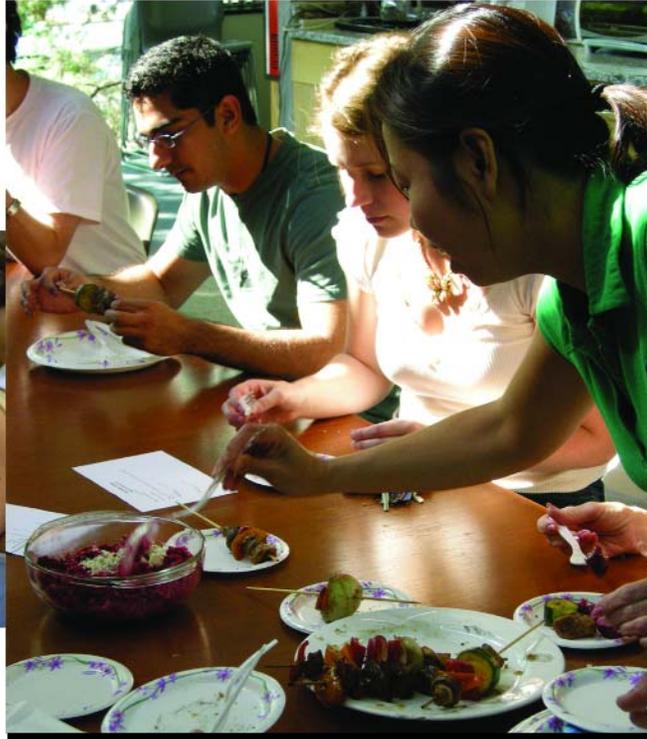




Readers' Recipes



What is comfort food for a medical student? For some, the nourishment of natural foods is part and parcel of the practice of medicine. For others, the kitchen is a respite from the crunch of exams and boards and residency interviews. And for many, quick culinary concoctions sustain them through long nights on the wards.

The New Physician (TNP) asked readers to draw on these motivations and send us their strongest original recipes. The entries—ranging from traditional dishes to more exotic fusions—were prepared by TNP and American Medical Student Association staff and judged in our test kitchen. In the vegetarian category you'll find winning casseroles and stews. Outdoor cooking and party fare gave our nonvegetarian category some kick, and we've finished with a dessert category that includes both classic cookies and a more contemporary take on an Eastern favorite. We present you now with the crème de la crème.

—Martha Frase and Pete Thomson—





VEGETARIAN



[FIRST PLACE]

Squash Casserole

Submitted by: Katie Kucera, second-year, University of Texas Medical Branch at Galveston

Prepared by: Jane Austin, AMSA accounting

- 7 medium-sized yellow squash
- 2 1/2 cups shredded carrots
- 1 yellow onion
- 1 can cream of celery soup
- 1 box Stove Top Stuffing, cornbread flavor
- 1 cup shredded cheese (cheddar or Monterey Jack)

Slice yellow onion and yellow squash and boil until soft. Drain. Mix in shredded carrots, soup, dry Stove Top Stuffing and 2/3 cup cheese. Put in casserole dish and bake at 350 degrees for 45 minutes. Sprinkle remaining cheese on top and let cool for 10 minutes.



[SECOND PLACE]

Tofu Polunga

Submitted by: Sam Barasch, second-year, Jefferson Medical College

Prepared by: Pete Thomson, associate editor, *TNP*

- 1 medium to large onion
- 1 28 oz. can diced tomatoes
- 1 8 oz. package fried tofu (substitute nonfried, firm tofu for a healthier recipe)
- 1 bag fresh, washed spinach
- 1 1/2 Tbs. ground cumin
- 2 tsp. ground ginger (substitute fresh ginger if desired)
- 6 to 10 whole cloves
- salt
- 4 Tbs. canola oil

Dice the onion and fry in a large pan with canola oil for 10 minutes over medium-high heat. Stir to prevent burning. Reduce heat and add cumin and ginger, then add diced tomatoes. Stir everything together and reduce heat to a simmer. Slice or cube the tofu and add it to the mixture. While the tomatoes and tofu are simmering, add the cloves. Put a portion of the spinach on top of the mixture. Cover and let the heat wilt the spinach. Stir the wilted spinach into the mixture and repeat the spinach-wilting procedure until all the spinach has been added. Add a pinch of salt and simmer the polunga for another 30 minutes. Serve over basmati rice.



[THIRD PLACE]

Eggplant Pesto Bake

Submitted by: Meghan Gould, fourth-year, University of California, San Francisco, School of Medicine

Prepared by: Martha J. Frase, editor, *TNP*

- 3 Chinese eggplants (or 2 globe eggplants) cut crosswise into quarter-inch slices
- 4 tomatoes cut into quarter-inch slices
- 1 cup grated Parmesan cheese
- 6 oz. goat cheese (can substitute ricotta)
- 10 oz. jar marinara sauce (Trader Joe's Vodka Tomato sauce recommended)

- 1 recipe pesto (*see below*) or 8 oz. favorite store-bought pesto
- red pepper flakes to taste
- 1/4 cup pine nuts

Preheat oven to 375 degrees. Spread approximately 1/4 cup of tomato sauce on the bottom of a 9x13-inch casserole dish. Arrange a layer of eggplant on bottom of dish. Place tomato slices on top of the eggplant. Scatter dollops of goat cheese and pesto, a handful of Parmesan cheese, and a sprinkling of red pepper flakes on top of the eggplant and tomatoes. Cover with tomato sauce and repeat layering until all of the eggplant has been used. Top with remaining sauce, a few tomato slices, Parmesan cheese and pine nuts. Bake until eggplant is very soft and cooked through, approximately one hour. Serve with crusty bread or pasta drizzled with a little olive oil.

Pesto

- 2 cups fresh basil
- 1/2 cup olive oil
- 2 cloves garlic minced
- 1/4 cup pine nuts
- 1/2 cup Parmesan cheese
- Salt and pepper to taste

Blend first four ingredients together in food processor. Add cheese, salt and pepper and process until mixture is a fine paste.

NONVEGETARIAN



[FIRST PLACE]

Asian ginger shish-kabobs

Submitted by: Paige Kasai, second-year, Albany Medical College

Prepared by: Paige Hatcher, AMSA director of student programming





- 3 cloves finely minced garlic
- 1/3 cup soy sauce
- 1/3 cup rice wine vinegar
- 1/3 cup water
- 1/3 cup extra-virgin olive oil
- 2 tsp. ground ginger
- 2 tsp. freshly ground pepper
- 3 Tbs. dark brown sugar
- 1 zucchini cut into half-inch slices
- 1 sweet yellow onion, quartered
- 20 whole small button mushrooms
- 1 red pepper cut into 16 pieces
- 1 orange pepper cut into 16 pieces
- 2 large boneless, skinless chicken breasts cut into pieces one inch square and three-quarters of an inch thick
- wooden skewers of appropriate thickness

Mix garlic, soy sauce, rice wine vinegar, water, ground ginger, pepper and dark brown sugar. Vigorously whisk in the olive oil, adding it slowly. Pour mixture over vegetables and meat in a marinade container that provides leak-proof storage. Marinate for at least three hours, shaking the marinade over the vegetables to coat them every 30 minutes. Soak skewers in water for one hour prior to grilling. Skewer vegetables and meat and grill for about 20 minutes. Turn shish-kebabs and baste with marinade every five minutes while cooking. Check the thickest piece of chicken for doneness before removing from the grill. The onion and peppers should be dark brown or slightly blackened. Serve the shish-kebabs with a side of white Japanese rice dressed lightly with soy sauce.



[SECOND PLACE]
Brian's Buffalo Wing Dip

Submitted by: Brian H. Gander, third-year, University of Louisville School of Medicine
Prepared by: Martha J. Frase, editor, *TNP*

- 1 block cream cheese
- 6 oz. Tyson Southwestern Chicken Breast Strips, shredded
- 8 oz. shredded sharp cheddar cheese
- 8 oz. buffalo wing sauce
- 8 oz. blue cheese or ranch dressing
- 4 oz. barbeque sauce

Mix all ingredients well in a large bowl and pour into an 8x8-inch pan. Bake in preheated oven at 400 degrees for 25 to 30 minutes. Remove and let cool. Melt more shredded cheddar cheese on top if desired. Serve with blue corn tortilla chips.



[THIRD PLACE]
Easy Flaky Chicken Curry Pastry Puffs

Submitted by: Juhi Moon, third-year, Ross University School of Medicine
Prepared by: Martha J. Frase, editor, *TNP*

- 1 package Pepperidge Farm frozen puff pastry sheets, thawed to room temperature
- 1 egg, beaten
- 2 boneless chicken thighs
- 5 cups of chicken stock or broth
- 2 Tbs. oil
- 1 medium onion, chopped
- 1 Tbs. tomato paste
- 3 cloves garlic, finely chopped
- 1 tsp. red pepper flakes
- 1 Tbs. all-purpose flour, mixed with 1 cup warm water
- 1 1/2 Tbs. curry powder
- 1/2 tsp. turmeric powder
- 1/2 tsp. salt

Preheat oven to 400 degrees. Bring chicken stock to a boil in a medium pot. Once boiling, remove from heat, add the chicken and cover the pot tightly. Let cook for 15 minutes. Remove and cube the chicken, and set aside. Heat a medium saucepan on high

heat with oil. Add the chopped onion and garlic, lower heat to medium and cook for 2 minutes, mixing frequently. Add tomato paste, curry powder, turmeric, red pepper flakes and salt. Stir for 1 minute. Add cubed chicken and mix well. Stir in flour-water mixture. Combine well to cook flour. Simmer until the mixture is thick, then set aside filling to cool.

Cut puff pastry into 4x4-inch squares. Put 2-3 tablespoons of filling on one half of the square, making sure to leave a 1-inch border on that half. Lightly apply the egg to the border around the filling using a brush. Fold the free side over and press the two halves together, forming a triangle. Using a fork, seal the halves together to ensure no filling or air can come out. Poke the top of the puff with the fork to allow steam to escape. Use this manner to prepare the remainder of the puff pastry sheets. Apply the remaining egg to the tops of the pastries, arrange on a baking sheet and allow the pastries to rest for 10 minutes. Bake for 20 minutes or until golden.

DESSERT



[FIRST PLACE]
Jeannette's Pistachio Chocolate Chip Cake

Submitted by: Daniel Levinsohn, fourth-year, Albert Einstein College of Medicine
Prepared by: Mary Jo Lawrence, communications assistant, *TNP*

- 1 package yellow cake mix
- 1 package instant pistachio pudding mix
- 3 eggs
- 1/4 cup oil
- 1 cup buttermilk
- 1 tsp. almond extract
- 1 to 2 cups chocolate chips
- powdered sugar (optional)



Preheat oven to 350 degrees. Grease and lightly flour a Bundt pan. In a bowl, combine all ingredients and mix together at medium speed for 2 minutes or until well blended. Add chocolate chips and mix with a large spoon. Pour batter into pan and bake for 50 to 60 minutes. Let cake cool on rack for 30 to 60 minutes. Dust lightly with powdered sugar if desired.



[SECOND PLACE]
Lemon sugar cookies

Submitted by: Joy Dunn, second-year, Wayne State University School of Medicine

Prepared by: Angelia Bowman, director of the Center for the Future of Health Care, AMSA Foundation

- 1 cup butter
- 1 cup plus 1 tsp. vegetable oil
- 1 cup granulated sugar
- 1 cup powdered sugar
- 2 eggs
- 1/2 oz. lemon extract
- 4 1/2 cups flour
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- granulated sugar

Preheat oven to 350 degrees. Cream butter, oil and sugars together. Add eggs and lemon extract. Add dry ingredients except for excess sugar. Chill dough for at least an hour for better rolling consistency. Roll dough into 1-inch balls. Roll balls in granulated sugar. Slightly flatten on greased cookie sheet with the bottom of a glass. Bake for 10 minutes.



[THIRD PLACE]
Walnut barfi

Submitted by: Nisha Shah, premed, University of Miami

Prepared by: Jane Austin, AMSA accounting

- 1 Keebler graham cracker pie crust
- 1 can sweet condensed milk
- 1/2 cup Bakers Angel Flake sweet coconut
- 3 cups chopped walnuts
- sliced pistachios for topping

Pour condensed milk on bottom of pie crust, just enough to cover. Mix walnuts and coconut in a bowl, then spread half the mixture on crust and press by hand. Pour more condensed milk on top. Spread remaining walnut/coconut mixture, press it, and cover with remaining condensed milk. Bake the pie at 350 degrees for 10-15 minutes, until the top turns light pink. Turn off the oven. Remove the pie, spread pistachios on top, gently press down and return the pie to oven for 1 hour until cool. Cut in diamond shapes with a sharp knife and serve.



And finally...

Chris Thompson sent us a recipe for something he innocently calls "Midnight Thirst Quencher," but it seemed more like "Midnight Express" to our test kitchen.

It's simple enough: add one crushed NoDoz caffeine pill to a 32 oz. bottle of Gatorade, shake vigorously and "enjoy responsibly," recommends its mad creator. (Whatever happened to eating a can of dry cappuccino powder with a spoon?)

In truth, the now-second-year Thompson "developed" the recipe during his first year at the University of Texas Medical School at Houston, but the beverage "has not been approved for clinical-year use," he says. "However, preliminary results are promising." ☛

