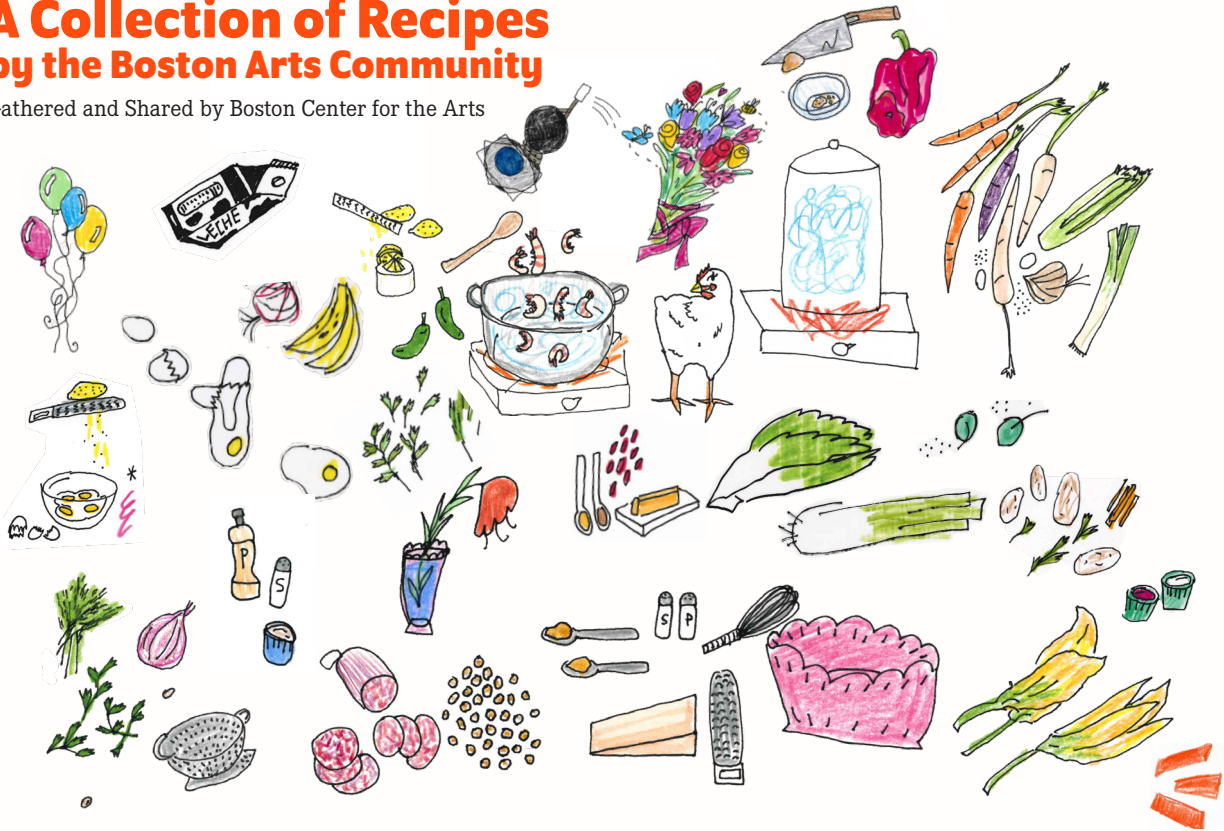


# A Collection of Recipes by the Boston Arts Community

Gathered and Shared by Boston Center for the Arts



## Boston Center for the Arts, 2022

For more information visit [bostonarts.org](https://bostonarts.org)

Thank you to those who have shared your recipes with us.

This set of recipe cards was designed and illustrated by Julia Ruiz Borys with support from Cloe Conceicao, Jobelle Mesa, and Chayda Harding.

BOSTON  
CENTER  
FOR THE  
ARTS



# Kookoo sabzi, a Persian herbs fritatta

Artemis Akchoti Shahbazi  
BCA Studio Resident Artist 2022

## INGREDIENTS

3 large bunches of cilantro, parsley, dill, fenugreek (or 1 tablespoon dried) chives each

10 leaves of spinach and 4 of romaine lettuce,

2 large leeks, roots and top 1 inch trimmed

3 tablespoons plus ¼ cup extra-virgin olive oil

1 teaspoon of turmeric

1 teaspoon of cinnamon

8 halves walnuts smashed

a bunch of dried goji berries

fine sea salt and freshly ground black pepper

1 tablespoon dried fenugreek

2 teaspoons dried dill

¼ cup barberries, rinsed and dried

1 teaspoon ground turmeric

½ teaspoon baking powder

6 to 7 large eggs

2 table spoon of whole milk

4 tablespoons unsalted butter (½ stick)

## INSTRUCTIONS

1. Heat half of the butter and oil in a pan. Add all herbs (washed and dried) and fry them mixing for 2–3 minutes.
2. Add smashed walnuts and goji berries, mix for another minute and turn the heat off.
3. In a bowl, break the eggs, the turmeric, cinnamon, salt and pepper, mix them with a fork until yolks and whites are not distinguishable anymore and have lost their shapes.
4. Add the milk and mix again with the fork.
5. Add the fried ingredients to the bowl and mix with the fork until the fried ingredients are eggy.
6. Add remaining of oil and butter in the pan.
7. Add the content of the bowl in it is entirety.
8. Cover on medium heat for 3 minutes.
9. Turn the frittata and cook it on its other side for two more minutes.
10. Serve with flat bread, fresh herbs, walnuts and yogurt or cheese. Bon appetitifs!



## Kookoo sabzi, a Persian herbs fritatta

Artemis Akchoti Shahbazi  
BCA Studio Resident Artist 2022

*I always loved watching my grandmother cooking.  
This is an easy recipe that she taught me. She left  
our visible world this year... A true free woman,  
she will be missed.*



# Creamed Spinach

Rani Sarin

BCA Studio Resident Artist 2021

## INGREDIENTS

- 1 pound baby spinach
- 1/4 cup canola oil
- 1/2 teaspoon cumin seeds
- 2 tablespoons finely chopped garlic
- 1 tablespoon finely chopped fresh ginger
- 2 1/2 cups finely chopped onions
- 1-2 hot green chillies
- 1/2 teaspoon turmeric
- 1/4 cup heavy cream
- salt to taste



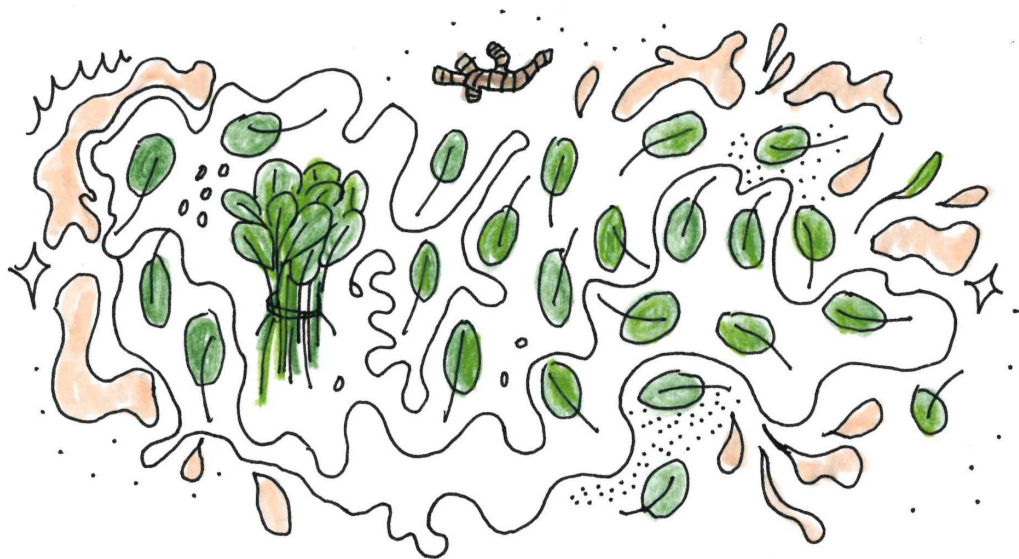
## INSTRUCTIONS

1. Set up large bowl of ice and water. Bring pot of water to boil. Submerge the spinach in the boiling water to just wilt it. Use a strainer to transfer it to the ice water.
2. Drain the spinach well and transfer it to blender. You will have bright green puree.
3. In a large skillet, heat the oil and add the cumin seeds and garlic just for 30 seconds or less. Add the chopped onions and cook until soft but not browned...5-10 minutes.
4. Stir in the ginger, green chili, and turmeric and cook for 30 seconds. Add the spinach puree and cook stirring constantly for 5 minutes. Be careful: it will sputter like bubbling lava!
5. Reduce the heat to medium and add cream and salt. Cook for another 5 minutes. Enjoy!



## Creamed Spinach

*I love spinach. I came across this recipe first when I had just given birth to my daughter in the winter. Somehow, this wonderful spinach dish became my comfort food. My daughter, who I was nursing when I was eating this regularly loves it even as a young adult.*



# Goldene Yoich

(Golden Chicken Soup)

## INGREDIENTS

4-6 lbs of chicken chunks. (Whole and/or parts. I like to use chicken necks if I can get them. Stronger bone broth)

veggies: onion, carrots, garlic, fennel stems, leeks, celeriac, celery, parsnips, parsley stems, fresh dill)

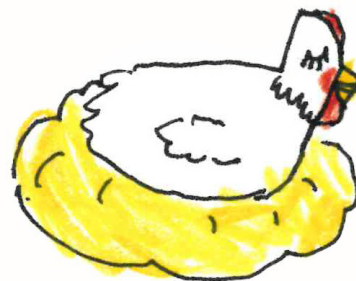
spices: turmeric, peppercorns, salt

## COOK

1. Get the largest pot you have.
2. Fill  $\frac{2}{3}$  with cold water and chicken chunks.
3. Bring to a boil and skim off the white foamy stuff. Let it simmer for 1-2 hours.
4. Add veggies and spices.
5. Bring to a boil and reduce to a simmer for 3-4 hours.
6. Let it cool. (If possible, let it chill in the fridge overnight.)
7. Strain all the stuff out. Freeze most of it in containers to share with friends and family and emergency use for when you're sick.

## EAT

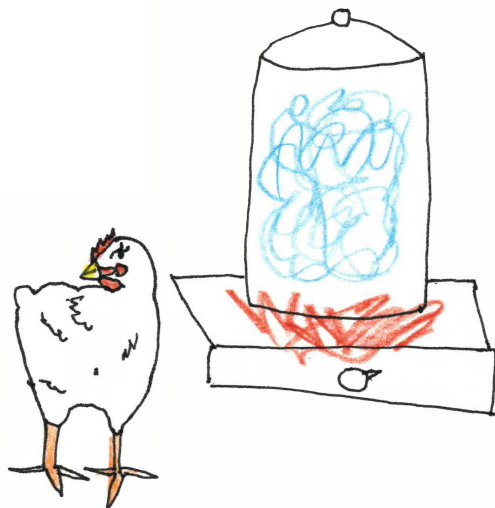
1. Make matzo balls.
2. Serve in a bowl: one matzo ball, and golden golden soup.



## Goldene Yoich

(Golden Chicken Soup)

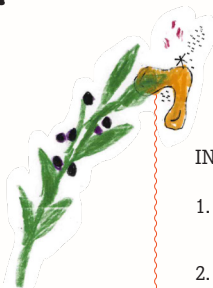
*Chicken soup is love. It's self care, family care, community care. Chicken soup is the slowing of time, the embrace of a circle of gold, a ritual for healing warmth. And... I also really need to figure out a veggie version so I can share that with my vegetarian friends. But in the meantime: the sacrificial chicken.*





## “Particella di Santa Neilia”

(Fragment of Saint Neila)



*From a Sicilian tradition of venerating saints by consuming sweets shaped in the likeness of significant body parts. For example, devotees of Santa Agatha—whose breasts were severed during her martyrdom—celebrate her Saint Day by feasting on “Minne di Sant’Agata” (Tits of Saint Agatha), domed cakes topped with maraschino cherry nipples.*

*In honor of my mother, the folk saint Santa Neila, “Particella di Santa Neilia” (Fragment of Saint Neila) is a hard candy, cast into the mold of a skull fragment—a relic of her self-inflicted martyrdom and the subsequent miracle in which my life was spared.*

—veronique

veronique d’entremont  
BCA Studio Resident Artist 2022

### INSTRUCTIONS

1. In a copper ladle heated over coal, dissolve an ounce of sugar in half as much water.
2. Once the mixture boils, shift the ladle about to slow the heat.
3. Stirring with a bone or belladonna branch, incorporate a daub of honey from her hive.
4. Add a pinch of salt and red pepper flake.
5. Once caramelized, test the syrup’s heat with just a drop into a cold glass of water.
6. Brittle strands will form if it is hot enough to pour.
7. Pour enough syrup to fill the mould of Santa Neilia’s relic.
8. While still liquid, press into the lava a single dried henbane flower.
9. Let this cool until hard.
10. Do not consume until you are absolutely ready.



# “Particella di Santa Nella”

*(Fragment of Saint Nella)*

veronique d'entremont  
BCA Studio Resident Artist 2022



# The Famous La Scala Chopped Salad

Leika Akiyama  
BCA Studio Resident Artist 2022

## FOR THE SALAD

1 head iceberg lettuce  
rinsed and finely  
chopped

1/4 lb italian salami  
julienned

1 cup shredded  
mozzarella cheese

1 15 1/2 ounce can  
garbanzo beans, rinsed  
and well-drained

## FOR THE DRESSING

1/3 cup extra-virgin olive  
oil

1/4 cup red wine vinegar

2 tsp dijon mustard

1/2 tsp salt and pepper

1/4 cup grated pecorino  
romano OR parmesan  
plus more for serving

## INSTRUCTIONS

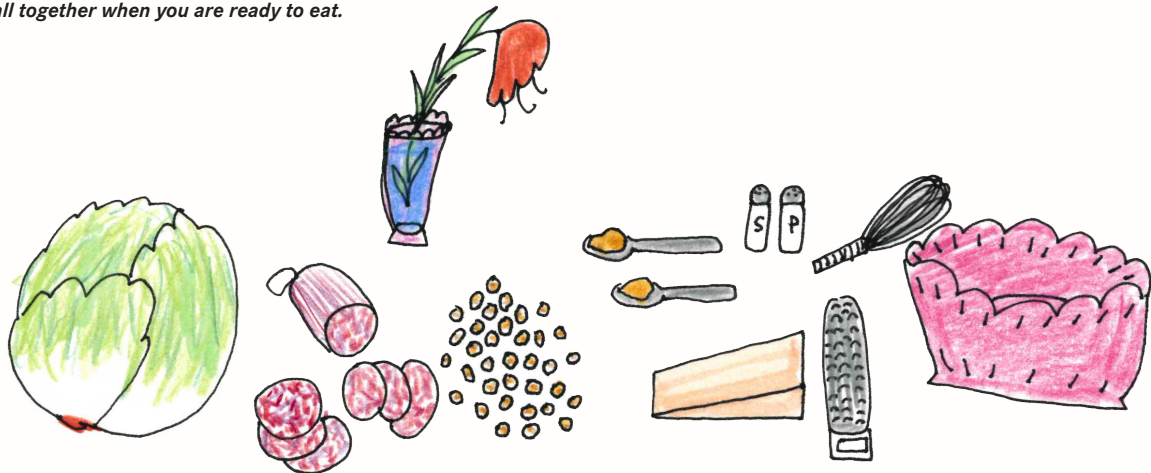
1. In a large serving bowl, combine dressing ingredients and whisk until well blended.
2. To the bowl, combine lettuces, salami, mozzarella, and garbanzo beans. Toss with vinaigrette to coat well.
3. Finish with more cheese and salt and black pepper if desired.
4. Enjoy!



# The Famous La Scala Chopped Salad

Leika Akiyama  
BCA Studio Resident Artist 2022

*Here is a salad recipe I lived off of the entire summer. Just four ingredients and so satisfying. The original author says it keeps for a week but I find it better to keep the lettuce separated and then mix all together when you are ready to eat.*



# Filipino Street Food: Bananacue

**Jobelle Mesa**  
*BCA Membership Manager*

## INGREDIENTS

very ripe plantains

sugar (optional)

oil (for frying)

## INSTRUCTIONS

1. Let plantains age and turn brown naturally on your counter. The browner, the better and sweeter!
2. Once browned to your satisfaction, peel plantains, then slice into thin oval cuts.
3. Heat up cooking oil in a pan. Start on medium to low-medium, and while cooking, stay attentive and adjust the heat as needed to keep the pan hot enough to cook the plantains, but so hot the plantains burn.
4. Add plantains into the oil.
5. Fry plantains until a little bit tender/cooked.
6. Add brown sugar to the pan. You can sugar to taste by adding no sugar at all, or you can continuously sprinkle enough in the pan to completely coat all the plantain slices. Browned plantains can be fried and strained without coating with sugar, and are just as delicious, although not the traditional dish.
7. Keep stirring plantains with a turner/spatula as you let the sugar melt until almost caramelized. The sugar should adhere to the plantains.
8. Turn off stovetop, remove plantains from pan and lay them on a wire strainer to dry and drain excess oil.
9. Serve! On a skewer, or eat with your hands, eat with a fork – it's up to you!



## Filipino Street Food: Bananacue

*This is my mom's bananacue recipe, although my dad adapted it to have no sugar for a healthier snack! This was my favorite snack we would cook on the weekends growing up. Fun Fact: Though we are using plantains, in the Philippines you would use the Saba banana! The term bananacue comes from a combination of banana and barbecue.*



# Alexander Wedge's Wedge Fries

Alexander Wedge  
Actor & BCA Artistic Programming Coordinator

## INGREDIENTS

potatoes of your choosing (Russet is recommended)

olive oil

parmesan (fresh or store bought)

parsley (fresh or store bought)

garlic powder

salt

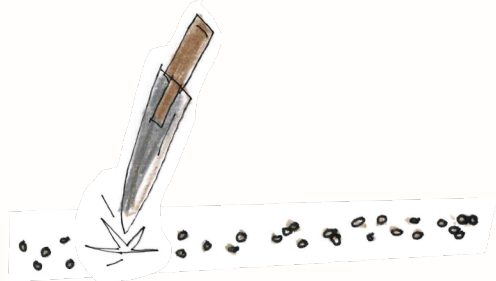
italian seasoning (optional)

## INSTRUCTIONS

1. Preheat oven to 375°
2. Cut potato vertically into 1/8ths
3. Place wedges into a large bowl, drizzle with olive oil, mix until evenly coated
4. Sprinkle grated parmesan over wedges, mix until evenly coated (save some for later!)
5. Mix seasonings together, sprinkle over potatoes, mix until evenly coated
6. Lay wedges into a large greased baking sheet, skin side down.
7. \*Bake for 25-35 minutes, until wedges are golden and easy to puncture
8. Serve with leftover parmesan, and dipping sauce of your choosing (ketchup/tzatziki recommended)

### *\*Hot tip (for extra crisp)*

1. Remove wedges from oven after 25 minutes
2. Sprinkle leftover parmesan over wedges
3. Transfer to air fryer, frying at 375° for 10 minutes



Alexander Wedge

Actor & BCA Artistic Programming Coordinator

## Alexander Wedge's Wedge Fries

*I ended up jokingly branding myself as “wedgefry” back in high school after loving the lunch room potato wedges that were served every Friday. The name stuck around for years, and I later pursued a recipe to continue the joke, but ended up realizing I still love wedge fries after all this time. They're a great versatile side dish, people end up going crazy for them, and you kind of already know who brought them when you see them!*





# Pannukakkua (Finnish pancakes)

Cloe Conceicao

BCA Marketing & Communications Manager

## INGREDIENTS

1 cube butter

2 eggs

1 cup flour (gluten-free  
flours work well too)

1/2 tsp. salt

2 cups milk (or milk  
alternative)

fresh berries, powdered  
sugar (for toppings)

## INSTRUCTIONS

1. Divide butter into thirds; place a third in each of three 9-inch shallow baking dishes.
2. Melt butter.
3. Beat eggs slightly. Sift flour with salt and alternately with milk. Mix only until flour is moistened.
4. Pour into 3 pans (The thickness is closer to a crepe than a typical pancake when baked).
5. Bake at 400° for 25-30 minutes or until crispy, golden brown (I prefer these on the crispier side so it melts in your mouth).
6. Top with powdered sugar and fresh berries!

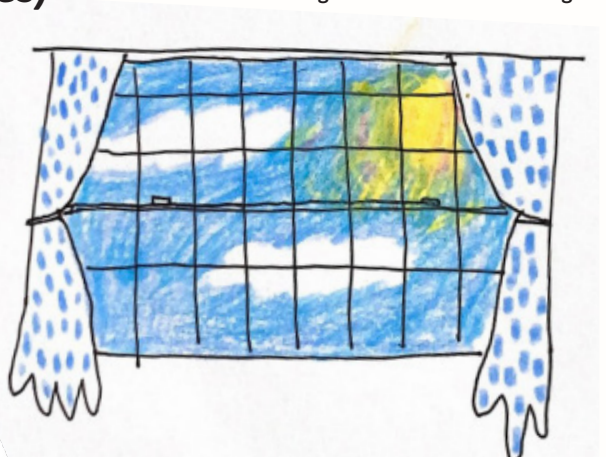


# Pannukakkua (Finnish pancakes)

Cloe Conceicao

BCA Marketing & Communications Manager

*Simple and delicious! Passed down in the family, this is a recipe that my mom would make on any "special" morning growing up; whether it be a birthday or just a way to slow down when we all needed the reminder. It's a morning comfort food.*



# Quesadillas del Mercado

## INGREDIENTS

### *For the Tortillas*

maseca azul (blue corn flour)

salt

lukewarm water

### *For the Filling*

cheese (oaxaca is preferred)

huitlacoche (optional)

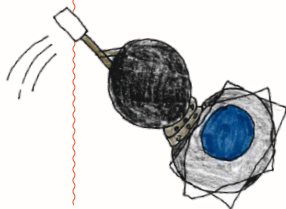
flor de calabaza (optional)

salsa verde o roja (optional but recommended)

## INSTRUCTIONS

### *For the Tortillas*

1. Combine maseca, a pinch of salt, and a little water to form a thick masa (dough). Cover with a damp towel to prevent it from drying.
2. Flatten a fistful of the masa with a tortillero (or a rolling pin). To prevent it from sticking, place the dough between two sheets of plastic, a typical plastic bag from the grocery store works perfectly. You should end up with a flattened tortilla that is about as thick as two coins stacked together. Make at least 2 of these raw tortillas for your quesadillas.



Julia Ruiz Borys

BCA Marketing & Communications Manager



### *For the Quesadillas*

1. Heat your comal or wide flat pan to medium high heat.
2. Add a little oil, enough to grease the surface of your tortillas.
3. Place tortillas on the comal and cook one side. Flip to cook both sides.
4. Once cooked, add cheese and filling of choice and cook both sides again until cheese is melted.
5. Add salsa(s) to serve and enjoy!



## Quesadillas del Mercado

Julia Ruiz Borys  
BCA Marketing & Communications Manager

*When I visit Puebla, MX, the town where I was born, one of my favorite things to do is go to the market with my mom and get these quesadillas freshly made. The women who make them are always really welcoming and nice to talk to; and the blue corn is not common in the US, so it's extra special.*



# After the After Party Flan

Julia Szejnblum

BCA Associate Director of Exhibitions

## INGREDIENTS

4 eggs

1/2 liter - 2 cups of mil

200 grams- 3/4 cup of white sugar

lemon zest (optional)

pinch of pure vanilla extract (optional)



## INSTRUCTIONS

1. Make caramel (sugar, water, lemon)
2. Pour the caramel in a mold
3. Boil the milk with pure vanilla extract, lemon zest, and sugar
4. Whisk the eggs in a separate bowl
5. Mix the warm milk with the whisked eggs
6. Put the milk and eggs in the mold once the caramel is cold and hard, cover with foil
7. Put the mold on a baking tray and surround it with hot water (bain-marie/double boiler)
8. Medium Oven
9. Cook for 1 hour or more (it should not be liquid, but firm) take the foil out 15 minutes before



## After the After Party Flan

*My best friend's mom used to make this flan back in Buenos Aires where I grew up. As teenagers, we would eat it all the time, especially at dawn when we came back from parties.*



**Julia Szejnblum**  
BCA Associate Director of Exhibitions



# Celebration Sandwich!

*(aka the combination of all my favorite things in an Italian deli)*

Chayda Harding  
BCA Development Coordinator

## INGREDIENTS

***Note: This is a forgiving sandwich, feel free to put as much of any ingredient as you want***

1/2 focaccia loaf, sliced  
in half like a burger bun

1/3-1/2 lb sliced  
prosciutto *(or really as  
much as you are willing to  
pay for/consume)*

6-8 oz mozzarella  
*(preferably a kind you  
can cut into slices, not  
shredded)*

a handful or two of  
arugula

roasted red peppers +  
garlic *(can buy jarred or  
make your own from one  
red pepper and two cloves  
of garlic, minced)*

2 tbsp Basil Pesto

olive oil

balsamic vinegar

## INSTRUCTIONS

1. (Optional) Slice your bread and toast with olive oil in a pan until golden brown.
3. Spread pesto on each slice of bread. If 1 tbsp is not enough for each side, feel free to add more!
4. Toss arugula with oil and vinegar.
5. Assemble sandwich as follows: bottom bread, arugula, mozzarella, prosciutto, red peppers, top bread.  
  
***My reason for this order is that the weight of the toppings will hold the arugula down, and the mozzarella is a strong base for the thin prosciutto and irregularly-shaped peppers. Additionally, if tearing through stringy/slippery prosciutto is not your thing, you can arrange the slices into little crumpled heaps instead of stacking the slices on top of each other.***
6. Enjoy your sandwich paired with a long nap!



# Celebration Sandwich!

(aka the combination of all my favorite things in an Italian deli)

*This is my favorite sandwich and what I make when I am celebrating big things in my life: a major event, the end of a challenging period of time, or an unexpected victory. I consider it highly indulgent because the cost of getting every ingredient and making the sandwich myself is definitely higher than just buying similar version at a store (it's pretty similar to any Italian deli sandwich), but the fact that I can make it exactly how I want to down to the arrangement of each layer makes the experience feel luxurious.*





# Easy Roasted Red Peppers + Garlic

(for your Celebration Sandwich)

## INGREDIENTS

red bell pepper

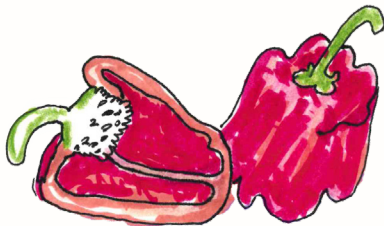
garlic (minced)

olive oil



## INSTRUCTIONS

1. Preheat oven on broil
2. Slice a red bell pepper in half, place on baking sheet lined with foil and roast for 10-20 min or until charred (depends on your oven/broiler)
3. Once roasted, wrap the pepper completely in the foil to steam and loosen skins;
4. When the pepper is cool enough to handle, peel skin off and slice into strips
5. Place in a small container and cover with olive oil and minced garlic, marinating for at least 15 min.

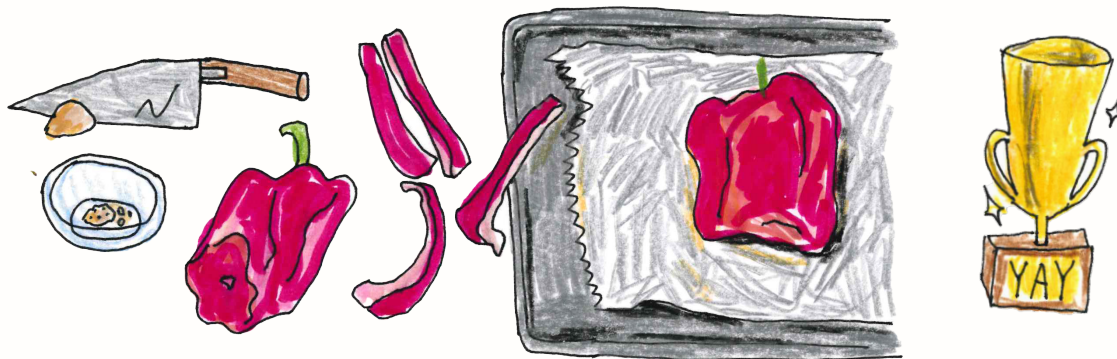


# Easy Roasted Red Peppers + Garlic

(for your Celebration Sandwich)

Chayda Harding  
BCA Development Coordinator

*This makes enough for one or two sandwiches, but  
it's not a bad idea to make enough to store for later!  
Great chopped up in eggs or pasta!*



# Pickled Shrimp



Emily Foster Day  
BCA Co-Executive Director

## INGREDIENTS

- |   |   |
|---|---|
| 3 lemons, divided   | 4 cloves garlic, pressed or minced, about 2 teaspoons     |
| 1 cup apple cider vinegar   | 2 bay leaves  |
| 2/3 cup olive oil   | 1 small red onion, halved lengthwise and thinly sliced    |
| 1/2 teaspoon coarsely ground black pepper                                       | 2 pounds large or extra-large shrimp, peeled and deveined |
| 2 teaspoons Creole seasoning  | 1 teaspoon kosher salt                                    |
| 1/2 teaspoon dry mustard  | 3 tablespoons chopped fresh dill                          |
| 1/2 teaspoon crushed mustard seeds  | 2 tablespoons chopped fresh parsley                       |
| 1 Fresno or jalapeño pepper, thinly sliced, or 1 dash crushed red pepper flakes |   |

## INSTRUCTIONS

1. Zest and juice 1 of the lemons. Slice the second lemon thinly and set it aside.
2. In a bowl, combine zest and juice of the lemon with the vinegar, oil, 1 teaspoon of the kosher salt, pepper, dry mustard, crushed mustard seeds, red pepper flakes, and garlic. Set aside.
3. Bring a saucepan of water with 1 teaspoon of kosher salt to a boil over medium-high heat. Add the shrimp to the boiling water and cook for about 1 1/2 to 2 minutes, or just until the shrimp are pink and opaque. Overcooked shrimp will be tough and rubbery, so watch closely. Drain the shrimp in a colander and run cold water over them to halt the cooking process.
4. Add the drained and cooled shrimp to the seasoned vinegar and oil mixture along with the red onion and lemon slices. Taste the brine and add salt, as needed. Refrigerate the shrimp for at least 6 hours or overnight.
5. Just before serving, stir in the dill and parsley.



## Pickled Shrimp

Emily Foster Day  
BCA Co-Executive Director

*This recipe is an homage to my family on the Gulf Coast of Alabama, and was one that I perfected when I lived in Mobile in 2013-2014. I made it for the first Thanksgiving we spent there, and I've made this every Thanksgiving since because it reminds me of being close to my sister. My favorite part of Thanksgiving is the "relish plate" or a plate of light snacks to graze on before the big Thanksgiving dinner, and I probably spend the most time fretting about, shopping for, and making things to go on this plate. These are great with good cheese, crackers, pickled vegetables, nuts, fruit, etc. It's important to find wild Gulf shrimp if you can – they're firm and sweet and sustainably harvested. The shrimp are great as-is or on a saltine cracker.*



# Recipe for Kombucha. Recipe for Scobys.

Recipe to make yourself from your own guts.

## INGREDIENTS

Symbiotic awkwardness,  
a culture of bacteria and  
yeast.

7 cups water.

1 cup of sugar.

4-6 tea bags.

A mother.

A vessel.

Time.



## INSTRUCTIONS

*[Actual Factoid #1: "Living materials can self-assemble, are autonomously patterned, can self-repair and sense, respond to their environment."]*

Ferment, foment.  
The mothers mark, make time.  
Circular time, accretive time.

Time disrupted and felt up.  
Time isolated.  
Time that we are isolated (times  
the time we were isolated) + (< or  
> than the time when that viral  
detour that sent us hurling back  
into the isosceles shaped enclaves  
of our homes).  
The domestic sphere.



The skin, the pellicle.  
Anti-perfect. Anti-industrial.  
A plural, a plurality, a they, a we.  
Interdependent.  
Gestating a new future.  
Gesticulating a past.  
Tentacular ambiguity  
unceremoniously farting up  
fermented vinegary bubbles.  
Parts splayed vulnerably, squishy.

The connection channel is now  
charging.  
7 days of creation + another 7.  
A taste of a thousand together.  
Come butch, come.  
The kombucha is ready.



# Recipe for Kombucha. Recipe for Scobys.

Recipe to make yourself from your own guts.

A\_Marcel

BCA Studio Resident Artist 2022

