World)

Parks and Recreation

Miss Fisher’s Murder Mysteries

30 Rock

Kim’s Convenience

Tiger King

Ozark

Good Omens (book by Terry Pratchett and Neil Gaiman—TV series also good)

Love Sick (British comedy)

Unorthodox

#### Movies

Hunt for the Wilderpeople <https://www.imdb.com/title/tt4698684/>

#### Books

Beneath the Scarlet Sky (historical fiction-WWII)

World War Z (book way better than movie)

Discworld series by Terry Pratchett (probably for most people recommend starting with the book "Guards! Guards!")

What I’d Say to the Martians (or ANYTHING by Jack Handy)

#### Music

“Illinois” – entire album by Sufjan Stevens

## Samosas

Ingredients:

*For the dough:*

1.5 cups flour (self-rising, but you can also mix self-rising with all-purpose)  
2 tablespoons vegetable oil for the dough

*For the potato mixture:*

Quarantine omissions-

You don't need to add garam masala or chilli powder, cumin available at Star Market!

4 medium potatoes

1/2 teaspoon garam masala

Salt to taste such that potatoes taste salty enough (~1/2 teaspoon)- make sure you taste the potatoes so you added enough!

1/2 teaspoon chili powder, if desired

1/2 teaspoon cumin

1 tablespoon freshly squeezed lemon juice

Vegetable oil for frying

Potato Mixture:

1. Wash and boil the potatoes (don't peel yet) in water until cooked. Remove from water when done, peel and mash until consistency is just lumpier than mashed potatoes- crumbly, not a paste. Add the garam masala and chilli powder (if you are adding), salt, cumin, lemon juice and mix well.

Dough:

2. To make the dough for the crust- add the flour (you can mix all purpose with self-rising flour for a crispier shell, but I think I prefer a more fluffy crust using just self-rising flour) and the oil first then add water and knead well. The final dough should not be sticky but should be on the harder side of the spectrum, but not too hard. Make sure to knead ~10-15 min before using.

Potatoes into Dough! :

3. Take out a golf-ball sized chunk of dough and roll into a ball. Dip it slightly into a small bowl of vegetable oil and roll it out with a rolling pin on your counter. Cut the thin circle you just rolled out into half and fill a half with the potato mixture. Fold over to join the ends of the triangle together and smush the edges well so they blend into each other and become one. This way the edges won't separate in the oil.

4. Make all of the samosas you want to make, ensure that they don't start to dry by spraying them with oil and maybe covering them with a damp towel if they filling is taking longer than expected.

5. When you're half-way done filling, fill up a wide mouthed pan with oil and heat at medium until you can drop a ball of dough into it gently and it starts spinning and bubbling gently and golden-browns. Now you're ready to add the samosas into the oil and fry. After you add it and it fries for a minute or so, gently turn it over so the other side can brown too.

6. You can add a couple to the pan at a time, depending on how big the pan is.

Cilantro Tamarind Chutney:

Quarantine version- just eat samosas with ketchup or siracha sauce and skip the chutney!

I don't really measure because the ingredients vary in potency but basically blend 1 bunch of cilantro (remove the stemmiest part of the stem), ½-1 jalepano, 1-2 spoons of tamarind paste depending of how tart and concentrated it is- hugely variable between batches and brands. Oh and salt. Taste after blending and err on side of caution- ½ jalepano, 1 spoon of tamarind and add more depending on taste, should be spicy and tangy and delish.

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### **Fattet Djaj" (closest english translation = layered chicken)**

serves 2-4 ppl

- 2 -3 chicken breasts, pressure cook (or whatever way) salt pepper, some broth, thyme or anything that flavors the broth.
- Greek yogurt (I used fage 5% cuz ain't no body got time for healthy food now lol)
- 3 cloves garlic
- 3 spoonfuls tahini (very important)
- parsley
- pita (if lazy, get ready made pita chips)

Chicken prep

1. Boil chicken with preferred seasoning and some chicken broth or cubes. Can also get rotisserie chicken ready made. (Some like to add a small onion to give broth more flavor)
2. Shred chicken thin as much as possible
3. Save broth for later!

Pita:

1. Cut into 1 inch squares or whatever way you like. The thinner Lebanese pita is best
2. Bake or fry pita until golden brown, don't burn

yogurt prep:

1. Water down Greek yogurt until it's less thick, see how it looks in picture. May be 3/4 tub (fage is good, I don't own market stock)
2. 3 tbsps tahini
3. Lemon to taste
4. Crush 2-3 cloves garlic
5. Salt to taste

Dish:

Pita layer at bottom

Add some broth to pita, not all of it just spoonfuls til it soaks and has some left over at bottom.

Half of the shredded chicken added on top

Yogurt

Rest of chicken

More yogurt

Parsley

<https://youtu.be/JJSDaN7B6s0>

This is in Arabic. Can just follow the video to get an idea of how to layer it. This is not exactly how i make it.

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### **Spanakopita**

Filling ingredients:

30 oz frozen chopped spinach, thawed and with all the water squeezed out

1lb small curd cottage cheese

1/2lb feta, crumbled

~1c leeks, chopped and sauteed

6 eggs, beaten

5 T melted butter

Also, 1 lb filo dough (most packages are 1 pound) and 1/2 lb melted butter (salted) for the outer layers

1. Preheat oven to 350F

2. Combine the filling ingredients

3. To arrange the filo:

- on a large baking sheet, lay two sheets of filo side by side (shortwise) so that the edges are hanging about 1 inch over the edge of the pan and the sheets are slightly overlapping in the middle of the pan, then brush melted butter generously over both sheets

- repeat x4, so that there is a layer 5 sheets deep of filo dough on the bottom of the pan, adding melted butter between every layer

- add the filling and spread it evenly over the pan

- put 4 sheets of filo dough longwise over the filling, brushing butter between every layer

- fold the outer edges of the bottom layers of filo dough in over the filling

- lay two sheets of filo side by side (shortwise) over the pan, again with the edges hanging about 1 in off the edge of the pan and with the sheets overlapping in the middle of the pan. Brush butter over the sheets

- repeat with the remaining sheets of filo dough as above, always brushing butter between then, until you run out

- starting in one corner, lift the spanakopita slightly to tuck the overlying edges of the filo dough underneath; continue until all the filo dough is tucked in

4. Bake 30-40 minutes until the top of the pita is golden. Let cool slightly before cutting.

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### **Rigatoni with Goat Cheese**

I attached a photo of the original recipe, which is good, but I usually also add sauteed greens so that I don't have to make a vegetable separately:

-Heat 2-3 cloves smashed/minced garlic in some olive oil (?I guess a couple tablespoons) until garlic just starts to turn golden, then add either spinach (one bag of fresh spinach [stems removed if you're fancy] or 1/2 bag of frozen spinach) or chard etc., sautee on medium heat until leaves cooked down. I usually add all the non-cheese toppings to this mix (sun-dried tomatoes [rehydrate them in some warm water for 10 min first if dry], pine nuts (+/- toasting them before hand), olives, whatever you want). Then I add everything in the saute pan to the pasta in step 3 of the recipe.

**2017**

#### **Pocahotness**

Fireball Cinnamon Whiskey Cocktail with Hot Tamale candy

¼ oz. SinFire Cinnamon Whisky

¼ oz. apple schnapps

¼ oz. pineapple juice

Combine all ingredients in a glass filled ice and stir.

**2019**

#### **Snood Awakening (aka Maple Syrup New York Sour)**

Fruity red wines such as malbec and grenache worked well, but whatever you have on hand would be fine. A small cup with a spout makes floating the wine easiest.

1 ounce lemon juice

½ ounce maple syrup

2 ounces rye whiskey bourbon

¼ to ½ ounce red wine (Apothic Red Wine Makers' Blend 2018)

In a cocktail shaker, combine both juices, the syrup, and the rye. Fill the shaker with ice, then shake well for 15 seconds. Strain into a rocks glass.

Pour the red wine into a jigger or small cup. Balance a small spoon, domed side up, over the cocktail, then slowly pour the wine onto the back of the spoon so it settles over the rest of the cocktail.

Garnish: orange or lemon peel and cranberry on stick