Transplant Joy Club Cookbook

1st edition, 2015

A collection of favorite family recipes from the awesome UCSF Transplant team

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Mango Relish on Spicy Shrimp

Category: Appetizers/Main Courses
Submitted by: Stephanie Chau

Ingredients:	**Directions**:
[Spicy shrimp] -1 ½ tbsp **olive oil** -1 pound **shrimp** -2 tsp **chili powder or paprika** -2 tsp **garlic powder** -1 tsp of **salt** -1 tsp of **pepper** [*Mango relish*] -1 **mango** -2 tsp chopped **cilantro** -2 tsp **Sambal chili sauce** or other type of fresh or jarred chilies -1 tsp of **lime** -1 pinch of **salt**	[*Spicy shrimp*] 1. Mix shrimp, chili powder, paprika, garlic powder, salt, and pepper in a bowl. 2. Pour olive oil on the frying pan and cook shrimp for 2 minutes on each side. 3. Cut the avocado in half and slice at the bottom to flatten out the curved shape of the avocado so it sits on the plate. 4. Add the shrimp on top of the avocado and top with a few tablespoons of mango relish. [*Mango relish*] 1. Chop mango finely in all directions. 2. Add chopped cilantro, sambal chili sauce, lime, and salt and mix.

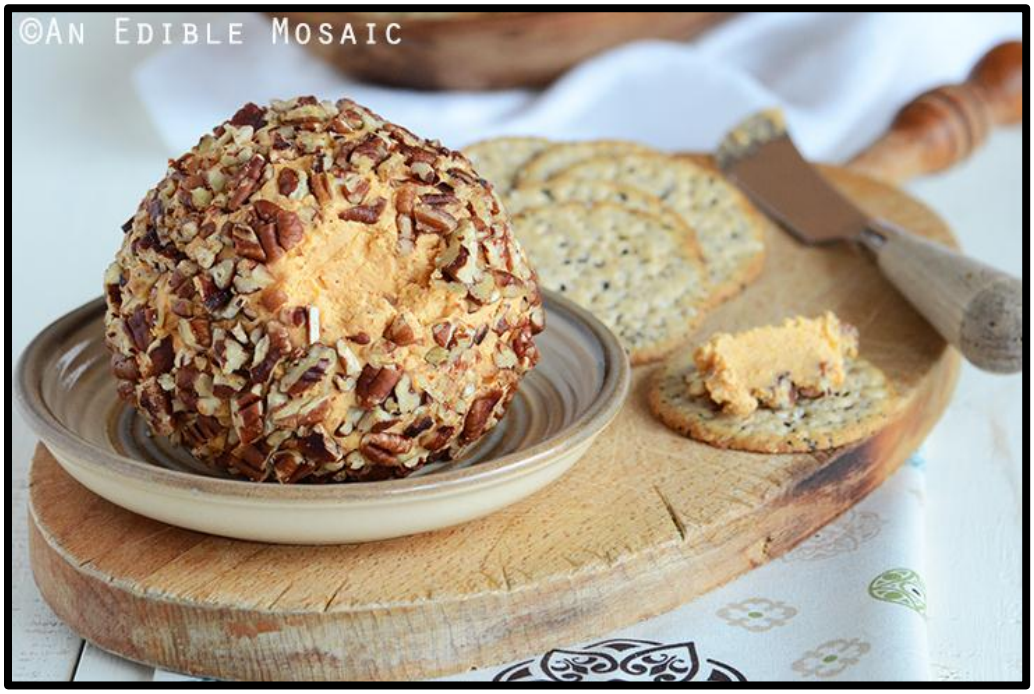
Madison Mojito Salad

Picture from theinvisiblecookbook.files.wordpress.com

Category: Appetizers
Submitted by: Raymond Cogan

Ingredients:	Directions:
-One watermelon -Mint -Sea salt -Vodka -Diced strawberries (optional)	1. Dice up a watermelon. 2. Chop up some mint (some diced strawberry is optional). 3. Add watermelon cubes, one layer at a time, to a serving bowl, lightly sprinkling sea salt on each layer as you go. 4. Add several splashes of vodka (tequila may be substituted) so that each cube doesn't go thirsty. 5. Throw in the mint (as much as you'd like), and toss with tongs. 6. Become a rock star.

Easy and Nutty Cheese Balls



Picture from anediblemosaic.com

Category: Appetizers
Submitted by: Ann Reilly

Ingredients:	Directions:
-1 cup **shredded Sharp Cheddar cheese** -1 cup **shredded Swiss cheese** -1 package of **light or whipped cream cheese (8oz)** -2 tablespoons chopped **fresh chives** -2 tablespoons **Worcestershire sauce** -1/4 teaspoon **paprika** -1/2 teaspoon **garlic powder** -1/4 cup **finely chopped pecans**	1. Place all ingredients except pecans in bowl. You can mix by hand until well blended (or with a standing mixer on med high 1 min). 2. On wax paper, shape mixture into a ball. Roll ball in chopped pecans. Wrap in wax paper. 3. Refrigerate and let stand 30 minutes before serving. 4. Surround with assorted crackers or raw vegetables. 2 table spoons per serving about 65 calories.

Easy Artichoke Dip

Picture from food.com

Category: Appetizers
Submitted by: Michelle McMahan

Ingredients:	Directions:
-1 (14 ounce**) canned artichoke hearts, drained and chopped** -3/4 cup **mayonnaise** -1 cup grated **Parmesan cheese** -1 (4 ounce) can **diced green chilies**	1. Preheat oven to 350 degrees F (175 degrees C). 2. Combine the artichoke hearts, mayonnaise, cheese and green chilies. 3. Mix well and pour into a 2 quart casserole dish. 4. Bake for 20-25 minutes or until lightly browned. (If you would like it a little crispy on top, bake for 35-40 minutes). 5. Garnish with chopped green onions and chopped tomato if desired.

Big Lar's Easy and Addictive Artichoke Dip

Picture from foodnetwork.com

Category: Appetizers
Submitted by: Melissa Parente

Ingredients:	Directions:
-1 jar of **mayo** -1 jar of **parmesan cheese** -1 small jar **marinated artichokes in oil**	Mix everything together in an oven safe bowl and bake on 350 until top browns. This recipe is great because you can always stick it back in the oven and reheat and get that great crust on top again. I highly recommend it on Thanksgiving as it makes a great spread on turkey sandwiches as well!

Melissa's Insanely Opulent Deviled Eggs

Picture from foodnetwork.com

Category: Appetizers
Submitted by: Melissa Parente

Ingredients:	Directions:
-12 **eggs** -1 bottle of **mayo** **-Dill relish** **-Celery salt** **-Truffle oil** **-Bacon** **-Chives**	1. Boil the eggs for about 12 minutes until hard. Meanwhile cook 4-6 slices of bacon until crispy. 2. Once eggs are boiled, peel all of them and cut them in half. Put all of the boiled yolks in a bowl. 3. Use a fork to break apart the yolks into fine pieces before adding other ingredients. Add mayo (about 1.5 cups). 4. Add relish (about 2 tbsps or more to taste). Add celery salt to taste (about a tbsp). Add 2 tbsp truffle oil (white or black). Mix all together. 5. Use a pastry bag (or a sandwich bag and cut off the tip) to fill empty eggs with filling. 6. Place small piece of bacon on top of each. Garnish with chopped chives.

Lola Glory's Pork Sisig

Picture from kamayansaisakidads.com

Category: Main Courses
Submitted by: Kayla Tolentino

Ingredients:	Directions:
[Marinade] -1 **onion**, minced -¼ cup **Soy sauce** -¼ cup **white vinegar** (recommended coconut vinegar) -2 **small green chilies or jalapenos**, chopped (optional) -1 **citrus fruit** -1 piece of **bay leaf**, crushed -**Salt** -**Pepper** *[Meat]* -**Pork chops** -**Ground black pepper** -**Grease** (butter, or oil)	1. Chop up all the vegetables and seasonings to create a sauce/marinade. Mix them together. Set aside once mixed. 2. Rinse and dry meat. Season with salt and pepper and then grill the meat to your liking (with a little bit of grease to keep from sticking to the surface). (Alternatively, you can boil the meat for about 45—until meat is tender—with some crushed garlic cloves, whole black pepper, citrus juice, and salt prior to grilling for more taste) 3. Chop the meat into small cube-like chunks once cooked. They should be no bigger than 1-2 centimeters across thick on all sides. 4. You will combine the meat and marinade together slowly. You may need to make more marinade to prevent the meat from drying out. 5. Serve with rice. It is commonly also used in Mexican-Pilipino fusion burritos, such as the Senor Sisig food trucks. *(Most measurements are eyeball estimates. You may have to experiment with the proportions for marinade.)

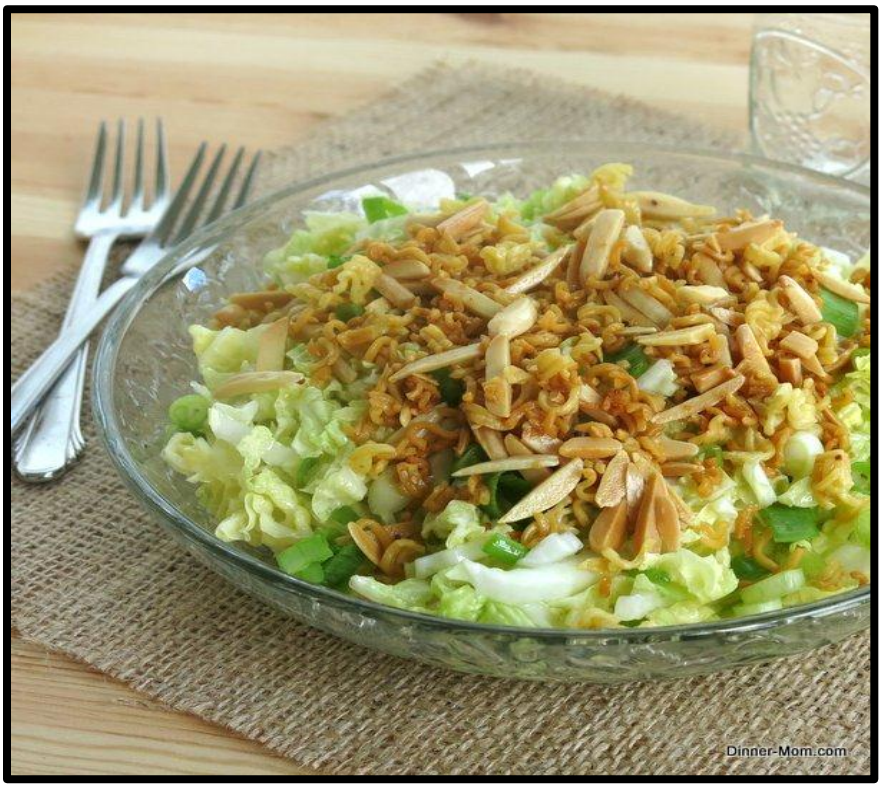
Beef Stew

Picture from mccormick.com

Category: Main Courses
Submitted by: Ann Reilly

Ingredients:	Directions:
-3 Tbsp **olive oil** -2 lb cubed **beef stew meat** -1 med **onion**, diced -3 cloves **garlic**, minced -12 oz **beer** (pale lager) -3 1/2 cups **beef broth** -2 Tbsp **tomato paste** -1 Tbsp **Worcestershire sauce** -1 1/2 tsp **sugar** -1/2 tsp **paprika** -8 **new potatoes**, quartered -4 **carrots**, sliced diagonally -3 Tbsp **all-purpose flour** -Crusty bread (optional)	1. Heat oil in large pot over medium-high heat. Season beef. Then brown meat on all sides. 2. Add onion to pot and reduce heat to low. Cook, stirring, until softened, 3 minutes. Add garlic and cook, stirring, 1 minute. 3. Pour in beer. Add broth, tomato paste, Worcestershire, sugar, paprika, 1/2 tsp kosher salt, and pepper to taste. 4. Return beef to pot. Simmer until meat is tender, 1 1/2 to 2 hours. 5. Stir in potatoes and carrots. Simmer until vegetables are tender and meat is very tender, 30 to 40 minutes longer. 6. Remove 1 cup of liquid from pot and slowly whisk in flour. Stir back into pot and bring to a gentle boil. Reduce heat and simmer until thickened, 10 minutes. Season. 7. The meat should fall apart if you just look at it. And the thicker, more flavorful the sauce, the better. Serve with crusty bread.

Napa Cabbage Salad



Picture from dinner-mom.com

Category: Appetizers/Main Courses
Submitted by: Unknown

Ingredients:

Part 1
- 1 - Large head **Napa cabbage** (Chopped)
- 2 - Bunches **Green onions** (Chopped)
- 2 – Bunches **Cilantro** (Chopped)
- **Shredded chicken** (Optional)

Part 2
- 2 - Tbsp **Butter**
- 1 - Tbsp **Oil**
- 2 - Pkgs **Ramen noodles** (Broken)
- 1 - Pkg **Slivered almonds** (about 3 ½ oz)
- 2 - Tbsp **Sesame seeds**

Part 3
- ½ Cup **Sugar**
- 1 Cup **Salad oil**
- ¼ Cup **Red wine vinegar**
- 2 Tsp **Soy sauce**
- 2 Flavor Packets from **Ramen noodles**

Directions:

1. Add all ingredients in Part 2 and brown lightly in a skillet.

2. Add Parts 2 & 3 to Part 1 just before serving.

Seared Scallops in Clarified Butter

Picture from duhlicious.com

Category: Main Courses
Submitted by: Raymond Cogan

Ingredients:	Directions:
-Dozen fresh **sea scallops** -1 cup **kosher salt** -1 stick of **unsalted butter**	1. Buy a dozen fresh (important) sea scallops. 2. Soak in a large tub of cold, heavily salted water (1 cup of kosher salt per 5 cups of water) for 10 minutes. 3. Rinse scallops in unsalted water. 4. Dry scallops thoroughly with paper towels. 5. For clarified butter, heat a full stick of unsalted butter in a shallow pan. 6. Use a strainer to lift out all the solids and dispense. 7. Once butter is clear, pour into large skillet, the *larger the better*. 8. Heat butter on high heat until a hint of smoke appears. 9. Place half the scallops in the skillet and cook for 3 minutes per side. 10. Repeat for next half dozen.

Hanukkah Latka

Picture from spicedpeachblog.com

Category: Main Courses
Submitted by: Amy Peele

Ingredients:	Directions:
-6 **potatoes** peeled and shredded -2 **onions** shredded -4 **eggs** beaten -2 cups **Matzo Meal** -1 1/2 tsp **salt** -1/2 tsp **pepper** -**Wesson oil**	1. Shred potatoes and onions in food processer. 2. Place potatoes in cheese cloth and wring, extracting as much moister as possible. 3. In a large bowl mix together all of the potatoes, onions, eggs, flour, and salt/pepper together. If it's too wet, add more potato; if it's too dry, add another egg. 4. In a heavy-bottom skillet over medium-high heat, heat oil until sizzling hot. 5. Place large spoonfuls of the potato mixture into the hot oil, pressing down on them to form 1/4 to 1/2 inch thick patties. Brown on one side, turn and brown on the other. Let drain on paper towels. 6. Serve hot with either sour cream or homemade apple sauce; salt-and-pepper to taste. Yummy, yummy! Enjoy! Happy Hanukkah!

Salvadorean Quesadilla

Picture from meals.com

Category: Desserts
Submitted by: Carmen Martinez

Ingredients:	Directions:
-1 3/4 cups **cake flour** (sifted, not self-rising, sift before measuring) -1 tsp **baking powder** -1/4 tsp **salt** -1/2 cup **unsalted butter** (softened) -3/4 cup **sugar** -2 **large eggs** (at room temperature 30 minutes) -5 tbsps **sour cream** (the more you add the moist the cake is) -1/2 oz **grated parmesan cheese** (finely) -1/2 cup **whole milk** -1 tsp **sesame seed** (optional but the cake tastes better if you add the seeds)	1. Preheat oven to 400°F with rack in middle. Line bottom and sides of 9x5 loaf pan with parchment paper. 2. Whisk together flour, baking powder, and salt. Beat butter and sugar in another bowl with an electric mixer at medium-high speed until pale, about 1 minute. Beat in eggs, sour cream, and cheese. 3. Reduce speed to low and mix in milk. Add flour mixture and mix until just combined. 4. Transfer batter to pan and smooth top. Sprinkle with sesame seeds (if using). Bake until a wooden pick or skewer inserted into center of cake comes out clean, 30 to 40 minutes. 5. Cool to warm in pan, 20 to 30 minutes. Turn cake out onto a rack. Serve cake slightly warm or at room temperature.

Seven Layer Magic Bars

Photo from allrecipes.com

Category: Desserts
Submitted by: Tiane Jennings

Ingredients:	Directions:
-1/2 cup **butter** -1 cup **graham cracker crumbs** -2 cups **semisweet chocolate chips** -2 cups **butterscotch chips** -1 cup **flaked coconut** -1 cup **nuts** (pecans or walnuts) -1 (14 ounce) can **sweetened condensed milk**	1. Preheat oven to 350 degrees. Melt the butter in a saucepan. Mix with the graham cracker crumbs. Press mixture into the bottom of a 9 x 13 inch pan. (Option 2: Place butter in pan and put pan in oven for butter to melt while oven is preheating. Once butter is melted, remove pan from oven and pour graham cracker crumbs into pan. Create mixture of graham cracker crumbs and butter and press into bottom of pan). 2. Layer the chocolate chips, butterscotch chips and nuts over the graham cracker crust. Pour the condensed milk over the layers. Layer coconut over the condensed milk. 3. Bake at 350 degrees for 25-30 minutes. Cool. Cut into small squares and enjoy!

Mary Dragovich's Brownies

Photo from favoritefreezerfoods.com

Category: Desserts
Submitted by: Mike Dragovich

Combine and bring to a boil:

-1 cup **water**
-½ cup **butter or margarine**
-1 and ½ squares **unsweetened baking chocolate**

Stir in: -2 cups **flour**
-2 cups **sugar**
-2 **eggs**
-½ cup **dairy sour cream**
-1 tsp **baking soda**
-½ tsp **salt**

Spread in greased and floured 12" x 17" jelly roll pan.
Bake at 350 degrees for 20-25 minutes (or a little less).
Frost while warm.

Frosting:

Combine and bring to boil:
-½ cup **butter or margarine**
-6 tbsps **milk**
-1 and ½ squares **unsweetened baking chocolate**
Boil for 1 minute.

Remove from heat and add:
-4 and ½ cups **powdered sugar**
-1 tsp **vanilla**

Mary Dragovich's English Toffee (Roca)

Picture from pinchstatic.com

Category: Desserts
Submitted by: Mike Dragovich

Ingredients:	Directions:
-¾ - 1 lb **walnuts** -8 oz **Hershey chocolate bar** -1 cup **brown sugar** (not dark brown sugar) -1 cup **salted butter** (not margarine)	Finely chop the walnuts (use blender or food processor) and divide into 2 halves. Shave the chocolate (use food processor) and divide into 2 halves (don't touch chocolate w/ hands; it will melt; use spoon). Spread half of the finely chopped nuts to cover bottom of 9 x 13 un-greased pan. Spread 4 oz (half) of the chocolate evenly over nuts w/ spoon. Boil brown sugar and butter stirring continuously, then lower heat (still stirring); (for hard, brittle candy keep stirring and raise heat if needed) Using a candy thermometer, when at 275-300, remove from heat. Pour quickly over the chocolate layer in pan (drizzle over as much area as possible; can use spoon but difficult as it messes up the nuts/chocolate); try to spread to edges. Sprinkle other half of chocolate over top of the brown sugar/butter mixture (use spoon). Sprinkle other half of nuts over top of the chocolate. Gently pat down with hand (this will also help spread the brown sugar/butter layer). Chill overnight. Flip out of pan on to cookie sheet. Break up into pieces.

Magic Crust Custard Pie

Picture from justapinch.com

Category: Desserts
Submitted by: Ann Reilly

Ingredients:	Directions:
-¼ cup of **margarine** -¾ cup of **white sugar** -1 pinch of **salt** -2 cups of **2% milk** -**Nutmeg** -½ cup **all-purpose flour**	1. Put all ingredients into a blender. Blend for 30 seconds. Pour into a buttered 9 inch pie pan. 2. Sprinkle with nutmeg. Bake at 350 degrees for 45 minutes. The flour will settle to make its own Crust. Optional: top with shredded Coconut ½ way through baking.

Cannoli with Mini Chocolate Chips

Picture from thecozylittlekitchen.blogspot.com

Category: Desserts
Submitted by: Sophie Pearson

Ingredients:	Directions:
-24 small pre-made **cannoli shells** (can make your own or purchase at an Italian Deli/Bakery) -2 LBS **FRESH cow milk ricotta** (Drain excess water) -1 ½ cups **powder sugar** ¼ cup **cream de cacao liqueur** (to taste) -2 teasp **vanilla** -2 tablespoons any **orange liquor** (to taste) -1 16 oz bag **mini chocolate chips**	1. Beat sugar and ricotta until creamy; add cream de cacao and vanilla, add 1 cup of mini chocolate chips. 2. Refrigerate overnight in a pastry bag or Ziploc bag. 3. Squeeze mixture into shells or clip corner of Ziploc bag into pre-made shells, dip open ends into mini chocolate chips and sprinkle with powder sugar.

Sweet Potato Crunch

Picture from centercutcook.com

Category: Desserts
Submitted by: Sophie Pearson

Ingredients:	Directions:
-4 **large sweet potatoes or yams** -1 cup **sugar** -2 **eggs** -1 1/2 Cups **evaporated milk** -1 teasp **salt** -1 cup **dark brown sugar** -1/2 cup **flour** -1 cup **chopped pecans** -1/4 cup **butter**	1. Peel potatoes and cook covered in water with 1 teaspoon salt. 2. Drain and add sugar, eggs and milk. 3. Spray non-stick spray, pour in to casserole dish. [*Topping*] 1. Mix brown sugar, flour and pecans. 2. Crumble and place on top of sweet potatoes. 3. Melt butter and pour on top. Bake at 350 for 45 min.

Greek Yogurt Peanut Butter Fruit Dip

Picture from sheknows.com

Category: Appetizers/Desserts
Submitted by: Crystal Rogers

Ingredients:	Directions:
-12 oz **plain Greek yogurt** -2 tbsp **honey** -2 tbsp **peanut butter** (warm in microwave to soften for easy mixing) -2 tsp **vanilla extract** -1/2 tsp **cinnamon**	Mix/Stir all ingredients together and enjoy with fresh fruit. My favorites are apples and bananas or even try serving with graham crackers.

Cranberry Sauce

Picture from lifesambrosia.com

Category: Appetizers/Desserts
Submitted by: Crystal Rogers

Ingredients:	Directions:
-1 bag (12oz) of **cranberries** -3/4 cup **sugar** -1/3 cup **brown sugar** -1/3 cup **golden raisins** -1 1/2 tsp **cinnamon** -1 tsp **ginger** -1/4 to 1/2 tsp **ground cloves** (personal preference) -A sprinkle of **allspice** -1 cup **orange juice** -1 cup **granny smith apple** chopped	1. Combine all ingredients except for the apple in a pot or Dutch oven. 2. Cook over medium heat until berries are popping (around 10-15 minutes). 3. Stir in apple and reduce heat to simmer for another 10-15 minutes (sauce should be thickening). 4. Chill to thicken. Store in air-tight container.