



Postdoc Recipes

A cookbook by the

Harvard Medical Postdoc Association

2020



"One cannot think well, love well, sleep well, if not has not dined well."

- Virginia Woolf

Preface

The outbreak of the novel coronavirus SARS-CoV-2 has undoubtedly challenged us and forced us to dramatically change our way of life. We have learned how adaptable we can be. While dining out used to be the norm, lockdown forced many of us to begin to develop our culinary skills, turning to our kitchens to master the art of cooking.

At the core of this book, is a love for food and a joy in sharing recipes. We have compiled recipes from the postdoctoral researchers of Harvard Medical School. The vast spread of multicultural cuisines are reflective of the diversity of cultures and ethnicities of our postdoctoral community. We hope that this droolworthy cookbook broadens your culinary horizons and satiates your tastebuds.

Happy Eating!

Daisy Y. Shu
Chair of the Communications Committee
Harvard Medical Postdoc Association 2020-2021



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Breakfast

"All happiness depends on a leisurely breakfast."

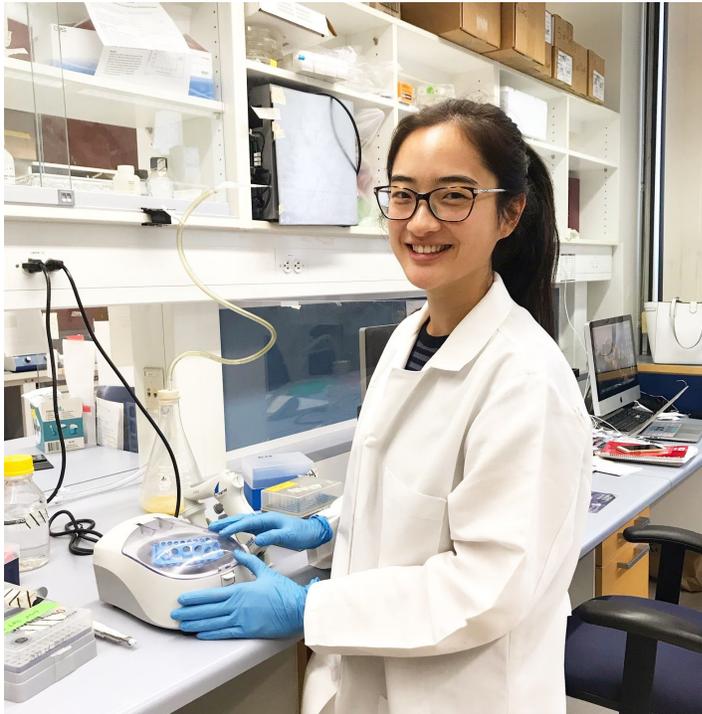
- John Gunther

Boston Bagel Breakfast

By Daisy Y. Shu

Saint-Geniez Lab

Schepens Eye Research Institute of Mass Eye and Ear



Growing up in Sydney, Australia, I never used to eat bagels until I moved to Boston for my postdoc. A little over a year of living in Boston and bagels are now my go-to breakfast option. My research is focused on the role of mitochondria and metabolism in retinal eye diseases. During my PhD, I studied cataract development and am also a trained clinical optometrist. As you can see, I'm very much obsessed with anything to do with eyes, vision and our visual system in general!

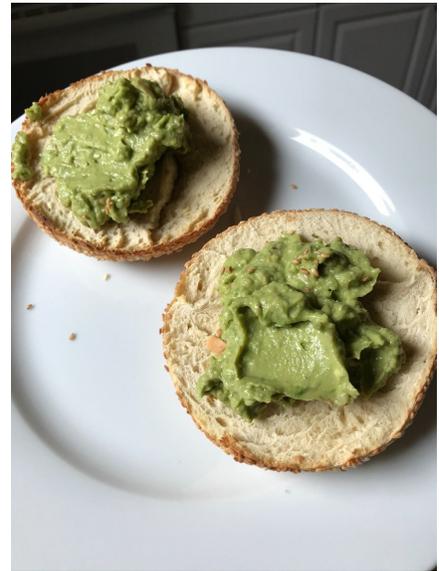
Ready in **30 minutes**

Serves **2 people**



Ingredients

- 2 bagels
- 4 eggs
- Butter and olive oil
- 4 strips of bacon
- For the avocado spread
 - 1 avocado
 - A handful of walnuts
 - Splash of apple cider vinegar
 - Salt
 - Pepper
 - Paprika
 - Juice of a quarter of a lemon



Preparation

1. Preheat the oven to 425F
 - Place 4 strips of bacon on one tray and 2 bagels (halved) on another tray. Remove the bagels after ~5 minutes and remove the bacon after ~8 minutes
2. Fry the eggs
 - On a hot pan, add some butter and drizzle some olive oil, spread it evenly over the pan
 - Crack 4 eggs into the pan, add a pinch of salt and pepper onto eggs. Cook for around 3 minutes to your liking. I prefer mine sunny side up.
3. Make the avocado spread
 - Add avocado, walnuts, lemon juice, apple cider vinegar, salt, pepper and paprika into a food processor
 - Blend until spreadable, leaving some chunky walnut bits
4. Assembling the bagel: avocado first, fold the bacon, add the fried egg on top



Tips

You can also place the bacon on first to fill the bagel hole so the avocado doesn't fall through.

References

My own invention :) but probably inspired by many visits to hipster brunch cafes.

Khandvi (Indian Gujarati Cuisine)

By Amrita Saha
Mass Eye and Ear/HMS



Hi there! I am broadly interested in “Virology”, and aim to study different human viruses. My current research is focused on studying novel interactomes during adenovirus infection on ocular surfaces. Besides science, I love doing DIY home décor projects, crafting, and enjoy being out in nature. I am also a trained vastu expert (Indian feng shui) and a budding youtuber “@Creative Fluke Décor (:P)” Khandvi makes a great breakfast or snack option. Food is responsible for creating some of our deeply-held memories. During my PhD lab meetings, back in India we used to have khandvi a lot. This Indian Gujarati snack is a treat to eat but can be a little tricky to make. After moving to US, I craved for it so much, that one fine day, I decided to give it a shot.

Ready in **45-60 minutes**

Serves **3 people**



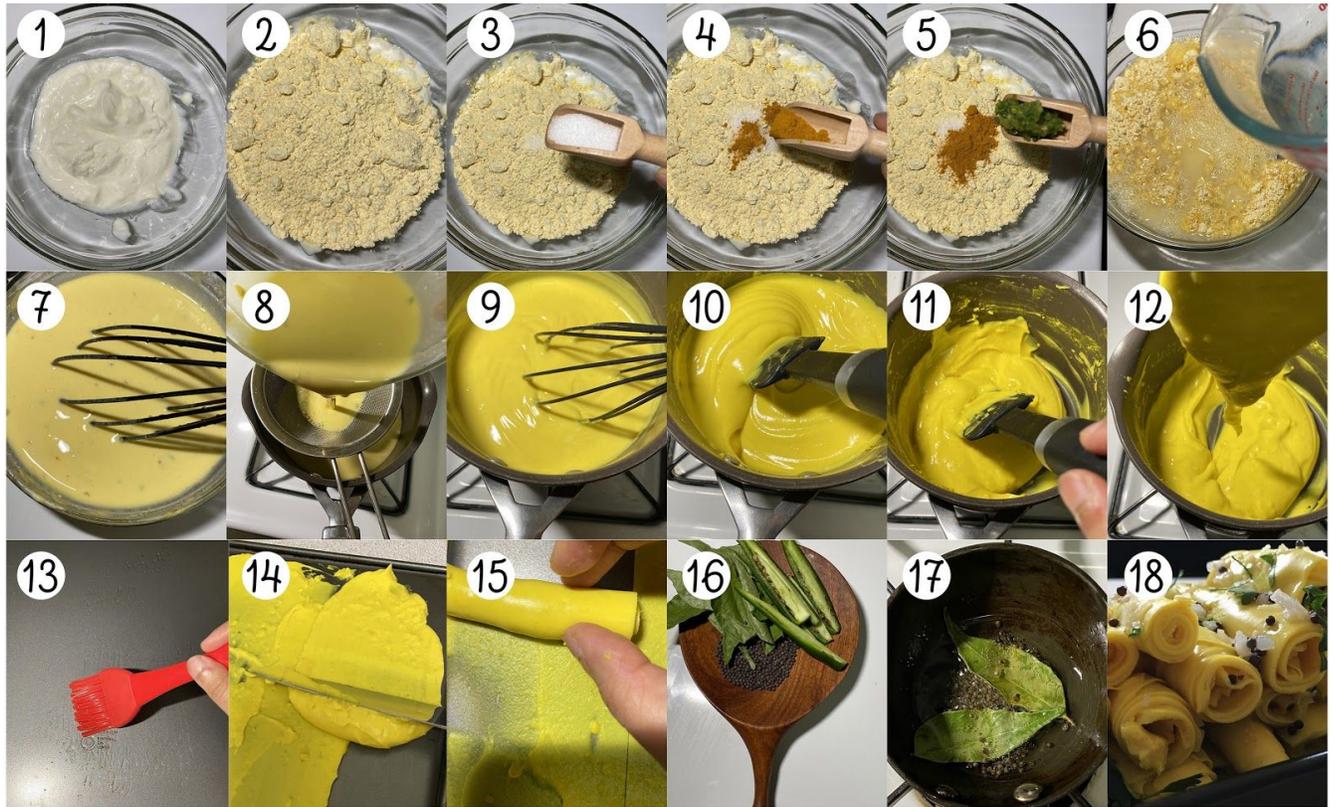
Ingredients

- Gram flour/besan 1 cup (It is a commonly used ingredient in India cooking)
- Yogurt 1 cup
- Water 2 cups
- Ginger 1 inch and 1-2 green chilies (paste)
- Salt to taste
- Turmeric powder 1/2 teaspoon
- Lemon juice 1 tablespoon (optional, if the curd is not sour)
- Oil 2 tablespoons
- Asafoetida/hing a pinch
- Mustard seeds 1 teaspoon
- Curry leaves 5-7
- Grated coconut 2 tablespoon
- Fresh coriander leaves (chopped)



Preparation

1. To a large bowl add curd, gram flour, salt, turmeric powder, ginger-green chili paste and start adding water little by little while whisking continuously, taking care that no lumps remain.
2. Grease the reverse side of few steel plates or marble table top with a little oil. I like to use large baking tray, it works just fine.
3. Strain the batter and pour in to a thick bottomed pan. Cook this mixture, stirring continuously at slow flame, till it becomes a smooth thick batter. It takes a little time to get ready; usually 30-45 minutes to reach that right thick consistency, keep whisking and remember to scrap the sides of the pan at regular intervals.
4. Quickly spread portions of the mixture using knife, over the greased steel plate/marble table top/baking tray, as thinly as possible while the batter is still hot.
5. When cool, cut into strips, two inches wide and roll them tightly (carefully they are very delicate).
6. Heat two tablespoons of oil and add a pinch of asafoetida, mustard seeds, curry leaves and slit green chilies. When they splutter, pour over the platted khandvi pieces.
7. Garnish with grated coconut and chopped coriander leaves.
8. Serve with chutney! I like to eat khandvi with homemade cilantro dipping/chutney, green chili or tamarind sauce. It's a personal choice.



Tips

Patience to get the right consistency is the key for this recipe. It's kind of like a science experiment, optimizing the right protocol comes with practice, but fun part is you get to eat it at the end. I screwed it for the first two times, but unlike lab experiments, I never got worried of doing so.

References

https://www.youtube.com/watch?v=ndTp8_1Kdyk

Pancakes

By Lisa Kozicky
Brigham & Women's Hospital



After a long week in the lab, it's nice to relax on the weekend and treat yourself with an indulgent breakfast! My research focuses on antibody receptors (Fcγ receptors and FcRn), innate immunology, and inflammatory diseases. I like to make different variations of pancakes almost every weekend, including cornmeal pancakes and Moroccan crepes, but my favorite is this basic pancake recipe with tones of seasonal fruit. Being Canadian (from rural Alberta and later Vancouver), I of course need to use plenty of dark maple syrup!

Ready in **30 minutes**

Serves **2 people**

Ingredients

- 1 cup flour (I prefer at least 50% whole wheat for extra flavor)
- 1.5 Tbsp sugar
- ½ tsp salt
- 2 tsp baking powder
- ¼ tsp cinnamon (cardamom is also delicious!)
- 1 cup milk
- 1 egg
- 2 Tbsp olive oil (or melted butter)
- Oil or butter for the pan
- Assorted toppings, including maple syrup, honey, fruit, nuts, chocolate, whipped cream etc.



Preparation

1. In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.
2. In a medium bowl, whisk together milk, oil (or butter), and egg. Add wet ingredients to the dry mixture; whisk until just moistened (do not overmix; a few small lumps are fine).
3. Heat a large frying pan (nonstick or cast-iron) or griddle over medium. Melt butter/oil in the frying pan, so that pancakes will not stick.
4. For each pancake, spoon 3 tablespoons of batter onto frying pan, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).
5. Cook until surface of pancakes have some bubbles, about 2 minutes. Flip carefully, and cook until browned on the underside, about 2 minutes more. Serve warm, with desired toppings.

Tips

I like to use a mix of whatever fruits are in season as a topping, including apples, pears, peaches, and raspberries. Caramelized pineapple is also great, with honey, toasted coconut and fresh lime zest. Serve with a nice cup of coffee and good company!

References

Martha Stewart and my mother :)



Lunch

"You don't need a silver fork to eat good food."

- Paul Prudhomme

Tabbouleh

By Melody Chemaly
Schepens Eye Research Institute of Mass Eye and Ear



Hello! I'm Melody and I'm Lebanese. There are different Tabbouleh recipes around the Mediterranean region, but I would like to share with you the recipe of the Lebanese Tabbouleh or as we like to call it in Lebanon: "the real Tabbouleh". It is a very healthy Mediterranean salad prepared by mixing a lot of parsley, tomatoes, onions and bulgur and seasoning it with lemon juice and olive oil! Hope you like it! :)

Ready in **30 minutes**

Serves **2 people**



Ingredients

- Parsley (2 bunches) (Italian Parsley)
- 4 Tomatoes
- 1 small onion
- 1 squeezed lemon
- 1/2 cup of fine bulgur (crushed wheat, can be replaced with quinoa)
- 1 tbs of dried mint (or fresh mint if you have some!)
- 1 tsp of sumak (found in middle eastern shops)
- 3 tbs of olive oil (I like to be generous with the oil :p)
- Salt
- Pepper

Preparation

1. Soak the parsley in a large bowl of water to wash them properly. Make 2 bouquets of parsley by lining up the leaves in a way to get as little stem as possible. Fine chop the parsley and place in salad bowl
2. Slice the tomatoes horizontally to get 5-6 round slices from each tomato. Then, cut the tomato slices into small cubes. Add to salad bowl
3. Cut the onion into small pieces and add to salad bowl
4. Soak the bulgur in water for about 5 min. Squeeze the water out of the bulgur and add them to the salad bowl.
5. Add lemon juice, dried mint, salt, pepper, olive oil (be generous!) and sumak (my favourite!)
6. Congratulate yourself, you have now passed the tabbouleh making test and you are officially Lebanese!



Tips

I like to add a tsp of pomegranate molasses which gives the tabbouleh some sweetness and some acidic flavour!

References

Everyone makes tabbouleh a bit differently, but all the versions are super tasty!
https://www.youtube.com/watch?v=tj7HF_iMO5U

Ghormeh Sabzi and Tahdig (Persian herb and meat stew with saffron crispy rice)

By Bahar Ataeinia
Mass General Hospital



Hello! I am a radiology postdoc and my research is about integrating immunology and epigenetic targeting drugs with imaging and radio-labeled therapeutic approaches for better diagnosis and treatment of cancer and autoimmune diseases. Ghormeh Sabzi is a tasty stew that was my favorite Persian dish since I was a child. My grandmother's love language was making the best Ghormeh Sabzis and it reminds me of my childhood, family and home town that I miss very much after moving to Boston in the middle of the pandemic. For me it's a sweet touch of nostalgia and I hope you like it as well!

Ready in **3 hours**

Serves **8 people**

Ingredients

For stew:

- 5 bunches Parsley, fresh
- 5 bunches Cilantro, fresh
- 3 stalks Leek Greens/Tops only, fresh
- 1 T dried fenugreek leaves
- 1/2 C Canola Oil
- 3 T Olive Oil
- 1 large Yellow Onion, finely chopped
- 2 cloves Garlic, minced
- 2 lb Beef Stew Meat, cubed into 2" chunks
- 2 tsp Salt
- 1 tsp Ground Black Pepper
- 1 tsp Turmeric
- 2 C dried red kidney beans (soaked overnight)
- 4 Persian Dried Limes, whole (soaked overnight)
- 6 C Hot Water
- Lemon Juice (to taste)
-

For Tahdig rice:

- 3 C uncooked Basmati rice, rinsed and drained
- 1/4 C Salt
- 12 C Cold Water
- 3 T Canola oil
- 1 T Butter
- Splash of Hot Water



Preparation

For stew:

1. Rinse the fresh herbs and drain well, either patting dry or using a salad spinner to thoroughly dry. Chop herbs very finely, removing and discarding stems from parsley and ONLY using green tops of leeks.
2. Add finely chopped herbs to a frying pan over high heat, sauteeing until any moisture present evaporates. Reduce heat to medium, add canola oil, and continue to saute until you can smell the aroma of sauteed herbs (10 minutes), stirring constantly to not burn. Remove from heat.

3. In a medium cooking pot over high heat, add olive oil and finely chopped onions. Saute onions until they are light golden brown in color. Then add beef and saute for 3-5 minutes until browned, followed by adding in minced garlic, salt, black pepper, and turmeric. Now add in drained kidney beans and Persian dried limes. Gently stir to mix ingredients then add sauteed herbs, stirring thoroughly to combine all ingredients. Add in hot water and bring to a rolling boil, gently stirring. Reduce heat to medium once rolling boil is reached, placing lid on pot, allowing stew to simmer until the meat and beans are tender.
 *Add lemon juice in the last half hour, adjusting to your taste.

4. Serve ghormeh sabzi hot, with rice and tahdig.



For Tahdig rice:

1. Add 12 C cold water to a non-stick stockpot and bring to a boil over high heat. Add 1/4 C salt to the water when boil is reached.
2. While water is coming to boil, add 3 C uncooked Basmati rice to bowl and complete rinsing process and fully drain rice.
3. Add the drained rice to the stockpot once the water has reached a boil. Gently stir the rice with a slotted spoon to prevent the grains from sticking together, bringing the rice to a rolling boil and allowing to boil for 5-10 minutes, until rice is soft around the edges and firm in the center. Test for readiness by removing a few grains using slotted spoon.
4. Drain the rice in a fine mesh colander and rinse under cold water to stop the cooking. Allow the rice to drain completely.
5. Rinse and dry your stockpot for the second part of this recipe.
6. Place stockpot on medium high heat and add Canola Oil, Butter, and splash of hot water until oil heats up but is not smoking. Gently swirl pot around so bottom and lower portion of the sides of the pot are fully coated with the oil.
7. With stockpot still on medium high heat, begin by adding a few spoonfuls of rice into your pot that is now fully coated with oil at the bottom, pressing down gently but firmly with the back of your spoon or a spatula to compact the rice, bringing up the edges to about 1" high around the sides of the bottom of the pot. Then, gently spoon remaining rice back into the stockpot, forming

a mound / pyramid in the center. Using the back end of your slotted spoon, poke holes into the rice mound, being careful to not poke all the way down to the bottom of the pot. (If you desire, at this point, you can add 1 T additional butter, cut into tiny cubes, atop the mound of rice.)

9. Place lid on top of pot, cooking rice for about 10 minutes or until you see steam coming from underneath the lid.

8. Remove the lid of your stockpot and wrap it with a kitchen towel, placing towel-wrapped lid back on pot. Steam rice over low heat for 45-60 minutes, until the steam rises, grains of rice are tender throughout, and the tahdig is crispy and golden brown.

9. Once your rice is done, remove the lid and towel, place your serving dish upside down over the pot of rice, and carefully flip the rice over onto the serving dish so that the crispy crunchy Tahdig layer is on top, with the fluffy rice underneath.

10. Serve hot with your favorite stew!

Tips

To most Iranians, Ghormeh Sabzi is considered the most elite stew, and is the king of all dishes that can be served in any Persian home. It's a delicious, hearty stew made of several types of herbs, beef, red kidney beans, and Persian dried limes. It is traditionally served with Persian rice with tahdig.

Overview/substitute of ingredients:

Herbs: Parsley, Cilantro, Leek, and Fenugreek (Shanbalileh in Farsi, dried as fresh is not always available).

Meat: Traditionally, ghormeh sabzi is made with either lamb or beef stew meat, cut into 2-inch chunks. If you want to make this dish vegetarian, you can simply leave the meat out.

Beans: Most Persian kitchens will make ghormeh sabzi with kidney beans but sometimes you will see it made with black eyed peas.

Persian Dried Limes: Known as limoo amani in Farsi, Persian dried limes are dried limes that have lost their water content after drying in the sun. These can be found at most Middle Eastern markets or online.

*Note: As the kidney beans and the Persian Dried Limes are dry, they will need to be reconstituted, by soaking in water--preferably overnight, but minimum 5-7 hours.

Rice, in Farsi, is polo, and it is the most essential component of any Persian lunch/ dinner table. It is traditionally made using white Basmati rice, a type of long-grain rice known for holding its shape during the cooking process yielding fluffy rice with beautiful long grains. Tahdig is another treasure in Iranian homes, with family members fighting over the crispy crust at the bottom of the pot of rice, considered the best part of any pot of rice!

Overview:

A nonstick stockpot with a lid will be your best friend for making Polo and a perfectly crispy and crunchy Tahdig. Dutch ovens are not recommended for Polo and Tahdig as they steam the contents and the bottom of the pot will not result in any crispy and crunchy Tahdig. All rice should be washed before cooking begins, by measuring dry rice into a large bowl, filling the bowl with cold water, and using hands to swirl rice around. Drain the water, fill the bowl with cold water, and repeat this process 2 more times, until the water looks clean. While it will never be completely clear, the cloudiness should gradually become less.

*Note: Do not get discouraged if your Tahdig does not come out perfectly the first time, as nobody's ever does. Practice makes perfect!

References

Recipes courtesy of Gita Shariat, @MamanAndMe on Instagram and @RoyaShariat on TikTok. Check it out for more Persian food recipes from an amazing Persian Mom Living in the US!



Broccoli Christmas Tree

By Shudan Wang

Schepens Eye Research Institute of Mass Eye and Ear



Hi! I am Shudan I am a postdoc working at Schepens Eye Research Institute with my research focus on dry eye and ocular surface diseases. I like cooking some interesting and healthy dishes. This 'Broccoli Christmas Tree' is nice and easy to cook. It can add a festive atmosphere to Christmas !

Ready in **30 minutes**

Serves **3 people**

Ingredients

- 3 medium potatoes
- 1 carrot
- 2 broccoli
- 1 corn
- 1 cucumber
- 1 ham

Preparation

1. Steam the potatoes for 15 mins
2. Cut the carrot into small pieces, divide broccoli into large pieces, boil the carrot, broccoli and corn kernels for 5 mins
3. Mash the steamed potatoes, add salt, pepper and salad dressing (Add appropriate amount according to taste)
4. Mix carrot, diced cucumber and ham with mashed potatoes
5. Pile it into a hill shape, and insert broccoli on the mashed potatoes
6. Enjoy !



Tips

Leave the stems of broccoli a little longer, and the mashed potatoes should not be too sloppy, so that the 'Christmas tree' will be more stable :)

References

www.xiachufang.com



Dinner

"After a good dinner one can forgive anybody, even one's own relations."

- Oscar Wilde

Punjabi Kala Chana Masala/ Black Chickpea Curry

By Chhavi Saini
Mass Eye and Ear



I am a postdoc research fellow working at MEEI with my research focus on glaucoma in corneal transplant patients

Ready in **60 minutes**

Serves **5 people**



Ingredients

- 1.5 cup Black Chickpeas or Bengal Gram (Kala Chana)
- 4 cup Water for soaking
- 1/4 tsp Baking soda
- 4-5 Tbsp Ghee or clarified butter
- 1 tsp Cumin seeds (Jeera)
- 2 Onion medium finely chopped
- 3 Tomato medium finely chopped
- 5 Green Chili Pepper finely chopped (or per your taste)
- 10-12 cloves Garlic finely chopped
- 3 cups Water for cooking Cilantro to garnish
- Spices
 - 1 tsp Coriander Powder (Dhaniya powder)
 - 1 tsp Garam Masala
 - 1 tsp Shahi Biryani Masala
 - 1/2 tsp Cayenne or Red chili powder
 - 1/2 tsp Ground Turmeric (Haldi powder)
 - Pinch of Ginger powder (optional)
- Salt per taste

Preparation

1. Soaking Black Chickpeas
 - Rinse black chickpeas a couple of times in water.
 - Then add 4 cups water and soak the black chickpeas or kala chana overnight or for 8 to 9 hours.
 - I like to add 1/8tsp of baking soda to make it soft and easier to cook later on.
2. Making Kala Chana
 - Cooking the black chickpeas
 - Drain the soaked chickpeas.
 - In an Insta pot or pressure cooker add the soaked chickpeas with 3 cups of water, 1 tbsp salt and 1/8th tsp of baking soda
 - Let it pressure cook in Insta pot for 25-30mins on pressure cook setting or in a pressure cooker for 8 to 9 whistles on a medium to high flame or more till the kala chana are cooked well and softened.
3. For the Tempering/Tadka
 - Add 4-5 tbsp Ghee or clarified butter in a pan and add cumin seeds.
 - Let them crackle and then add finely chopped garlic.
 - Sauté till it turns golden brown.
4. Next add chopped onions and green chilly.
5. Sauté onions till they become light golden. Important: Do this on a medium flame for around 25 mins.

6. You may add a pinch of ginger powder here (optional).
7. Once the onion start turning brown, add finely chopped tomatoes and saute them till the oil starts leaving from the sides of the onion-tomato masala.
8. This should take another 25mins, again on a medium flame.
9. Now add the spices:
 - 1 tsp Coriander Powder, 1 tsp Garam Masala, 1 tsp Shahi Biryani Masala, 1/2 tsp Cayenne or Red chili powder, 1/2 tsp Ground Turmeric (Haldi powder) and Salt to taste (I add 1 Tbsp to mine).
 - Sauté for another 5-7mins.
 - The aroma of the spices should be filling your kitchen now.
10. Then add the chickpea along with all of the water.
 - You may add more water as per the consistency you want, I usually don't add any.
11. Season with salt and stir well.
12. Let it cook for another 5-7mins with the lid closed. Lastly garnish punjabi kala chana with coriander leaves. Serve with steamed rice, rotis or chappati.



Tips

I love this dish but also know that it is time consuming to make it. But the end result is delicious. Important: The tempering/tadka can make or break this recipe so please be patient with that. Cook on a medium flame.* You can mash few chickpeas to thicken the gravy . You may also add boiled potato to the gravy.

References

This is a kind of a hybrid version of my mom's recipe with my experimental/pilot tempering. But this is my fixed protocol of the tempering now. Once you master this tempering you can cook 90% of north Indian dishes in my opinion. For the ingredients, particularly the spices: I would suggest running to a local Indian grocery store or borrowing from your Indian friends because trust me they have way too many spices lying in their pantries.

Sweet and Sour Pork Ribs

By Menglu Yang

Dartt Lab

Schepens Eye Research Institute of Mass Eye and Ear



Hi! I am Menglu and I'm a 3rd year postdoc at Schepens Eye Research Institute. My research interest is dry eye and ocular surface diseases. My husband grew up in Shanghai, but he left his hometown for more than 10 years. Sometimes he gets stomach "homesick" for Shanghai food. Despite all the fabulous restaurants in Boston area, there's no classic Shanghai restaurant. In this case, we made this dish at home. I would like to share this recipe here and take you to taste the delicacy of this city.

Ready in **120 minutes**

Serves **4 people**



Ingredients

- Pork short ribs 2lbs
- Soy sauce (shengchou) 4tbs
- Vinegar 6tbs
- Boiled water 400ml
- Cooking wine 2tbs
- Sugar 8tbs

Preparation

1. Prepare the ribs. Cut the ribs to around 1 inch in length, soak the ribs in warm water (~124°F) for 10 min, then take the ribs out and wipe out the moist using paper towel.
2. Pre-heat the pot to ~316°F. Chose any pot you like, but make sure it is deep enough to keep all the ribs inside.
3. Put the ribs into the pre-heated pot, no need oil. Stir the ribs for about 10 min to melt the pork oil from the ribs thoroughly till the pot and ribs look shiny and golden. This step firms the meat on the ribs. You can adjust the time based on your preference.
4. At the same time, boil some water (400ml).
5. Pour the boiled water into the pot, just enough to cover all the ribs. And add all the other ingredients (soy sauce, vinegar, cooking wine, sugar) into the pot. Stir a little bit to spread the ingredients evenly.
6. Turn down your stove to medium heat, use just enough heat to keep the sauce boiled, and put on the lid and wait for 40 min.
7. When the meat is well cooked, turn up the heat and let the water in the sauce evaporate. Make sure don't over evaporate or it will be burnt.
8. Put the ribs into a plate and enjoy your dinner!



Tips

When you choose soy sauce, make sure to choose Shengchou or light soy sauce. You may see dark soy sauce (Laochou) or seasoning soy sauce, those are not for this dish.

References

We got the idea from the App Xiachufang

Steamed Cod Fillet

By Ting Su
Chodosh Lab
Mass Eye and Ear



Hi! I am Ting Su, a PhD at Mass Eye and Ear. My research focus on keratitis and cornea inflammation. I come from a coastal city in China, and I am obsessed with seafood very much! Steamed cod fillet with ginger and scallion is the very first seafood dish I learned, and it is also one of the easiest and most popular seafood dish in China. The preparation work for this dish is incredibly simple, only a few ingredients help bring out the sweetness of the cod fish while steaming preserves nutrients in fish to the utmost extent.

Ready in **30 minutes**

Serves **1-2 people**



Ingredients

- a serving of cod fillet
- 2 tbsp cooking wine
- a touch of salt
- a touch of black pepper
- 3-5 thin slice of ginger for marinating
- a handful of thinly sliced ginger strips for topping
- 2 small hot chili pepper, sliced (optional)
- a handful of shredded scallion
- 2 tbsp seasoned soy sauce for seafood
- 1 tbsp oil



Preparation

1. Prepare one serving of fresh cod fillet, or thaw the frozen cod fillet before cooking.
2. Dry the cod with kitchen paper towel, and place in a plate.
3. Put the ginger slice on the top of fillet, and marinate with salt, black pepper, and cooking wine for 10 minutes. (Ginger slice and cooking wine help to reduce the fishy smell)
4. Discard all the marinated seasoning and dry the cod fillet with kitchen paper towel.
5. Top the cod fillet with ginger strips.
6. Add some water to the steamer and turn on the stove.
7. Lay cod on the steaming tray till the water starts to boil and steam for 8 minutes.
8. Remove the cod from steamer, discard all the fluid in the plate. (Important step to reduce the fishy smell)
9. Garnish with the shredded scallion and chili pepper (optional) on top, and sprinkle the seasoned soy sauce for seafood on the steamed cod.
10. Heat oil in a pan until reaching smoke point, carefully pour the sizzling hot oil onto the fish.
11. Serve immediately and enjoy while hot!

Tips

Depends on the thickness of the cod fish, the steaming time should be adjusted to make sure the fish is fully cooked yet still tender and juicy. If you don't have seasoned soy sauce for seafood, mix with 1 tbsp soy sauce, 1/2 tbsp oyster sauce and 1/2 tbsp sugar as substitution.

References

1. <https://www.xiachufang.com/recipe/104550104/>
2. <https://www.spicetheplate.com/seafood-and-other/steamed-cod-fish/>

Algarve Style Shrimp (Portugal) with a pinch of Mexican hotness

By Dora Correia and her husband Florian, Chef de cuisine
Mass General Hospital



My husband loves to cook, and I love to eat. He knows how I miss the food in my home country. Therefore, he likes to surprise me with some tastes from Portugal.

Ready in **90 minutes**

Serves **2 people**



Ingredients

- 2 Tomatoes, ripe, diced
- Good handful of shrimp, uncooked, cut in half
- Cilantro, chopped
- 6 gloves of garlic, sliced not too thinly
- Bit of finely chopped habanero
- Juice of 2 lemons
- Olive oil (The good stuff)
- Salt, pepper, thyme
- White wine (Pinot Grigio or similar)
- 1/2 cup Brandy or Rum (To flambé)



Preparation

Round 1: The liquid base

1. Pour olive oil into medium/large skillet. Quite a bit, so as to cover the whole surface, and then a dash more. Head up to low-medium hot. (simmer)
2. Throw in garlic. Careful not to toast it, you want to give it a little fry, but easy does it.
3. When garlic threatens to turn brown, throw in tomatoes and stir. Keep pan on medium/simmer heat. After a few minutes, sprinkle “sort of generously” with salt. When tomatoes start to fall apart, add the cilantro, pepper and thyme. Stir. Simmer the thing for 1 hr. Stir occasionally. Add habanero and a little white wine around 30 mins in.

Round 2: Fogo/Fuego!

1. Heat up a dash of olive oil on medium heat in another skillet and throw in the shrimps. Stir and make sure they are evenly cooked.
2. Set to high heat and have that half cup of brandy (or rum) ready, as well as a lighter with a long end ready. Remove batteries from your kitchen’s smoke detector.
3. When you notice the heat kicking in, get rid of excess oil, pour the alcohol over the shrimps and set the whole thing on fire.
4. When the flames starve, transfer to the tomato/cilantro sauce. Add the lemon juice.

Round 3: Romance

1. Serve in a deep plate with some fresh ciabatta bread or baguette to soak up that liquid goodness
2. Light the candles, serve the wine, and tell how much you love your better half. Enjoy!

Tips

Find good company to eat with.

References

<https://www.olivemagazine.com/recipes/easy-portuguese-recipes/>

Butternut Mac & Cheese

By Céline Caravagna

Boston Children's Hospital - Harvard Medical School



Hello! I am a French post-doc who just moved to Boston, and I love to eat! Since it is fall season (= squash and pumpkin season) and it's getting chilly, I am going for comfort food. Here is a recipe that I love and I hope you do too!

Ready in **90 minutes**

Serves **8 people**

Ingredients

- 1 butternut squash
- 2 cups pasta
- 2 cups whole milk
- 1/8 cup butter
- 1/3 cup flour
- Parmesan cheese at will
- Shredded Italian blend cheese at will
- Cinnamon (a bit)
- Nutmeg (a lot)



Preparation

- 1- Heat oven at 350F.
- 2- Cut in half the butternut, remove the seeds, and place it in a drip pan, open face down.
- 3- Cook for 1h.
- 4- During that time, prepare the cheese sauce: mix melted butter with flour then milk and slowly cook until it thickens a bit.
- 5- Add shredded parmesan and half Italian cheese in the sauce and stir until completely melted.
- 6- Cook the pasta about half the usual cooking time, then drain.
- 7- Once the butternut is cooked, peel and mash it, then add it to the cheese sauce.
- 8- Add the pasta.
- 9- Transfer in a baking dish and add the remaining cheese on top.
- 10- Cook / broil until brown.



Enjoy!

Tips

Of course, change the cheese for your favorite! Or just add more!

References

Thanks Mom! Even if this one is my idea, you for sure inspire me every time I cook!

Braised Pork Belly

By Zhenyu Ji

Eric Ng Lab

Schepens Eye Research Institute of Mass Eye and Ear



I am a postdoc research fellow working at Schepens Eye Research Institute, focus on the inflammation in driving the various pathologies in AMD and diabetic retinopathy. This dish may make you worry about getting fat, however, you will love it.

Ready in **120 minutes**

Serves **5 people**



Ingredients

- 1 lb skin-on pork belly
- 12-18 quail eggs
- 2-3 ginger slices
- 20-25 crystal sugar
- 3 tbsp cooking wine
- 2 tbsp soy sauce
- ½ tbsp dark soy sauce
- 1 can beer
- 2 cups water



Preparation

1. Cut the pork belly into 3/4 inch thick pieces.
2. Prepare a pot of cold water, add the ginger slices and 2 tbsp cooking wine, blanch the pork with small fire for 15 mins. This gets rid of impurities and starts the cooking process.
3. Take the pork out of the pot, dry with kitchen paper towel and set aside.
4. Over medium heat, put the pork into wok without oil, fried oil and take the pork out of the wok.
5. Over low heat, add 20-25 crystal sugar to your wok, melt the sugar slightly.
6. Then add the pork, over medium heat, fried caramel color.
7. Add 1 tbsp cooking wine, 2 tbsp soy sauce, ½ tbsp dark soy sauce, cook until the pork is browned.
8. Add 1 can beer, 2 cups water, 12-18 quail egg, boiled the water and turn the heat back down to low, close the lid and cook with small fire for 40 mins.
9. Open the lid, over high heat and cook for another 15mins until there is little visible liquid in wok.

Tips

When you prepare the pork, boil the quail eggs for 15min and peel the shell.

References

Family experience

Healthy and Hearty Autumn Squash One-Pan Meal

By Erik Butcher
Saint-Geniez Lab
Schepens Eye Research Institute of Mass Eye and Ear



An easy and hearty dish using fresh seasonal produce for a hearty meal to warm you up as the crisp autumn weather sets in. The entire meal can be baked in under an hour on a single cooking sheet. If Delicata squash are not available in your region, butternut squash can be substituted. And if you are looking for a breakfast variety, cook an egg over top for a fantastic early morning dish.

Ready in **60 minutes**

Serves **4 people**

Ingredients

- 16 oz. Brussel's Sprouts
- 1 Delicata Squash
- 1 Sweet Potatoes
- 8 oz. Grape Tomatoes
- 12.8 oz. Smoked Andouille Sausage
- Olive Oil Spray
- Salt
- Pepper

Preparation

1. Preheat oven to 400°F
2. Line baking sheet with aluminum foil
3. Spray baking sheet with olive oil to cover surface.
4. Brussel Sprouts
 - a. Chop approximately 1/4" off stalk and halve
 - b. Larger Brussels sprouts may be quartered
 - c. Place Brussels sprouts in medium bowl (loose leaves can be thrown in as well)
 - d. Coat with a tablespoon olive oil and few pinches of salt and pepper (to taste)
 - e. Pour Brussels sprouts onto baking sheet
5. Delicata Squash
 - a. Cut off ends and slice into 1/2" rings
 - b. Remove seeds from rings and place in medium bowl
 - c. Coat with teaspoon olive oil and a few pinches of salt and pepper (to taste)
 - d. Pour Delicata Squash onto baking sheet next to Brussels sprouts
6. Sweet Potatoes
 - a. Peel 1 sweet potato



- b. Cut into 1/2" rings
 - c. Cube each ring by slicing horizontally into 3 pieces and halving vertically
 - d. Place in medium bowl
 - e. Coat with teaspoon olive oil and a few pinches of salt and pepper (to taste)
 - f. Pour sweet potato cubes onto baking sheet next to the squash
7. Grape Tomatoes
 - a. Halve 8 oz. Grape Tomatoes and place in medium bowl
 - b. Coat with a teaspoon olive oil and a few pinches of salt and pepper (to taste)
 - c. Pour onto baking sheet
8. Andouille Sausage
 - a. Cut sausage in 1" slices and spread out on top of squash
9. Cooking
 - a. Place pan in center rack in oven at 400°F for 35 minutes until squash and sweet potato are soft
 - b. Stir together and serve

Tips

Normal olive oil or other fat substitute may be used. Consistent size pieces is the focus to allow even cooking. Keeping each component separate and arrange sequentially across the pan produces the best result. This arrangement helps maintain the optimal moisture for the Brussels sprouts. Additionally, water from the tomatoes released during cooking adds flavor to the sweet potatoes. For a vegetarian option, simply leave out the sausage

References

<https://www.healthy-delicious.com/20-healthy-sheet-pan-dinners-for-busy-weeknights/>



Dessert

"A balanced diet is a cookie in each hand."

- Barbara Johnson

Peach Crumble

By Hannah Whitmore

Leo Kim Lab

Schepens/MEEI and HMS



My name is Hannah, I'm a 26 year old, 3rd year Postdoc researching the signaling pathways involved in retinal diseases. I'm from a small village of about 300 people in East Anglia, England. Outside of the UK, English food seems to have a bad reputation of being bland and "stodgy" (great English word)... I disagree and I hope to change your mind!

Here I am taking tea with Her Majesty!

Ready in **60 minutes**

Serves **4+ people**



Ingredients

- FOR THE FILLING
 - 6 large peaches, sliced approx. 1 cm at the fattest point
 - 1/4 cup granulated sugar
 - Juice of 1/2 lemon
 - 1/2 tsp. ground cinnamon
 - 1/2 tsp. ground ginger
 - Pinch of salt
- FOR THE TOPPING
 - 1/2 cup all-purpose flour
 - 1 cup porridge oats (Quakers rolled oats)
 - 1 cup packed brown sugar (demerara sugar)
 - 1/2 tsp. salt
 - 1/4 tsp. ground cinnamon
 - 1/2 cup (1 stick) melted butter
- Vanilla ice cream, for serving



Preparation

1. Preheat oven to 375°F
2. Make the filling: combine peaches, sugar, lemon juice, cinnamon, ginger and salt in a large bowl
3. Make the topping: combine flour, oats, brown sugar, salt and cinnamon.
4. Add melted butter slowly while mixing well.
5. Pour filling mix and juice into a round baking dish.
6. Cover with topping and gently press flat.
7. Bake until the topping is golden and the fruit is bubbling, approx 45 to 50 minutes.
8. Serve warm (with optional vanilla ice cream)

Tips

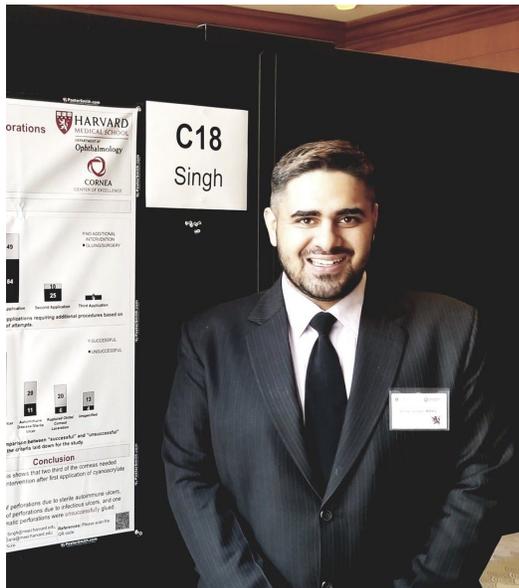
Peaches aren't a traditional English crumble filling, it's one I discovered here and combined with my recipe. If peach isn't your favorite filling, you can switch it out for apples (6 large apples). Alternative traditional English recipes include rhubarb or apple and blackberry crumble. You can replace the oats with 1 cup flour (topping will look like chunky crumbs) or switch out a quarter cup of oats for sliced almonds.

References

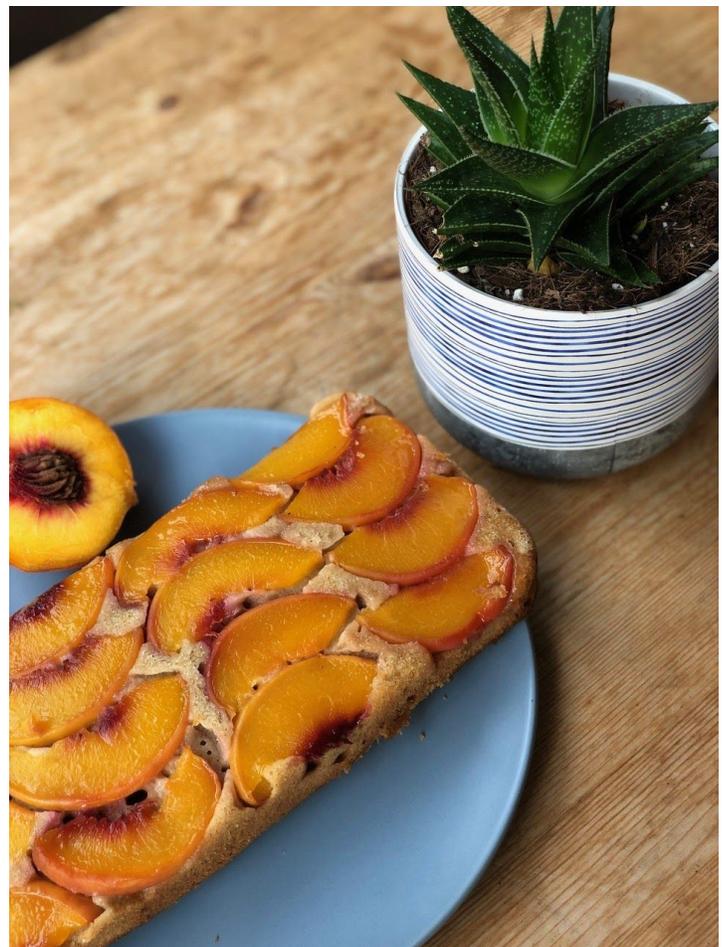
BBC good food Delish.com

Peach Upside Down Cake (Low Carb)

By Rohan Singh
Dana Lab
Schepens Eye Research Institute of Mass Eye and Ear



Peach is a "summery" fruit, being holed in this summer, I wanted to bake something sweet yet healthy! This is me presenting research at our annual meeting.



Ready in **75 minutes**

Serves **2 people**

Ingredients

1. 1/4 cup butter (~4 tablespoons)
2. 1/2 cup coconut sugar
3. 1 1/2- 2 cups sliced, pitted and peeled peaches or frozen unsweetened peach slices, thawed and large slices cut in half lengthwise (~5 medium fresh peaches)
4. 1/2 cup almond flour,
5. 1/3 cup tapioca flour
6. 1/4 cup coconut flour
7. 1 1/4 teaspoons baking powder
8. 1/4 teaspoon salt
9. 1/2 cup unsalted butter, melted and cooled slightly
10. 1/2 cup maple syrup
11. 1 egg
12. 1 teaspoon vanilla
13. 1/2 cup almond milk

Preparation

1. Preheat the oven to 325°F. Line a nice inch round baking pan with parchment paper and spray sides of the pan with cooking spray
2. Place 1/4 cup of butter at the bottom of the pan and place in oven for until butter is melted.
3. Remove the pan from oven and sprinkle coconut sugar over butter, spreading it evenly.
4. Arrange finely cut peach slices evenly over brown sugar mixture in a pattern of choice, covering the bottom evenly.
5. In a medium bowl combine the flour, baking powder and salt by stirring and set aside.
6. In another medium bowl add butter, maple syrup, egg, vanilla and coconut milk.
7. Whisk to combine evenly.
8. Gently pour butter mix into flour mix, stirring with a spatula until batter forms.
9. Carefully pour batter evenly over the peaches in the pan.
10. Bake for 45 to 50 minutes
11. Cool in pan on wire rack for 10-15 minutes.
12. Run a knife around the perimeter of cake against pan to loosen cake.
13. Invert onto a cake platter.
14. Cool completely, slice and serve.

Tips

Recommend it with vanilla ice cream!

References

<http://ahealthylifeforme.com/>

Lemon Pie with Meringue

By Caroline Midonet
Harvard Medical School



My name is Caroline, and I'm a Postdoctoral fellow at Harvard Medical School, currently working on bacterial cell walls. I'm from France, where bakeries are tempting us at every corner and offering amazing pastries. After several months in Boston, I was craving pies and viennoiseries, but that was too complicated or expensive to find good ones, and especially one of my favorite: the lemon pie with meringue. The solution was to learn how to bake it. I tried several recipes and made some adjustments, from the crust to the lemon custard. Thanks to my friends, who were my guinea pigs, and for their valuable feedback. I'm not sure it's close to the original version, but I love it!

Ready in **120-150 minutes (+1h in the fridge for the dough)**

Serves **8 people**



Ingredients

The shortbread crust:

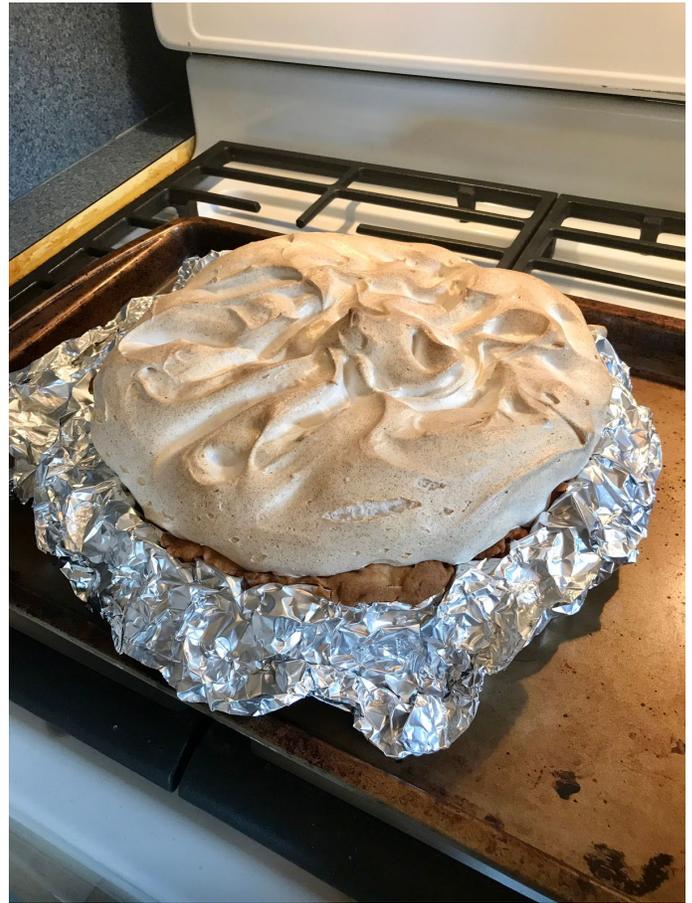
- 125g white sugar
- 1 egg
- 125g butter -> take out the butter several hours before
- 2 lemon zest (use organic lemon)
- 1 pinch of salt

The lemon curd:

- 4 - 5 lemons. We want approx. 200ml of lemon juice out of it
- 150g white sugar
- 3 eggs
- 1 generous spoon of corn starch

The Meringue:

- 3 egg whites
- 150 g sugar
- 1.5 spoons of baking powder
- Important note: the weight of the sugar and the egg whites must be equal, or your meringue will be like a "soufflé" and crashed when you will take it out from the oven.



Preparation

The shortbread crust:

1. In a bowl, mix the eggs, the sugar, and the salt.
2. Make a pile on the bench with the flour and dig a hole in the middle.
3. Pour the mix with the eggs in the middle of the flour.
4. Add the zests cut into small pieces.
5. Then add the butter that should be soft (avoid using melted butter).
6. Knead until obtaining a homogenous dough.
7. Place the dough in the fridge for 1h.
8. Take out the dough and roll out. To avoid the dough to stick to your roll, you can use plastic film when rolling out.
9. Place the dough in a pie pan, and use a fork to make small holes in the dough.
10. Cook 20min at 360°F - 400°F in the bottom position in the oven (you can place aluminum foil if you are afraid your crust will burn).
11. Decrease oven temperature to 300-330°F

The lemon curd:

1. Wash lemons and cut very thin the zests of 2-3 lemons (depending on their size).
2. Extract the juice of the lemons and transfer the juice + the cut zests in a saucepan.
3. Add the sugar and the corn starch.
4. Mix and heat at light temperature.
5. Separately mix the eggs, then add it to the mixture in the saucepan (lemon + zest +corn starch)
6. Wait for the mixture to become dense while constantly mixing. Be careful not to burn the curd!
7. Remove from the heat when it's dense enough.
8. Spread the curd on the cooked crust.
9. Let it cool down.

The meringue:

1. Whipped the egg whites with a pinch of salt and the spoon of baking powder
2. When firm, spread the meringue on the top of your lemon curd.
3. You can draw pretty patterns.
4. Cook at 300°F.
5. Approx. 10-20 min, but keep an eye on it.
6. When it starts to turn slightly brown, take it away.

References

Adapted and improved from recipes on <https://www.marmiton.org/>

Mille Feuille or Napolean Cake

By Mayank Chugh
Harvard Medical School



To me, food is a form of expression, from ingredients to the aroma, from textures to flavours, and from process to presentation. Growing up in India and living in Europe has been an amazing culinary and learning experience. I find baking more relaxing as it unwinds me after a long day/week in the lab, where I am cooking DNA and proteins anyway. My inspiration for this recipe is my love for the French pastry and my girlfriend. And there is one recipe which binds it all, Napolean cake or Mille Feuille (thousand layers). Napolean cake is one of the celebrated Russian desserts and is a form of French dessert Mille Feuille. In essence, pastry and vanilla custard cream, who doesn't that?

Ready in **4 hours**

Serves **8 people**



Ingredients

Quick Puff Pastry

- Eggs large 2
- Ice cold water 200 ml
- White wine vinegar 1 tablespoon (can also use rice vinegar)
- Salt ½ teaspoon
- All-purpose flour 690 g
- Cold butter cubed 400 g

Pastry cream or custard

- Egg yolks 6
- Granulated sugar 175 g
- Cornstarch 43 g
- Milk 720 ml
- Butter 230 g
- Vanilla Extract 2.5 teaspoons

Raspberry Tart

- Butter 75 g
- Sugar 45 g
- Fresh raspberries 200 g



Preparation

Quick Puff Pastry

1. Start with whisking together eggs, water, vinegar, and salt in a bowl.
2. Blitz flour and cold butter (important for pastry) in a food processor until crumbly.
3. Transfer the flour-butter crumbs into a big bowl and knead the dough together until smooth.
4. Divide the dough into 10-12 equal parts and shape them into balls. Place the dough balls into a tray, cover them with a plastic film and refrigerate for an hour.

Vanilla Custard Cream

5. In the meantime, work on the cream.
6. Whisk together egg yolks, sugar, and starch in a bowl until a smooth liquid consistency is reached.
7. Heat the milk in a saucepan on medium-high flame with occasional stirring to prevent it from burning. Heat until the milk is hot but not boiling.
8. Gradually add the hot milk into the cream bowl and keep whisking. After adding all the milk, return the mixture to the saucepan and bring it to the flame.

9. Heat the mixture with constant stirring over low heat until the yellow colour starts to develop, and mixture starts to thicken. Cream like consistency is desired.
10. Add chopped butter and vanilla extract and stir the cream until fully dissolved and smooth.
11. Using a plastic film cover the surface of the cream to avoid any crust formation.
12. Let the cream cool completely.

Baking the pastry layers

13. Spread parchment paper on the kitchen counter and sprinkle some flour on it. Draw only one dough ball from the refrigerator and roll it out very thin layer using a rolling pin.
14. Using an 11 cm cake springform or similar size plate shape the dough into a circle. Do not throw the rest of the dough and let it stay on the parchment paper. Pierce the dough with a fork.
15. Bake the pastry layer at 190 C/375F for 12-14 min until golden.
16. Let the circular pastry cool on a wire rack and collect the leftover from the circle in a separate bowl.
17. Repeat steps 14-16 for each dough ball.

Assembling the cake

18. Assemble the cake by spreading 3 tablespoons of cream on each layer. Cover the top of the cake generously. Spread some cream onto the side of the cake.
19. Refrigerate the cake overnight to soak in the cream.
20. Blitz the left-over pastry from the circle in a food processor to get fine crumbs.
21. Spread crumbs all over the cake before serving.
22. Bon Appétit!

Using leftover crumbs for Raspberry custard tart

One thing I have learned from my mother is not to waste any food and thereby, learning to whip new recipes along the way.

I am sure the leftover pastry crumbs are plenty. I use the crumbs as no-bake dessert bakes. My favourite is keeping things the French way to savour the flavour and texture of the pastry.



1. In a bowl mix leftover pastry crumbs, melted butter, and sugar and mix them to a form sticky texture.
2. Line an 11 cm fluted tart pan with removable bottom with pastry crumbs homogenously.
3. Refrigerate the crumbs lining for 3 hours.
4. In the meantime, do the same custard cream recipe.
5. Pour down the custard into the tart pan and cover the surface with plastic film to avoid any crust. Refrigerate overnight.
6. Garnish with fresh raspberries and serve with a cup of tea.

Tips

The Napoleon cake is usually tall with many layers. If you don't have enough time, you can shorten the recipe and keep a classic three layer mille feuille with fondant icing.

References

Preppy Kitchen, John Whaite, The cooking foodie, Spruce Eats, and Olga's Flavor Factory

