



# Recipe

## Sumeet Shrivastava's Vegetable Samosas

### *Ingredients:*

#### For dough:

2 cups all-purpose flour  
¼ cup refined oil  
½ tsp salt  
¼ cup water

#### For filling:

5 to 6 small potatoes; peeled, boiled, and mashed  
¼ cup green peas  
2 tsp coriander, 1 tsp cumin seed, 3-4 tsp red dry pepper, roasted and ground  
½ tsp black pepper, one inch grated ginger, ½ tsp dry mango powder (amchur),  
¾ tsp salt and 2 tbsp finely chopped coriander leaves, 2 tbsp oil

### *Directions:*

Combine flour with salt and add oil. Rub flour and oil between fingers until crumbly. Gradually add water to make a firm dough and cover for 30 minutes.

Heat oil over medium heat. Add all of the filling ingredients and stir for 5 minutes. Divide dough into 5 or 6 equal small balls. Roll each ball into an oval (about 4" by 6"). Cut each oval in half. Brush the straight edge of each oval with water, fold it in half, and align the two straight sides so they overlap to form a cone shape. Squeeze the edges together to make a tight seal. Fill with the stuffing, leaving the top edge clean. Brush it with water on the edges and pinch the edges to close. Heat approximately 3 inches of oil in a deep saucepan. Fry several samosas at a time, being careful not to overcrowd. When one side turns golden brown, flip them over to brown on the other side. Drain on paper towels.



"In the late 70's and 80's before Indian food was mainstream in America, samosas were an Indian staple that most non-Indians were familiar with. When we were growing up, my siblings and I were proud that these were something Mom would make that our friends enjoyed eating, as well as doubling up as packing material for our college care packages! Now our children enjoy eating them and always ask her to make them."

*– Sumeet Shrivastava, MBA '94, President, George Mason University Alumni Association*



# Recipe

## Trishana Bowden's Crab Quiche

### *Ingredients:*

2 prepared pie crusts  
1 lb lump crab meat  
5 tbsp butter  
8 eggs

4 tbsp spring onions  
4 cups heavy or whipping cream  
3 cups Swiss cheese  
2 ½ tbsp Old Bay Seasoning

### *Directions:*

Melt 5 tbsp of butter in sauce pan over medium heat. Add 4 tbsp minced spring onions and cook until tender (about 3 minutes). Add crab meat and 2 1/2 tbsp of Old Bay seasoning. In a bowl, whisk eggs, and cream, and then add spring onions and crab meat to the bowl. Mix in cheese. Pour mixture into 2 pie crusts. Preheat oven to 425 and bake for 15 minutes. Then turn oven down to 325 and bake for 35 minutes. Quiche is cooked when knife inserted in center comes out clean (like a cake).





“This Crab Quiche recipe makes me think of my mother-in-law, Sandra Bowden. She grew up in New York but her heart belongs to Charleston, South Carolina, which influences the many recipes she has passed on to me. She is an incredible woman and I am very grateful to have her in my life.”

*– Trishana Bowden, President, George Mason University Foundation, and Vice President, Advancement and Alumni Relations*



# Recipe

## Dave Paulsen's St. Lawrence Hot Cheese Dip

### *Ingredients:*

1 ½ cup shredded Swiss cheese

8 oz. cream cheese

⅓ cup mayonnaise

2 tbsp chopped onion

⅛ tsp nutmeg

⅛ tsp pepper

### *Directions:*

Mix all ingredients and bake at 350 degrees for 15 minutes. Serve hot with bread or crackers.





"In my first year as head coach at St. Lawrence University, 27 years ago, some friends made this dip at a holiday party. It has become the one thing I make that garners approval from my family (but not, perhaps my cardiologist)."

*– Dave Paulsen, Head Coach, Men's Basketball*



# Recipe

## Rose Pascarell's Italian Jeannettes

### *Ingredients:*

3 eggs

1 stick (½ cup) butter, softened

1 cup sugar

1 cup milk

8 tsp baking powder

6 tsp lemon extract

4 cups flour

1 cup confectioner's sugar (for frosting)

### *Directions:*

#### For cookies:

Preheat oven to 400 degrees. Cream sugar and butter. Add eggs and extract. Mix baking powder and flour together. Alternate flour mixture and milk into egg batter. Mix well. Use a teaspoon to place batter in balls on greased pan. Cook for 8 minutes. Place jeannettes on plate and cool. Once cool, apply frosting.

#### For frosting:

Mix one cup of confectioner's sugar and 2 tbsp of water to create a light paste. Apply to top of each jeannette.





“My mother learned to make jeannettes from her mother. She would make a batch of these cookies during every holiday and for special occasions. Along with my four siblings, we would patiently wait for her to finish so we could affectionately attack the jeannettes. They were, no doubt, our favorite childhood dessert. My mom just celebrated her 90th birthday. In addition to cake, we all ate jeannettes.”

*– Rose Pascarell, MA '92, Vice President, University Life*





# Recipe

## Doc Nix's Collard Greens (and Gold)

*A blend of green and gold ingredients to warm your soul with that Mason Spirit!!*

### *Ingredients:*

2 tbsp butter  
2 tbsp olive oil  
1 cup chopped yellow onion  
4 chopped cloves of garlic  
24 oz. frozen chopped collard greens  
(or two bunches fresh, stems  
discarded, chopped)

4 slices thick-cut bacon, chopped into big pieces  
4 cups water  
1 tbsp white vinegar  
3 tbsp Green Pepper Tabasco Sauce  
3 oz. whole grain dijon mustard  
Kosher salt and freshly ground pepper to taste

### *Directions:*

Melt the butter in a stockpot on medium heat. Add the oil and onions, cook until tender. Add and sauté the garlic, greens, and bacon until leaves become bright green. Add the water and vinegar, bring to a boil. Lower to a simmer and add Tabasco, mustard, salt, and pepper. Simmer for at least 90 minutes.



Doc Nix, Director of the Green Machine Ensembles, actually created this recipe for Collard Greens (and Gold) as an homage to many family meals, especially prepared by his mom, while being inspired by his green and gold spirit. It serves the whole crew with leftovers to spare.



# Recipe

## William Ayrea's Persimmon Pudding

### *Ingredients:*

2 cups persimmon pulp  
2 cups sugar  
2 eggs  
1  $\frac{3}{4}$  cup flour  
2 tsp baking powder

1 cup half and half  
1 cup buttermilk  
1 tsp baking soda  
 $\frac{1}{2}$  cup butter (melted)  
Dash of cinnamon

### *Directions:*

Combine pulp, sugar, and eggs. Stir flour and baking powder, and then add to pulp mixture. Add cream, buttermilk and baking soda. Coat bottom of pan in melted butter, and add remaining butter to mixture. Add cinnamon. Bake at 325 degrees for 60 minutes until top becomes firm to touch.





“Persimmon pudding reminds me of my childhood. My mother used to pick me up after school, and we’d spend an hour every fall afternoon gathering persimmons in the woods. We would make this recipe for Thanksgiving and Christmas, and I’ll always remember sharing this wonderful dessert with my family in the autumn.”

*– William Ayrea, Director of Annual Giving*

