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Page 4

Editor's Note
by Krystine Guzik



Page 5

Hamburger Goulash
by Krystine Guzik



Page 8

Carrot Cake
by Katie Buell



Page 10

Glass Cookies
by Pamela Lundberg

Page 12

Chicken Parmesan
by Brian Sabatino



Page 14

Vegetarian Chili
by Joseph Crookham

Page 16

Arroz con Pollo
by Jessica Gonzalez

editor's note

Creating this magazine was a fun journey. I got to learn how to make other recipes as well as other facts. I myself never knew that vegetarians can eat chili. I also have never heard of eating a glass cookie. Okay, it's not really made of glass. Read the recipe on pages 10-11 to find out what it's really made of. My staff and I have also featured another tasty desert. Look at pages 8-9 to find out what it is. There is also a delicious recipe for Chicken Parmesan. Once you leave Italy, your next stop is Mexico for some Arroz con Pollo. I hope that every reader enjoys this magazine as I have enjoyed making it. What I enjoyed most about it is the fact that it feels like I am traveling the world without paying money and leaving my computer. I traveled to Mexico, Italy, Hungary and more countries just from making this magazine. I also got to learn about family recipes, which is what makes this magazine so special to me. Not only do I have my own input, but those of my staff as well. If this magazine makes you hungry, you now can look at some tasty recipes. Enjoy!

Krystine Guzik

Editor



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TASTE OF BU

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hamburger goulash

Get Hungry for Hungarian Hamburger Goulash

Story and photos by Krystine Guzik

When sophomore communication arts major Krystine Guzik gets hungry, she craves her mother Sharon's hamburger goulash. Between classes, extra-curricular activities in theater and homework, she works up an appetite and wants something home-cooked and hearty.

Goulash is a dish that originates from Hungary but not many people have heard of it. Yet it still managed to spread its way over to America, just like Guzik's family who is of Polish descent.

According to Mrs. Guzik, the recipe for hamburger goulash has been in her family for years. "My grandmother, Alma Neibert, was the first in my family to make it. It has been in my family for 70 years," said Guzik. Keeping something such as a recipe in the family is very important. It helps other family members understand who they are and where they come from.

Even though hamburger goulash has made its way

across the ocean, the way that it has been made has changed. According to www.cooks.com, people can also make it with tomatoes and vegetables. Guzik's mom is not the first person in her family to make Hamburger Goulash this way.



The noodles are boiling.

"We used to add salt and onion soup mix, but it made it too salty. The recipe used to contain cream of mushroom soup and onion soup mix," she said.

Occasionally, she will add a little something different, such as a canned vegetable,

to change things. Hamburger Goulash also tastes good with canned corn or peas. "Sometimes I add peas. Sometimes I change the type of noodles. You can also use rice. I have made it without ground beef and used thin slices of steak," Guzik added.

Since this recipe requires a minimal amount of ingredients, it can be seen as easy to make, especially for busy moms with hungry college kids. Just make sure that the pasta is not too tender or too soft. Also make sure that you drain all of the water out so that it is not really soupy. You also do not want to burn the ground beef because then it will be crunchy and will not taste as good as it should.

Guzik agrees that this recipe is easy to make and would fulfill the appetites of hungry Benedictine University students. "It is very easy. That's why we like it so much. It's quick and easy," said Guzik.

GOULASH continued on page 6

hamburger goulash



Adding the onions and mushrooms with the ground beef.

GOULASH continued from page 5

To make goulash, you'll need the following ingredients:

- 2 pounds of ground beef**
- 3 cans of condensed cream of mushroom soup**
- 1 medium onion chopped**
- 1 pound of mushroom sliced**
- Any wide noodle (Guzik uses Kluski)**
- 1/2 teaspoon of pepper**
- 1/2 teaspoon of salt**
- Water**



This is what it should look like before the soup is added.

Start off by browning the ground beef and onions together in a dutch oven and had the 1/2 a teaspoon of pepper. In a medium size pan, boil water and add the 1/2 teaspoon of salt to it. Drain off any grease when the ground beef has been browned. Then add one pound of a sliced mushroom and all 3 cans of condensed cream of mushroom soup together with the ground beef.

Then take one of the cans and fill it 3/4 of the way up with water and add it. Let the dish simmer for about 20 minutes. During that time, add the noodles to the boiling water and

hamburger goulash



This is known as the “goulash” part of the dish.



The recipe at its final stage.

cook them according to how it says on their package. Drain the water out afterwards.

To prevent stickiness, rinse the noodles with hot water while in the strainer. You can now add the noodles to the goulash and serve. If you wish to make it look decorative and have a little more flavor, you can add some parsley

As you can tell, this recipe is very simple. It is also delicious at the same time. This dish can be made for more than one reason.

Not only is it good for a casual family meal, but it can also pass for a nice meal as well. If kept refrigerated, the dish can last for up to

three days. Just make sure that you heat it back up before eating it again. You may also choose to add some vegetables.

This dish is not just a favorite between Krystine Guzik’s immediate family, but her extended family members as well.

This includes grandparents, aunts, uncles, cousins and her own brother. Even though Ms. Guzik and her brother do not like mushrooms, they still love the dish. Ms. Guzik loves it when her mom cooks this dish. Hopefully everyone will enjoy it as much as she does. Are you hungry for Hungarian Goulash yet?

carrot cake

Time for some family style carrot cake

Story and photo by Katie Buell

For one Benedictine University student, Janet Bilder, nothing is more exciting than walking into the Krasa Cafeteria and seeing carrot cake listed on the dessert menu. While many people many think of carrot cake as just an average dessert, it has always had a special meaning for Bilder.

“When I was younger, my grandmother would always make carrot cake for us. It didn’t matter if it was a major holiday or just a quiet summer afternoon visit, there would always be a carrot cake,” said Bilder.

Those memories of her grandmother’s carrot cake still remain with Bilder today, even though she is a busy college student majoring in health science. Even though school takes up a lot of time, Bilder still manages to participate in student clubs, work and volunteer. According to Bilder, some of her other interests include, “theatre, spending time with friends and of course, carrot cake.”

“When I was asked to participate in the Taste of BU magazine I was really excited because I knew that it would be the perfect opportunity to share my grandmother’s carrot cake recipe,” said Bilder.

Even though Bilder’s grandmother passed away a couple of years ago, the family always makes sure that her carrot cake is served up and enjoyed at each holiday and family gathering. “I think that she would be proud to know that we are still making her carrot cake today,”

said Bilder. “Every time I see a piece of carrot cake, I can’t help but to think about her.” One of Bilder’s favorite things about the cake is that “it has the perfect amount of cinnamon, so it tastes just right.” The following is the recipe for the carrot cake:

2 cups of all-purpose flour
2 cups of sugar
1 teaspoon of baking powder
1 teaspoon of baking soda
1 teaspoon of salt
1 teaspoon ground cinnamon
3 cups of finely shredded carrot
1 cup of cooking oil
4 eggs

Cream Cheese Frosting Ingredients:

2 3-ounce packages of cream cheese
1/2 cup butter or margarine
2-4 cups of sifted powder sugar
2 teaspoons vanilla extract
1/2 cup chopped walnuts (optional garnish)

Grease and lightly flour a 10 inch bundt baking pan. In large mixer bowl stir together flour, sugar, baking powder, baking soda, salt and cinnamon; add carrot, oil and eggs. Mix till moistened; beat at medium speed of electric mixer for two minutes. Pour into prepared pan. Bake in 325 degree oven for 50 to 60 minutes or until wooden pick inserted in

carrot cake



The carrot cake looking delicious.

center comes out clean. Cool thoroughly on wire rack.

Frost with cream cheese frosting. To prepare, soften cream cheese and butter or mar-

garine; beat together until fluffy. Gradually add powdered sugar, beating till smooth; stir in vanilla. Sprinkle with nuts. Serves 12 to 15.

glass cookies

Munch on some glass cookies

Story and photos by Pamela Lundberg

Glass cookies have become a favorite of Alison Chrabot, a current junior at Benedictine University in Lisle, Ill. Chrabot is majoring in health sciences with a minor in French. Upon graduation, Chrabot wishes to attend medical school at the University of Illinois in Chicago. After medical school, Chrabot plans to be a Pediatric Psychiatrist in order to fulfill her love for both the medical field and children. Chrabot is currently taking several medical classes at BU in order to attend medical school. Once she is accepted into UIC, she will have to take more medical classes and begin taking psychology classes.

Chrabot first discovered her glass cookies while attending high school. “My friend brought them to school and they were delicious,” she said. However, her friend refused to give her the recipe so Chrabot ingeniously figured it out for herself. “Even though I haven’t heard from her in years, I still remember her cookies.”

“Since I’ve been making cookies since middle school, it was not very difficult to figure out how to make the glass cookies,” said Chrabot. The cookies are a basic sugar cookie with the center removed. Before baking the cookies, the center is filled with crushed Jolly Rancher candies.



They can be made in different shapes and sizes.

Chrabot is partial to the tropical blend bag of Jolly Ranchers because to her, “the fruity ones are the best.”

“Thinking back on it, I probably did not need to crush the Jolly Ranchers before baking them because they melted rather easily in the oven” reflected Chrabot. She added that these cookies are “great for everyday baking. You don’t need a special occasion to bake cookies. Just have fun with them.”

glass cookies



Putting the “glass” into the cookies.

The ingredients for her glass cookies include:

- 2 3/4 cups all-purpose flour**
- 1 teaspoon baking soda**
- 1/2 teaspoon baking powder**
- 1 cup butter, softened**
- 1 1/2 cups white sugar**
- 1 egg**
- 1 teaspoon vanilla extract**
- 1 bag any type of Jolly Ranchers**

First, preheat your oven to 375 degrees and in a small bowl, mix together the flour, baking powder and baking soda. Next, stir together the butter and sugar in a large bowl until the contents are smooth. Beat in the egg and add your teaspoon of vanilla. Next, add the flour, baking powder and baking soda to

the larger bowl and continue to stir the ingredients until they are sufficiently mixed together.

Once the ingredients are well mixed, flatten the dough onto a cookie sheet and cut out shapes with a desired cookie cutter, or simply make any shape of your choosing. Then, take the bag of Jolly Ranchers and separate the colors into plastic baggies and crush the candies. In the center of the raw cookie dough, cut a small hole, the size of a pop cap and place the crushed Jolly Ranchers inside.

Bake 8 to 10 minutes in the preheated oven, or until golden brown. Let the cookies cool for 3-5 minutes so that the jolly rancher will cool and harden.

chicken parmesan

Recipe for chicken parmesan revealed

Story and photo by Brian Sabatino

There is an art and science to cooking chicken Parmesan with angel hair pasta, and Benedictine University sophomore physics major Nick Dobes has simplified that method for the taste of B.U magazine. He is all about helping other people, even when he is consumed by his studies.

Nick Dobes, he is a great friend and roommate. Nick told me that this was very special because of his Italian grandmother who used to make this dish with his mother, her daughter. He calls her Grandma Dobes, and still calls her to this day. “She always enjoyed cooking this dish on Christmas Day”, he said. This is a time when all of the family would come together and enjoy a great feast that could feed about a billion.

This family has a lot more recipes that he could have chosen, but because Grandma Dobes was special to my roommate and to his family, chose this one. She was Italian and this dish is pretty much shared by all people of

Italian decent.

Nick Dobes and his family explained to me that chicken parmesan with angel hair pasta is a typical Italian dish that many enjoy. While this recipe is complicated, Nick Dobes said it really is simple to cook. Below are ingredients and directions for making this special dish.

Ingredients:

About 1 pound of Chicken
3 Tablespoons of Bread Crumbs
1 Block of Parmesan cheese
2 Tablespoons of Vegetable Oil
1 Pound of Angel Hair Pasta
2- 1 gallon cans of Tomato Sauce

First you have to start by going to store and getting some chicken, any kind of chicken will work. Frozen will work the best, so look for that. Then come home and go the kitchen and get a pan ready with some oil (vegetable oil) and start frying up your chicken for about 20 minutes or until golden brown.

chicken parmesan



Chicken Parmesan with a piece of bread is always good.

You then have to bread your chicken, you can use bread crumbs for this, and then you can begin browning in a frying pan after that put the chicken in the oven for about an hour or until the chicken is nice and tender. While waiting for the chicken to cook get your sauce ready along with your angel hair pasta.

To make sure that the pasta is perfect and the sauce as well that will be achieved after you have cooked to pasta and the sauce for about 15 minutes. Plate it and there you have it, homemade Chicken Parmesan.

vegetarian chili

Have you ever heard of vegetarian chili?

Story and photo by Joseph Crookham



The vegetarian chili when it is finished.

During the Lenten season, the father of a Benedictine University alumnus and a current student would like to promote his healthy version of vegetable chili as a great alternative to all the meat products out there.

Phil Crookham, the father of Toby Crookham (2000 graduate, business and economics) and Joe

Crookham (junior, communication arts major) is very proud of his vegetable chili recipe because it is good for you and is very easy to prepare. Crookham's mother taught him the original chili recipe years ago as he was growing up in his hometown of Cincinnati, Ohio.

However, over the years, Crookham became a

vegetarian and substituted some of the ingredients. He took out the meat products and added additional ingredients that he learned from a health and fitness magazine.

"It should please many vegetarians because I substitute tofu instead of meat.

vegetarian chili

“I think that is what makes this chili special with its own unique and distinct flavor,” said Crookham. “This recipe is intended for persons who live an active lifestyle, are health-conscious and are watching their diet and cholesterol.”

His motto is “nourishment from the mighty plant kingdom.” He instilled this healthy value in his children, Joe and Toby. They enjoyed eating this chili when they were students at BU. Toby, as a successful graduate, now works as a supervisor at Daimler-Chrysler while Joe finishes school, respectively, they continue to eat and cook their family chili recipe.

The Crookham vegetable chili recipe will fill you up without leaving you feeling bloated. “For the most part, anyone who eats my chili recipe will not have to worry about indigestion or heartburn. This is because I use only fresh vegetables and tofu (instead of meat),” said Crookham.

He added, “This recipe

is not difficult to make, contains healthy ingredients that are good for your body and, above all, tastes great!”

- 2 onions, chopped**
- 2 sweet green peppers, chopped**
- 4 cloves garlic, minced**
- 2 teaspoons olive oil**
- 2 16-ounce package extra-firm tofu, drained and crumbled**
- 3 or 4 19-ounce cans of beans (kidney, pinto or white)**
- 2 28-ounce cans of stewed tomatoes**
- 6 medium carrots, sliced**
- 4 tablespoons chili powder**
- 2 teaspoons cumin**
- 2 teaspoons hot sauce**
- salt and pepper to taste**

Directions:

First, put a pot on the stove at medium heat. Second, add the olive oil into the pot and let heat for a minute or two. Next, add the chopped onions and garlic

and let simmer until crisp and lightly browned (about 10 minutes). Fourthly, add the green peppers, carrots and tofu.

Let that heat awhile and stir. Then, add the beans and tomatoes and stir. Lastly, add all of the final ingredients and stir it all together. After all of the ingredients have been added bring to a boil for 45 minutes.

When the 45 minutes are up, reduce the heat and let simmer on low heat for approximately 50-60 minutes while stirring intermittently.

After the simmering process, which is important to bring out the full-flavor of the ingredients, the chili is ready to serve.

Crookham believes the most important ingredient to the recipe is the olive oil. He said, “The olive oil is an essential ingredient because it forms the base, or foundation, of the chili. Along with the simmering process, the olive oil helps pull out the full-bodied

Ole for Arroz con Pollo

Story and photos by Jessica Gonzalez

The president of the Association of Latin American Students (ALAS) is proud to share her Mexican culture at Benedictine University as well as her grandmothers' recipes for arroz con pollo (rice with chicken). Laura Valle, a sophomore at Benedictine University (BU), emigrated from Jalisco, Mexico, 10 years ago with her family.

Valle's major in BU is Elementary Special Education with a specialization in Science. She plans on getting her masters after she is done with undergraduate school and then work in the school district with special ed children. Valle, who is involved in student organizations said, "Being president of ALAS has allowed me to grow in my leadership skills and I also have an opportunity to share my heritage with others who may not be conscious of it."

The youngest of three children, Valle learned to cook with her grandparents while growing up in Mexico and has continued until now. Even though she is the youngest, she has always cooked and care for her older brother and sister. Cooking has become one of her passions and loves to share with all her friends and family.

"To me cooking is a way to express my culture and it makes me feel good that I am

able to share it with the ones I love," she said. One of her personal favorites is arroz con pollo mainly because of its simplicity, and the home-cooked taste that just reminds her of her grandparents which is why she cooks it when she feels home sick.

"Arroz con pollo is comfort food and is one of the first dishes that my grandmother taught me how to cook. Since she passed away 10 years ago, a pivotal time in my life, when I cook it and specially share it with others it brings me fond memories of the great times I spent with her."

The ingredients that you will need to make this simple but delicious dish are the following:

- 1 ½ lbs chicken, cut into bite-size pieces**
- ¼ cup of oil**
- 1 large onion, chopped**
- 2 garlic cloves, chopped**
- 1 green pepper, chopped**
- 1 red pepper, chopped**
- 4 cups of canned tomatoes**
- ¼ teaspoon pepper**
- 3 teaspoon Spanish paprika**
- 1 bay leaf**
- 2 cups long-grain rice**
- 5 cups of boiling water**
- Salt to taste**

arroz con pollo

Heat up oil in a sauté pan, put chicken pieces to brown on all sides. Add the chopped onions, garlic and peppers. Valle said, “If you only have small to medium size onions, chop two instead of one. You also want to evenly chop the peppers in small cubes and thinly mince the garlic so that you don’t have a strong garlic taste.”

Cook for about five minutes, stirring frequently to evenly cook/brown the chicken and vegetables. Add tomatoes, salt, pepper, paprika and bay leaf. Cook for 15 minutes.

Add water and slowly add two cups of uncooked rice. “You want to put the rice in last because it takes less to cook and you need the liquid formed from all the other ingredients for the rice to absorb all the taste,” Valle said.

Cover for about 30-40 minutes stirring frequently so the rice doesn’t stick to the bottom of the pan and all the ingredients get evenly cooked, water is evaporated and the chicken is tender.

Valle said, “Overall, arroz con pollo is simple and is delicious. It doesn’t take long to make and it is something different you can make for your friends and family. It is simply mm.. mm.. good! ENJOY!”





Film Studies is only offered as a minor. This course allows students to broaden their minds about the history of films and how they became the way they are today. Students will learn how to interpret films through a variety of historical, cultural and theoretical perspectives. This course is on Thursday nights from 6:30 - 9 p.m.



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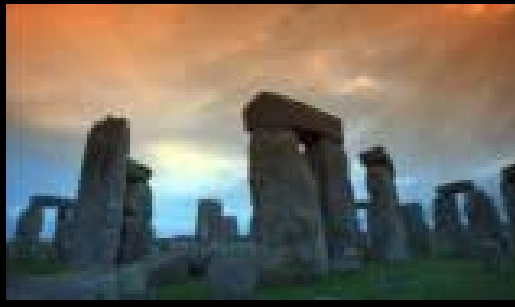
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