



i carrot about u

community (presented by fathom+friends) *cookbook*



i carrot about u

community cookbook

cover art by marci green

published by fathom library

dearest community,

Truly, this whole project is inspired by and made possible because of you! Many thanks to all of you that shared and illustrated recipes, and to all that are about to read and use this cookbook.

The idea for a community cookbook began in August of 2019 in preparation for fathom's first pop-up in Massachusetts. Practice Space, in Inman Sq, generously opened their doors to us, and a small group of local artists who have given their work to fathom gathered, drank 1369 coffee, chatted, and drew favorite recipes. The project lay dormant in my pile of creative projects until March of 2020 when covid-19 began to feel serious in New England. From there the story is simple, longing for connection and to bring light into dark times, a call for illustrated recipes began.

Not only is this collection of recipes a precious representation of community, but it is also an archive, a documentation of the resilient love and warmth we continue to cultivate and share during these hard times. I'm humbled by what this collection has grown to be, and all the generosity y'all have shared.

I hope you enjoy these recipes, make this book your own, and keep on making beautiful memories as you nibble on some yummy food!

Warmly,
fathom library

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contributors

SARA CAPELLO is an Illustrator, French Onion Soup Connoisseur and Duck Enthusiast! They work in a variety of styles to create fun and exciting illustrations that reflect their love of tasty treats, waterfowl, and plants.

MIRA DAYAL is an artist, critic, and editor who lives in New York. She is currently working on a book project about feminism and solidarity in art criticism.

BECCI DAVIS is a Rhode Island-based interdisciplinary artist. She finds inspiration in exploring natural and cultural landscapes, as well as, her experiences as a daughter, mother, American, and Southern-born and raised, Black woman.

MOLLY DeBLANC

NIKE DESIS

DANIEL DEJEAN lives, gardens, runs, and draws pictures in Wellfleet, RI.

LAUREN DE LA PARRA is a queer vegan climate change planner and proud cat mama currently living in Boston, MA. She is secretly Canadian and loves fresh figs.

CHARITY EVERETT

IAN GORMLEY, after spending over a decade in restaurants and being a lifelong home cook, created Our Table with his wife Morgan. Our Table focuses on comfort style dishes using locally sourced ingredients with a higher end feel.

KATIE GRADOWSKI is an educator, community advocate, and mom to a new baby. Her favorite foods are biscuits.

DAVID GREEN is the awesome Dad of Marci (and her older sister Emily).

MARCI GREEN is the smiley human who started fathom.

EMILY HODGES, I learnt to bake from my mother, Cathy, as we carried on the tradition handed down by my Grandma Dot. No matter what changes, no matter where we are, there is always good bread.

GWENDOLYN HOLBROW is an artist, printer, writer, bluegrass musician, activist, and grandma who can't believe she still has to protest this shit. Black lives matter; no justice, no peace; say their names; topple the patriarchy; capitalism only works for rich people; health care is a human right; leave the oil in the ground; vote blue; eat well; get enough sleep; love one another; and kindly wear a fucking mask!

CAROLINE HU is a biologist and cartoonist living in Somerville, MA. She learned how to cook fish from her mother.

SARA INACIO is a Brazilian artist and collaborator who lives with their cute dog in Providence, RI. Sara is primarily a printmaker but also does work in sculpture, installation and community based projects.

ELLY KALFUS

MIEREN + THERESA KENDALL

NICOLE LATTUCA is a visual artist living in Newburgh, New York. She created this recipe when fathom library popped up at Practice Space Design Studio in Cambridge, Massachusetts

which she founded and ran with Diana Lempel from 2016 to 2019.

SUNNY LEERASANTHANAH is from Bangkok, Thailand, and lives and works in New York. She absolutely loves seafood and dining scenes from movies.

JASON LIPELES is a human being with feelings.

MELANI LOPEZ

ALY MADERSONQUINLOG Art is magik and Aly is a witch. They practice herbcraft, the domestic arts, and visual arts in New London, CT.

ZOE GRACE MARQUEDANT is a writer and journalist from Rockville, Maryland.

GINA McMILLEN

ABBY NEALE is an artist, educator, and activist based in Boston. She is obsessed with bread, roses, and raccoons.

ANDREW NGUYEN is a union organizer in Boston. He is grateful for how much love his partner, Marci Green, puts into fathom and all of the things she cares about.

THERESA NGUYEN is an expert at no bake recipes because she doesn't have a working oven at home.

TIDA OSOTSAPA + CHRIS ZIMMERMAN

MARIANA PEREIRA

LISA PEREZ

INGA + NATALIE RAMSLAND

COURTNEY SMITH, My gnocchi recipe stems from a family recipe but I like to enhance it with fresh, local ingredients to make it my own. Cooking for others is the best way to spread love!

JOHN STUGRIN, Catawissa, Pennsylvania country boy remembers family picnics in the 1950's. "Railroad Potatoes"

LISA SU

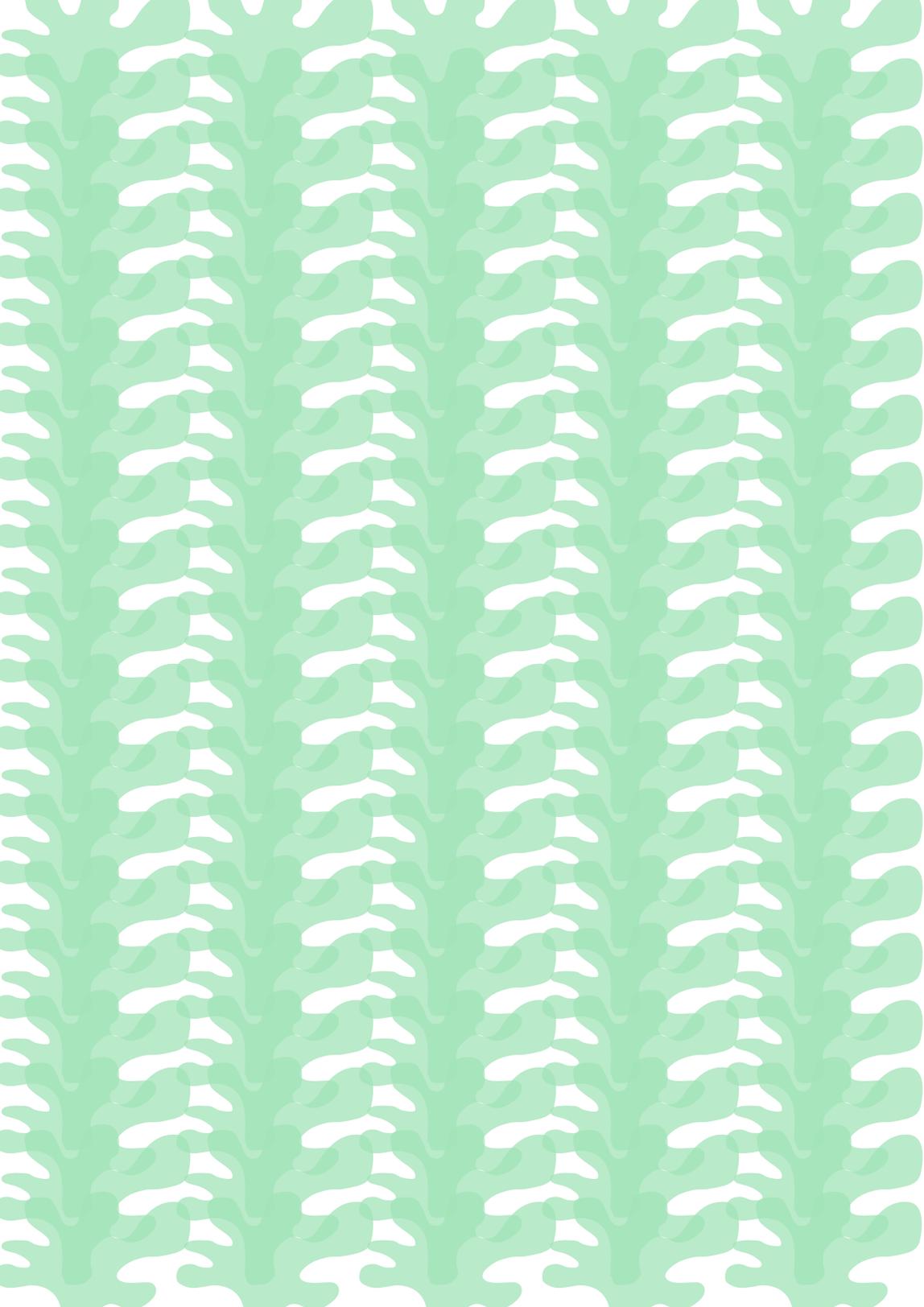
AARON, JESSIE, + JOVIAN TROISI

MIMI TROISI, Her recipe is a Julia Child wanna-be success secret. Fool 'proof' bread. (ha ha, get it?)

POLINA VOLFOVICH

ELENA YMBERN, Hi, I'm Elena! I live in Barcelona, and I work as an architect and 3D visualizer. Because I love imagining things as they could be :) and then building them! Drawing for me is a beautiful means of self-expression. And cooking is an act of nurturing yourself and your loved ones. So drawing recipes makes me really happy! I'm thrilled to be part of this wonderful community cookbook!

JEFFREY YOO WARREN designs open source objects, activities, and interactions that re-organize ideas about expertise, identity, equity, and our environment. He is interested in how people build identity and strength through their interactions with objects, and the ways that objects can tell stories that people can be part of.



breakfast

Holey Bagels!.....	10
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Holey Bagels!

For two 10 bagels

- | | | |
|-----------------------------|---|-----------------------|
| 93g (1/2 cup) yeast | } | 1. mix these together |
| 46g (1/4 cup) wheat gluten | | |
| 20g (1/2 oz) salt | | |
| 500g (1 1/2 lbs) water | } | 2. mix these together |
| 75g (1/3 cup) malted barley | | |
| 4 x (1) medium eggs | | |

3. combine water with the dry mixture
4. knead until dough is smooth and thin (6-8 min. or more)
5. let dough rest for 30 min. then divide into twelve (12) equal pieces
6. roll 7. water 8. yeast 9. (see you like) then score on a baking sheet
7. make bagels a half an hour
8. remove bagels from sheet & preheat oven to 475 F
9. fill 3/4 way in a pot, add 1 T malt syrup & 1 T baking soda (bring to a boil)
10. boil bagels for 20 sec. per side (use a slotted spoon as needed)
11. drain bagels on rack & add toppings (optional)
12. bake bagels on baking sheet @ 475 F until done (golden brown)
13. serve with fruit or make new ones

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 inspired from www.100daysofcooking.com



granola

4 cups regular rolled oats
1 cup coarsely chopped almonds
1 cup coarsely chopped pecans
1 cup coarsely chopped walnuts
1 cup sunflower seeds
3/4 cup milled flax seeds
3/4 cup wheat germ
1/4 cup oat bran
1 cup honey
1 cup sunflower oil
Optional: Raisins, dried cherries, coconut flakes or anything you like!

In a blender, blend honey and oil.
In a separate bowl, blend dry ingredients.
Add dry to wet in parts, mixing between.
Spread out the mixture about 3/4 inch high onto a buttered or sprayed cookie sheet.
Make sure your cookie sheet has a thin sizzle of good and golden brown & nicely toasted.
Turn every 8-10 minutes.
Total cooking time about 30 mins.
Cool on sheet. Break bars into clumps.
Store in tightly covered jar or plastic containers for up to 2 weeks.
Can be frozen.
Delicious with milk and sugar!

MORNING GLORY

muffins

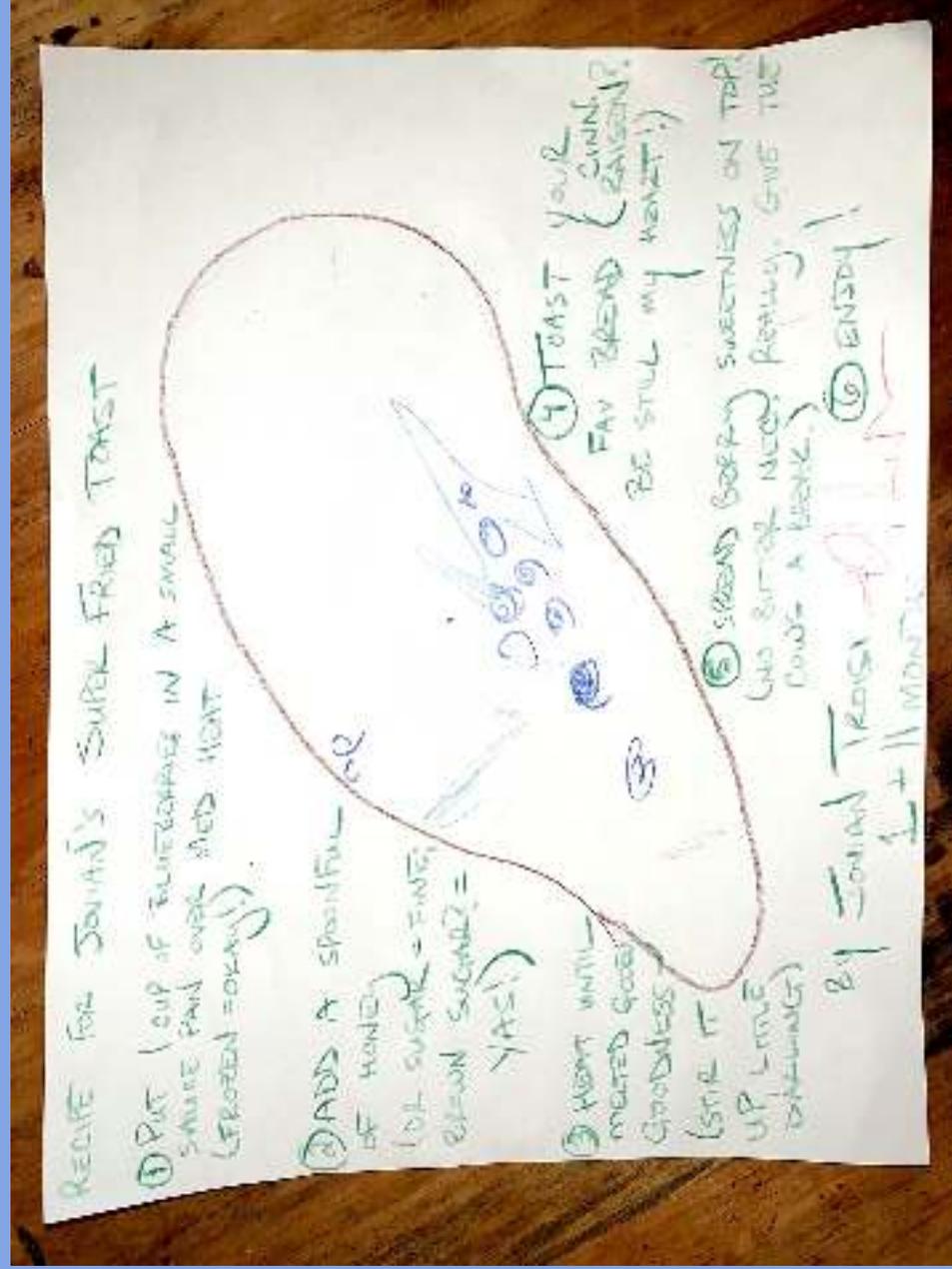
These hearty, healthy muffins are great for breakfast and can be easily altered with your favorite fillings!

INGREDIENTS

1/2 cup veggie oil	1 cup flour
2 eggs	1/2 cup sugar
1 teaspoon vanilla extract	1 tablespoon cinnamon
1 cup chopped or grated carrot	1 teaspoon baking soda
1/2 cup chopped or grated apple	1/2 teaspoon kosher salt
1/4 cup dried fruit of choice	<u>OPTIONAL ADD-INS:</u>
1/4 cup chopped nuts of choice	1 very ripe banana, mashed
	1/4 cup shredded coconut flakes

DIRECTIONS

- 1 Preheat oven to 350° F
Line muffin tin with paper muffin cups.
- 2 In a large bowl, whisk eggs, oil, and vanilla.
Stir in carrots, apple, nuts, dried fruit and other optional fillings.
- 3 In another bowl, sift together flour, sugar, salt, baking soda, and cinnamon. Add to wet ingredients and stir until just mixed.
- 4 Distribute into muffin tin, about 1/2 to 3/4 full in each muffin cup. Bake for 30-35 min.



Avocado Toast



Buy a hard green egg
Let it sit for a few days



until it's dark and
a little bit soft.



Run a knife around the center vertically,
all the way to the pit

Twist the two sides until they separate



and pop the pit out with
whatever tool you have handy



If you only want half,
lay the other side face down on
a saucer in the fridge.



Admire the beautiful ^{color} gradient of
the flesh, from buttery yellow to
luxuriant green. Then scoop it out
with a spoon.



On a saucer, mash it up with a
fork. Add a little salt and lemon juice.

Toast a slice of any bread and spread
your avocado mash on top. If
you want, lay a slice of tomato on
top, and if you're me, salt the tomato
too.



Total cost - Less than \$2. You
will still be able to buy a house! or
if you can't, avocado toast will
NOT be the reason.

If you want a cool houseplant,
stick 3 toothpicks in the pit,
suspend in water, and let it grow.

- Gwen Holbrow





COMO FAZER BOLACHINHAS DE LIMÃO

3 OVOS INTEIROS

RASPA DE 3 LIMÕES

500 GRAMAS DE AÇÚCAR

1KG DE FARINHA

400 GRAMAS DE MARGARINA

BATER O AÇÚCAR COM A MARGARINA JUNTAMENTE COM OS OVOS E A RASPA DO LIMÃO. JUNTAR A FARINHA E BATER/AMASSAR.

DEIXAR A MASSA DESCANSAR CERCA DE 1HORA.

TRABALHAR A MASSA, ESTENDER COM O ROLO E CORTAR COM FORMAS DECORATIVAS. COZE-SE EM FORNO A 180°C EM

TABULEIRO FORRADO COM PAPEL VEGETAL ATÉ FICAREM DOURADINHAS.

EU EXPERIMENTEI E FICARAM BOAS.

EXPERIMENTEM TAMBÉM!



MOLLY'S incredible

- 2 cups all purpose flour 
- 2 tbsp baking powder 
- 1 tbsp sugar (or honey, or maple syrup) 
- 1 tsp salt 
- 5 tbsp butter 
- 1 cup whole milk 

BISCUIT RECIPE





I love making biscuits!

What's good about any recipe is that you can change it!

USE YR OWN MAGIC!
SUMMON THE
MAGIC OF THE ELDERS!

For dessert,
add sugar



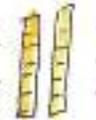
ANYWAY HERE'S THE RECIPE!

My kitchen witch modifications are in parentheses

1. Mix dry stuff in a bowl
(If using liquid sweetener,
mix that into the milk)



2. Cut butter into smaller pieces.



3. "Cut the butter into the flour"
You can do this the traditional
way (with two butter knives)
or you can do it my way.
Wash your hands + wash
everything real good w/ your
fingers



4. Once it looks uniformish,
add milk + taste some more.
It will taste good.



5. Refrigerate 30 mins

6. Roll it out using a rolling
pin or an empty bottle of
Jameson. Cut out pretty
rounds using a cup
($\frac{1}{2}$ or $\frac{1}{3}$ cup) + place
on baking tray



7. Just kiddie, my tray is
a cast iron pan. If you're
like me you'll enjoy cooking
them in cast iron. Fee free
to use a tray



8. Bake 10-15 mins @ 425 F

BAKE!





soups

sandwiches

sides

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Quinoa and Collards

- | | |
|----------------------|----------------------------------|
| 1 cup quinoa | 1 cube of your favorite bouillon |
| 2 cups water | 1 bunch of collard greens |
| 2 Teaspoon olive oil | 3 Teaspoon nutritional yeast |
| 1/4 cup pine nuts | a pinch of red pepper flakes |
| salt and pepper | |

1. Bring water to boil. Add bouillon and dissolve. Remove 1/2 cup of broth from the pot.
2. Wash and de-stem collards. Stack leaves, roll them up and slice into ribbons.
3. Heat oil in a large pot. Season with pepper flakes. Add greens and saute for 2 minutes.
4. Add the 1/2 cup of broth to the pot of greens. Cover. Simmer until tender. Stir often and add a bit more water if necessary to keep them from sticking.
5. Rinse quinoa. Add to the pot of broth. Bring to boil and reduce to a simmer. Cook for 10-15 minutes until quinoa is tender.
6. Transfer quinoa to a large bowl. Add collards, nutritional yeast and mix well. Season to taste.
7. Toast pine nuts in a small pan. Toss on top of the quinoa mixture. Enjoy!

RAILROAD POTATOES

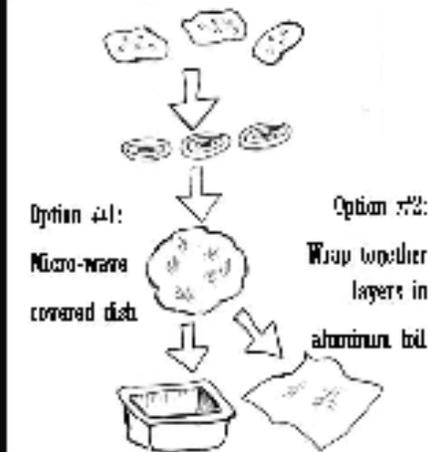


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- Ingredients:
 1 hamburger patty
 1 onion (or to taste)
 2 or 3 potatoes (more if you're famished)



Peel and thinly slice
 the onion
 and potatoes



Micro-wave
 On high for
 25 minutes

OR

Bake at
 350 degrees for
 ONE hour



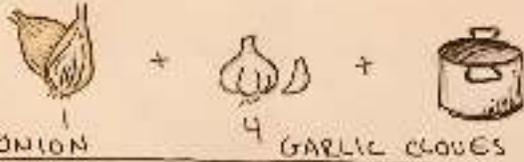
© Catherine Hunsyphord Leblond

ENJOY!



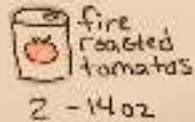
CREAMY TOMATO BASIC SOUP

dice & sauté

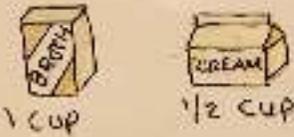


add & simmer

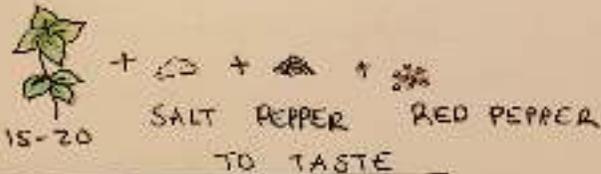
15 min



10 min



5 min



add 1 clove garlic & blend



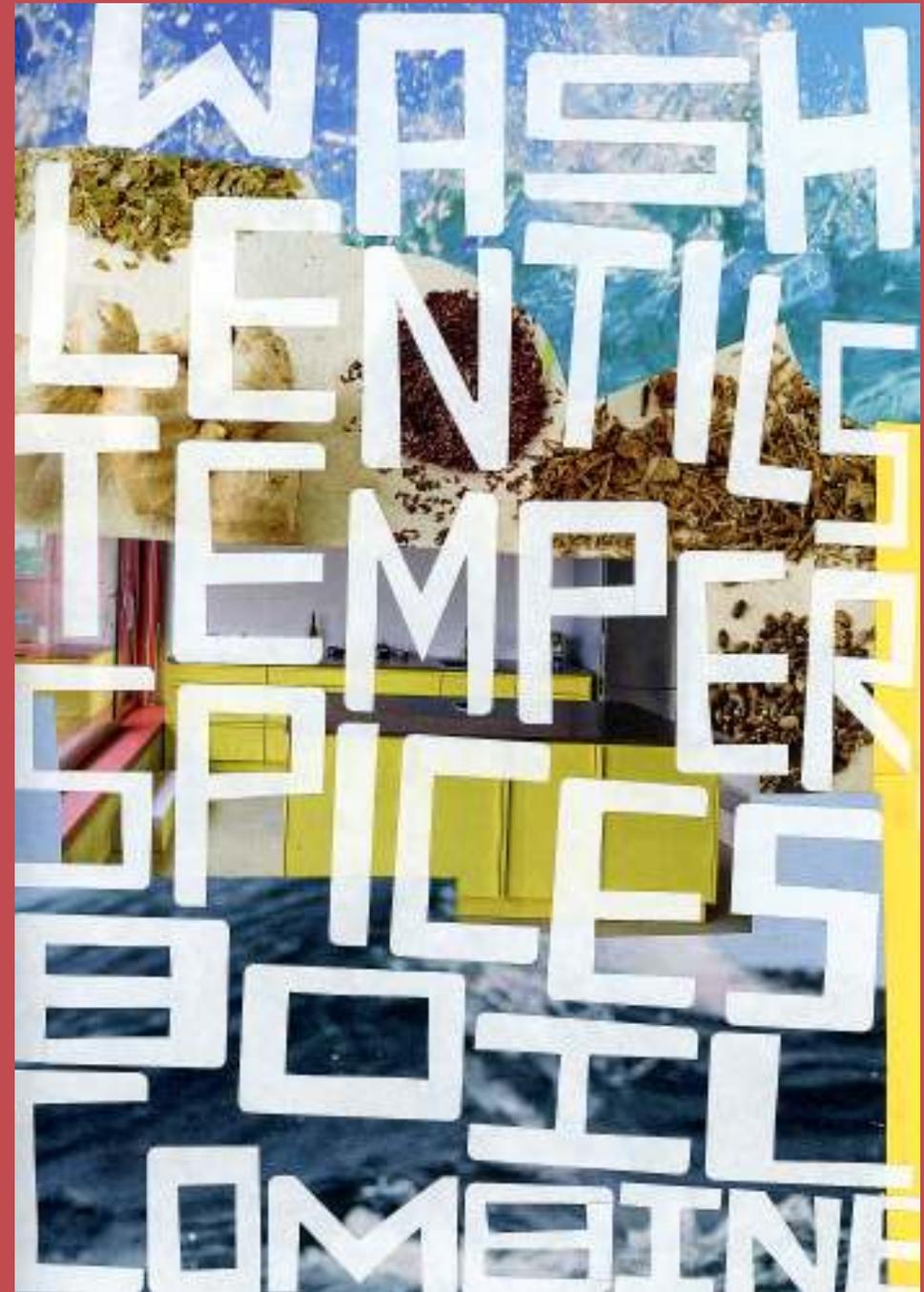
Cucumber gazpacho

* just put
a bunch
of stuff
in a blender,
then chill.





PARIPALI
1/2 BLENTILS
2 WATER
TURMERIC
CURRY & CHILI
CINNAMON STICK
GARLIC TOAST



WASH
LENTILS
TEMPER
SPICES
BOIL
COMBINE



Chicken Confit Sandy

recipe by: Ian Gormley @ Our Table

INGREDIENTS: 4 Chicken Thighs, 4 Drums (legs), 10 Garlic Cloves, 2 Sprigs Fresh Rosemary, 1 Yellow Onion, 2 Sticks Salted Butter, 1 Lemon, 1/2 Cup Mayo, Romesco Sauce, Sliced White Cheddar, Sourdough Bread, SRP and Lots of O.L.V. O.L. See Butts For D.O.S. For!

Confit Chicken:

Wash chicken and pat dry completely, dust generously with salt and pepper (70/30) and let sit in a covered dutch oven in the fridge for 30-60 min. Cut onion in half and add to Dutch Oven skin on, along with 8 garlic cloves (pe-skinned and smashed), your rosemary and 2 sticks of butter then add olive oil until chicken is completely submerged. Turn oven on to 275°F and place covered dutch oven in and cook for 5 hours until meat falls off the bone.

Let cool and remove the bones and skin from the chicken, put into a tupperware and cover again with the oil/butter from the dutch oven and refrigerate for 12-24 hours (longer=more flavor). Use garlic for other dishes! As long as chicken is covered in fat, it will last longer than normal. Refrigeration!

Onio Til Sandy Bulls



Lemon Garlic Aioli:

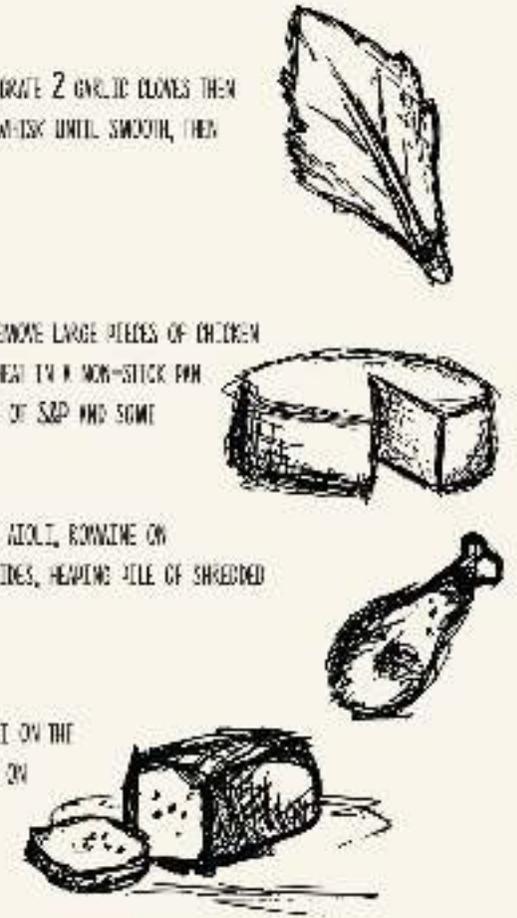
In a small bowl using a microplane, grate 2 garlic cloves then zest and juice your lemon. Add mayo and whisk until smooth, then season with pepper to taste.

The Build:

When using chicken for sandy - remove large pieces of chicken from fat and shred by hand or fork, then heat in a non-stick pan with some fat from container. Add a pinch of SRP and some chili flakes to taste.

Smear 1 side of each slice of bread with aioli, romesco on both sides, sliced white cheddar on both sides, heaping pile of shredded chicken confit.

☆☆ **Get Really Crazy** - Smear aioli on the outsides of your bread and cook on a griddle or panini press!



gluten free

YESSSSS, a Quicky cheapy & VERY tasty gluten free opp for makin' a ----

also called "farinata"

SAND WICH

Socca

put cast iron pan in oven; preheat to 450

in a bowl mix:

- 1/2 cup chickpea flour
- 3/4 cups water
- pinch of salt
- heavy splash of olive oil

stir well, it will be lumpy. let sit at least 15 minutes... or overnight.

cut a quarter of a small white onion into half moons. when ready, add a heavy pour of olive oil into the hot pan, spread onions, top w/ batter, bake for 15-20 mins until edges are brown and socca is golden. for a nice finish, broil for a few

NEVER forget it: it's a 1-2-3-4 Re cipe & ALWAYS make a double batch of batter to bake on demand

ALSO GOOD FOR A PIZZA EXPERIENCE OR W/ EVERYTHING BAGEL MIX, A... BAGEL EXPERIENCE

Found in Indian groceries (called gram or besan flour) or in the bbk section

O.G. Recipe found on pg 633 of How to Cook Everything by Mark Bittman

cut in quarters, w/ches makes 200

may 2020

nick desis

pan

1 inch

9.5

chickpeas but for sandwiches you play around

may 2020

nick desis

may 2020

nick desis

NEW ENGLAND LOBSTER ROLLS

vegan - style



INGREDIENTS

- 2.0oz Yukon Gold potatoes
- 2.8oz hearts of palm
- 2 tsp Old Bay seasoning
- 2 small shallots
- 2 celery stalks
- 1/2 oz fresh dill, chopped
- 1 lemon
- 1/2 cup vegan mayo
- 1 tsp celery seeds
- 2 tbsc capers
- 4 hot dog buns, toasted
- 2 tbsc vegetable oil
- 1 tbsc olive oil



INSTRUCTIONS

- Preheat oven to 425°F. Cut potatoes into 1" thick wedges. Toss with 1 tbsc veg. oil, salt & pepper to taste. Roast on bottom rack for 23-26 minutes.
- Drain hearts of palm, pat dry, and roughly chop. On a separate baking sheet, toss with 2 tbsc veg. oil, Old Bay, and salt & pepper to taste. Roast on top rack for 20-22 mins, til lightly browned.
- Peel & mince shallots, trim & thinly slice celery. Zest & juice lemon. In a large bowl, mix shallot, celery, dill, capers, celery seeds, mayo, and juice from lemon. S&P to taste.
- Mix roasted hearts of palm into dressing. Fill buns & serve w/ roasted potatoes.



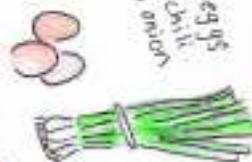
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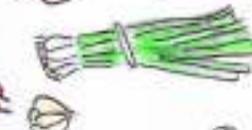
THAI STIR-FRY CRAB CURRY



1/2 cup evaporated milk
1/2 cup coconut sugar
3 Tb dill oil



3 eggs
fresh milk
1 medium onion



scallion
parsley
garlic



yellow curry 2Tb
oyster sauce 2Tb
soy sauce 1Tb
pink phao 1Tb



- heat wok with oil,
garlic & onion
- add crab (broken
into pieces)
- add chili



- add milk
- simmer 5 min
- add greens



- add scrambled
eggs
- let eggs sit for just
1-2 min on high heat
& turn off stove
(we want soft eggs)



- serve with
rice!

RED BRAISED FISH

红烧鱼



INGREDIENTS

- ▶ TILAPIA
- ▶ GARLIC
- ▶ GINGER
- ▶ HOT GREEN PEPPER
- ▶ SCALLION
- ▶ SALT
- ▶ VEGETABLE OIL
- ▶ SOY SAUCE

WOK + COVER

RUB SALT ON INSIDE AND OUTSIDE OF FISH

LUCY
SOFT
SQUID

COMBINE SOY SAUCE WITH EQUAL PART WATER

POUR OVER FISH WITH



GINGER



GARLIC
PEPPERS

COVER

ADD SCALLION

COOK UNTIL TENDER

Budae Jigae

"ARMY POT"



RESOURCEFUL!

A STEW

INCORPORATING KOREAN +
AMERICAN (ARMY RATIONS)
FLAVORS. JUST LIKE ME!
(MAYBE NOT THAT KIND)

PRAGMATIC! D.I.Y. FILLING!

BY JEFFREY YOO WARREN



FINELY CHOP A THUMB-SIZE
PIECE OF GINGER - 1/2
ONION... & MAYBE SOME
CABBAGE
& POTATO?

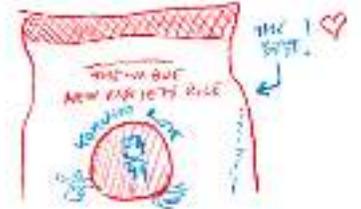


IN A HUGE POT,
FRY GINGER + ONION IN
SESAME +
VEG OIL



CHOP UP + ADD SOME
VEG MEATS. ADD + BROWN!
SPAM! → NOT US BROWN!

MAKE A POT OF STICKY RICE



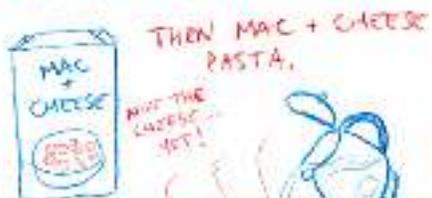
ADD A BUNCH
OF AGED
KIMCHI
(& SOME
JUICE!)

NOW SOME
GOCHU JANG!
(DAILY!)
AND... BUNJANG?
SOFT! → LAST
BOX



NOW ADD POTATOES + CABBAGE
IF YOU HAVE THEM, OR
SQUASH.

ADD SOME BOILING WATER.

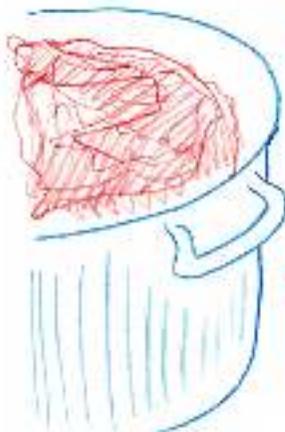


THEN MAC + CHEESE
PASTA.

COVER +
SIMMER
10 MINS

RAID THE
FRIDGE,
SCALLIONS?

SILKED TOFU,
SOY SAUCE
TO TASTE.



RUNNING
OUT OF
ROOM??

YOU'VE DONE

TIME TO
EAT!

NOW ADD A
PACK OF
RAMEN,

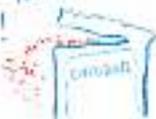


AND SOME
TTEOK!



(NOT THE SILKEN GEL!)

TIME TO MIX IN THE
CHEESE PALLET!
REALLY!



SERVE WITH RICE.
EAT FOR A FEW DAYS.



USE WHAT YOU HAVE.
THIS IS JUST HOW I
MAKE IT. ♡

BUDAE JJIGAE WAS FIRST

MADE AFTER THE ^{SECOND J!} KOREAN WAR,
AS A WAY TO USE RATIONS IN A
UNIQUELY KOREAN DISH IN A
TIME OF NEED.

SOME OBJECT TO THE
MILITARY CONNOTATION OF THE
NAME, AND PREFER

UIJEONGBU - JJIGAE
AFTER THE CITY WHERE IT
WAS INVENTED.

I LOVE THE RESILIENCE
+ INVENTIVENESS THAT ITS
HISTORY REPRESENTS!

Gnocchi - Italian dumplings!

First: Peel 2 potatoes...



Boil them in salted water until tender - about 15 minutes.

MASH THEM!!!

- Ingredients:
- 2 large russet potatoes
 - large pile of AP. flour (2 cups)
 - 1 egg
 - salt + peppa
 - The sauce of your choice

Next: Create a large pile of flour on a clean surface...

Key: Make a well in flour

Now: Crack that egg in the well of your flour



Add the potatoes slowly and knead with hands.

Consistency? pillowy play dough

Next: Roll out 1" thick coils of dough and cut into 1" pieces.



Key: Flour every surface lightly so dough doesn't stick

TIME TO FINGER: Place index finger on piece of dough; lightly press down and roll towards your self. This will make gnocchis have a boat like form, perfect for sauce!



This takes the most time but it is worth it! Practice makes perfect.

Finally: Plop each gnocchi boats carefully in boiling water.

Key: They will float when done.

Final decision! What sauce?!

- Pesto?!
- red sauce?!
- butter?!
- Sage?!
- Alfredo?!

Want to get real freaky nasty?

♥ fry gnocchis in hot olive oil to crisp.



- Alternative ingredients:
- sweet potatoes
 - ricotta cheese instead of potatoes
 - add vegetables!



Counting seconds

Cà Kho Tộ– Vietnamese Clay Pot Caramelized Fish

<https://www.instagram.com/foodanddrinksbythelake/>

Growing up, my parents would stop me and my sisters (me, Phily) to attend Vietnamese Mass. Occasionally, they would reward us afterwards by taking us out to a restaurant. One of our go-to's was Nam Phuong, in the same space where my parents used to run their meatballs and dumplings with my aunts and uncles.

A favorite dish of mine was always Cà Kho Tộ—a fish stew, simmered in a clay pot, until the sauce caramelized. I would come out with the sauce still bubbling and I'd scrape up every last bit until I complained to my family how much my stomach hurt, but it was always worth it.

This dish is easy to make and has a unique sweet-sour flavor. If you don't have a clay pot, you may just as easily make this in a pot. Serve with a bowl of white rice.

Serves 2 (I recommend doubling this recipe, you'll want leftovers).

Time: 1 hour (most of it is cooking)

Ingredients

-1 lb catfish (catfish is preferred), portioned, washed, and drained

-2 tbsp oil

-3 cloves garlic, minced

-1/2 yellow onion, sliced

Sauce

-1 cup coconut soda (you can find this in a grocery store in Asian markets)

-1 tsp salt

-1/4 tsp fish sauce

-1 tsp thick soy sauce (different than regular sauce, it's sweeter and helps create the caramelized flavor)

-1 Thai chili pepper, sliced, red or green

-black pepper

Garnish

-1 Scallion

-1 Thai chili pepper, sliced, red or green

Side

-1/2 Green cucumber, sliced into circles



Instructions

1. Salt fish and rinse to clean. Set aside to dry.
2. Mix the coconut soda, salt, fish sauce, thick soy sauce, Thai chili pepper, and a few turns of freshly cracked black pepper in a bowl.
3. Warm clay pot pan to medium to heat. Add oil and then get it until lightly browned.
4. First layer the onion, then the fish on top.
5. Pour in the liquid mixture you made in Step 2.
6. Adjust heat to medium high and bring to a simmer, lowering heat once it's a simmer.
7. The fish will now braise in the liquid until the liquid reduces off into a slightly thicker caramelized sauce. This process will take roughly 30 minutes, lesser or longer depending on the type of pan you use. After

- 20 minutes, carefully flip the fish off to reveal. Taste to make sure and to decide when to finish cooking, based on whether you want more sauce (this is the best time to concentrate the flavors more). Make sure to watch the pan the last 10 minutes to ensure it doesn't burn on the bottom.
8. Finish with sliced scallions, sliced Thai chili peppers, and freshly ground black pepper.
9. Serve with white rice and sliced cucumbers. Pair it with simple vegetable dishes such as sautéed bok choy or steamed broccoli.



Cheese Soufflé for 4



Flour	Butter	Milk	Eggs 4	Cheese	Nutmeg
60g - 1/2 cup For gluten free I use this one 	60g - 1/4 cup	40-50 cl around 2 cups		Shavine Comté Cheddar or Cheddar Famigosa or a mix	

Remove the pan from the heat



Nutmeg
Salt
Pepper



Cheese



Preheat the oven (350° F).
Start the Béchamel
Melt the butter, add the flour and stir.
On soft heat, continue stirring as you add the milk gradually (avoiding the lumps in your sauce).
You continue to add milk until the cream becomes smooth and thick.

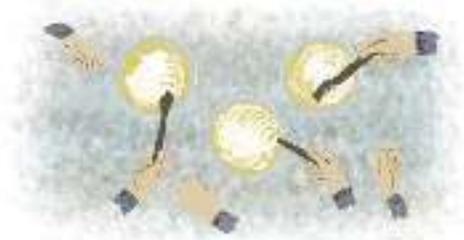
Separate the white .
In the cooled pan add the egg yolks one by one.



Whip egg whites
until firm peaks



Add the beaten egg whites
mixing gently.



Pour into a buttered mold.

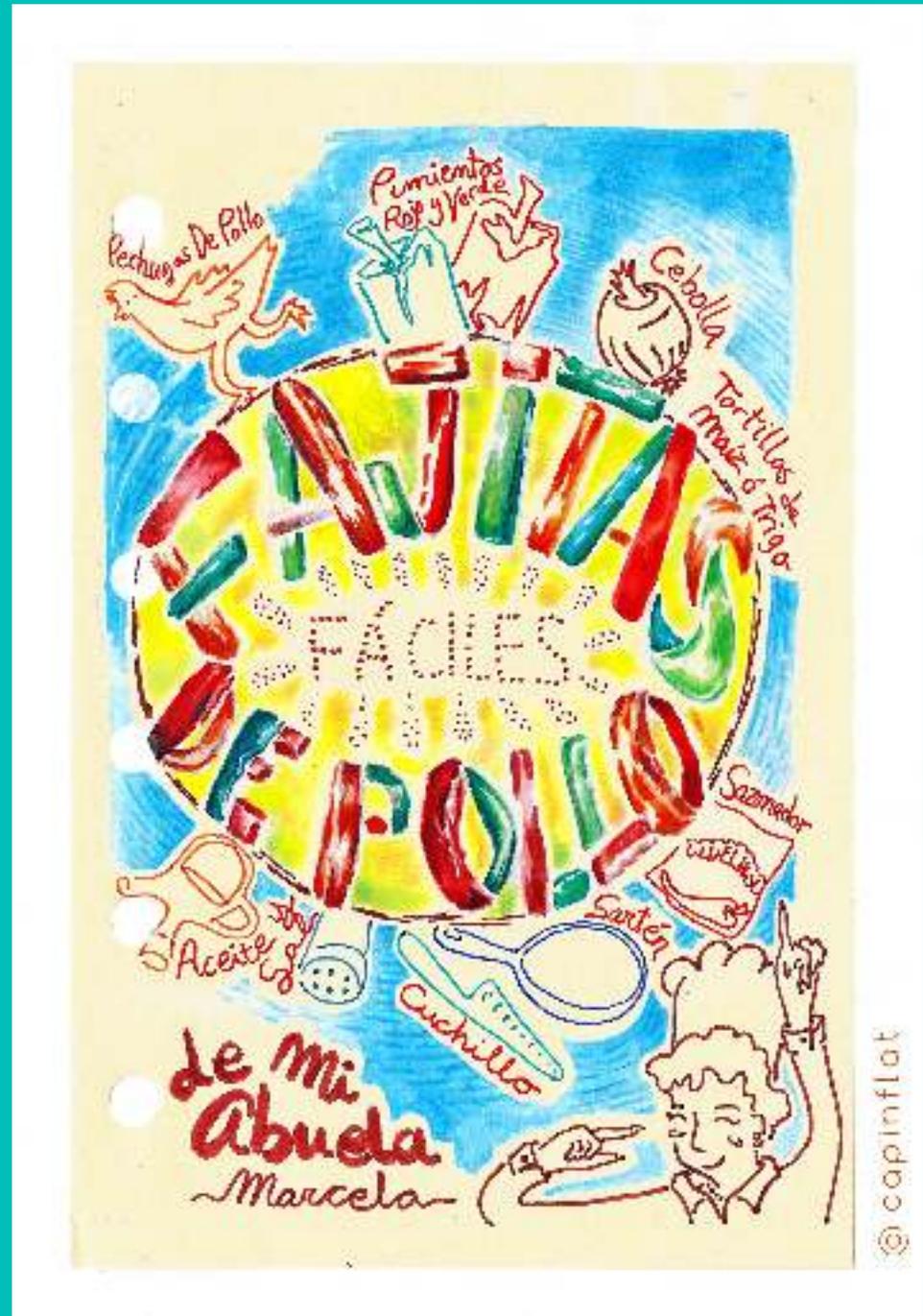
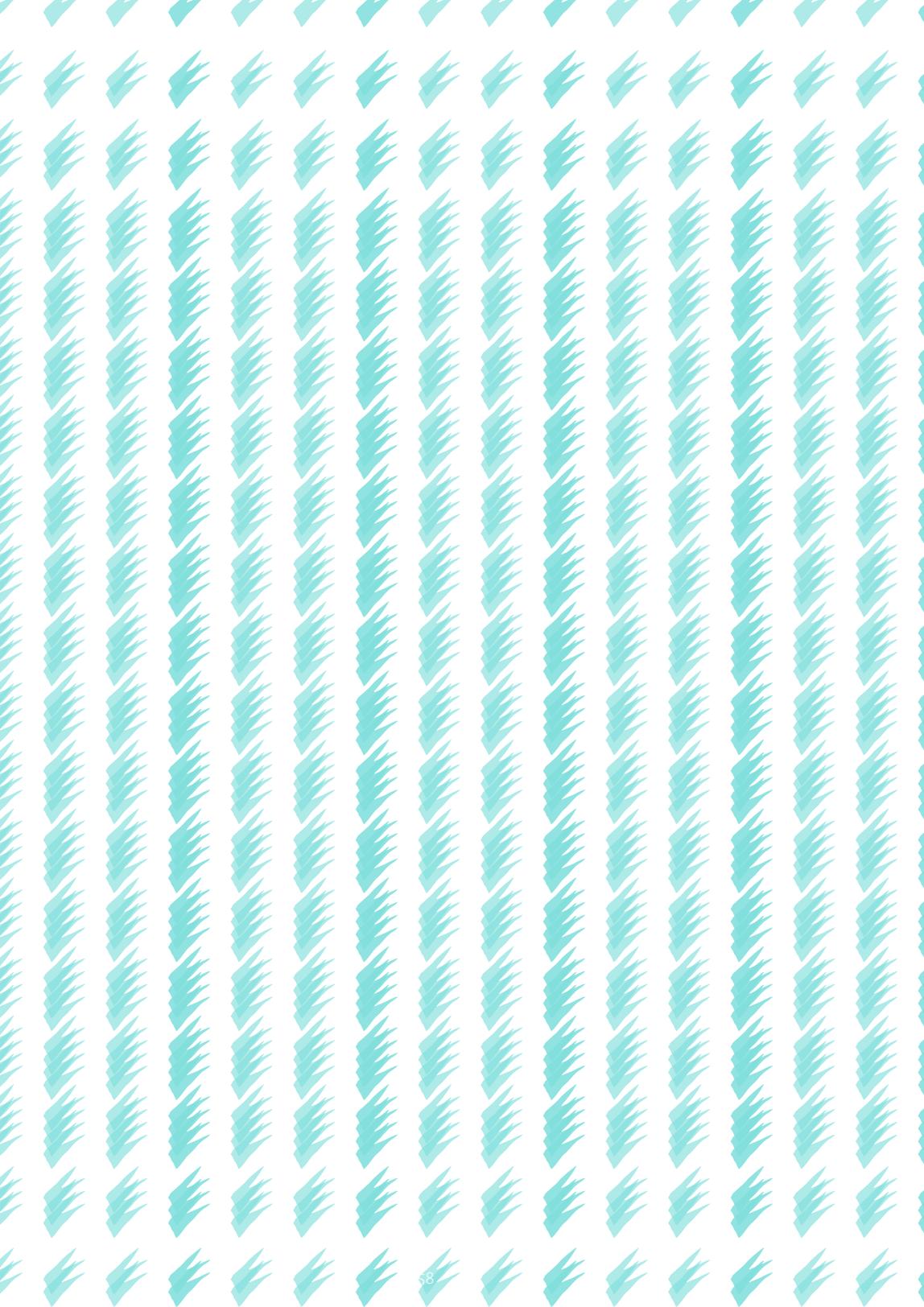


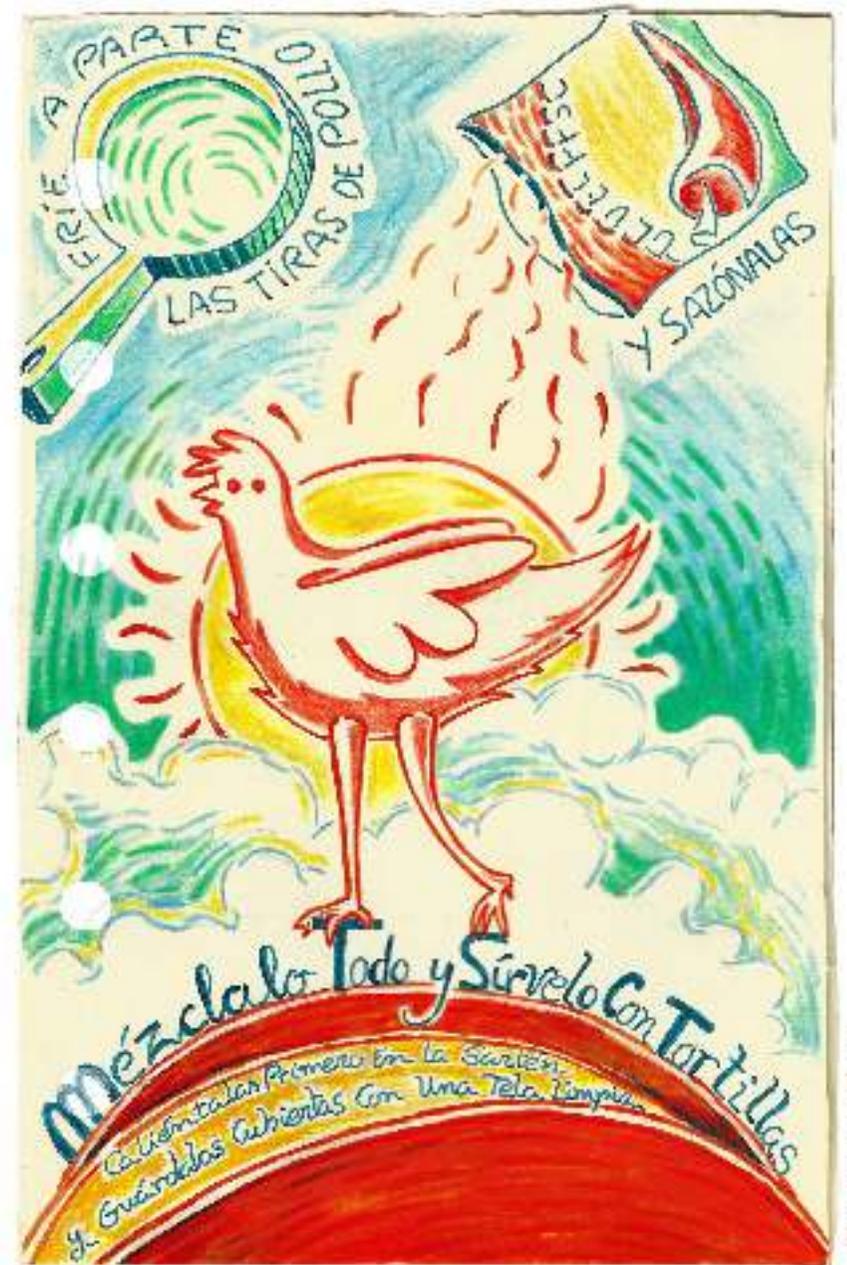
Bake for about 35 minutes.



Serve at once , a soufflé does not wait







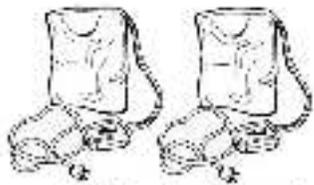
bread

BREAD BAKING SECRET INGREDIENT!

ANY AND ALL BREAD RECIPES!

GUARANTEED SUCCESS EVERY TIME! NO MORE "BRICKS"!

In bread-making, temperature is actually a hidden ingredient, making all the difference between a weak and robust rise of your dough, and the flavor and texture of the final loaf. YES, TEMPERATURE is actually an essential ingredient.

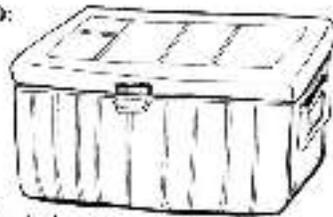


Two hot pads, stripped down to the bare plastic

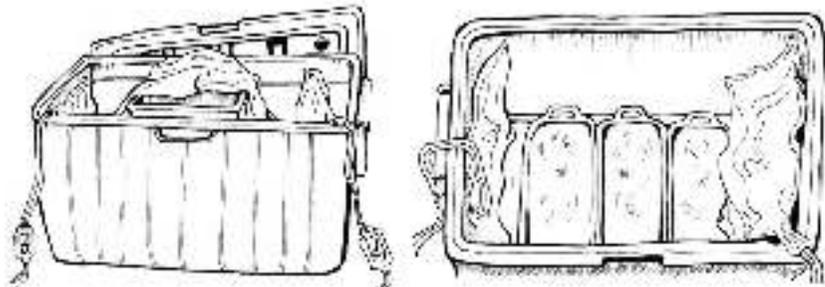
YOU WILL NEED:



A square plastic bucket that fits your cooler, such as a kitty litter container. Remove the metal handle.



Your picnic cooler



Close the cooler cover over your bread as it rises.

THAT'S IT!

PERFECT RESULTS EVERY TIME, no matter the weather.

Bread Baking Secret Ingredient!.....	62
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Dish Cheese-Filled Almond Bread Serves _____

Sara Casanova Diet

3/4 c. sliced almonds	
3 3/4 c. flour, sifted (keep 1/4 c. flour for board)	
1 pkg. active dry yeast	1/2 tsp. salt
3/4 c. sour cream	1 tsp. vanilla
1/2 c. butter	2 eggs
1/4 c. water	Cheese Filling
1/2 c. sugar	sugar

- Make almonds in blender jar and whirl till finely ground.
- Mix with 1/2 cup flour and rest in large mixer bowl.
- Combine sour cream, butter, water, sugar, salt, and vanilla in sausage.

Recipe

-Ingredients-

-Step-

Dish Cheese-Filled Almond Bread (cont.) Serves _____

- Cut short slice in top of wreath about 1/2 in. apart.
- Brush wreath with egg white remaining from Cheese Filling.
- Sprinkle with sugar.
- Let rise in a warm place until doubled in size.
- Bake in a preheated 350° oven, 35 minutes or until golden and done.
- Decorate with sliced almonds.
- Cheese Filling
- Separate 1 egg and reserve white to brush on bread.
- Chop 1/2 cup sliced almonds and mix with 8 ounces softened cream cheese, 1/4 cup sugar, 1/2 tsp. vanilla, and egg yolk.

Recipe

-Dish for Bread-Filling-

-Making the Dough-

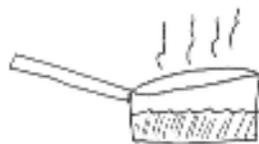
- Pour over low heat and beat with wire whisk constantly.
- Beat into flour mixture with electric mixer.
- Beat in eggs.
- Stir in enough of remaining flour to make a soft dough.
- Turn onto a floured board and knead 5 minutes, or until smooth and elastic.
- Place in oiled bowl and turn to coat all sides with oil.
- Cover bowl and set in warm place until doubled in size.
- Turn dough onto lightly floured surface and roll to an 18 x 12 inch rectangle.
- Spread with Cheese Filling.
- Roll starting from long side, and place seam side down on lightly greased baking sheet, pulling into a wreath shape. Connect 2 ends of roll and press to seal together.

MY MOM'S CHALLAH

INGREDIENTS:

- 1 1/2 CUPS ~~WATER~~ WATER
- 5-6 CUPS FLOUR
- 1/4 CUP BUTTER OR MARGARINE
- 2 PKGS. DRY YEAST (MY MOM USES RAPID RISE)
- 1/2 TEASPOON SALT
- 1/2 CUP SUGAR
- 1/2-1 CUP RAISINS (OPTIONAL)
- 3 EGGS (SAVE 1 FOR TOPPING)
- SESAME SEEDS

MIX DRY INGREDIENTS WHILE WATER BOILS.



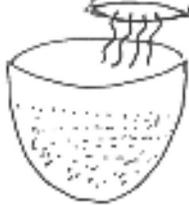
WHEN THE WATER JUST STARTS TO BOIL (LITTLE BUBBLES FORM AROUND THE EDGES), TAKE BOILING WATER OFF STOVE.

ADD MARGARINE OR BUTTER + STIR QUICKLY,

UNTIL IT MELTS.
(MAY TAKE A MINUTE, KEEP STIRRING!)



POUR WET INTO DRY!



IT WILL MAKE A DOUGH. TAKE OUT OF BOWL AND

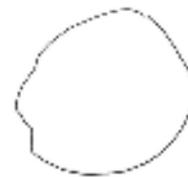
KNEAD → TRY THE FOLDING + PUNCHING TECHNIQUE.

FOR 10 MINUTES, ADDING FLOUR AS NEEDED FOR GOOD CONSISTENCY.

FOLD THE DOUGH ONTO ITSELF + PUSH INTO THE CENTER HARD WITH THE HEEL OF YOUR PALM. REPEAT!

MY MOM SAID A GOOD CONSISTENCY IS WHEN IT FEELS LIKE A BABY'S BOTTOM - SOFT, BUT NOT WITH JUST A LITTLE STICK.

BIG



FOLDED



PUNCHED



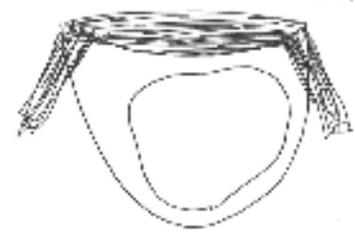
[NOT TO SCALE]

[MY MOM ALSO USED THE WUSH HOOK ON THE KITCHENAID MIXER.]
FROM HER RECIPE - "THE DOUGH WOULD FEEL PLASTIC + BOUNCE BACK TO THE TOUCH, BUT NOT BE STICKY, WHEN FULLY KNEADED."

PUT DOUGH INTO A LARGE OILED BOWL (IT WILL DOUBLE OR TRIPLE IN SIZE!), COVER WITH A TOWEL + LET RISE FOR 1 HOUR - 45 MINUTES WITH RAPID RISE YEAST → KEEP AN EYE ON IT, IF IT'S HOT IN YOUR KITCHEN, IT MAY RISE MORE QUICKLY.



BEFORE



AFTER

[THE BOWL DOES NOT CHANGE SHAPE] YMM

PUNCH DOWN (THE BEST PART!! - THE DOUGH DEFLATES LIKE A BALLOON)

NOTE: THIS RECIPE MAKES TWO LAYERS SO CUT INTO TWO CHALLAH BEFORE BRAIDING.

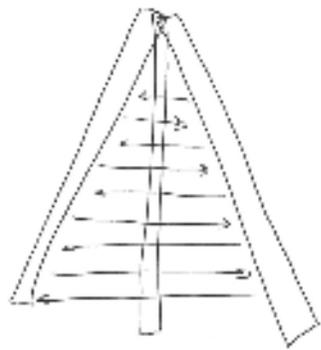
DIVIDE + BRAID.

MY MOM SAYS THAT AFTER YOU CUT IT INTO THREE PARTS WITH A KNIFE, YOU SQUEEZE IT MAKING DOWN THE STRIPE OF DOUGH LIKE YOU'RE MILKING A COW.

LIKE BRAIDING YOUR SISTER'S HAIR!



MEET THE TOPS OF THE PIECES TOGETHER + GO! ALTERNATING SIDES



TUCK THE END!
+ VOILA!



[LOOSE APPROXIMATION]

PLACE THE BRAIDED CHALLAHS ON BAKING SHEETS + COVER WITH TOWEL. LET RISE FOR ANOTHER HOUR (45 MINS WITH RAPID RISE).

WHISK EGG WITH A FORK IN A SMALL BOWL.



BRUSH ONTO THE CHALLAH,



SPRINKLE WITH SESAME SEEDS

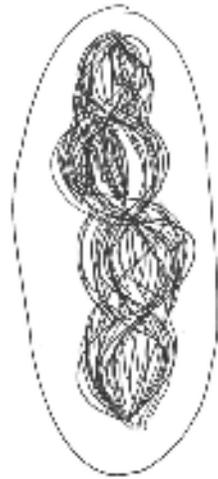
+ BAKE AT 350 DEGREES FOR 1/2 HOUR

TAKE OUT + LEAVE ON RACK UNTIL COOL

SHABOAT SHALOM!

IN MY FAMILY, TWO PEOPLE PULL, ONE PULLING FROM EACH SIDE, AFTER WE'VE SAID THE PRAYER.

WE PASS THE TWO CHUNGS OF BREAD AROUND, ONE GOING EACH WAY. DURING THE MEAL, WE SAY THE BEST THING THAT HAPPENED TO US THAT WEEK.



ENJOY!

THE PRAYER:

BARUCH ATAH ADONAI ELOHEINU MELECH HAOLAM HAMOTZ LECHEM MITO HARITZ AMEN!



- 1/2 cup shortening
- 1 1/2 cup sugar
- 2 large eggs
- 2 cups all-Pur flour
- 1/2 tsp baking powder
- 3/4 tsp baking soda
- 1/8 tsp salt
- 1/4 cup milk
- 1 tsp vanilla
- 1 cup washed rosemary (1-3)

- cream shortening
- add sugar + milk
- add eggs + beat until light
- add dry mixed ingredients alternately with milk + vanilla
- add rosemary + vanilla
- bake at 350° for ~1 hour + 15 min (if cake tins, only ~25 mins)

BANANA BREAD

Rosemary Irish Soda Bread

- 250 g (2 cups) whole wheat flour
- 250 g (2 cups) unbleached white flour
- 1 Tbsp (20g) baking soda
- 1 Tbsp (15g) finely chopped fresh rosemary
- 2 Tbsp (30g) salt
- 425 mL (1 3/4 cups) buttermilk

Directions:

1. In a large mixing bowl combine flours, salt, baking powder, & rosemary.
2. Add buttermilk 3/4 cup, then 1/4 cup at a time.
3. When all mixture is soft and sticky, bring together on a wooden cutting board sprinkled with flour.
4. Shape into a round, flat loaf.
5. Cut into the dough creasing the a 4 leaf clover (as picture).
6. Gently transfer the loaf to a baking sheet with parchment paper sprinkled with flour.
7. Bake at 450 F for 10 minutes, lower to 400 F & bake for 20 minutes.

Serve warm!

Goes well with stews and soups.

QUICK N' DIRTY BEER BREAD

- 3 CUPS FLOUR, sifted
- 1 Tbsp BAKING POWDER
- 1 TSP SALT
- 1 Can OF BEER
- 1/2 CUP (1 STICK) OF BUTTER



1. MIX DRY INGREDIENTS + BEER
2. POUR INTO GREASED BREAD PAN
3. POUR MELTED BUTTER OVER DOUGH
4. BAKE 1 HOUR @ 375°F

ENJOY!

BROA DE FUBÁ

BLEND OR BEAT

1 Cup of oil (vegetable cooking / deepened in oil)

2 Cup of sugar

3 Eggs

BUTTER or OIL

table pan or cast iron pan

ADD & BEAT or BLEND

1 Cup of flour

1 Cup of cornmeal

1/2 pack of yeast

1 Cup of milk

BAKE

350°F 25-30 mins until golden

MIX IN 1 TBS OF BAKING POWDER

BRAZILIAN CORN CAKE



sweets

After School Peanut Butter Cookies.....	76
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How to make
After-school peanut butter
cookie.



By Inga Ramsland

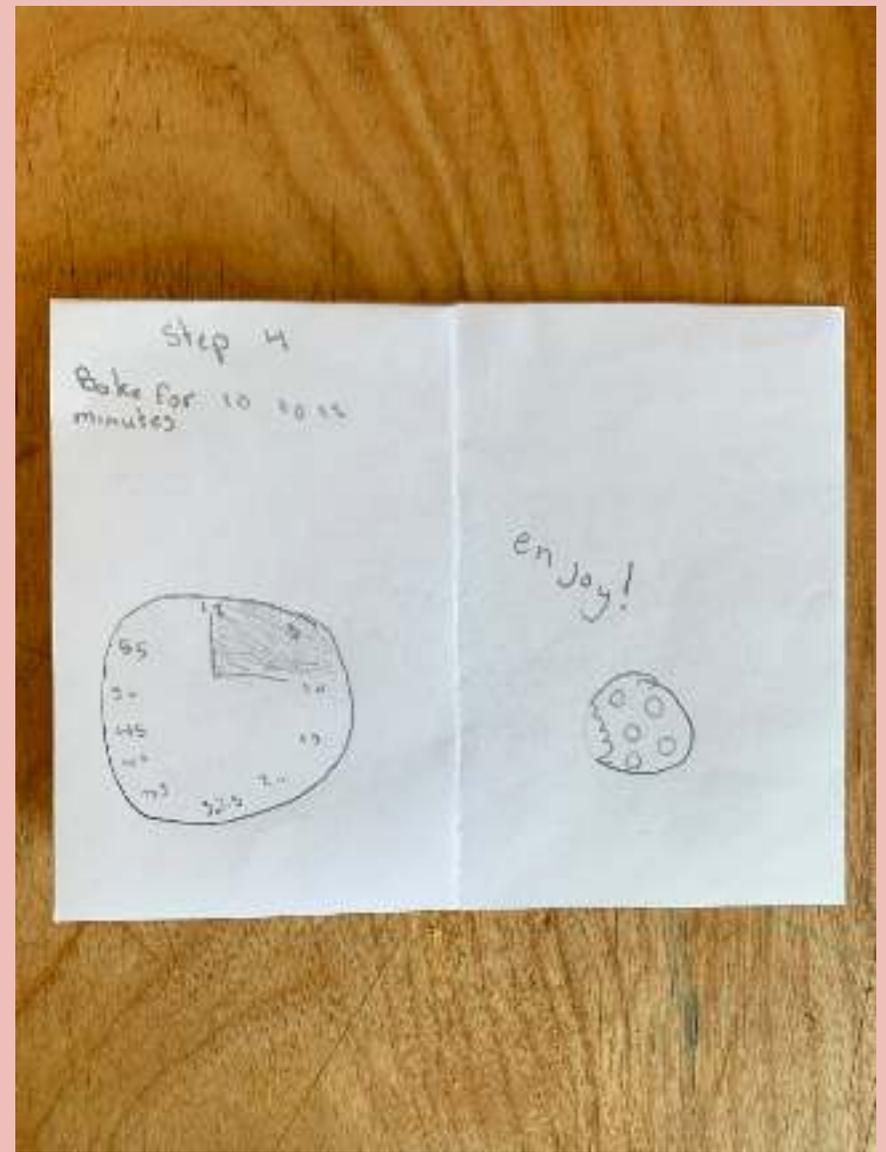
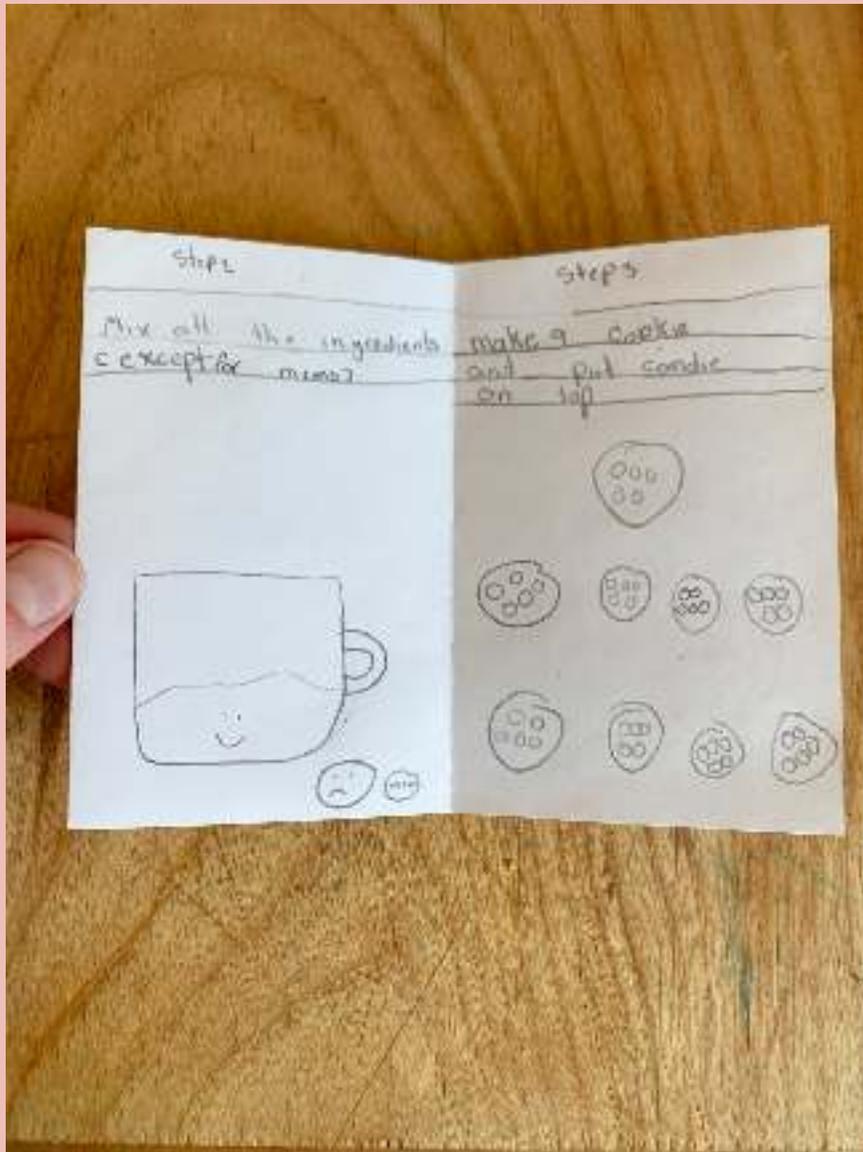
Ingredients

- 1/2 cup of sugar
- 1 egg
- 1/2 cup of peanut butter
- M&M for the top



Step one
preheat oven to 350°
line baking with
parchment paper





"Yuuu m m m mmm!!!"

- Arden age 6

"Holy Dang! They
are gluten free!"

- Mom Ramsland,
age 43

AVO-CACAO MOUSSE

- 1 small avocado
- 3-4 fresh dates
(if dried out, soak in liquid 15 min)
- 1/2 cup cacao powder
- 1 TBS vanilla
- 1/4 to 1/2 cup H₂O
- 1/4 cup maple syrup
- pinch pink salt ← Himalayan

Steps:

In a Blender or ^{mini-}processor

Blend dates + avo, add vanilla, salt, maple + Blend smooth while adding cacao slowly; add H₂O slowly to mousse consistency. Taste for sweetness + add maple if you like.

CHILL & then chill + savor

soundtrack → Heart Beat → KODO 25th anniversary → peace, friends!

Slow down... Savor...



Mocha Oreo



NO-BAKE DESSERT

by nibbleandbite.com

PREP TIME: 20 min

"BAKING" TIME: 8 hr

YIELD: 4 servings



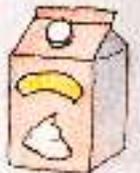
ingredients

1 pack of oreos
(36 cookies)



1 cup of chocolate

1 block of cream cheese (8 oz)



1 pint of heavy whipping cream

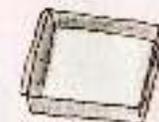


3 divided tbsp of instant coffee

1/2 cup of powdered sugar

requires

8 x 8 baking pan



electric mixer



Steps

1. Finely crush 10 oreos & pat firmly into the bottom of the pan



2. Melt the chocolate & cut the cream cheese into small cubes.



3. Combine choc, cream cheese, & 1 tbsp of instant coffee. Stir until evenly combined.



4. Add heavy cream, 2 tbsp instant coffee, & powdered sugar to bowl. Stir to combine, then beat until stiff peaks form using mixer.



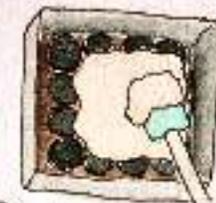
5. Stir $\frac{1}{2}$ cup of coffee whipped cream to chocolate mixture. Then add another cup of whipped cream & gently fold until mostly combined (a few streaks are okay!).



6. Dump all of the chocolate mix into the 8x8 pan & spread evenly on top of the crushed oreos.

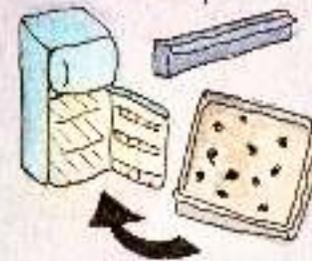
Steps (cont.)

7. Evenly place 16 oreos on top of chocolate cream cheese layer.



8. Spread the rest of the coffee whipped cream over the oreos.

9. Using your hands, roughly crush 5-10 oreos & sprinkle on top.



10. Cover loosely with plastic & refrigerate for at least 8 hours or overnight.

ENJOY

Baked cultured milk

is a Russian delicacy. Though, this slow cooker methodology is something my mom devised. She is a reputable source for anything milk science related since she used to work at an ice cream factory when we lived in Russia.

Pour milk into a slow cooker, let stand on low over night or half day longer, depending how sweet you'd like your yogurt. In my mind the longer the better but my mom prefers just overnight.

You'll see a caramelized milk skin start to form, you could reserve for later, to top off your yogurt & fruit, or eat right away. I can't wait that long so i just rip and eat with my fingers.

Turn off the cooker. While the milk is just above body temperature, add about 2 cups of cultured yogurt or Kiefer, the more bacteria the better ofc. Let stand until the whole pot turns pink which could take just a day or five, depending on the warmth of your kitchen. One time it took over a week, then again it was winter, I was pinching pennies and keeping the thermostat at 55. If the milk isn't curing, turn the cooker on low and wait a while longer.

In a separate pot combine a sliced apple, cloves, cinnamon and wine. When the apple is soft enough to cut with a spoon, transfer to a nice bowl, add baked yogurt, top off with hazelnuts & reserved milk skin, if you haven't eaten it already.

A little about Russian stoves:
www.rbth.com/russian-kitchen/332054-baked-milk-toplenoye-moloko-russia



LIFE Photo: © flickr.com/PROBoston Public Library

Against Doctor's Orders

CHOCOLATE CHIP

COOKIE STUFFED

soft pretzels

INGREDIENTS

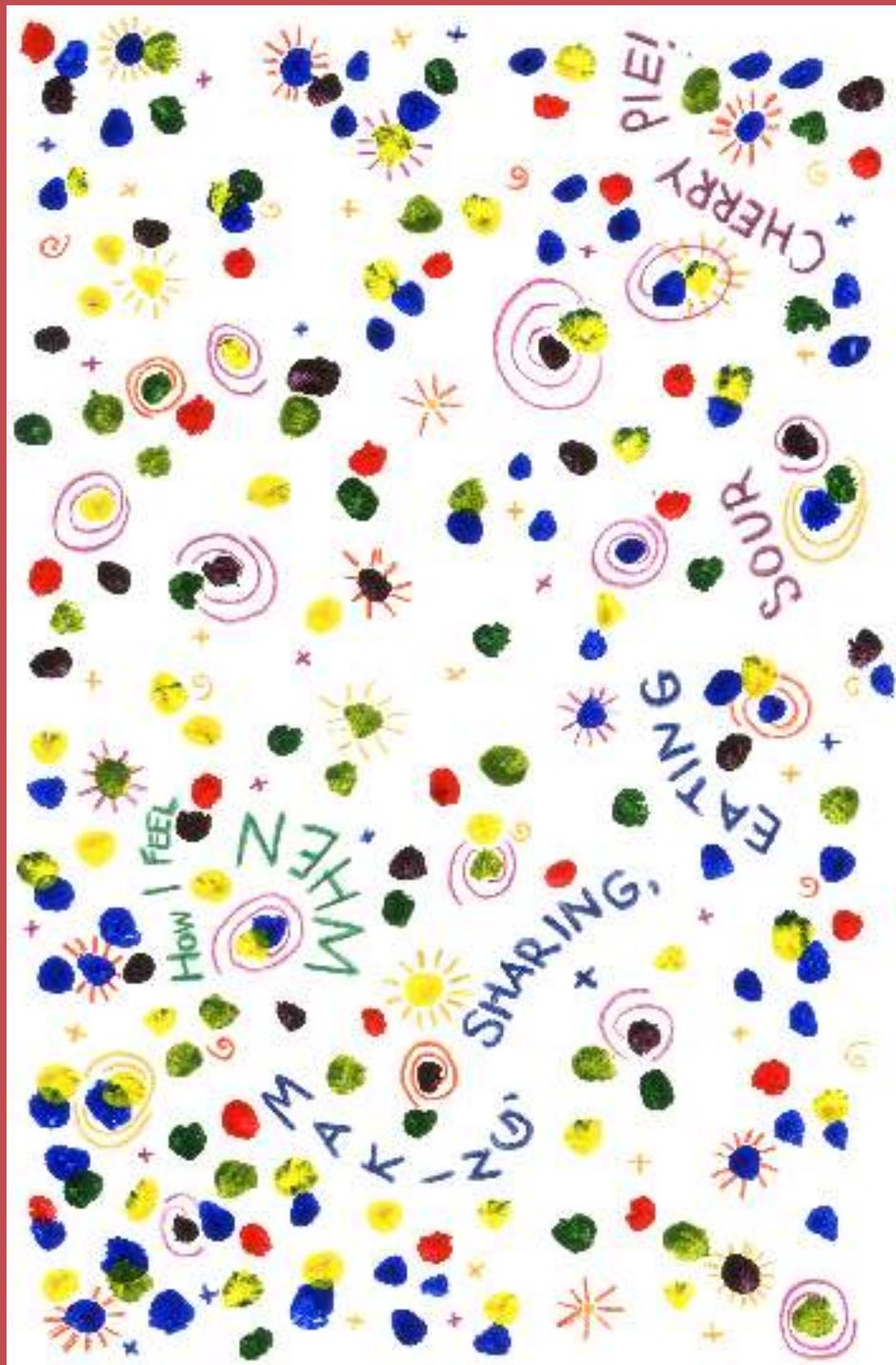
PRETZEL DOUGH:

- 1/2 CUPS OF WATER
- 1 Tbsp. HONEY
- 1 packet of YEAST
- 1 STICK OF BUTTER, melted.
- 1 1/2 tsp. SALT
- 4 1/2 - 5 CUPS OF FLOUR
- 1 EGG, beaten
- SEA SALT, for sprinkling

CHOCOLATE CHIP COOKIE DOUGH:

- 2 STICKS OF BUTTER, room temp.
- 2/3 CUPS PACKED BROWN SUGAR.
- 1/2 CUP GRANULATED SUGAR
- 2 TSP. VANILLA
- 2 EGGS
- 2 1/4 CUPS OF FLOUR
- 1 TSP BAKING SODA
- 1/2 TSP SALT
- 1 1/2 CUPS CHOCOLATE CHIPS

- ## INSTRUCTIONS
1. COMBINE WATER, HONEY, YEAST. LET SIT 5 min.
 2. ADD MELTED BUTTER, SALT, FLOUR TO YEAST MIXTURE - MIX ON LOW SPEED.
👉 INCREASE TO MEDIUM SPEED FOR 3 min.
👉 ADD FLOUR IF TOO STICKY) KNEAD DOUGH INTO A BALL & PLACE IN AN OILED BOWL. COVER & LET REST 1 HR.
 3. BEAT BUTTER, SUGAR, BROWN SUGAR, ADD EGGS ONE AT A TIME UNTIL COMBINED.
👉 MIX IN VANILLA. ADD FLOUR & BAKING SODA.
👉 STIR IN CHOCOLATE CHIPS. PREHEAT OVEN 425°
 4. DIVIDE PRETZEL DOUGH into 8 BALLS & ROLL THEM OUT INTO RECTANGLES (11x13 in). SPREAD 1/2-2 TSP OF COOKIE DOUGH ALONG THE LENGTH. PINCH THE SEAMS TOGETHER.
 5. SHAPE INTO PRETZEL SHAPE. ADD 2 TSP OF BAKING SODA TO A BOWL OF WARM WATER. SUBMERGE EACH PRETZEL FOR 30 seconds. PLACE 4 PRETZELS PER BAKING SHEET & BRUSH WITH EGG WASH. BAKE 15-18 min.



Sour Cherry Pie

Crust:

2 1/2 cups flour

1 tablespoon sugar

3/4 teaspoon salt

1 cup chilled unsalted butter, cut into 1/2" cubes

5 tablespoons (or more) ice water

Filling:

1 cup + 1 tablespoon sugar

3 tablespoons cornstarch

1/4 teaspoon salt

5 cups whole pitted sour cherries

2 tablespoons unsalted butter, cut into 1/2" cubes

1 tablespoon milk

For crust:

Whisk flour, sugar, and salt in large bowl to blend. Add butter + rub in with fingertips until small pea-size clumps form. Add 5 tablespoons ice water; mix lightly with fork until dough holds together when small pieces are pressed. Use fingertips, adding more water by teaspoons if dough is dry. Gather dough together, divide into 2 pieces. Form ea. into ball, then flatten into disk +

wrap in plastic. Refrigerate at least 30 min.

Can be made 2 days ahead. Keep chilled -

let soften slightly before rolling out.

For filling:

425°F middle rack of oven

Whisk sugar, cornstarch, salt in medium bowl

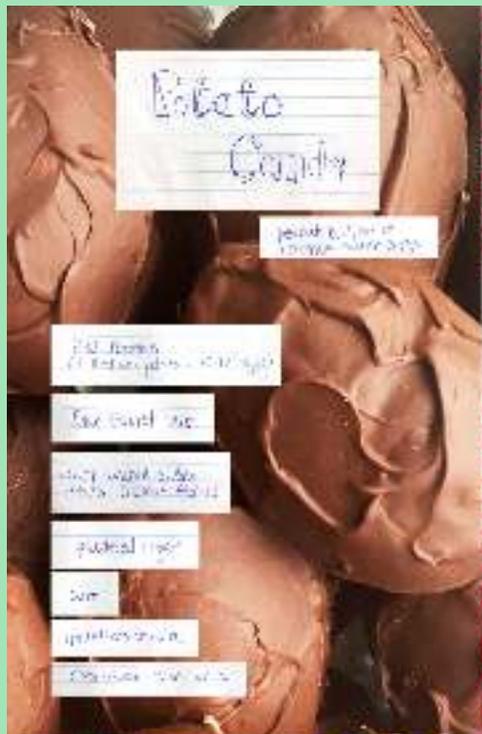
Add 1/2 cherries

roll out the crust - don't forget to grease the pan!

add filling - put top cover on + bake!

15 min at 425°F

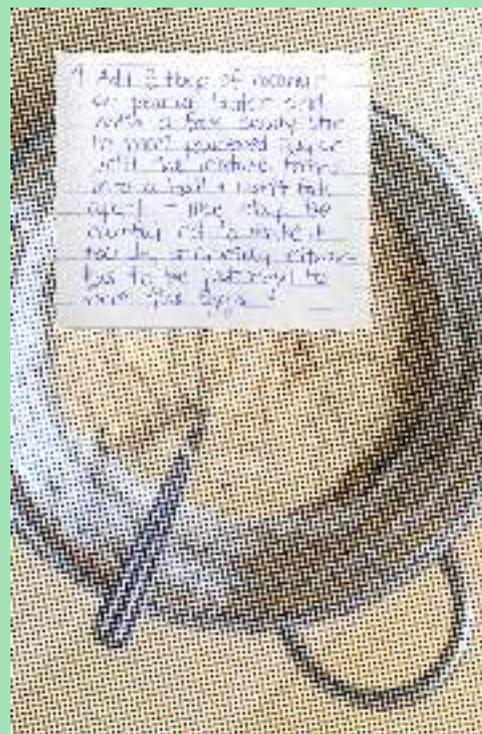
reduce to 375°F until filling bubbles + crust is golden brown



1. The process is to melt the chocolate and pour it into a mold. You can use a silicone mold or a paper mold. The chocolate should be at room temperature. The mold should be clean and dry. The chocolate should be poured into the mold and smoothed out. The chocolate should be allowed to set for 15-20 minutes. The chocolate should be removed from the mold and placed on a parchment paper.



2. The process is to melt the chocolate and pour it into a mold. You can use a silicone mold or a paper mold. The chocolate should be at room temperature. The mold should be clean and dry. The chocolate should be poured into the mold and smoothed out. The chocolate should be allowed to set for 15-20 minutes. The chocolate should be removed from the mold and placed on a parchment paper.



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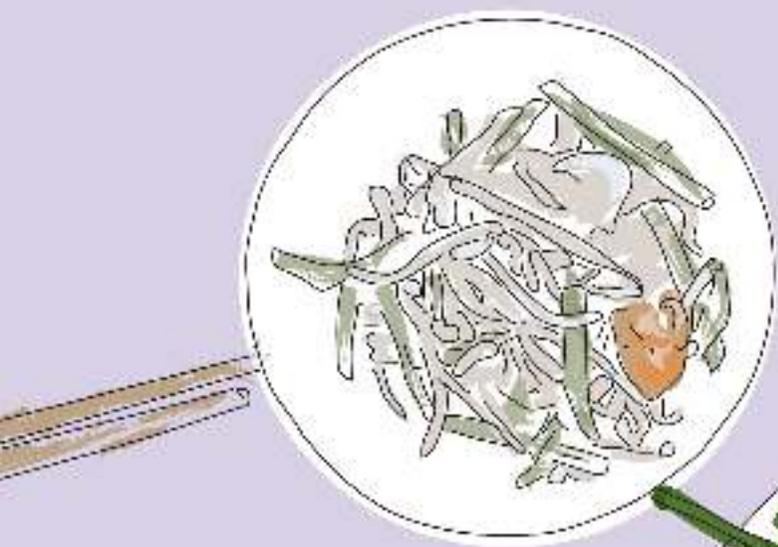


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