Baked serves to inform students about the local food culture. We offer new cooking techniques, different local restaurants, quick and easy recipes, and the latest news in the food world. Baked is published once a semester with funding from your student fee. All contents of the publication are copyright 2014 by their respective creators.
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PASSING PLATES AND sharing laughter, trading stories and smiles: there’s no place to come together quite like the dinner table. It’s around the table that we dish out our traditions and memories, our recipes and experiences. It’s where we find the histories of other people, and it’s where we can relate with them.

Food has the unique power to connect us not just to the people we share a meal with, but also to the places that a meal comes from. Many of us don’t often consider where our food originates. Somewhere along the way, we’ve lost that connection.

This fall at Baked, we want you to venture off campus and connect with local food off the Hill. Think of the small businesses that bring artisanal products to our kitchens (pg. 29), mom-and-pop restaurants that become fixtures in our community (pg. 19), and the startups that move locally-grown crops from farms to our forks (pg. 26). And throughout, there are hands that made them and faces behind them. There are stories that they each share, like the ones we trade at the dinner table.

Let’s rekindle our connections close to home—and let’s celebrate them.

Enjoy the food high,

[Signatures]
While skimming through one of your favorite cookbooks or watching your grandmother stir up something amazing in the kitchen, you’ve probably stumbled across words such as, “chop,” “julienne,” “chiffonade,” and even “brunoise.” Whether you need to dice an onion for a flaky quiche lorraine or julienne carrots for a hearty beef stew, knowing the difference between these techniques can give your food the cutting edge for a spectacular dish. Here are a few steps to some of the most common culinary knife cuts.

**Dice**

To dice an onion or a tomato, cut equal cubes about \(\frac{1}{4}\) of an inch thick, similar to size of a normal dice.

**Chop**

To chop celery or a bell pepper, cut medium-sized chunks that don’t necessarily need to be square or cube-shaped—just somewhat similar in size.

**Chiffonade**

When cutting leafy foods like basil and lettuce, start by stacking the leaves on top of one another individually and then roll the whole stack into a straw-like figure. Next, cut crosswise on the roll, with about \(\frac{1}{8}\) of an inch between each cut.

**Mince**

To mince garlic, take one peeled clove and, while holding the knife parallel to the board, press firmly on the clove to flatten. Take your knife and cut repeatedly over the clove, using the knife to bring the pieces together. Repeat until small minced pieces are achieved.

**Julienne**

To julienne carrots, cut large, flat rectangles; slice thin, matchstick-shaped strips about \(\frac{1}{8}\) of an inch thick and about 2 to 2½ inches in length.

HEAD TO BAKEDMAGAZINE.COM FOR HOW-TO VIDEOS.
WE ASKED, YOU ANSWERED

WEGMANS
BAKED POLLED 120 STUDENTS
OR TRADER JOE’S?
ABOUT HOW THEY LOVE THEIR FOOD MOST.
BEST LATE-NIGHT SNACK?
HERE’S WHAT THEY SAID.

85% of students cook for themselves

When asked for their favorite grocery store, two-thirds of students cited Wegmans as their supermarket soulmate.

HOW OFTEN DO YOU MAKE A TRIP TO THE GROCERY STORE?

Every day: 2%
More than once a week: 9%
Once a week: 37%
Every two weeks: 41%
Once a month: 9%
Never: 2%

CHIPOTLE most cited as a favorite stop on marshall street

Bleu Monkey came in a close second!

35% of students order takeout once a week (and 14% of students get takeout more often than that).

about 2 in 3 students spend 20 to 30 minutes making a meal

10-15 minutes: 17%
20-30 minutes: 68%
45-60 minutes: 14%
90 minutes: 1%

Your drunk snacks of choice:
pizza, quesadillas, ice cream, calzones

SOME OF YOUR FAVORITE MEALS TO MAKE AT HOME:
TURKEY BURGERS
CHICKEN AND RICE
MAC ‘N CHEESE
TACOS
LAY IT ON

YOUR COMPREHENSIVE GUIDE TO A PROPER PLACE SETTING.

BREAD PLATE

SALAD FORK

DINNER FORK

FISH FORK

DINNER PLATE

PHOTO: TARA BOTWINICK
THE TABLE

WATER GLASS

RED WINE GLASS

WHITE WINE GLASS

DINNER KNIFE

TEASPOON

SOUP SPOON

SALAD PLATE
OIL & VINEGAR CHECK

Boost your kitchen skills by pulling new varieties from your cabinet.

Thousands of years ago, people discovered that heating certain plants, seeds and nuts in the sun resulted in an oil that could be collected for cooking. Luckily for us, we can just reach for various bottles at any grocery store.

1. CANOLA OIL has a very neutral flavor, which makes it ideal for baking. Canola oil is also used in cooking and can be used for frying at medium temperatures. It’s one of the healthiest oils due to low saturated fat.

2. PEANUT OIL is perfect for frying at high temperatures because of its high smoke point, the temperature at which it burns. You can deep fry anything in peanut oil, but don’t worry about your meal tasting like it came from a Jif jar—the peanut flavor is very subtle once cooked off.

3. SESAME OIL is known for its dark, nutty taste, and is often used in Asian and Indian cuisines, providing a rich flavor for stir-fries.

4. COCONUT OIL is ideal for cooking savory curries, sautéed potatoes and is especially delicious in baked goods. There are numerous health benefits related to the fatty acids found in this oil, including reduced appetites, protection from harmful pathogens, and increased energy.

5. TRUFFLE OIL adds earthy intensity to fish and vegetable-based dishes. The aroma and taste of this oil, which is actually olive oil infused with truffles, is very strong and should be used sparingly.
If you only have olive oil and distilled vinegar stocked in your kitchen, you’re doing it wrong. Experiment with different types of oils and vinegars to strengthen subtle flavors in your dishes.

WORDS: FRIEDA PROJANSKY  PHOTOS: TARA BOTWINICK

Vinegar stems from the French word meaning sour wine. There’s some truth to that, since vinegar is made by adding bacteria to various types of alcohol, causing it to turn into acid.

1. **RED/WHITE WINE VINEGAR** contains a fruity tang and may even come infused with fruit. Champagne vinegar, made by adding bacteria to champagne, is delicate and best on greens.

2. **APPLE CIDER VINEGAR** has a tart, but subtle flavor made from fermented apple liquid. It’s high in acetic acid, which accounts for reduced risk in weight gain and heart disease. This vinegar works well with marinated meats and dressings.

3. **BALSAMIC** is made from grapes and most commonly used in dressings. Aged balsamic can be sold for $50 or more. It’s rich, sweet, and woody and can be drizzled over strawberries, savory cheese, and even ice cream.

4. **RICE WINE VINEGAR** is often used in Asian sauces and sushi. This vinegar has a clean flavor and doesn’t change the color of dishes, which makes it desirable for presentation purposes.

5. **MALT VINEGAR**, made from a barley ale, can be used for pickling vegetables and as a condiment for dipping fries. But it can be overpowering in sauces and dressings.
PIES, COBBLERS AND CRISPS, OH MY!

WORDS: ALEXA DIAZ | PHOTOS: TARA BOTWINICK
WHILE A CLASSIC pecan pie and warm gingerbread cookie will always be scrumptious, this holiday season we encourage you to adventure beyond the traditional holiday go-tos. These sweets will remind you why trudging home through the snow to your kitchen just may be worth it.

APPLE CRANBERRY COBBLER
The apple-cranberry cobbler steals your heart after the very first morsel. Hot apple filling, sweet berry sauce, and spicy cinnamon blend the best of fall flavors into one dulcet bite.

Prep Time: 25 minutes  
Cook Time: 30 minutes  
Serves: 4

- Refrigerated pie crust  
- 6 gala apples  
- ½ stick butter  
- 2 teaspoon cinnamon  
- 1 teaspoon nutmeg  
- 2 cups fresh cranberries  
- 2 tablespoons lemon juice

- Preheat the oven to 350 F.  
- In a large skillet, over medium heat sauté diced apples with butter, cinnamon, and nutmeg. Add lemon juice. Cook apples until the spices are absorbed, or they turn golden brown. Add cranberries for two minutes, just until they soften and start to release their red color.

- Spoon the apple-cranberry mixture into four small, greased ramekins, until three quarters full.

- On a lightly-floured surface, roll out pie dough. Use a knife to slice thin strips for a latticed crust. Drape five strips over the filling, placing each a quarter inch apart. Gently fold every other strip back on itself, a little past the center. Take a long strip and lay it perpendicular to the other strips. Place the strips you folded earlier back on the new strip, pulling every other strip back over the top as you go. Trim any leftover dough hanging off the edges of the ramekin.

- Brush the crust with a light egg wash. Cook until the crust is golden brown and the filling is bubbling. Serve warm.

HEAD TO BAKEDMAGAZINE.COM FOR TIPS ON HOW TO MAKE THE PERFECT PIE.
PUMPKIN MERINGUE PIE

When winter rolls around, forget treating your loved ones to a gift under the tree—instead, focus on a present inside the oven. This fluffy, light meringue puts a delightful twist on your traditional pumpkin pie. The infusion of warm spices and classic pumpkin filling will keep this dessert on your mind for seasons to come.
Prep Time: 25 minutes  
Cook Time: 2 hours and 45 minutes  
Serves: 8

Refrigerated pie crust  
¼ cup heavy cream, for glazing

FOR THE PUMPKIN PIE FILLING:  
1 cup canned or fresh pumpkin purée  
2 large eggs, beaten  
½ cup dark brown sugar  
1 teaspoon ground cinnamon  
½ teaspoon salt  
¼ teaspoon ground nutmeg  
1½ cups heavy cream

FOR THE MERINGUE:  
4 large egg whites, at room temperature  
¼ teaspoon cream of tartar  
Pinch of salt  
½ cup granulated sugar  
1 teaspoon vanilla extract

Adapted from leitesculinaria.com.

- Preheat the oven to 375 F. Line a rimmed baking sheet with parchment paper.
- On a clean, lightly-floured surface, flatten dough into a 10-inch circle using a floured rolling pin. Place it in a 9-inch pie pan. Use your thumb and index finger to crimp the edges of the pie shell and lightly brush them with heavy cream. Set aside while you make the filling.
- Using an electric mixer on medium speed, combine the pumpkin purée and eggs, until mixed. Add the brown sugar, cinnamon, salt, and nutmeg. Mix the ingredients, scraping the bowl down several times. Add the heavy cream and mix again, until all ingredients combine.
- Pour the pumpkin mixture into the unbaked pie shell. Bake the pumpkin pie for 45 to 55 minutes, or until the filling is firm in the middle but still soft to the touch.
- Transfer the pie to a wire cooling rack and let cool for at least two hours. When the pumpkin pie has finished cooling, preheat the oven to 400 F.
- Using an electric mixer set on high speed, beat the egg whites until they create a foam. Add the cream of tartar and salt and continue mixing until soft peaks form. Slowly add the sugar, one tablespoon at a time. Add the vanilla and beat for 30 seconds—it should be light and fluffy. To test it, insert a spatula into the mixture and quickly pull out. If it forms little peaks but does not fall, you have achieved the desired consistency.
- Place the meringue on top of the pie, forming a mound of meringue over the center of the filling. Use a spatula to pat and lift it across the top of the pie, forming peaks.
- Place the pumpkin pie on the middle oven rack and bake for 10 minutes, or until the peaks of the meringue are slightly toasted.
PEAR CRISP WITH AMARETTI TOPPING

This delectable dessert will have you hooked with fresh pear slices and irresistible Italian almond macaroons.

Prep Time: 20 minutes  
Cook Time: 25 minutes  
Serves: 9

- 6 peeled Bartlett pears, cored and sliced  
- ½ cup packed brown sugar  
- ½ cup and 2 tablespoons all-purpose flour  
- 1 tablespoon fresh lemon juice  
- ¼ teaspoon salt  
- 12 amaretti cookies (Italian almond macaroons)  
- 6 tablespoons chilled butter  
- ¼ cup sliced almonds, toasted

Adapted from cookinglight.com

- Preheat oven to 350 F.  
- Place pears in a large bowl. Sprinkle with six tablespoons brown sugar, two tablespoons flour, one tablespoon lemon juice, and one eighth teaspoon salt; toss well to coat. Transfer mixture to a six medium-sized ramekins coated with cooking spray.

- Run cookies in a food processor, until finely ground. Combine a half cup flour, cookie crumbs, and two tablespoons brown sugar in a medium bowl; cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Stir in nuts and sprinkle crumb mixture evenly over pear mixture.

- Bake for 50 minutes, or until pears are tender. Let cool 10 minutes. Serve.
The Bazaar at Dawn

One student remembers the best thing she ate abroad.

“HOSGELDINIZ! BALIK SATILIK. HOS GELDINIZ.”
The vendor catches up to me a block into the waking bazaar. “Hosbulduk, günaydın.” I say back out of politeness.

He’s selling fish, and I don’t eat fish. Besides, it’s five in the morning. The fog is just beginning to lift as I make my way through Kadikoy, a blue-collar neighborhood on the Asian side of Istanbul. Vendors selling mussels soaked in lemon juice call out to me, and as I walk by, they thrust the lemons under my nose. My nostrils flare from the sourness.

If you stay out in Istanbul until early morning, you’ll see merchants and fishermen begin to open the bazaars, rolling out tarps and chasing stray cats away from the barrels of fish caught fresh from the Bosphorus. Turks don’t start their day before ten, except for bartering restaurant
owners descending on the bazaar at dawn. Walking home, I watch them light cigarettes, the smoke dissolving into the thin fog enveloping the marketplace. The city has shifted as the nightlife winds down, sleepiness so stark and streets so barren I almost miss the crowds haggling me.

Paying acute attention to the cobblestones, I look up for just a moment to make eye contact with an elderly vendor dressed in a white button-down and gray suit. As I pass, he reaches out and hands me a piece of baklava, a honey and pistachio sweet pressed in phyllo dough and soaked in milk.

“Tesekkürler,” I murmur, taking it and noticing the tespih, or Islamic prayer beads, wrapped around his wrist.

I bite into it, and its sweetness instantly washes away the sour aroma lingering from the seafood and lemon. In a city that tests my patience every day—severe traffic, blaring horns, narrow sidewalks, shouts I get from Turkish men, my inability to ever find my way—it is in moments like this that I love Istanbul, with its blurry rainy nights, back streets, and juxtaposition of old and new.

Savoring the baklava, I can see the silhouetted minarets of Süleymaniye Mosque on the European side of the Bosphorus, designed by the 15th century imperial architect and civil engineer Sinan. Several dozen of his buildings still exist in Istanbul, a glimpse of its golden age as the capital of the Ottoman Empire. But his works also tell the tale of a modern metropolis of roughly 15 million Istanbulians, many newly arrived from the Turkish-Syrian border. As I find my way out of the early market maze, using the mosque’s minarets as my guide towards the water and my ferry ride home, the morning prayer begins to call out.

IN A CITY THAT TESTS MY PATIENCE EVERY DAY, IT IS MOMENTS LIKE THIS THAT I LOVE ISTANBUL.

The vendors cry one last time, begging me to buy their apricots and eggplant. Climbing aboard the ferry to Besiktas, I raise my hand to get a clerk’s attention. His tray is full of chai and salep, a hot milk and thick flour drink.

“Chai lütfen,” I say, pointing and handing him a Turkish lira.

Despite the cold, I stand outside with the seagulls and clench the chai in my hands. The hot tea is smooth, and I reach for the last bit of baklava in my jacket pocket. I see tiny fishing boats bobbing up and down, nearly capsizing from the wake of crossing barges. The call to prayer fades as we get further from shore and is replaced by swirling wind. Washing down the last bite, I know this is what I’m going to miss most about Istanbul.
Our top picks for brunching in Syracuse.

WORDS: AUDREY MORGAN

Brunch is our favorite buzzword, and it isn’t hard to imagine why: its ability to cure a hangover or a bad mood is unparalleled. You have plenty of options in the Syracuse area and more than enough weekends to give them a try. Here are three of our favorite restaurants for the best meal (or two) of the day.

ALTO CINCO

Known for its authentic Mexican food, hip atmosphere, and late-night reliability, Alto Cinco also serves a killer brunch. Its burritos are uniformly delicious, and the breakfast version is no exception. Encased in a soft flour tortilla, two eggs and beans provide plenty of protein, while hash browns add greasy decadence worthy of any hangover; salsa, sour cream, and a spicy red sauce are in perfect balance with the other fillings. Wash it all down with Recess coffee, another Westcott specialty, or take advantage of the full bar: the perfect cure for your hangover.

526 Westcott Street, (315) 422-6399

STELLA’S DINER

A longtime favorite of students and Syracuse residents alike, Stella’s serves its gargantuan dishes on Formica tables. The kitschy décor and attendant servers, always ready to fill your coffee cup, give this diner a timeless vibe that keeps patrons coming back for more...though the food also might have something to do with it. From savory dishes like omelets to strawberry banana waffles, every meal is solid, but the eggs Benedict—poached eggs served on two English muffins and draped in a velvety Hollandaise sauce—is among the best we’ve ever had.

110 Wolf Street, (315) 425-0353

LOFO

Revered among vegans, but not lacking in carnivore delights—I’m talking the Sirarcha cheddar burger—this Armory Square favorite has a lounge-like atmosphere that’s ideal for a drawn-out breakfast. Lofo serves breakfast items from a tofu scramble to a burrito, but if you prefer lunch food, try one of its sandwiches, served on Texas toasted bread. Regardless of what you’re craving, order a smoothie to go with it. Our favorite is The Honey Bear, a concoction of almond milk, homemade peanut butter, banana, honey, and cinnamon. Both sweet and intensely nutty, it’s refreshing and rich—the perfect synthesis of smoothie and milkshake.

214 Walton Street, (315) 422-6200

FOR AN EXPANDED LIST OF OUR FAVORITE BRUNCH SPOTS, HEAD TO BAKEDMAGAZINE.COM.
The Fifth Flavor

Here’s for a tongue twister: foodies have become infatuated with a taste that you might not know exists.

WORDS: KATHARINE LOFBLAD

Everyone knows the tastes our tongues can sense: sweet, sour, bitter, salty. Chances are that you could rattle them off in kindergarten. But many people aren’t aware of a fifth sense: umami.

Found in the sour tang you get when you bite into a ripe tomato, umami (pronounced oo-mommy) can be translated from Japanese as a “pleasant savory taste.” You’re probably already enjoying the tastes of umami in foods like mushrooms, truffles, green tea, Parmesan cheese, and seaweed without even realizing it.

Umami can also present itself in the form of MSG. Specifically, it comes from glutamate, a type of amino acid, and ribonucleotides, which naturally exist in meat, fish, vegetables, and dairy products.

Often, Japanese food is noted for its strong umami piquancy, particularly when found in dashi—a rich stock made from kelp that is widely used as a flavor base in Japanese cuisine. The taste of umami alone is subtle, but when paired with other ingredients, the flavor is intensified.

Recently, the fifth sense spurred a heightened interest within the food industry and newly-founded restaurants began experimenting with umami. In 2009, Adam Fleischman founded Umami Burger in La Brea, California. Today, branches have also expanded to Las Vegas, New York City, and Chicago—plus, the chain sells its umami seasonings and sauces online.

Seeking out umami flavors may even make your food more satisfying. The American Journal of Clinical Nutrition found that eating soup with umami in the form of MSG can help make you feel fuller for longer.
They’re rethinking how food should invigorate us. They’re injecting it with spontaneity, innovation, consciousness, and passion. They are the game-changers, and they’ve invited us to fall in love with food in all new ways this year. Here are three people stirring up revolutions in the local Syracuse food scene.
Local baker Tracie Long creates health-conscious goods with one exceptional element: avocados.

It’s 7 a.m. and Tracie Long has just gotten her kids out the door and on their way to school. She looks at her schedule, writes a few emails, and begins her daily commute to the kitchen. Out comes her tools and ingredients for a typical day’s work: six baking sheets, two electric mixers, eggs, whole-grain flour, sugar, and a dozen avocados to slice.

Long is the CBO—or chief baking officer—of Avocadough, a company she founded out of her Camillus home. Stocked with brownies, bars and cookies, Avocadough prides itself on healthier alternatives to your average baked goods. Traditional recipes may call for butter and cream cheese. But, instead, Long loads her desserts with vitamin-enriched avocados, a primary source of natural, unsaturated fat. She also uses whole grains and often swaps in ground dates as a sweetener to cut down on sugar. The result? Mouthwatering, moist cookies and bars containing no
preservatives, with lower fat and higher fiber than traditional baked goods. Plus, you can’t even taste the avocado.

Long is a lover of all things food. She salivates at the sight of spicy tuna rolls, filet mignon, and osso buco. But sweets are her true passion, and when it comes down to feeding a crowd, baking is her weapon of choice. “For most of my life, I have baked a batch or two of cookies a week. It’s my version of comfort food,” she says. However, she wasn’t always as health-conscious as she is today. With a family history of high cholesterol and heart disease, she knew that she would have to adjust to a healthier lifestyle.

“Being in my thirties and on medicine for cholesterol was nothing that I wanted,” says Long. “That was the catalyst for changing my recipes.” Initially, she experimented with substitutions like applesauce, prune butter, and yogurt, but her tastebuds never agreed with the outcome—a cake-like consistency. So with some avocados and the help of her kids as taste-testers, Long began altering traditional recipes to create dense, doughy cookies. When she realized that she had made a product that appealed to health nuts and sweet-tooths alike, Avocadough was born.

The result was a hit. Long now has loyal customers who rave about her treats.

Emily Roach, an Avocadough fan from the very beginning, says, “Meeting Tracie for the first time was like talking to someone I’ve known for years, and the cookies—fantastic! I’m not one for sweets, but I became hooked.”

In addition to online or phone orders, customers can get their hands on Avocadough products at LoFo, Mother Earth Health Foods, Green Planet Grocery, Broadway Café & Arctic Island, and the Syracuse Farmer’s Market. Long, however, is also working towards distributing her products beyond the CNY area: nationwide.

“Because the cookies have no preservatives, they have a limited shelf life,” Long explains. “But, my goal when I started the business was to also sell the dough so people can purchase it, prepare it at home and enjoy freshly baked goods.” Until then, Long will continue her day-to-day routine in the kitchen, slicing avocados and adding a hint of green to her clean baked confections.
THE SEASONED CHEF: moving from the curb to the kitchen

WORDS: JANELLE JAMES | PHOTOS: NATALIE MONTESANO
ADDITIONAL REPORTING: TERESA SABGA
No stranger to CNY restaurants, Street Eats owner Paul Cox brings his expertise and a fresh feel to one Syracuse standby.

An enlarged blackboard projects the days’ specials on the left wall: “MEATLOAF SANDWICH: meatloaf, provolone, red onion, molasses, ketchup, chili cheese Fritos.” This eclectic combination is one of many unusual items served at the Syracuse sandwich shop Street Eats.

Street Eats is hidden from the street. Tucked behind the Imperial Gardens Tower on James Street, the brick and mortar is marked by a dotting of picnic tables and a green road sign. Inside, frames and frames of pen-and-watercolor illustrations fill the sage wall: goat cheeses, stone fruits, edible weeds. In the kitchen, Paul Cox is cleaning the countertops from his last bustling order. With a green headband pushing his hair back and a close-lipped smile on his face, he’s found his zen. Cox is both the man who conceives these unique food combinations and the one who cooks them all.

Cox took over Street Eats this June when past owner Steve LeClair purchased Beachcombers Restaurant in St. Augustine, Florida. Needing someone to replace him, he turned to Cox, his elementary school friend. Cox is a veteran chef of Syracuse eateries: Pastabilities, To the Moon, and Lemon Grass. Street Eats had become a standby in town for its famous food truck—but with the transition of ownership, Cox has decided to build up his business before taking his talents to the street this winter.

He brings his own style to the restaurant by changing the menu daily and daring to make unfamiliar pairings in his dishes. A pulled pork sandwich with crispy macaroni and cheese, Carolina barbecue, and fried onions is certainly not a mundane menu choice at Street Eats.

“I learned what fits and goes together through all my years of cooking. You kind of wing it,” he says. Cox can take a pineapple, white beans, chicken, and sour cream and throw them all in a taco. And no dish is complete without cilantro.

Cox’s seven years at the Ithaca restaurant Just a Place inspired him to make every product from scratch. “From the soup, to the bread, to the pasta, everything was made in-house. That’s when I realized that was what I wanted to do, and now that’s what I do here,” says Cox.

He aims to make the renewal of the Street Eats food truck a success. If the restaurant’s popularity is any indication, then customers will certainly be queuing up on Fayette Street for its revival.

“I really want to get the name out there again about Street Eats, both the truck and the restaurant. I want more people, especially young people, to know we’re here,” he says. “I’m going to push myself and make it the best it can be for them.”
THE HOMEGROWN HERO: PUSHING FOR LOCAL PRODUCE

Farmshed Food Hub founder Neil Miller aids CNY farms by searching out their markets.
Neil Miller is sitting in his glass-bound office on Burnet Street, shaking his head as he tries to recall a passage by Thomas Jefferson.

He leans farther, farther forward in his olive green desk chair, hand pressed against his forehead. Over his shoulder, you can glimpse the unspackled wooden walls and unstained floors surrounding his office space.

“I’m getting the quote wrong, which is surprising, because I’ve taught it for years,” he says, brow wrinkling. “It’s something like ‘the peculiar...’ Shit, just look it up.”

Miller is an early American history professor by trade. But he’s shifted his focus from coursework to agriculture, which he says is equally as Jeffersonian as the Declaration of Independence. For the last year, Miller has devoted himself to a passion project grounded in the soil: Farmshed Harvest Food Hub.

Tucked in an unfinished corner of the Cab Fab building, just a few miles east of Syracuse past Erie Boulevard, the hub is assembled by three key items: a loading dock with a van to accompany it, a walk-in cooler, and the glassed-in office where Miller sits.

“If you study early American history, you can’t help but learn a little bit about farming and agriculture. Thomas Jefferson didn’t just articulate the founding ideal of the country, this ideal that all men are created equal,” he says. “He also articulated a vision of the country that people should be small producers. They should be independent.”

Miller began Farmshed Harvest to help maximize local farmers’ businesses by distributing fresh produce to restaurants and other retailers across the state. Miller has connected 18 CNY growers to markets running from Buffalo and Ithaca to New York City. And in just a year, he’s nearly tripled his reach. After beginning with 30 outposts, Miller has now captured more than 80 buyers for the farmers.

Living in 23 places since he left for college at age 17, Miller decided in his mid-forties that it was time to settle. He gravitated towards an unconventional draw in Central New York: Riesling wine, famous in the Finger Lakes. And along the way, he became captivated by the local produce.

“I would drive out to the Finger Lakes all the time to go to the wineries, and I’d pass these farms in Skaneateles. I’d see signs that would say, ‘Farmer’s Market, Thursday, 10 to 2.’ I’d be driving on a Wednesday,” he says. “How would you know unless you were driving past?”

After working in both academia and with local growers’ organizations, Miller made a move to help farmers pump out their goods. He began organizing...
weekly drop-offs and pickups of produce, complete with a leased trucking company, at farms for delivery to local restaurants, markets, and stores.

"It's all very DIY," Miller says. He was a punk rocker in the 80s, surrounding himself with independent magazines and record labels, while he made a business printing and selling band tees. Like the rock scene, Farmshed Food Hub is a makeshift movement, handstitched and created with hard work and a little ingenuity.

"I DON'T HAVE your orders for you yet." Miller says into his cell phone. "I'll need until noon." He clicks it off. That was David, an Amish grower who can only call out from his community’s phone. While he’s difficult to reach, Miller says he’s dedicated to making the livelihoods of farmers like David more sustainable.

"I know a lot of people who want to farm full-time. But they’re struggling," he says. Farmers will spend a day boxing vegetables, tend to customers at one market, and return home with just $200. Some work three jobs in addition to farming to stay afloat. That’s why he’s created his business, dedicating 80 to 100 hours weekly to the hub, insisting on high prices for artisanal produce, and returning 75 percent of the profits back to his growers. He believes in them. And he wants to help.

THE QUOTE THAT Miller was looking for is a snippet from Thomas Jefferson’s Query XIX: “Those who labour in the earth are the chosen people of God, if ever he had a chosen people.”

“I know a lot of farmers who want to farm full-time. But they’re struggling.”

Somehow between Jefferson, the punk rock movement of the 80s, and the local food movement of the last decade, there became something uniquely American about small-scale producers, small groups of individuals coming together to work for what they believe in. There's integrity in striking out on your own, an integrity in committing to your craft. It courses like a river through our American history, soaked into our soil like rainwater. It settles in the ground, slips in our roots and swells our plants. It's logged between the rings of our trees.

Miller is dedicated to that integrity: finding that integrity, preserving that integrity, helping us return to that integrity. It’s pulsing in the lines of Jefferson’s writings, in the throbbing notes of a punk rock song, in the juices of a locally-grown vegetable. It’s the spirit of America, winding through our history.
Borough Furnace, a metal workshop in Syracuse, fires up artisanal cast iron skillets.

With the help of $33,000 raised via a Kickstarter campaign, John Truex founded Borough Furnace two years ago. He set up shop at the Gear Factory, a forgotten warehouse on the western outskirts of Armory. Seed money funded molds for frying and braising skillets, as well as bottle openers, and parts to build machines from scratch. His no-waste traditional casting method relies on recycled iron scraps—specifically car brakes—to form handmade cookware and old vegetable oil to fuel the furnace.
1. The skillet molds fit 12 pounds of iron each, but the pans are scraped down and sandblasted after cooling overnight, leaving finished products weighing five pounds. 2. A mechanical fist, called a pneumatic sand rammer, compresses sand and clay at 1,600 beats per minute to form molds.
3. The “Skilletron,” the workshop’s handmade furnace, is fueled by waste vegetable oil collected from local restaurants like ALFA and fire departments’ weekly fish-fry meals. The furnace, exceeding 3000 F, takes four hours to heat molten for just one skillet. 4. Truex uses a suction hose to remove any loose sand particles from the mold, which can potentially damage the finished product. 5. A mechanical fist, called a pneumatic sand rammer, compresses sand and clay at 1,600 beats per minute to form hollow molds for pourings.
6. Truex, former industrial design professor at Syracuse University, first became infatuated with large-scale iron casting while studying sculpture at the University of Tennessee. His fiery passion for an artisan’s touch fostered in Syracuse.

7. The metal-casting workshop produces 30 handmade skillets a week, all pre-seasoned with organic flaxseed oil.
8. Suited up in protective gear, Truex uses tongs to lift a stone, designed to hold 12 pounds of recycled iron. Then, he carefully hand-pours the scorching liquid into a small opening at the top of a hollow sand-and-clay mold. 9. Customers are offered two options: a nine-inch frying skillet with a fork-based long handle that dissipates heat to stay cool on the fire ($280) and a 12-inch braising pan with a small, looped handle on each side meant to redistribute the weight ($320).
10. Borough Furnace, owned and operated by Truex and Liz Seru, continues to produce small batches of handmade products using traditional casting methods with an environmentally-conscious footprint.
As the holidays approach, Baked wants to make them easier—and more delicious—than ever before. With this ultimate seasonal survival guide, you can bank on creating cherished memories filled with new twists on old favorites, fun foodie gifts and festive drinks. Let the celebration begin!
No need to stress over what you'll be wrapping up this year. We've found this season's best buys for any food lover — and they all come from local artists, writers, and shops.

PHOTOS: TARA BOTWINICK

EDITOR'S PICKS:

GIFTS FOR THE ULTIMATE FOODIE

Teapot, Jen Gandee Ceramics ($110)
Mug, Jen Gandee Ceramics ($32)
From: Fabius, NY
More on the maker: While working on her ceramics, Jen opened the Gandee Gallery in 2009 to showcase other regionally and nationally recognized artists.
Best to buy at: gandeegallery.com

Sugar & Creamer Set, Eureka Crafts ($140)
From: Syracuse, NY
The business’s history: Known for its plaster-and-stone mosaic exterior, Eureka has been selling American crafts in downtown Syracuse since 1983.
Best to buy at: eurekacrafts.com

8”x10” Coffee Wall Print, Katie Vaz Design ($15)
5”x7” Greeting Cards, Katie Vaz Design ($4 each)
From: Candor, NY
How they’re made: Prints are hand-lettered with black ink, illustrated, then digitized.
Best to buy at: etsy.com/shop/katievaz
Flour Sack Towel, Planetarium ($12)
From: Elmira, NY
Where the company was born: Started by a textile designer & a product designer, the two both attended SHENKAR College of Engineering and Design in Israel.
Best to buy at: planetariumdesign.com

Napkins, Planetarium ($35)
From: Elmira, NY

Brunch: A History, Farha Ternikar ($30.60)
From: Syracuse, NY
The author’s background: A sociologist of food, culture and gender, Ternikar is an associate professor at Le Moyne College.
Best to buy at: amazon.com

Westcott Blend, Recess Coffee ($15)
From: Syracuse, NY
The mission: Sustainable coffee, fair trade.
Best to buy at: recesscoffee.com

The mission: Sustainable coffee, fair trade.
Best to buy at: recesscoffee.com
Swap in our suggestions for healthier holiday meals.

TRADITIONS with NUTRITION

Swap in our suggestions for healthier holiday meals.

WORDS: LATESHIA BEACHUM | ILLUSTRATIONS: LISE SUKHU

Holiday parties tempt us with delicacies like deviled eggs, meatballs, and pigs in buttery croissant blankets. But each bite adds to the number of calories we consume and the subsequent swell of our waistlines.

To avoid wintry weight woes and stay summertime fine, make homemade meals by substituting classic holiday pound-packers with healthier substitutes.
**Classic:** Deep-fried turkey
Deep-fried turkey is undoubtedly scrumptious, especially if you’re lucky enough to grab a leg before one of your greedy relatives. But, unfortunately, frying a relatively lean cut of meat is unhealthy. “You add a ton of calories and saturated fat,” says Skaneateles-based nutritional coach Kelly Springer.

**Alternative:** Roasted Cornish hens
Like turkey, Cornish hens are a lean source of protein, however, roasting the meat takes less prep work and less counter space than deep-frying. Additionally, you will save calories by avoiding your hen’s long oil bath. Celebrate Christmas in a health-conscious way by trying Epicurious’s modified recipe for Cornish hens.

**Recipe:** Clean two Cornish hens by rinsing them under cold water and patting them dry with a paper towel. Preheat oven to 450 F. Sprinkle low-sodium salt and pepper over the meat and inside its cavities. Rub each hen with a half cup minced garlic and tablespoon olive oil. Poke a few holes in hens and insert minced garlic and rosemary sprigs beneath the skin for a boost of flavor. Pour a half cup freshly-squeezed lemon juice over the hens and place lime and lemon wedges inside of its cavities. Roast the meat for 20 minutes. Then, pour a quarter cup white wine and a quarter cup low-sodium chicken broth over each hen. Reduce oven heat to 325 F, and baste the meat with pan juices every 10 to 15 minutes. The hens will be done when the skin turns to a chestnut brown color.

**Classic side:** Turkey stuffing
Bread, seasoning, and butter make up our beloved classic stuffing. Loaded with carbohydrates, the turkey variety makes us want to nap. And eating too many refined carbs can lead to weight gain, according to the Harvard School of Public Health.

**Alternative:** Paleo stuffing
This recipe from PaleOMG consists of reduced carbs and more protein than traditional bread-based stuffings—so you’re likely to eat less.

**Recipe:** Preheat oven to 375 F. Cover a baking sheet with foil. Disperse diced sweet potato on baking sheet and sprinkle with olive oil, salt, and pepper. Bake for 20 minutes, or until sweet potatoes are tender, then set aside. Set the stove to medium-heat and cook five strips of chopped turkey bacon. When grease accumulates, add two chopped apples, five stalks of celery, one yellow onion, one pound ground turkey sausage, one container of mushrooms, and two tablespoons white wine vinegar. Once the sausage is done, add mixture to a bowl to cool and add two beaten eggs to the sausage mixture, a third cup chicken broth, sweet potatoes, one cup chopped pecans, and one cup dried cranberries. Place the mixture on a foil-lined baking sheet or in a 9x13 baking dish. Bake at 375 F for about 20 minutes, until everything is slightly browned.
Classic: Brisket
If there were an award for the most succulent meat prepared during the holiday season, brisket would take gold. Springer, however, argues that brisket lacks nutritional value. “Brisket is one of the worst (meats); it’s really fatty,” she says.

Alternative: Tenderloin
Springer recommends tenderloin over any other meat because of its cut. “It’s packed with protein, B vitamins, and iron,” she says. Indulge in Allrecipes’s juicy roasted beef tenderloin recipe, ideal for prime-time festive feasts.

Recipe: In a medium bowl, whisk together a quarter cup olive oil, a quarter cup soy sauce, one tablespoon minced garlic, three tablespoons mustard, salt, and pepper. Place the tenderloin in a bag and pour in the marinate. Let sit in the refrigerator for at least one hour before cooking. Preheat the oven to 350 F. Transfer beef to a baking dish and pour marinade over the meat. Cook in oven until tenderloin has no pink in its center, 45 to 60 minutes.

Classic side: Latkes
Grease and potatoes go together like ketchup and mustard, which makes latkes a favorite side dish for many Jewish families. Myth bust: not all potatoes are bad. “In fact, all potatoes are good,” says Springer. “They’re loaded with vitamins, minerals, and fiber.” However, peanut oil—often used to fry potato cakes—adds more calories and saturated fats, which can increase levels of cholesterol in the blood, according to the American Heart Association.

Alternative side: Sweet potato latkes
“Sweet potatoes have more vitamin A than a regular potato, and they are loaded with potassium,” says Springer. Potassium is essential for important body functions, such as building muscles and controlling the electrical activity of your heart, according to the National Institutes of Health. To include healthier latkes on your holiday menu, replace a regular potato with a sweet potato and nix the frying.

Recipe: After drying six finely-chopped sweet potatoes, mix them in a medium bowl with a large egg, a teaspoon salt, and a pinch of cinnamon. Coat your baking pan with non-stick spray. Mold your latkes into the desired size, place them on the sheet, and bake at 400 F for approximately 20 minutes, or until golden brown.
**Kwanzaa**

**Classic:** Southern-style collard greens, pork neck bones + ham hocks

Commonly, the salt from both meats is used to flavor collard greens. Springer explains that the nitrate and extra sodium used to cure the pork can lead to migraines and bloating—the usual side effects of a pork driven-meal.

**Alternative:** Boiled kale, with bits of turkey bacon + bell peppers

Somewhat of a celebrity in recent years, kale doesn’t take as much time to prep and cook compared to collard greens. Plus, it doesn’t need much soaking and seasoning to strengthen the flavor of kale either. Cooking with turkey bacon adds a subtle amount of saltiness and bell peppers provide mild sweetness.

**Recipe:** Microwave or pan-fry turkey bacon before adding it to a pot of kale that has been simmering for 10 minutes. Throw in chopped bell peppers around the same time. Let the kale boil for two minutes before letting it simmer. Cover for 20 to 45 minutes, depending on how crispy you like your greens.

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**Classic side:** Baked mac + cheese

No holiday should go by without this creamy, cheesy delight gracing the family table. This ultimate comfort food is also the ultimate calorie-packer. Made with cheese, eggs and milk, this baked casserole can weigh you down—literally.

**Alternative side:** Mac + cheese-less tossed in butternut squash purée

Lower in fat than dairy products, butternut squash delivers both rich flavor and nutritional benefits... Oh, and a much-needed holiday cleanse. High in fiber, winter squash will really get your bowels moving. By replacing heaps of cheese with a butternut squash purée, your creaminess cravings will still be satisfied.

**Recipe:** Cook macaroni according to package directions. When al-dente, drain and set aside. Fill a medium-sized sauce pan with two cups chicken broth and bring to boil on high-heat. Peel and cube half a medium-sized butternut squash and add chunks to chicken broth. Cook for seven minutes, or until fork-tender. Drain, but reserve half of the used broth. Scoop softened squash and remaining broth into a food processor. Add four tablespoons maple syrup and a dash of cinnamon and blend until smooth. Pour purée over cooked pasta and mix until well coated. Add cheese, if desired.
Ah, the holidays. Usually, the last few weeks of the year are reserved for overeating and overspending in the company of loved ones. Bonding with family members, whether close or distant, can lead to uncomfortable situations. Truthfully speaking, the holidays require more family bonding than most can soberly handle. No worries. 'Tis the season to cope with awkward and embarrassing fam moments by knocking back Baked’s favorite concoctions—you need it for your own survival. Cheers!

**The Grinch**
- 2 oz. Midori
- ½ oz. lemon juice
- 1 tsp. simple syrup

**Mistletoe Martini**
- 2 oz. vodka
- 2 oz. orange juice
- 3 oz. cranberry juice
- ¾ oz. lemon juice
- 3 teaspoon sugar

**Strong Eggnog**
- 4 oz. eggnog
- 1 shot Jameson Irish Whiskey
- Whipped cream topping
**Fireball Cider**
- 2 oz. fireball whiskey
- 3 oz. apple juice
- A pinch of ground cinnamon

**Snowball Effect**
- 2 oz. vanilla vodka
- 2 oz. Malibu rum
- 2 oz. coconut milk
- ½ oz. blue curacao

**Fireside Old Fashioned**
- 2 oz. bourbon
- 1 splash soda
- 2 tsp cranberry juice
- 4 splashes bitters

**Peppermint White Russian**
- 1 oz. Peppermint Schnapps
- 1 oz. Bailey’s
- 1 oz. Kahlua

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A cocktail for the overtly political uncle who yells, “Impeach Obama!” at every family gathering. Salute his Putin sympathies with this wintry mix.

A cocktail for when you overhear family gossip. Your cousin’s boyfriend was her fourth grade gym teacher?! Down this one for the commotion to come.

A cocktail for when you’re asked about post-graduate plans. Drink away your real-world fears with this grown-up aperitif.

A cocktail for when you overhear family gossip. Your cousin’s boyfriend was her fourth grade gym teacher?! Down this one for the commotion to come.
It’s finally, finally fall, our hands-down pick for finding the best eats of the year. We’re ready for everything the season brings: warm roasts, snuggly soups, and—of course—apples everywhere. But just because autumn offers up tried-and-true classics doesn’t mean that they have to be boring. This fall at Baked, we’re mixing up our favorites to make the ultimate collection of comfort foods.
Brown Sugar Pancakes + Bacon Maple Butter

Prep Time: 15 minutes  
Cook Time: 5 minutes  
Serves: 8

- In a large bowl, add flour, baking powder, and brown sugar, and whisk together until well mixed. Add in eggs, milk, melted butter, and vanilla extract and whisk until batter comes together.

- Heat a griddle or nonstick skillet over medium heat and melt extra butter. Pour a quarter cup batter onto the griddle in a circular pattern and cook until golden brown on both sides.

For the bacon maple butter:

- Melt the butter and maple syrup in a microwave-safe container.

- Add a few bacon bits to the syrup and reserve the rest for garnish.

- Stack pancakes on your plate and sprinkle bacon bits on the top. Pour syrup mixture over pancakes. Serve.

Adapted from grandbaby-cakes.com.

Maple-Glazed Bacon Strips

Prep Time: 2 minutes  
Cook Time: 20 minutes  
Serves: 8

- Preheat the oven to 400°F.

- Place the bacon slices in a single layer on a parchment-lined rimmed baking sheet. Bake for 15 minutes.

- Carefully remove the pan from the oven. Brush the bacon strips with maple syrup and pour off the excess fat from the pan.

- Bake again until the bacon is crispy, five minutes more.

- Using tongs, transfer the bacon to a wire rack to cool and let drain for five minutes. Serve.

Adapted from williams-sonoma.com.
Lunch

[Image of a bowl of soup and a waffle sandwich]

[Image of a hand holding a piece of the waffle sandwich]
Buttermilk Cheddar Waffle Sandwiches With Roasted Turkey, Brie and Chutney

Prep Time: 10 minutes  
Cook Time: 10 minutes  
Serves: 3

- Preheat the oven to 350 F.
- Whisk flour, baking powder, baking soda, salt, pepper, and sugar in a large bowl.
- In a separate bowl, whisk melted butter, eggs, and buttermilk. Gradually add wet ingredients to the dry ingredients and stir until just combined. Gently stir in cheese.
- Add the waffle batter to a hot waffle iron and cook for two to three minutes, or until the waffle is golden brown.
- Once all the waffles have cooled, cut each waffle in half. Spread Dijon mustard and cranberry chutney on separate quarters, layer the turkey and brie, and fold the waffle over itself.
- Warm the sandwiches in a preheated oven until the brie has just melted and serve.

Roasted Apple and Aged White Cheddar Soup

Prep Time: 10 minutes  
Cook Time: 45 minutes  
Serves: 4

- Preheat the oven to 400 F.
- Toss the apples in oil, salt, and pepper.
- Spread them in a single layer on a baking sheet and roast in a preheated oven until lightly golden brown, about 20 to 30 minutes.
- Meanwhile, heat the oil in a large saucepan over medium heat, add the onion and sauté until tender, about five to seven minutes. Add the garlic and thyme and cook until fragrant. Add the apples, broth, and cider and bring to a boil.
- Reduce the heat and simmer for 15 minutes. Mix in the milk, cheese, and mustard, let the cheese melt, and season with salt and pepper to taste. Serve.

Adapted from closetcooking.com
Pear and Prosciutto Pizza with Blue Cheese

Prep Time: 25 minutes  
Cook Time: 65 minutes  
Serves: 6  

- 1 cup warm water  
- ½ tablespoon yeast  
- ½ tablespoon salt  
- 2½ cups flour, divided  
- 2 semi-ripe pears, thinly sliced  
- 1 tablespoon olive oil  
- 2 tablespoons butter  
- ⅛ teaspoon nutmeg  
- 2 tablespoons brown sugar  
- 6 ounces fontina cheese  
- 2 shallots, grated  
- 2 garlic cloves, minced  
- 4 slices prosciutto  
- 6 ounces blue cheese, crumbled

1. In a small bowl, mix yeast and three quarter cup warm water. Let set for five minutes, or until yeast proofs. Add half the flour and mix with hand mixer until combined. Add the rest of flour and salt. Knead until smooth. Cover bowl in saran wrap and set aside.

2. Heat a large skillet over low heat and add olive oil and butter. Add pears and nutmeg and cover, cooking for 15 minutes and stirring occasionally. Add brown sugar and cook for eight minutes, or until golden. Set aside.

3. Preheat your oven to 400 F. Roll out pizza dough into a large rectangle. Move dough onto greased baking sheet. Add garlic, shallots and three fourths fontina cheese on the dough. Spread the pears all over the pizza and cover them with the prosciutto. Crumble the blue cheese over top and add the rest of the fontina.

4. Bake for 20 minutes, or until the crust is golden.

Alternative Gluten-Free Pizza Crust

Prep Time: 15 minutes  
Cook Time: 50 minutes  
Serves: 6  

- 3 cups gluten free flour  
- 1 teaspoon salt  
- ½ teaspoon baking powder  
- 2 tablespoons sugar  
- 1 tablespoon yeast  
- 1¼ cup warm water, divided  
- 1 tablespoon olive oil

1. Preheat oven to 350 F.

2. In a small bowl, mix yeast and three quarter cup warm water. Let set for five minutes.

3. In a separate bowl, mix gluten free flour, salt, baking powder, and sugar and whisk until combined. Add the yeast mixture, olive oil, and a half cup warm water. Stir together, using a wooden spoon.

4. Move dough onto a greased baking sheet and flatten using your hands. Put the pizza in the oven to pre-bake for 25 minutes, or until it looks dry. Remove from oven. Add sauce, cheese, and toppings. Put back in the oven for an additional 25 minutes, or until the crust turns golden brown. Cool, cut, and serve.
Dessert
Double Chocolate Candy Cane Cookies

- Place seven ounces dark chocolate and butter in a glass bowl and microwave in 30-second intervals until melted and smooth. Let cool.
- Mix flour, baking powder, and salt in a bowl. Set aside.
- Beat eggs, sugar, and vanilla until light and fluffy. Stir in the melted chocolate mixture and remaining five ounces dark chocolate chunks. Add flour mixture and stir until smooth.
- Let rest for 15 minutes and preheat oven to 350 F.
- Place rounded tablespoonfuls of dough onto a baking sheet lined with parchment paper, leaving space between cookies.
- Bake for 10 minutes. Let cool.
- Dip cookies in melted chocolate and sprinkle crushed candy cane on top. Place cookies on a wire rack to harden.

Adapted from Holiday Entertaining special edition magazine.

Peppermint Hot Chocolate

- Place all ingredients in a heavy sauce pan over medium-low heat and stir until chocolate melts and all ingredients combine.
- Divide the liquid into four mugs and top with chocolate shavings. Serve.
How well do you know your favorite pastas?

PHOTOS: TARA BOTWINICK
Everyone’s had a mishap or two in the kitchen before, but these stories have totally topped our list of oops-worthy moments.

ILLUSTRATIONS: EMILY STETZER

WHAT’S YOUR BIGGEST COOKING blunder?

Once, I tried to make pistachio ice cream, but I churned for too long and turned it to butter! So I ended up making the mix into frosting for a cake. Delish.

–Chloe Quakenbush, psychology senior

I picked up a rice cooker for free at a garage sale. Sweet! Then it almost burned my house down. Not so sweet.

–Alfred Ng, newspaper and online journalism senior

I must have been in the 3rd or 4th grade when I got fed up with our refrigerated peanut butter—I wanted it smooth “like those Jif commercials.” So I put the jar of cold peanut butter into the microwave and turned it on...and set off what looked like fireworks inside. I never did get my peanut butter like those Jif commercials.

–Mary Mik, psychology sophomore

My friend put cayenne pepper instead of cinnamon in French toast and served it to everyone at the breakfast table.

–Jennifer Corletta, public relations senior


–Kendra O’Connor, marketing junior
#MyFoodHigh

We asked for your best foodie shots. Here are some that made our mouths water.

Want us to feature your foodstagram? Use the hashtag #MyFoodHigh or tag us @bakedmagazine.
FOLLOW @bakedmagazine ON INSTAGRAM FOR ALL OF YOUR FOODPORN NEEDS!