

# TASTE OF BU

Fall 2007 Issue

## Yabbie Salad Recipe



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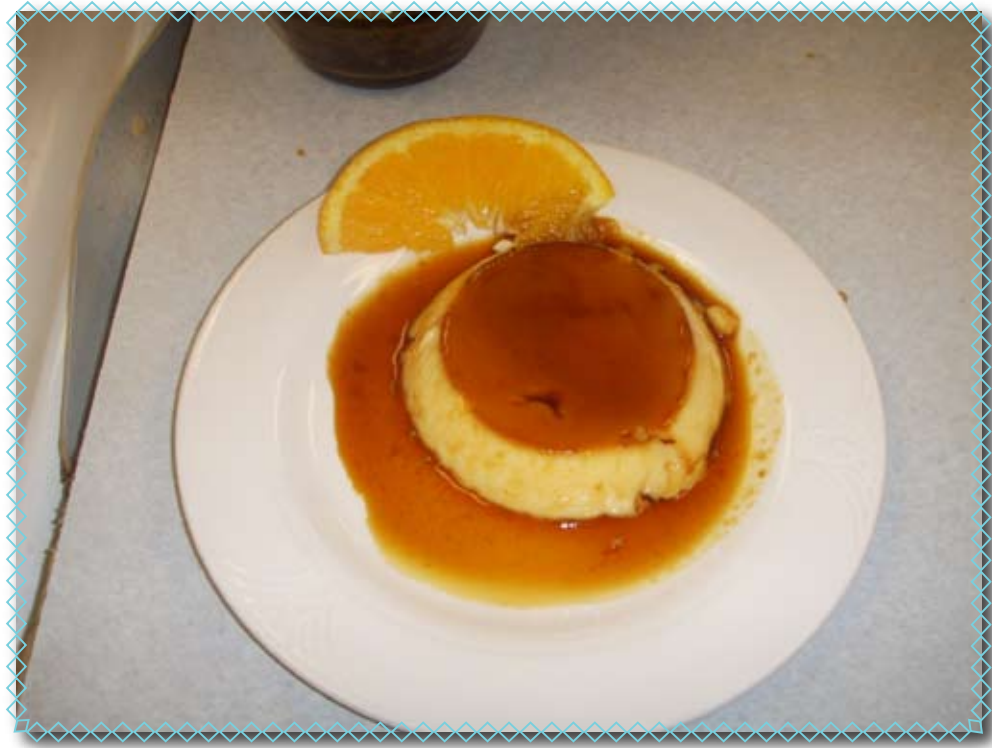
# Yabbie Salad For your own Aussie night

Yabbie Salad is made with Yabbies, Australian crayfish, fresh tomatoes, lettuce, and a special dressing made with a kickof Aussie flavor.



**AUSTRALIAN HARVEST**

# FOOD FOR YOU!



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## Editor's Note

I designed this magazine for COMM 208, and it was truly a pleasure getting involved with such a great project. I was quite appreciative of all the help my teacher offered, as well as the help my fellow classmates gave me.

Sincerely,

Shadia Heenan



## Staff

Elizabeth Skarr  
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## Disclaimer

This magazine is not a real magazine. It was created for a class project. If you have any questions or would like to know more about anything in this magazine please contact me.

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Photo of Australian Bridge walk

## Going down under? Try a Yabbie Salad!

By Shadia Heenan

Benedictine University students got a chance to taste a unique seafood salad from Down Under. Nutrition major Tara Oliva chose to prepare a dish for a Taste of BU luncheon called Yabbie Salad for her Cultural Foods class in the Fall 2007 semester.

Yabbie salad originates in Australia, and is actually made with Yabbies, crayfish found in Australia's fresh waters. Yabbies have been eaten for many centuries by Australians and is an affordable and easy dish to make. The meat found on the tail of a Yabbie is sweet, and the final color of the Yabbie, after cooking, is orange. The Yabbie claws can also be eaten and have a flavor different from the tail. Yabbies

range in size, and may be very small or decently, medium sized.

Oliva enjoyed the Cultural Food class because of the opportunity she had to learn about foreign foods and other countries cultures. Oliva majored in nutrition because she hopes to someday be able to help children with obesity issues or eating disorders. "I want to help those with illnesses," said Oliva. Oliva also said, "I'm not interested in discovering amazing diets for vain people looking to drop a couple pounds.

After obtaining her bachelors degree, she hopes to pursue her education further and get her master's degree. Oliva said she was finally been given the perfect opportunity to attend school, with two older kids, and a leniently scheduled job. Oliva explained how she previously never enjoyed cooking until recently, when her girlfriend taught her some tricks.



her favorite thing to cook is still a mean bowl of soup.

Oliva hopes that with a nutrition background she will be able to help everyday people, friends, and family. Oliva believes nutrition is a very important preventative measure that can be learned before disease occurs. In our culture, we are very lax about eating properly and taking care of ourselves, said Oliva.

Oliva's recipe for Yabbie Salad is nutritious as well as delicious

Tara Oliva preparing salad.

*ingredients:*

- 6 Yabbies (Tails Only)
- Salad mix (Lettuce)
- 2 Roma Tomatoes



Oliva mixing salad

The *dressing* for the salad is made with the following *ingredients:*

- 80ml Olive Oil
- 40ml Balsamic Vinegar
- 30ml Lime or Lemon Juice
- 1 teaspoon Wattle seed (Roasted)
- 1 teaspoon Kutjera Powder (Crushed Desert Raisins found only in Australia)

A substitute for Kutjera powder, because it is difficult to import actual Kutjera, is

crushed coffee beans.

*Directions:*

- \*Chop the tomatoes and lettuce
- \*Clean the Yabbies, and refrigerate until ready
- \*Mix the ingredients for dressing and refrigerate
- \*Mix the tomatoes and lettuce, and mix in the dressing
- \*When salad is ready sprinkle yabbies on top



Yabbies in bowl

# Spring Rolls

By Elizabeth Skarr

Sometimes it takes a class assignment to make students realize their hidden talent. For Benedictine University student Hawa Meah her nutrition class was her calling. In her Nutrition 309 Cultural Foods class, her group decided to pick the rich culture of China. When asked about why her group chose China for their culture project, she said, I guess because the first week of class lectures were on China and we were the first group to present. We picked China. Moreover, Chinese foods are in trend right now and most of us like them.

Hawa had many recipes to decide on for her project. However she was very quick to decide on the crispy golden brown chicken spring rolls. I chose this recipe because I have used it several times and this is my family recipe for spring rolls, Hawa said. She was very excited to be able to share a family recipe with her class. Although she loves spring rolls, she would like to try a new recipe or learn a new food item if she were to have another project like this one.

Chinese culture is so full of new flavors and traditions, much different than American customs and Hawa was intrigued to learn more. To a nutrition student, Hawa

explained what made China different from the other groups. She said, "What I really like about Chinese culture is the use of variety of vegetables in foods and less oil. Moreover, the use of chopsticks is really appealing for me." Hawa's recipe is very detailed, yet easy to use.

During her research of this culture she learned about the common practices of China. Hawa really enjoys the different demographics and geography that effects how food is prepared. She enjoyed this



Finished Spring Rolls

project and thinks that it has helped her toward her career goals or either nutrition counseling or nutrition education.

## Chicken Spring Rolls

Yield: 12 servings Portion sizes: 2 rolls

### Ingredients

Chicken breast	pound
Carrots, shredded	cup
Cabbage, shredded	cup, 4 oz
Oil	
For deep frying	
Black pepper	teaspoon
Crushed red pepper	teaspoon
Soy sauce	2-3 Tablespoons
Sesame oil	2 Tablespoons
Red or purple onion	One medium size, diced
Green onion	3 stalks, diced
Spring roll sheets	1 package

For sealing prepare flour mixture:

Flour	6 Tablespoons
Water	3 Tablespoons

Mix well there should be no lumps. The mixture should be thick and not watery.

Recipe Directions: Boil with 1 cup of water, Soy sauce, garlic, black pepper. In a large wok, put sesame oil then add pre cooked/ boiled chicken and then onions fry for 2-3 minutes. Now add carrots then add cabbage and seasonings and finally

diced green onion. This is the filling. Let it cool a little bit. Separate each spring roll sheet put fill in each sheet and makes a roll. Seal the roll with prepared flour mixture. Follow the direction of a package on how to make a roll. Prepare all roll in the same way and deep fry them in oil until golden and crispy.



Hawa preparing rolls.

# Going Aussie

By Lisa Rybak



Australian Decor. Photo by Lisa Rybak

Sussanah Nelson was one of four Benedictine Cultural Foods students cooking for the Taste of BU. Nelson and the other students cooked for the Taste of BU under the theme of Australia. Upon entering the room, you were greeted with festive place settings, a table of Australian facts, Australian slang words, and the delightful smell of Australia Meat Pie.

Nelson is a nutrition major, a mother of two (Lisa and Amanda), and she is originally from England. Nelson has moved over 20 times in her lifetime. She moved from England to America when she was 5 years old.

She was raised in a strict British household, where you knew better than to put your silverware down after you take a bite.

Her family was big on food and nutrition before. She said, "I never realized how much food was like a medicine all itself." After she beat cancer, she took her love for food to the next level because now she needed to be more involved in what she was allowed to eat. She loves it! She is happy with what she does, and this is something very important to her. She is living in the present and she is going to do so doing something she has a passion for- no matter the cost. "I figure my one

daughter is in graduate school, the other one just started college; why not go to school and be broke and still be paying off my loans when I'm 80."

Nelson aspires to work with cardiology patients, and eventually, when she is older, she wants to teach in college. She started taking college nutrition courses at Elgin Community College until she was diagnosed with cancer. She said that even with her little bit of knowledge she was able to go very far with nutrition after her diagnosis. Nelson is also gluten intolerant, so that gave her more of a reason to be concerned with her meal preparations. This motivated her to

become a nutrition major.

Together with her nutrition classmates, they prepared an Australian menu during fall 2007 for a Taste of BU luncheon, which included as an appetizer Fried Camembert Cheese, the salad Yabbie Shrimp Garlic Herb Butter Jacket Potato; the main course Meat Pie, and lastly the desert Pavlova. Sussanah Nelson was responsible for preparing Billy Tea for the beverage, Meat Pie for the main course, and Pavlova for the dessert.

Pavlova got its name from one of the greatest Russian prima ballerinas: Anna Matveyevna Pavlova. It is a light and airy meringue base with whipped cream and fresh fruit topping/covering. The dessert was created in honor of her visit to Australia and New Zealand and it said to be light and airy because that is how she was as a ballerina wrote Nelson in her research about the recipe.

Pavlova

*Ingredients:*

Meringue

- 4 egg whites
- 1 cup sugar
- 1 tsp. vinegar
- 2 tsp. cornstarch

\*Preheat oven to 325 degrees

Beat egg whites until they form peaks. Gradually add the sugar, add the cornstarch and vinegar. Pile onto flat baking sheet and bake for one hour on the bottom shelf of the oven. Caution, walk slowly around the stove or the Pavlova will fall. The outside shell should be crunchy outside and spongy inside. Let cool thoroughly.

*\*Topping Ingredients:*

- 2 pints heavy whipping cream
- 1 tsp. vanilla
- 1 cup sugar (or to taste)
- Whip cream until stiff peaks form but do not over

beat. Gradually add the sugar and vanilla

*Fruit Topping*

- Assorted fruits: strawberries, blueberries, kiwis
- 2 passion fruits
- 1 cup powdered sugar

*Directions:*

Cut the fruit up into bite size chunks (except the passion fruit). Place in a bowl, dust with powdered sugar and stir gently. Put aside until it is ready for use.

Squeeze passion fruits over the entire dessert just prior to serving.



Nelson with food. Photo by Lisa Rybak



Australian Decor. Photo By David Arnone

# Jacket Potatoes From Down Under

By David Arnone

aspect of the dish was to them.

Filomena Parmigiani is not quite that familiar with Australian cuisine. Being all Italian the granddaughter to immigrants who own Vince's Pizzeria, an Italian restaurant, she is quite unsure of a traditional Australian meal. However, she learned how to prepare authentic dishes in her cultural foods class at Benedictine University during the Fall semester. I caught up with Parmigiani and she demonstrated her take on garlic herb jacket potatoes. The goal of her dish was to serve a healthy and delicious meal to her classmates at the same time educating them on how important the nutritional

Growing up in an Italian household in Tinley Park for the past 25 years of her life, Parmigiani has always been around food. Her grandparents started Vince's Pizzeria on the south side of Chicago more than 20 years ago and today her father helps as a manager. "My siblings and I work there together helping in various tasks that a restaurant would need to be fulfilled," said Parmigiani. She has two sisters, one who i

## Recipe



Finished Potatoes. Photo by David Arnone

older and married who owns her own painting business and second one who is a freshman in high school. Since she started college, Parmigiani knew in her heart that nutrition is what she wanted to study.

"I want to better educate people about the fundamentals of nutrition and help them better understand how it works," she added.

Between cooking and baking, she prefers baking more than cooking because of the scientific aspect that is behind it. She made a clear point that baking is more scientific that in a way you have to be more precise in your recipe and more accurate, otherwise your dish will ultimately fail. With cooking you can see your imagination and apply ingredients rather than sticking to a more structured recipe.

After graduation in May 2008, Parmigiani hopes that she will be accepted into a master's of nutrition program either here

at Benedictine or somewhere abroad to continue her study of nutrition and to help continue her passion in educating people about the importance of their diet.

Parmigiani's garlic herb jacket potatoes both originate from Australia and Britain. "The idea of the dish is a twiced baked potato" she said.

### *Ingredients:*

- 4 potatoes
  - 2 Tbsp Garlic Herb Butter
  - 1 Tbsp Milk
  - 2 Tbsp Sour Cream
  - 2 Tbsp Grated Cheese
  - 1/2 Tsp Salt -more-  
Garlic Herb Butter
- Ingredients for herb butter:
- 1 Stick of butter or Margirin, Softened
  - 1 Tsp Dried Basil
  - 1 Tsp Dried Oregano
  - 2 Tsp Garlic Powder

### Directions

Mix ingredients together. Refrigerate until needed.

1. First wash and pat dry potatoes.
2. Next score them in microwave for 15 minutes. Allow to cool.
3. Preheat oven for 400F. When potatoes are cool enough, scoop out potatoes into the butter, sour cream, milk, grated cheese and salt mixture.
4. Mix well. Spoon mixture into potato jackets.
5. Place them in oven and bake for 25 minutes.

# Viva La Flan!

By Ryan Kerr



Sypole with finished product Photo By Ryan Kerr

There are many satisfied bellies on the campus of Benedictine University because Rachel Sypole has created a classic Spanish dish. I have always been a fan of flan, but Caramel Custard Flan took my love for flan to a whole new level said Rachel Sypole, a senior nutrition Major at Benedictine University.

Sypole has attended Benedictine University for four years. She is an accomplished student-athlete who has played volleyball at the University for four years. She currently resides where she

grew up in Lansing, Ill. Her intentions after graduation are to become a chef or a nutritionist.

Sypole has prepared a hybrid-type recipe of one of the most popular dessert dishes in Spain, Caramel Custard Flan. Flan is a classic Spanish dish. It is one of the most popular desserts served all over Spain. It makes for a great finish to a scrumptious meal, because even though it is sweet and flavorful, it is a very light dessert. Flan is normally prepared in the mornings because it takes a while to



Flan in preparation. Photo by Ryan Kerr

cool before it can be eaten and enjoyed. When asked why she chose this recipe Sypole said, When I first saw the recipe my taste buds became curious and my mouth started watering, it was love at first sight I guess.

### *Ingredients:*

4 cups whole milk  
 2 strips lemon zest  
 1 cinnamon stick  
 5 whole eggs  
 2 egg yolks  
 1 cup granulated sugar  
 1 cup sugar

Directions: Preheat oven to 300 degrees.  
 \*Place sugar in a heavy saucepan over medium-low heat to prepare the caramelized sugar coating.

\*Do not stir the sugar, watch closely as the edges begin to melt. It will turn to a yellowish golden syrup and then finally into a brown caramel sauce. When the liquefied sugar is turning from a golden to brown, immediately remove the saucepan from

the heat. \*Working quickly pour the caramel into 12 custard cups each 3 inches in diameter. \*Allow the sides to solidify and cool.

\*In saucepan combine milk, lemon zest, and cinnamon stick over high heat and bring to a boil.

\*Immediately decrease the heat to low and simmer for 10 minutes. Remove from heat and let cool.

\*In a bowl mix eggs, egg yolks, and granulated sugar and whisk until well blended. Pour the cooled milk through a fine-mesh sieve held over the egg mixture and whisk until well blended.

\*Pour the mixture into the coated custard cups.

\*Arrange custard cups in a large deep baking pan. Pull out the oven rack, put the baking pan on it and pour boiling water to a depth of about 1 inch into the pan. Bake for about 1 hours.



Finished Flan. Photo by Ryan Kerr

# A Little Taste of Spain Comes to Town

By Jonathan Cohen



Megan Morrissey with Finished Sangria  
Photo By Jonathan Cohen

Benedictine University's nutrition department hosted a Spanish luncheon earlier in the fall 2007 semester. One of the most special items on the menu was Megan Morrissey's Sangria. Sangria is a drink that originates from Spain. For those who do not know much about the country of Spain, it is located in southwestern Europe. It is also the third largest country in Europe. Sangria in Spanish means blood. Sangria has been around since the 1800's. In every different region of Spain sangria is made differently. All bars have different variations of how they make sangria.

Everywhere sangria is made as a form of wine punch. Usually sangria contains an assortment

of sliced fruit, a tiny amount of brandy or other alcohols, a sweetener like orange juice or honey and other mixed combinations. Depending on which recipe is being used, there can be great variation in sangria's alcoholic content. Many variations of the recipe mean that the ingredients can be different depending on who produces, sells, and makes sangria. Usually red wine is made with sangria, but if white is used the drink is called sangria blanca. In the south of Spain sangria is referred to as zurra, which is made with peaches and nectarines.

Since more and more people started tasting Spain's sangria it has become a largely popular drink among countries. Around the world sangria



Finished Sangria Photo By Jonathan Cohen

has become a refreshing party drink. The United States was first introduced to sangria at the World's Fair in New York in 1964.

Now, thanks to Megan Morrissey, sangria comes to the town of Lisle at Benedictine University. Morrissey is the chef who made sangria for the Spanish luncheon. There is more to Morrissey than just being a sangria maker. She is currently a senior who attends Benedictine University and is a nutrition major.

She has been interested in food and the health benefits that derive from it since she was a little girl. The thing that interested her in cooking was that she would always cook with her mom when she was young. Starting at a young age she was exposed to making all kinds of food and developing her favorite tastes. Currently her favorite dish is vegetarian chili, her favorite dessert is brownies and her favorite drink is a plain glass of water. Making sangria is a pleasure because it is a close relative to her favorite cuisine, Mexican food.

Morrissey's goal is to become a nutritionist for a chain of restaurants. If her first choice doesn't interest her as much then she is going to shoot for the helping of others using nutrition. She wants to be able to cook meals for people

to help with their health and diets. Morrissey's future cooking goals include north and south African foods.

With tasty variation of sangria being a hit at Benedictine, it is no wonder why the drink is such a huge success throughout the world. Anyone can make it however they want, and anyone can experience the great burst of flavor when it hits the mouth.

### *Ingredients*

one sliced orange  
 one sliced apple  
 6 maraschino cherries with their stems  
 1 quart of Grape juice  
 3 tablespoons of sugar  
 quart soda water, and ice cubes.


### *Directions*

Mix the grape juice, sugar, soday water, and ice cubes together in a large jar. Next, pour into small glasses and garnish each with orange and apple slices and a cherry.

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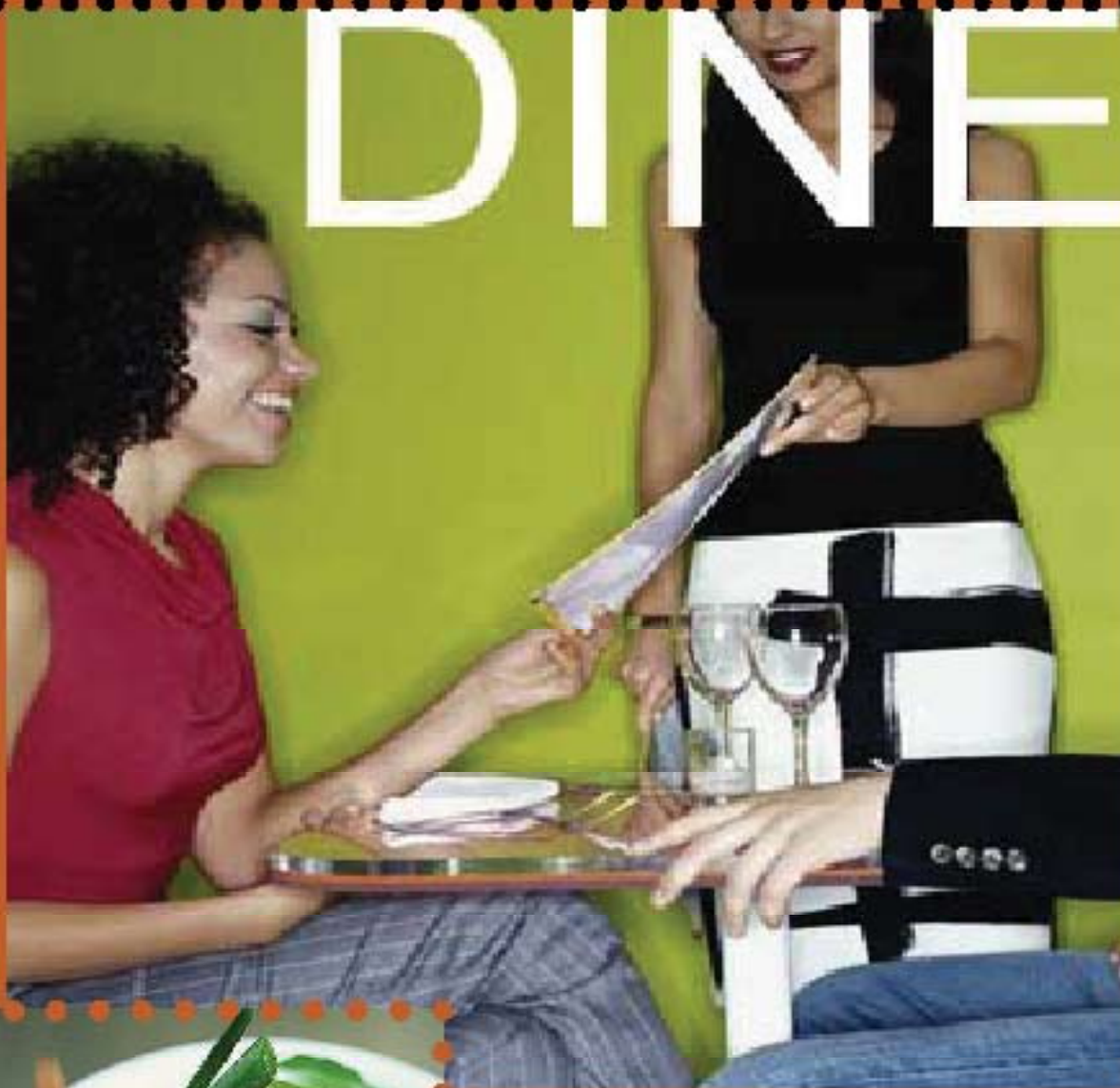


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