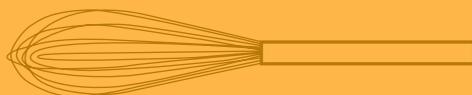


C H O P



S T I R



H A C K

the mit cookbook



# THE MIT COOKBOOK

MIT has an idiosyncratic dining landscape that pairs a straightforward meal-plan-and-dining-hall configuration with a thriving-but-chaotic-cook-for-yourself culture, complete with everything from refried pizzas to in-dorm sous-vide. This cookbook is meant to document the cultural role of food in communities across MIT — from the age-old traditions within dorms celebrated year after year to a variety of student recipes passed down from families or invented during college.

bone apple tea,  
the cookbook team



# THANKS

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# JAPANESE CURRY

sophie mori 2019 | 6-3 + 24 | East Campus

## Ingredients

2 large potatoes  
3 large carrots  
2 large onions  
2 teaspoons ginger  
2 cloves garlic  
2 pounds meat (chicken thigh or stewing beef)  
1 box curry roux  
cooking oil  
salt, pepper  
steamed Japanese short-grain rice



1. Cut the potatoes and carrots into bite-sized chunks. For extra fun, use a rangiri cut. Optionally soak the potatoes in water to remove extra starch.
2. Cut the onions into thin slices. Mince the garlic and ginger.
3. Cut the meat into chunks, around 1 to 1.5 inch pieces. Season with salt and black pepper.
4. Procure a pot that is large enough to fit all the ingredients with a few inches to spare. Heat up 1 tablespoon of cooking oil in the pot. Brown the meat, halfway cooking it, on high heat for about 5 minutes. Avoid overcrowding by doing this step in batches if necessary. Set the meat aside.

5. Add a bit more oil if necessary and saute the onion. I cook the onion until it's lightly browned, but you can bring it to whatever level of caramelization/disintegration that you prefer. Add the ginger and garlic along with some salt about 5 minutes in.

6. Add all the vegetables and meat, and fill the pot with enough water to just barely cover everything. Let the water come to a boil.

7. Start cooking rice if you don't have cooked rice yet.

8. Skim off the fat and foamy scum that rises to the top. Reduce the heat to low. Simmer everything until the vegetables turn soft.

9. Slowly add pieces of the curry roux, stirring slowly and continuously to dissolve the chunks. The curry should start turning thick, and you can stop adding roux whenever this happens. Add more water to compensate for overthick curry. The curry will also naturally thicken as it continues to cook.

10. Simmer for a while longer, stirring occasionally. Optionally grate some apple into the curry for sweetness.

When you can't stand waiting anymore (or when the rice finishes cooking), serve the curry with rice!



# SHOYU POKE

deborah wen

2021 | 8 | MacGregor

## Ingredients

8 oz. sashimi/sushi-grade ahi/  
salmon

1/4 small white onion, chopped

1/2 cup soy sauce

1.5 tablespoons sesame oil

1.5 tablespoons sugar

splash rice vinegar

sriracha, to taste

1 teaspoon furikake

¼ avocado, cubed

cooked white rice



1. Dice the sashimi into bite-sized pieces, about the same size as the avocado.
2. Roughly chop the onion.
3. In a bowl, combine the soy sauce + sesame oil + sugar + vinegar + sriracha + furikake. Whisk together until combined, and then add the sashimi + onion. Fold together.
4. Put together a bowl of white rice + poke + chopped avocado, and whatever else you want on top, pretend the weather is warm and you're at the beach, and enjoy (:



# SHRIMP CURRY

**haimoshri das**

2022 | 6 -3 or 18 | Next House

## Ingredients

200g of shrimp  
100g of potato  
chilli - 2 pieces  
100g of onion  
salt to taste  
turmeric powder  
oil - 500 ml  
garlic - 1 piece (3-5 cloves)



1. Heat oil in a frying pan. Fry the shrimp (mixed with salt and turmeric). Keep it aside.
  2. In the same oil, fry chilli, chopped onion, chopped garlic with salt and turmeric.
  3. Add sliced potatoes. Add some water.
  4. Put the shrimp in it.
  5. Put some water and let it simmer.
- Tada!!! It's ready!

# BEET EGGPLANT PORK STEW

mina sun 2019 | 6-3 | Next House

## Ingredients

sweet Soy Sauce  
cooking Oil  
cayenne Pepper  
dried chili pepper  
garlic  
ginger  
asian eggplant  
thin sliced pork belly  
beets  
1 tsp salt  
½ tsp baking powder  
¼ tsp baking soda

1. Season the pork. Take cayenne pepper, and add on pork as desired. Pour about 4 tablespoons of sweet soy sauce per pound of meat. Rub the pepper and soy sauce mixture into the meat and let it marinate overnight, or if in a hurry, for 15 minutes. The color of the meat should be a dark maroon.
2. Dice the beets. They should be medium sized dice.
3. Dice the eggplant. They should be large sized dice. This is because the beets take a little longer to cook than the eggplants.
4. Cut 8 garlic cloves into halves and julienne a thumb-sized chunk of ginger.



5. Prepare the pan by adding in enough oil to coat the bottom with an  $\frac{1}{8}$ " coat of oil. You want to be a little generous with the oil because the meat soaks up a lot of oil and it helps get rid of any raw meat smell. For the calorie-conscious, you can pour out the excess oil later. Heat up the oil on medium heat until it starts to crackle. Add in all the cloves of garlic and let fry for a couple minutes, until the clove edges start to turn golden.

6. Add in half the ginger.

7. Add in as many meat strips as you can fit flat on the bottom of the pan. Sautee until the meat is barely brown, and add in the next set of strips. You want the time each piece is cooked to be similar.

8. Add in the beets.

Occasionally, move the meat and beets around so that the meat doesn't burn.

9. After the beets are starting to get soft, add in the eggplant. Let the eggplants cook until soft. Add in half a cup of water if things start to get dry, to prevent burning. Add conservatively.

Get some water, and enjoy!



# TOMATO EGG NOODLES

erica weng 2020 | 6-3 | McCormick



## Ingredients

3 tomatoes  
a green onion  
2 eggs  
wide asian wheat noodles  
chicken broth  
salt, black pepper



1. Stir-fry the onions until they caramelize.
2. Add in the tomatoes and stir-fry until they get all melty.
3. Add chicken broth and season the soup.
4. When soup is boiling, add in noodles.
5. Finally, when noodles are ready, turn the water to a low boil and pour in beaten eggs (they should blossom and float to the surface upon pouring due to the boiling water).



# HONEY GLAZED PORK CHOPS

sharon lin 2021 | 6-2 | East Campus

## Ingredients

honey  
brown sugar  
soy Sauce  
pork chops  
oil



1. Mix 2 tablespoons of soy sauce, 1 teaspoon of honey, and half a tablespoon of brown sugar for each pork chop into a bowl. Heat in the microwave for 20 seconds.
2. Coat a large skillet with some oil. Heat over medium heat. Add the pork chops. Cook until each side is slightly brown, turning once.
3. Coat each side of the pork chops with the glaze. Allow it to cook until slightly caramelized. Remove from heat and enjoy!



# BEEF ONION BOWL

janice lee 2019 | 6-3 | Simmons



## Ingredients

½ lb thin sliced beef  
half yellow onion  
soy sauce  
cooking oil

Pre-step: I never really measure ingredients and sort of just taste and adjust to how salty/unsalty it tastes.

1. Chop up onions into half moons. Make sure the skin of the onion is peeled off.
  2. Put some oil in the pan.
  3. Once the oil is warm, put in the onions.
  4. As the onions are cooking, add a small amount of water.
  5. Add a little bit of soy sauce.
  6. Cook until they are a nice light brown color.
  7. Add the sliced beef and more soy sauce.
  8. Add more water as necessary (I add a little if it seems dryish)
- Done! Eat and share!



# EGG TOFU NOODLES

**florence lo** 2019 | 1 | Burton Conner

**Ingredients**  
egg noodles  
tofu  
egg  
oil

1. Boil a pot of water [3-4 cups].
2. Dice 1/2 a block of tofu into small pieces .
3. When the water is finished boiling, put a handful of egg noodles in the pot.
4. Then take out the noodles to strain the water out.
5. Add the tofu into the water and boil for 3-4 minutes.
6. Take out the tofu and add it to the noodles.
7. Then put oil on a dry pan and add the noodles and tofu.
8. Crack 2 eggs and stir it in a bowl until it's mixed.
9. Add the eggs into the pan and stir-fry for 5 minutes [or until the eggs are cooked].

