

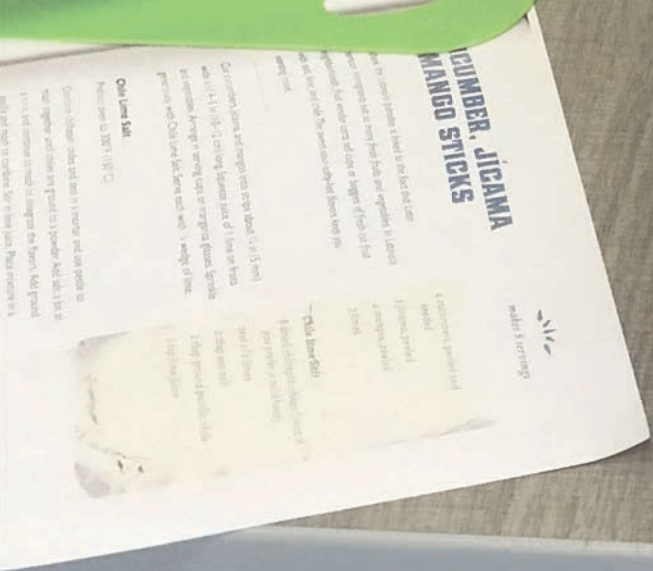
# FOOD AND THE BODY

ANTH 3890 SPRING 2020

Prof. Keitlyn Alcantara

# COVID COMFORT FOOD

A collection of recipes for finding community in quarantine



VANDERBILT  
UNIVERSITY

# "FOOD AS COMMUNITY SUPPORT"

*A virtual journey through our comfort foods*

At the beginning of March, 2020, our Spring semester was cut short, resulting in the cancellation of our final two cooking days (Food as Medicine and Food as Community Support). Cooking together was a space where we left the classroom for the kitchen, and put what we were reading and learning about into practice. It was full of laughter and stories, and creating new memories. In lieu of a physical cooking day, these are a collection of recipes that we shared on our last virtual day of class, following the prompt to share

*"a recipe of comfort food that is helping you get through this incredibly unusual time of social isolation"*

What follows are the recipes and stories that were shared. Enjoy!

# Keitlyn's

## SPICY PICKLED GREEN BEANS

I started stress pickling when isolation started - with a vinegar base, you can play w/ spices and pickle ANYTHING. These green beans remind me of childhood summers in the midwest eaten with some good potato salad

### INGREDIENTS (4 pints)

- 1  $\frac{3}{4}$  pounds fresh green beans
- 1 tsp cayenne pepper
- 4-8 garlic cloves
- Fresh or dried dill
- 2  $\frac{1}{2}$  c water
- 2  $\frac{1}{2}$  c white vinegar
- $\frac{1}{4}$  c kosher salt

### DIRECTIONS

- Trim ends of beans, & fill the jar
- Add garlic, dill, and cayenne
- Boil water, vinegar, + salt, then pour over beans, leaving  $\frac{1}{2}$  inch at top

• In a deep pot, turn a bowl upside down so the jar doesn't touch the bottom - cover sealed jar w/ water, boil 10 min + let cool.

READY IN  
2 WKS!



# **Bethany's**

## **"Experimental Mac 'n Cheese"**

**When I started cooking at around age 11 or 12, one of the things I wanted to master making was good creamy homemade mac 'n cheese. I quickly learned that I do not have the patience for making a good roux and sloooowly warming the milk and cheese mixture, so I decided to come up with my own method (which is incredibly simple and requires little to no skill). I chose to share this recipe because it is quick and easy, fills your tummy with cheesy goodness, and reminds me of my sweet little brother who gave the name 'experimental mac 'n cheese' to my dish.**



## **What you need:**

- Pasta of your choice (I prefer the Barilla Protein Plus brand)
- Grated sharp cheddar (or other hard cheese that you have around)
- Butter
- Salt, pepper, garlic, other preferred seasonings
- Sauce pan to boil pasta
- An oven-safe dish (I like to use a deep casserole dish)

## **How I do it :**

1. Boil pasta, drain, and move to oven-safe baking dish. Preheat oven to 350°F.

2. Mix in ~1tbsp butter to melt (add more or less depending on the quantity you are making), then season pasta with salt and pepper. I like to use garlic salt, pepper, and dry mustard (my secret ingredient), but normal salt and pepper is fine too!

3. Mix in about half of the cheese you would like to use, attempting to distribute evenly throughout. Then sprinkle the rest of the cheese on top of the dish, and bake for 5-10 minutes at 350°F or until the cheese is melted and bubbly.

**Note:** though this will taste good with any kind of pasta (butter + cheese + carb = heaven), I find it works best with pasta shapes that give the cheese something to "grab." Macaroni obviously works well, but so does rotini or the little shells.

**Enjoy!**

# **Ayden's Chickpea Noodle Soup**

**I found this recipe on Pinterest recently and now it's basically all that I've eaten for a week straight. I manifest stress physically, so needless to say I haven't been feeling great this past month. This soup is vegan, gluten-free, and top 8 allergen free, which means most people can enjoy it, including those of us with sensitive stomachs or dietary restrictions. This past school year one of my best friends and I got into the habit of making soup whenever we were having a hard time, and then eating together and dishing/ranting about whatever was bothering us. We called it "sadboi soup hour," and it was kind of a joke, but also definitely effective at making us feel better. Now we have to do it over Zoom, but it's still just as cathartic. This recipe brings, at least for me, both physical and emotional comfort.**

## Ingredients:

- 2 tablespoons olive oil
- 1.5 cups of sliced carrots
- 1.5 cups of sliced celery
- 1 yellow onion
- 1 teaspoon of curry powder
- 1/2 teaspoon of ground ginger
- 1/2 teaspoon of turmeric
- 32 oz of vegetable broth
- 1 cup of coconut milk
- 8 oz of gluten-free pasta
- 1 can of chickpeas
- 2 bay leaves
- 2 teaspoons of apple cider vinegar-
- salt-pepper-parsley to garnish



## Instructions:

1. Heat oil over medium-high heat
2. Add onions, celery, carrots, and a pinch of salt and pepper. Cook for about 8 minutes, stirring occasionally
3. Add curry, ginger, and turmeric and cook for another minute
4. Add a splash of veggie broth to deglaze the pan before adding the chickpeas, pasta, and coconut milk
5. Add the rest of the veggie broth and bay leaves along with another pinch of salt and pepper
6. Bring soup to a simmer before covering it with a lid and turning the heat to low. Simmer for 6-10 minutes, or until the pasta is al dente
7. Stir in apple cider vinegar and season with salt and pepper to taste.
8. Add parsley and enjoy!

# Brayden

## "Bring Your Own Meat"

I chose this meal because it reminds me of my time with my friends at Vanderbilt. We have to be here all summer so we made up an event called BYOM where everyone brings their own cuts of meat and we all meet at one of the grills on campus and have a good time. It built a strong friendship between my friends and I and kept us from getting homesick for our first summer away from home. The recipe is not strict, I just would mix some things in a plastic bag after scoring the steak and let it sit for an hour or two. I like my steak of the rarer side so I cook it pretty quickly. Eating it here just reminds me of my friends and good times.



MARINADE RECIPE:


- NICE CUT OF STEAK
- A LIL SOY SAUCE
- SOME LEMON JUICE
- A LIL WORCESTERSHIRE SAUCE

GRILL IT TO YOUR LIKING



**BYOM**





**Sophie**

**Green Bean Salad with  
Lemon, Dill and Feta Cheese**

This salad is a little bit like a pasta salad, but crunchier and only vegetables. My mom used to make this recipe for cookouts and summer days, so this dish reminds me of the summer and happier times. I also stress eat and snack a lot, but this recipe is fairly healthy and simple to make. It makes me feel a bit better about binge eating when it's mostly just a big pile of beans.

## **Ingredients**

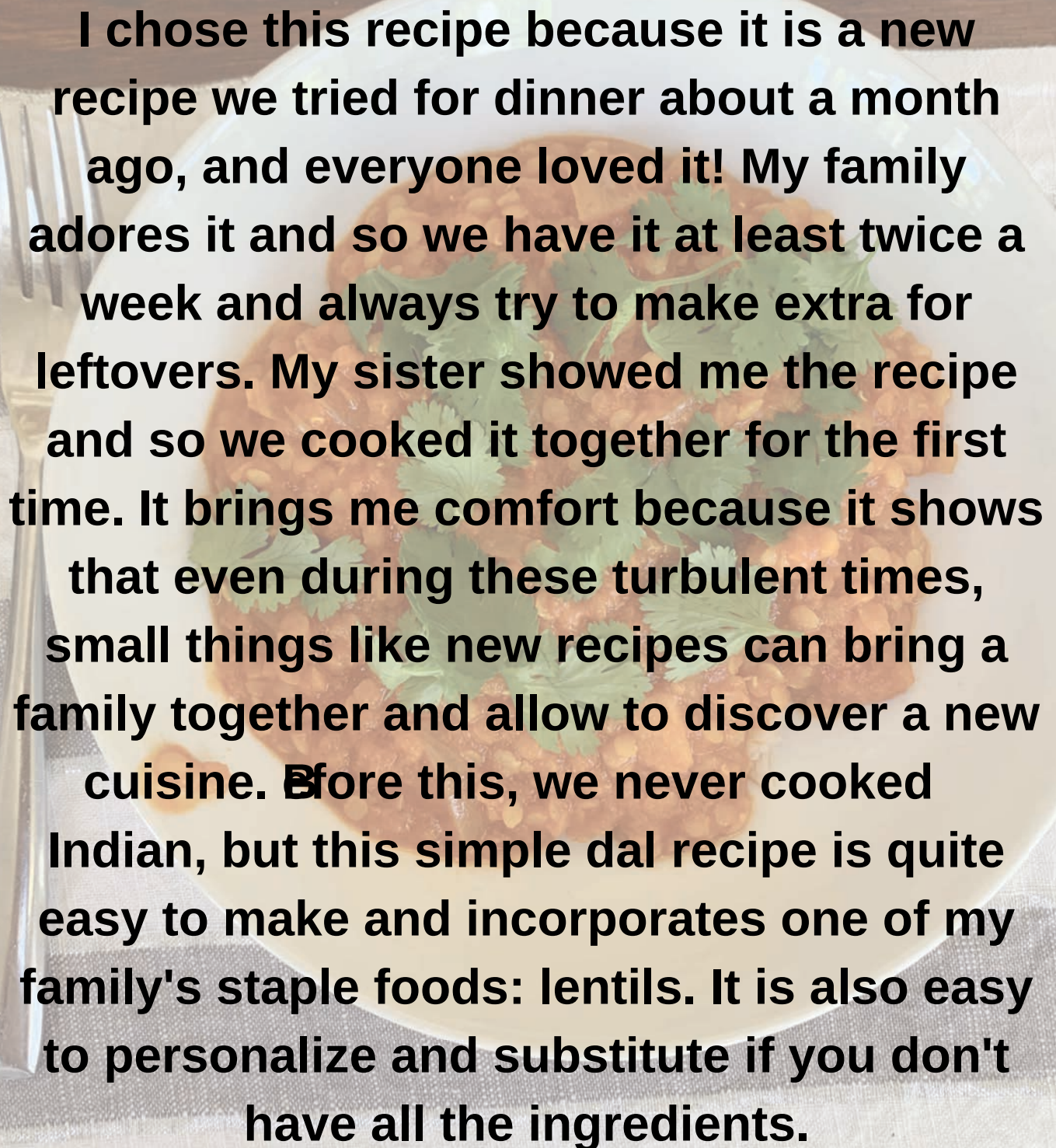
- 1 pound green beans, tips removed
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- freshly ground black pepper to taste
- 2 tablespoons minced fresh dill, or 1 teaspoon dried dill weed
- 3 tablespoons silvered red onion
- 1/4 cup crumbled feta cheese
- salt

**Serves 4**

## Directions

1. Steam the green beans until crisp-tender. Rinse under cold running water until cold throughout. Drain very well, and pat dry with a paper of cotton towel
2. Combine the olive oil, lemon juice, and pepper in a serving bowl. Stir in the green beans and toss.
3. Sprinkle on the dill and onion and toss again.
4. Let sit 30 minutes, or cover and chill for up to 4 hours.
5. Serve at room temperature. Just before serving sprinkle on the feta cheese and toss again. Taste for salt.

# **Emma's Coconut Curry Dal**



**I chose this recipe because it is a new recipe we tried for dinner about a month ago, and everyone loved it! My family adores it and so we have it at least twice a week and always try to make extra for leftovers. My sister showed me the recipe and so we cooked it together for the first time. It brings me comfort because it shows that even during these turbulent times, small things like new recipes can bring a family together and allow to discover a new cuisine. Before this, we never cooked Indian, but this simple dal recipe is quite easy to make and incorporates one of my family's staple foods: lentils. It is also easy to personalize and substitute if you don't have all the ingredients.**

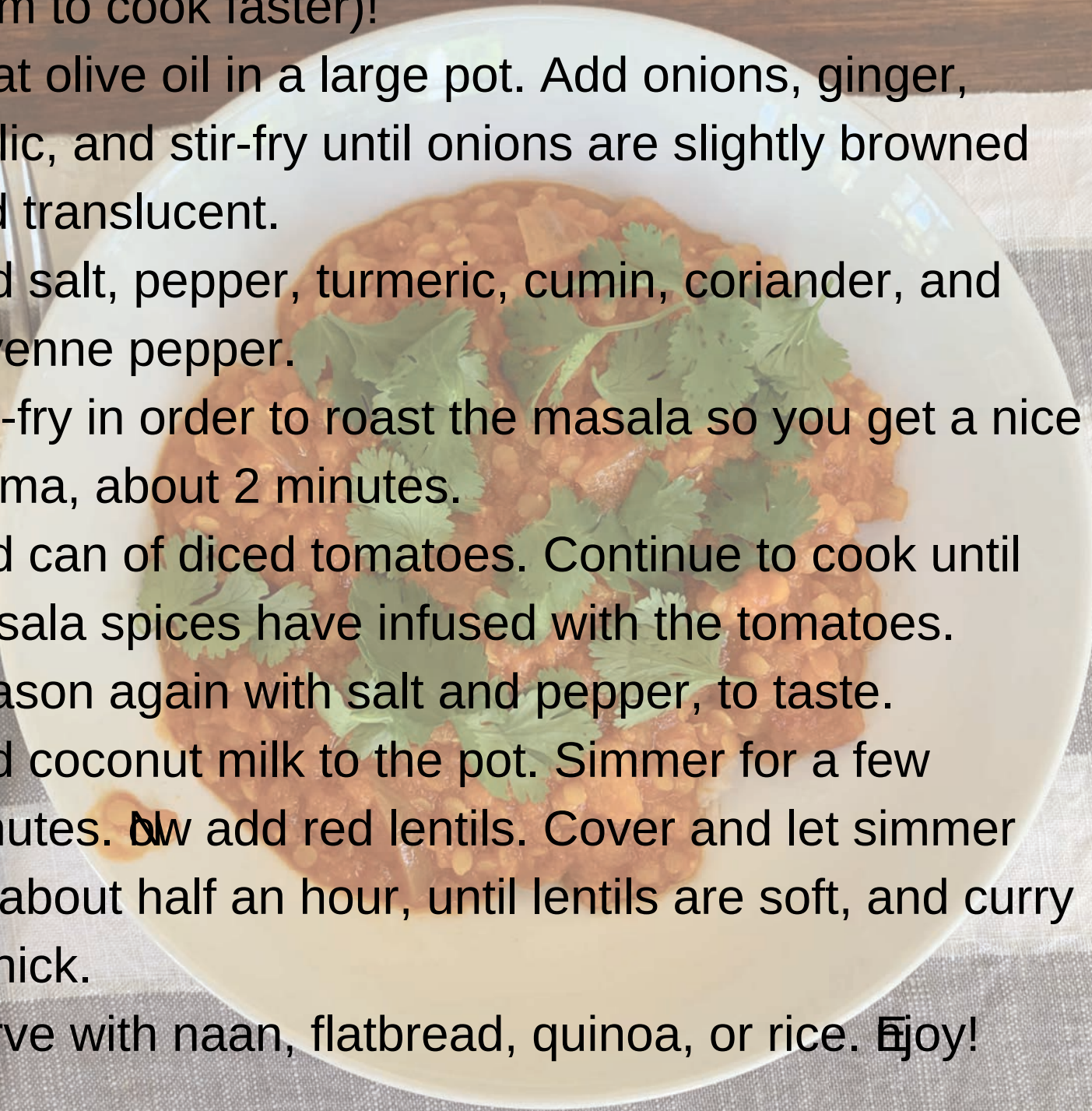
## Ingredients

- 3 tbsp olive oil
- 5 cloves garlic, sliced
- 1 3-inch piece ginger, sliced
- 1 yellow onion, diced
- 1 cup red split lentils (moong dal)
- 1 can reduced fat coconut milk feel free to use full-fat if you prefer a richer dal
- 1 can diced tomatoes
- 1/2 tsp turmeric
- 1.5 tsp cumin
- 1/2 tsp cayenne pepper
- 1 tsp coriander powder
- peppersaltcilantro, to garnish
- naan, flatbread, bread, quinoa, rice, to serve



## Instructions

- Rinse lentils and soak for 30 minutes (this will allow them to cook faster)!
- Heat olive oil in a large pot. Add onions, ginger, garlic, and stir-fry until onions are slightly browned and translucent.
- Add salt, pepper, turmeric, cumin, coriander, and cayenne pepper.
- Stir-fry in order to roast the masala so you get a nice aroma, about 2 minutes.
- Add can of diced tomatoes. Continue to cook until masala spices have infused with the tomatoes.
- Season again with salt and pepper, to taste.
- Add coconut milk to the pot. Simmer for a few minutes. ~~Now~~ add red lentils. Cover and let simmer for about half an hour, until lentils are soft, and curry is thick.
- Serve with naan, flatbread, quinoa, or rice. Enjoy!



A close-up photograph of a bowl of ramen. The bowl is filled with a light-colored broth, topped with a soft-boiled egg, green onions, and other toppings. The background is slightly blurred, showing a pink sign with Korean text.

## **Patrick's Samyang Ramen w/ Egg and Green Onion**

**I chose this recipe because it brings me memories of Saturday afternoons growing up when my dad would cook ramen for me because my mom would come home from work (she works night shifts) and sleep during the morning into the daytime. Quick and easy to make, my dad would boil up some water on the stove, put the ramen and powder packet in there, and then to make it a little fancier and to give it better taste, he'd crack an egg in there, chop some green onions and mix them into the ramen. Now making this ramen always brings me back to memories of having it as a kid for lunch on Saturdays.**

A close-up photograph of a white plate containing spaghetti with a rich, red tomato sauce and several round meatballs. To the right of the spaghetti is a piece of golden-brown, crusty bread. On the left side of the plate, there are green vegetables, possibly asparagus or green beans, which appear to be sautéed. The background is dark and out of focus.

# Becca's Spaghetti and Lentil Meatballs

Is there anything more comforting than spaghetti and meatballs? Spaghetti and meatballs is a classic for a reason. It tastes delicious and it warms the body and soul! I haven't had traditional spaghetti in awhile, but the other week when asking my brothers what meals we should plan/buy for he suggested it.

It may be easily forgotten, but when done right it is simply delicious! However, being largely vegetarian I choose to use my own for of meatballs-lentil Meatballs! I have made them before, and while no I wouldn't say they taste like meatballs, they are delicious and the perfect comforting food when paired with a big bowl of your favorite pasta and homemade marinara sauce.

Recipe from [www.wholesomehappy.com](http://www.wholesomehappy.com)

## INGREDIENTS

- 3/4 cup dry lentils cooked accordingly
  - 1 heaping cup grated zucchini squeezed of water
  - 1/2 cup chopped yellow onion
  - 3 cloves garlic minced
  - 1/2 cup parsley chopped
  - 1/2 cup almond flour
  - 1/2 cup nutritional yeast
  - 1 tbsp balsamic vinegar
  - 2 tbsp olive oil
  - 1 tsp oregano
  - 1 tsp basil
  - 1/2 tsp pepper more/less to taste
  - 1/2 tsp sea salt more/less to taste
- 

## INSTRUCTIONS

- Cook the lentils according to package, until just before done (should be soft but not mushy).
- Preheat the oven to 400 degrees
- On the stove top, sauté the onion and garlic with a splash of olive oil until onions are translucent and fragrant. In a food processor, combine the cooked lentils, zucchini, onion/garlic mixture, and parsley.
- Pulse until the lentils have broken down and have a smooth consistency throughout. Pour the wet mixture into a large bowl. Add in the rest of the ingredient and mix until thoroughly combined.
- Form golf ball sized balls/patties with your hands
- Choose your cooking method: Bake at 400 for 30-35 minutes on a greased sheet pan, flipping half way and broiling for the last couple minutes to get crispy.

OR

- pan fry in a little oil in a large pan over medium heat, being careful to get all sides exposed to the surface and not burned.
- Cook 10 minutes and then transfer to baking sheet and finish cooking in the oven (approx. 10 minutes)
- Serve with your favorite pasta, zoodles, spaghetti squash, or by itself with your favorite marinara sauce!



## **Lana's Banana-Chocolate-PB Oatmeal**

**(if you like banana bread, chocolate, or if you have a sweet tooth, you'll love this) I chose this recipe because I'm a lazy cook/baker, but I have a major sweet tooth. I'm allergic to dairy and eggs, so it's hard to find pastries/other sweet things that I can eat, especially for breakfast. Vegan or dairy-free pastries, muffins, and things like that are generally pretty expensive or take effort and lots of ingredients to make. 2 minutes in the microwave is about all the effort I want to put in at 10 am, but I still want something sweet in the mornings usually. So this is my go-to! It never gets old. I've eaten at least 5 of these per week since we've been in quarantine. My day feels empty without chocolatey goodness.**

## Recipe:

- Put oatmeal, banana (riper is better!), some pieces of chocolate (I like super dark chocolate to balance out the sweetness of the banana), and a scoop of peanut butter in a bowl.
- Add milk or plant-based milk of your choice until it fills up to where the bananas are (I was all out so I used water, which works too haha.)
- Put it in the microwave for 2 minutes. Take it out, let it cool. Mix: the bananas should be kind of caramelized, the chocolate should be melted... yay!

Other variations:

- Add sugar, caramel sauce, nuts, or apple and cinnamon (I like chocolate better)



The image shows two glasses of Vietnamese Fruit Cocktail (Chè Thái) on a blue patterned tablecloth. Each glass is filled with a white, creamy base, topped with fresh mango slices and green beans. The glasses are placed on small wooden saucers. The background is slightly blurred, showing more of the same drink and some greenery.

# **Nhi's Vietnamese Fruit Cocktail/ Chè Thái**

**Chè Thái (Vietnamese Chè)**

**This was one of my favorite comfort foods growing up. If you like having a lot of toppings in your dessert/drinking boba, you'll probably like it! It's very quick and easy to make. I personally think nothing beats eating this on a hot summer night :)**



## Ingredients

- 1 can jackfruit
- 1 can longan
- 1 can grass jelly
- 1 jar coconut jelly
- 1 quart half and half
- 1 cup tapioca pearls

Optional: Red food coloring, Ice

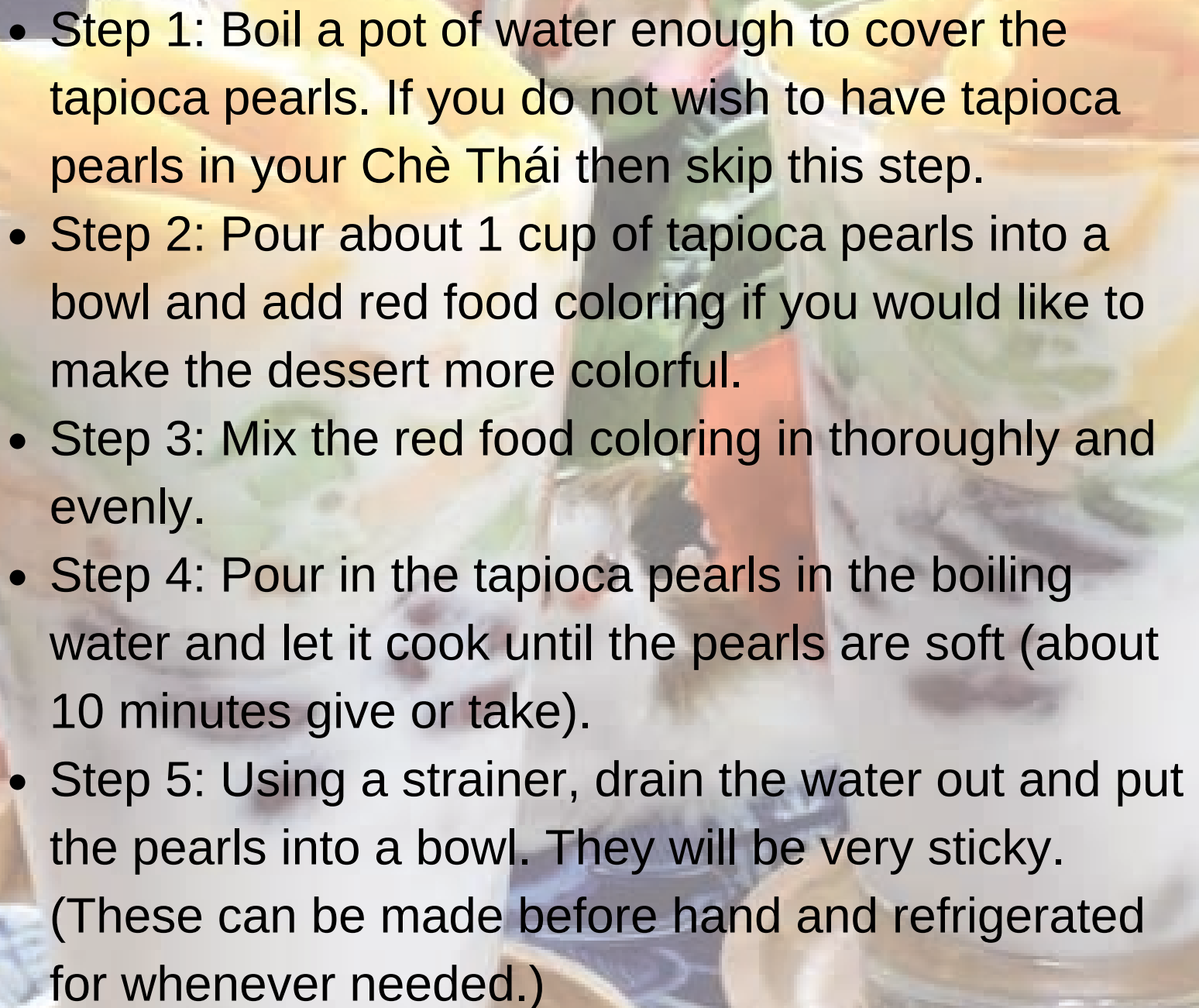
Prep Time:15 mins

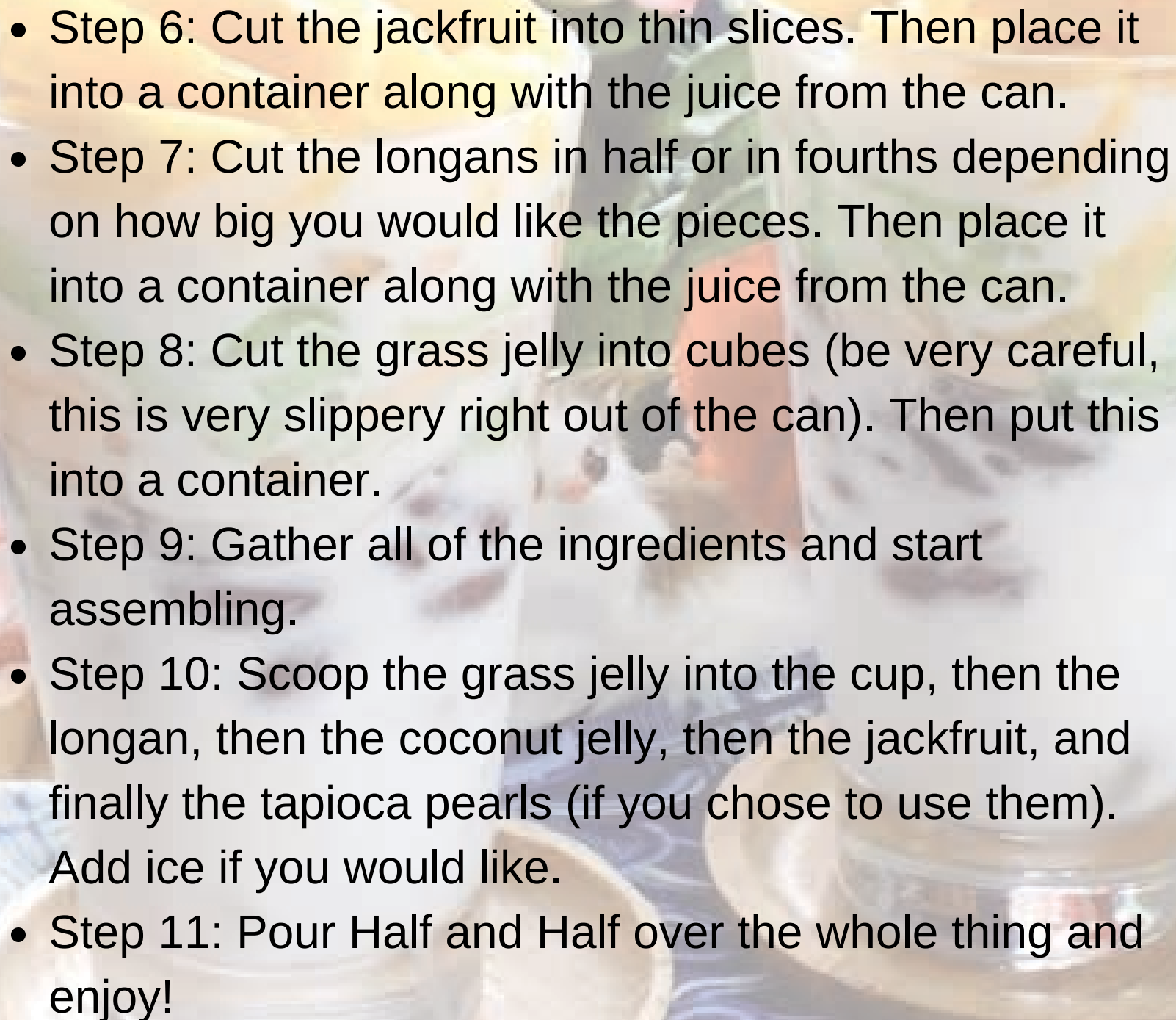
Cook Time:10 mins

Total Time:25 mins

Servings:6

Recipe from Spoon University

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- The background image shows two glasses of Chè Thái, a traditional Thai dessert. Each glass is filled with a white liquid, likely coconut milk, and topped with fresh mango slices and a small white flower. The glasses are placed on a blue patterned cloth. The text overlay provides a five-step recipe for preparing the tapioca pearls used in the dessert.
- Step 1: Boil a pot of water enough to cover the tapioca pearls. If you do not wish to have tapioca pearls in your Chè Thái then skip this step.
  - Step 2: Pour about 1 cup of tapioca pearls into a bowl and add red food coloring if you would like to make the dessert more colorful.
  - Step 3: Mix the red food coloring in thoroughly and evenly.
  - Step 4: Pour in the tapioca pearls in the boiling water and let it cook until the pearls are soft (about 10 minutes give or take).
  - Step 5: Using a strainer, drain the water out and put the pearls into a bowl. They will be very sticky. (These can be made before hand and refrigerated for whenever needed.)

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- Step 6: Cut the jackfruit into thin slices. Then place it into a container along with the juice from the can.
  - Step 7: Cut the longans in half or in fourths depending on how big you would like the pieces. Then place it into a container along with the juice from the can.
  - Step 8: Cut the grass jelly into cubes (be very careful, this is very slippery right out of the can). Then put this into a container.
  - Step 9: Gather all of the ingredients and start assembling.
  - Step 10: Scoop the grass jelly into the cup, then the longan, then the coconut jelly, then the jackfruit, and finally the tapioca pearls (if you chose to use them). Add ice if you would like.
  - Step 11: Pour Half and Half over the whole thing and enjoy!



## **Morgan's Double Chocolate Banana Bread**

Banana bread is something I usually make when I'm home because we usually have bananas that end up getting a bit too ripe. It's something simple and sweet and comforting that most of our family members like. We all love chocolate and finding this recipe had a bonus because it's low-fat, so more people in my family can eat it.

## Ingredients

- 4 large ripe bananas, well mashed (about 1-3/4 cups)
- 2 eggs
- 3/4 cup light brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon espresso powder (optional)
- 1-1/4 cups all-purpose flour
- 1/4 cup cocoa powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon ground allspice
- 1/2 cup mini chocolate chips

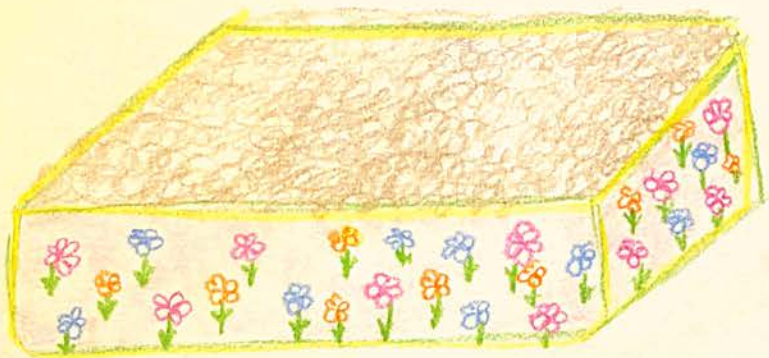
## Instructions

- Preheat your oven to 350F degrees and grease a 9x5-inch loaf pan.
- Mix mashed bananas, eggs, sugar, vanilla and espresso powder
- In a separate bowl, whisk flour, salt, baking soda and allspice
- Stir flour mixture into the banana mixture until blended, and then add chocolate chips.
- Put batter into baking pan and spread it out evenly.
- Bake for 60 to 70 minutes, or until the bread is fairly firm
- Remove from the oven and let cool for about 10 minutes in the pan, then remove the loaf from the pan and let it cool completely on a wire rack.
- Cut into 12 even slices.

*Recipe from Simple Nourished Living*

# Rachel's Comfort Recipe :

## Apple Cranberry Crumble



### Ingredients

8 apples

2 cans whole berry cranberry sauce

### Topping :

2/3 C brown sugar

1/2 C flour

1 C oatmeal

1 t cinnamon

1 stick softened butter


slice apples - sprinkle cinnamon

cover with cranberries

top with topping

bake at 350 °F for 1 hour

I chose this recipe because it is warm, sweet, and reminds me of home

A close-up photograph of a brownie. The brownie is dark and fudgy, with a thick layer of melted, golden-brown peanut butter drizzled over it. Several round, dark chocolate chips are scattered across the surface. The background is slightly blurred, showing more of the brownie and its toppings.

# **Becca's Ultimate Peanut Butter Fudge Brownies**

Let's be honest, the ultimate comfort food is not complete without dessert. I am a firm believer that chocolate fixes everything, hence why our chocolate stash has been fully stocked. Brownies are my favorite dessert, so I am also sharing my peanut butter fudge brownie recipe. Ooey-gooey and delicious.

Recipe from  
[www.wholesomeandhappylife.com](http://www.wholesomeandhappylife.com)



# INGREDIENTS

## *Wet Ingredients*

- 2 mashed ripe bananas about 1 cup
- 1 flax egg
- 1/4 cup coconut sugar or brown sugar
- 1/2 cup runny peanut butter
- 1/2 tsp pure vanilla

## *Dry Ingredients*

- 1/2 cup almond flour
- 1/3 cup cocoa or cacao powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt

## *Toppings (optional)*

- peanut butter for swirling
- chocolate chips

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- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt

## *Toppings (optional)*

- peanut butter for swirling
- chocolate chips

## INSTRUCTIONS

- Make flax egg by combining 1 tbs of ground flax meal with 3 tablespoons of warm water and let sit for 5 minutes to congeal
- Preheat the oven to 350 degrees and prepare brownie pan with parchment paper or grease
- Mash bananas and add the rest of the wet ingredients in a mixing bowl.
- Add in the dry ingredients and thoroughly mix. The batter will be thick
- Pour batter into prepared baking pan, and spread evenly.
- If desired, swirl in extra peanut butter on the top, and sprinkle with chocolate chips.
- Bake for 35ish minutes
- Let cool, slice, and enjoy! I personally think these taste even better the next day if you have the patience to wait!



## **Izzy's Cheerful Chocolate Smoothie**

**This recipe is one of my favorite comfort foods. I love how it is both super chocolatey and refreshing. It is like a healthier version of the Starbucks āva Chip frappuccino (especially with coffee ice cubes!). Often, I make this smoothie for my siblings, so it reminds me of my family and the feeling of sharing food with others, even when it is only for a short time.**

**Recipe from the Oh She ws Cookbook**

A glass bottle filled with a thick, brown smoothie. A red and white striped straw is inserted into the bottle. The background is a blurred kitchen setting.

## Ingredients:

- 2 cups almond milk or dairy milk
- ~~1~~ 1/2 cup avocado
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon pure vanilla extract
- ~~1~~ very small pinch of fine-grain salt
- 4 to 6 pitted medium Medjool dates, to taste
- 4 to 6 ice cubes (or coffee ice cubes)
- ~~1~~ 1/4 teaspoon espresso powder (optional)

A thick, light brown smoothie is being poured from a glass pitcher into a glass bottle. The smoothie has a creamy, foamy texture. A red and white striped straw is inserted into the bottle. The background is a blurred kitchen setting.

## Instructions:

- Combine milk, avocado, cocoa powder, and vanilla and blend on high speed until smooth.
- Add the salt, pitted dates, ice, and espresso powder.
- Blend until smooth.



## **Kayla's Banana Pudding**

I chose this because I have always loved banana pudding, and it is such a comforting dessert that can bring families together and is easy to make. My dad taught me how to make this when I was very young, and I always enjoyed making and eating this with him when we were bored in the house! I recently made it again with my family, and it makes me happy every time.



## Ingredients

- 1/3 c. milk
- 1 package instant vanilla pudding mix
- 1 can sweetened condensed milk (14 oz.)
- 3 c. heavy cream
- 1 tsp. pure vanilla extract
- 1 box vanilla wafer cookies (12 oz.)
- 4 bananas, sliced into coins
- 2 tsp. sugar

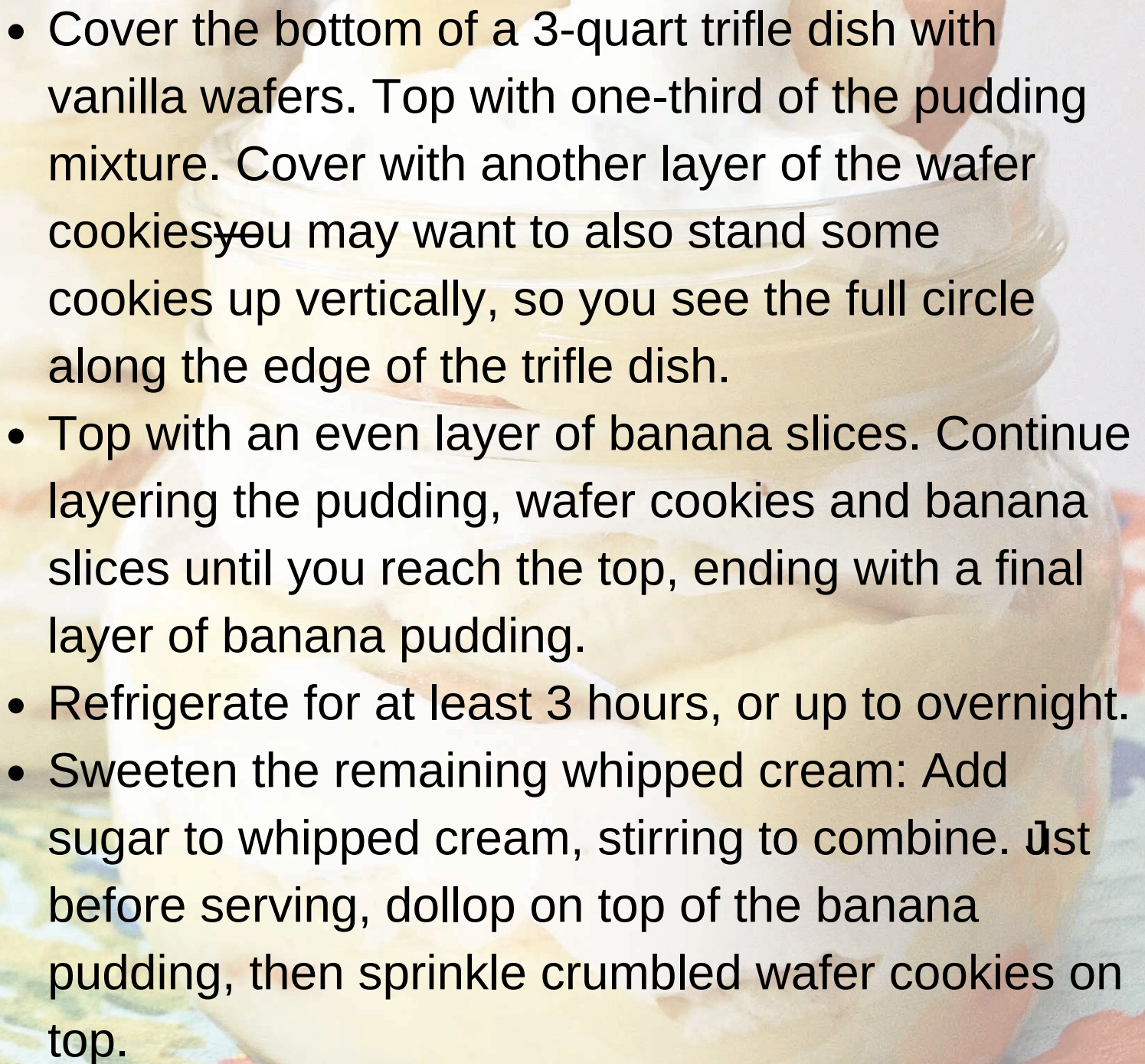
Recipe from [delish.com](http://delish.com)



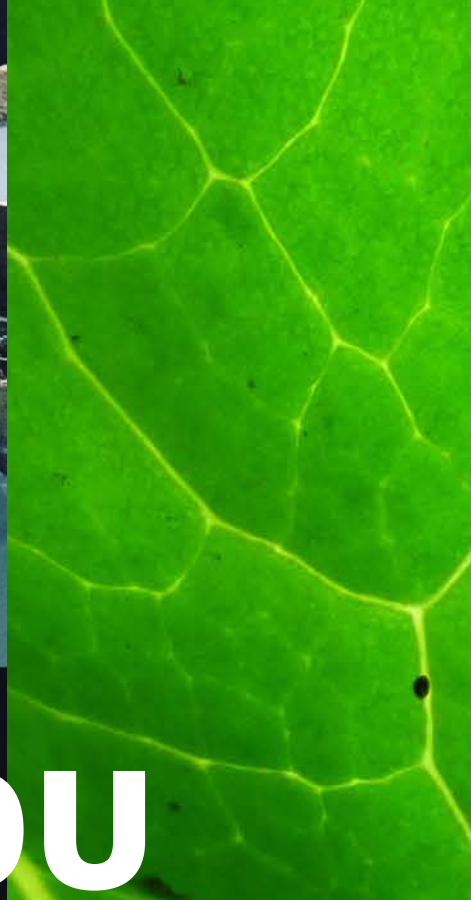


## Instructions

- In a large mixing bowl, combine milk, vanilla pudding mix and sweetened condensed milk. Whisk thoroughly, breaking up any lumps, and refrigerate for at least 5 minutes, or until set.
- In another large bowl, combine heavy cream and vanilla. Beat until stiff peaks form, 2 to 3 minutes. Set aside half of the mixture for topping the dish. Fold remaining half into the pudding mixture.

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- Cover the bottom of a 3-quart trifle dish with vanilla wafers. Top with one-third of the pudding mixture. Cover with another layer of the wafer cookies. You may want to also stand some cookies up vertically, so you see the full circle along the edge of the trifle dish.
  - Top with an even layer of banana slices. Continue layering the pudding, wafer cookies and banana slices until you reach the top, ending with a final layer of banana pudding.
  - Refrigerate for at least 3 hours, or up to overnight.
  - Sweeten the remaining whipped cream: Add sugar to whipped cream, stirring to combine. Just before serving, dollop on top of the banana pudding, then sprinkle crumbled wafer cookies on top.

**Before**



**THANK YOU  
FOR A GREAT  
SEMESTER!**



**After**