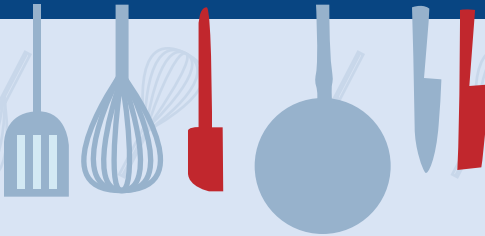


# DEPAUL UNIVERSITY



## RECIPE BOOK



Check out some recipes from your  
favorite Blue Demons!

# FLUFFY PUMPKIN PANCAKES

## Ingredients

1/3 cup all-purpose flour  
1/3 cup whole wheat flour  
2 tbsp. sugar  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. pumpkin pie spice  
1/8 tsp. ground cinnamon  
Dash of salt  
1 large egg  
1/2 cup fat-free milk  
1/3 cup vanilla yogurt  
1/3 cup canned pumpkin  
1 tbsp. canola oil  
1/8 tsp. vanilla extract  
Maple syrup

## Directions

1) In a bowl, whisk together the first eight ingredients. In another bowl, whisk the next six ingredients until blended. Add to dry ingredients; stir just until moistened.

2) Lightly coat a griddle with cooking spray; preheat over medium heat. Pour batter by 1/3 cupfuls onto griddle. Cook until bubbles on top begin to pop. Turn; cook until golden brown. Serve with syrup.

From Taste of Home magazine



**Joyana Dvorak**

Vincentian Service & Formation Team, Mission & Ministry



# BANANA PECAN PANCAKES

## Ingredients

1 cup flour  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/2 cup cornmeal  
1/4 cup oat bran flour  
1 beaten egg  
1.5 cup buttermilk  
1 ripe banana, mashed  
2 tbsp. melted  
margarine or butter  
2 tsp. honey  
1/4 cup chopped  
pecans

## Directions

- 1) In a large bowl, stir together flour, baking soda, and 1/4 tsp. salt. Stir in cornmeal and oat bran.
- 2) In another bowl, stir egg, buttermilk, banana, butter and honey.
- 3) Add the two mixes together. Stir until moist. Fold in pecans.
- 4) Cook the pancakes on a hot, flat pan as you normally would.

**Lynn Safranek**

Assistant Vice President, Strategic Communications  
in University Marketing and Communications

# FLUFFY PUMPKIN PANCAKES

## Ingredients

### FOR PANCAKES

1 1/2 cups all purpose flour,  
spooned into measuring cup and  
leveled off  
2 tbsp. sugar  
2 1/2 tsp. baking powder  
1/2 tsp. salt  
1 small, over-ripe banana, peeled  
(the browner, the better)  
2 large eggs  
1 cup plus 2 tbsp. low fat milk  
1/2 tsp. vanilla extract  
3 tbsp. unsalted butter, melted

### FOR COOKING

Vegetable oil  
Unsalted butter

### FOR SERVING

Maple syrup  
Sliced bananas  
Confectioners' sugar  
(optional)

## Directions

1) In a medium bowl, whisk together the flour, sugar, baking powder and salt.

2) In a small bowl, mash the banana with a fork until almost smooth. Whisk in the eggs, then add the milk and vanilla and whisk until well blended.

3) Pour the banana mixture and the melted butter into the flour mixture. Fold the batter gently until just blended; do not over-mix. The batter will be thick and lumpy.

4) Set a griddle or non-stick pan over medium heat until hot. Put a pad of butter and one tablespoon vegetable oil onto the griddle, and swirl it around.

5) Drop the batter by 1/4-cupfuls onto the griddle, spacing the pancakes about 2 inches apart. Cook until a few holes form on top of each pancake and the underside is golden brown, about 2 minutes. Flip the pancakes and cook until the bottom is golden brown and the top is puffed, 1 to 2 minutes more.

6) Serve the pancakes while still hot with maple syrup, sliced bananas and confectioners' sugar if desired.



The pancakes can be frozen for up to 3 months. To reheat, place them in a single layer on a baking sheet and cover with foil. Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

**Danielle Arens**

Assistant Director of Fitness and Wellness

# OVEN BAKED PANCAKE

## Ingredients

2 large eggs  
½ cup flour  
½ cup milk – not skim  
4 tbsp. butter  
2 tbsp. powdered sugar  
Juice of half a lemon (about 2  
tbsp.)  
Jam or any marmalade, for  
serving (optional)



## Directions

1) Preheat the oven to 425 degrees. In a mixing bowl, lightly beat the eggs by hand with a whisk or fork. Add the flour and milk and lightly beat until blended but still slightly lumpy.

2) Melt the butter in a 12-inch skillet with a heatproof handle over medium-high heat. When very hot but not brown, pour in the batter. Bake in the oven until the pancake starts to go up the edges and is turning golden brown, about 15 minutes.

3) Working quickly, remove the pan from the oven and sprinkle with the sugar. Return to the oven for 1 to 2 minutes more (you can turn off the oven at this point). Sprinkle with lemon juice and serve with jam or marmalade on the side if you wish.

**Kathryn Statz**  
Director, Office of Gender Equity

# SALTED BROWN BUTTER RICE KRISPIES TREATS

## Ingredients

3/4 cup salted butter, plus extra for the pan

15 ozs bag marshmallows

Heaping 1/2 tsp. kosher salt

1/2 tsp. vanilla

6 cups (160 grams) crispy rice cereal (about half a 12-ounce box)

1/4 cup sprinkles

## Directions

1) Butter (or coat with non-stick spray) an 8-inch square cake pan with 2-inch sides.

2) In a large pot, melt butter over medium-low heat. It will melt, then foam, then turn clear golden and finally start to turn brown and smell nutty. Stir frequently, scraping up any bits from the bottom as you do. Don't take your eyes off the pot or it may burn.

3) As soon as the butter takes on a nutty color, turn the heat off and stir in the marshmallows until the marshmallows are smooth.

4) Remove the pot from the stove and stir in the salt, vanilla extract and cereal together.

5) Quickly spread into prepared pan. Press it firmly and evenly into the edges and corners.

6) Sprinkle sprinkles on top.

7) Let cool, cut into squares

(Courtesy of my friend, Ristina Gooden)



**Teneshia Arnold**

Assistant Director - Student Involvement

# BLUE DEMON BERRY CRUMBLE BARS

## Ingredients

3 cups (390g) all-purpose flour  
1/2 cup (100g) granulated sugar  
1/2 cup (100g) brown sugar  
1 tsp. baking powder  
1/4 tsp. salt  
1 large egg  
1 1/2 tsp. vanilla extract  
1 cup (226g) unsalted butter, chilled  
and cut into cubes

### FILLING

1 tbsp. (9g) cornstarch  
1/2 cup (100g) granulated sugar  
1 1/2 tbsp. (22ml) lemon juice  
4 cups (538g) fresh blueberries, at  
room temperature

## Directions

- 1) Preheat oven to 375° F. Butter a 9x13-inch baking dish (line with parchment to lift them out easier).
- 2) In a large mixing bowl whisk together flour, granulated sugar, brown sugar, baking powder and salt.
- 3) In a small mixing bowl, whisk together egg and vanilla until combined.
- 4) Add egg mixture and cold butter cubes to flour mixture and using a fork or a pastry cutter, cut mixture together until it resembles coarse crumbs. Press 1/2 of the mixture evenly into prepared baking dish.

### FILLING

- 6) In a separate mixing bowl, whisk together granulated sugar and cornstarch, stir in lemon juice. Add blueberries then toss mixture to evenly coat, pour and spread coated blueberries evenly over crust in baking dish. Sprinkle remaining crumb mixture over berry layer.
- 9) Bake in preheated oven about 38 - 42 minutes until top is golden brown. Allow to cool for about 20 - 30 minutes before cutting into squares.
- 11) Store cooled bars in an airtight container in refrigerator.

Recipe Source: <https://www.cooking-classy.com/blueberry-crumb-bars/>



You could easily change up this recipe by using another fresh berry.

To make the filling more lemony, add the zest of one lemon.

**Pierrie Jefferson**

Coordinator, Traditions and Fraternity & Sorority Life



# POPPY SEED CAKE

## Ingredients

2 cup sugar  
1 1/4 cup canola oil  
1 1/2 tsp. baking soda  
4 eggs  
1 large can Milnot  
1 can poppy seed filling  
3 cup sifted flour

## Directions

- 1) Add oil to sugar and beat.
- 2) Add one egg at a time, beating well after each.
- 3) Sift together flour and baking soda.
- 4) Alternate flour and canned milk to the oil batter. Add poppy seed filling and blend.
- 5) Pour batter into ungreased tube pan. Bake at 350 degrees for one hour ten minutes.
- 6) Let stand until cool. Run knife around cake and remove.



**Courtney James**  
Director, Student Involvement

# COFFEE CAKE

## Ingredients

1/2 cup unsalted butter softened (113g)  
8 oz cream cheese softened (225g)  
1 cup light brown sugar tightly packed (200g)  
1/2 cup granulated sugar (100g)  
2 large eggs  
1 1/2 tsp. vanilla extract  
2 1/2 cups all-purpose flour (335g)  
2 tsp. baking powder  
1 tsp. cornstarch  
1/2 tsp. salt  
1/2 cup buttermilk (120ml)  
OPTIONAL: 1 cup chopped nuts (pecans or walnuts)

### CINNAMON SWIRL

1/4 cup sugar (50g)  
1 1/2 tsp. cinnamon

### STREUSEL TOPPING

1 1/3 cup all-purpose flour (175g)  
1 cup + 2 tbsp. brown sugar packed (225g)  
3 tbsp. granulated sugar  
4 1/2 tsp. cinnamon  
1/4 tsp. salt  
10 tbsp. unsalted butter melted (140g)

## Directions

- 1) Preheat oven to 350F and lightly grease and flour a 13x9 baking pan.
- 2) In stand mixer, or using an electric mixer in large bowl, cream together butter and cream cheese. Beat in sugars until light and fluffy.
- 3) Add eggs, one at a time, beating until combined. Scrape down sides and bottom of mixing bowl with rubber spatula. Stir in vanilla extract.

4) In a separate, medium-sized bowl, whisk together flour, baking powder, cornstarch and salt.

5) Gradually add flour mixture to wet ingredients, alternating with buttermilk, until all of the flour mixture and buttermilk have been combined. OPTIONAL: Add the nuts to the batter.

6) Spread about half of the batter into prepared pan (batter will be thick).

7) Quickly whisk together sugar and cinnamon for cinnamon ripple layer in a small bowl and sprinkle it evenly over the batter. Dollop remaining batter over the cinnamon sugar layer and use a knife to spread evenly overtop. It's OK if you end up disturbing the cinnamon sugar layer a bit, it will be a nice swirl when it bakes.

### STREUSEL

8) Melt butter in a medium-sized bowl on 10 second increments (stirring between) until just melted (you don't want it to be too hot, if it does get too hot allow to cool.

9) Use a fork to whisk together your flour, sugars, cinnamon, and salt. Pour melted butter over mixture and use a fork to stir until combined (mixture should be crumbly). Sprinkle streusel evenly over batter.

10) Bake on 350F for 40-50 minutes (check doneness with a toothpick inserted in center). Allow to cool before cutting and serving.

Coffee Cake: <https://sugarspunrun.com/-cinnamon-coffee-cake/>

Store leftover coffee cake in an airtight container at room temperature for up to 3 days.

**Alan Paberz**

Executive Director of Development



# HOMEMADE CHEESY POTATOES

## Ingredients

3 pounds russet potatoes, peeled  
4 tbsp. butter, divided  
½ cup yellow onion, diced small  
1 clove garlic, minced  
2 ½ tbsp. all purpose flour  
½ cup vegetable broth  
½ cup milk  
1 cup sour cream  
¾ tsp. kosher salt  
½ tsp. black pepper  
1 cup grated sharp cheddar cheese

## Directions

1) Roughly peel potatoes, leaving a little bit of skin on if desired. Slice the potatoes into planks, then strips and dice into cubes. Add the cubed potatoes into a pot of cold water, bring to a boil and cook for 8 minutes. Remove and drain the potatoes into a colander in a sink. Let the potatoes cool.

2) In a 10-inch skillet add three tablespoons of butter. Over medium-low heat melt the butter and then add in the diced onions. Cook until just softened and add in the minced garlic. Cook for one minute.

3) Sprinkle in the flour and stir, cooking for 2-3 minutes. While stirring, pour in the ½ cup of broth and ½ cup of milk. Continue to stir until thick, about 5-8 minutes.

4) Remove the pan from the heat and stir in the cup of cold sour cream.

5) In a large bowl add in the cooled potatoes, onion and sour cream mixture, salt, pepper and cheese. Stir to combine and pour in the prepared pan (9x13" lightly oiled).

6) Bake in a 350 degree oven for 1 hour or until bubbly and lightly golden. Let cool for 20-25 minutes before serving.



**Ashley Knight**

Associate Vice President for Student Affairs

# CHICKEN ENCHILADAS

## Ingredients

1 lb chicken (boneless chicken breast)  
Hot chile sauce  
Black Pepper  
2 tbsp. Extra Virgin Olive Oil  
1 small red onion  
Package of flour tortillas  
2 8oz packs of shredded cheese  
(whatever your preference, usually  
Colby Jack or 4-cheese Mexican blend)

### SAUCE

2 cups of chicken stock  
1 8oz container of sour cream  
4 tbsp. of butter  
1/4 cup of flour  
1 4oz can of diced fire roasted jalapenos  
(recommend La Victoria)

## Directions

1) Prepare the chicken. Cut chicken into bite-sized pieces, Add oil to the pan and cook the chicken on medium heat, coating with the Sriracha chili sauce and black pepper. Recommend cooking the chicken until it starts to get a little crispy / brown. Set cooked chicken aside.

2) Prepare the Enchiladas. Dice the onion. Open one package of shredded cheese. Add chicken, onion and shredded cheese to a tortilla. Only add enough filling such that you can still easily roll the tortilla and it doesn't rip. Add the tortilla to the pan seam-side down. After you add 10-12 tortillas they should be pretty tightly packed in the pan.

3) Prepare the Sauce. Boil two cups of water. Add the appropriate amount of chicken stock according to directions on stock. Turn down heat to medium-high. Add the butter. When the butter is melted, add the sour cream. Mix with a whisk until the sauce is mostly smooth. Add the flour. Whisk until all of the lumps are gone. Add the fire roasted diced jalapenos. Mix with whisk. Reduce heat to medium/medium-low and cook for 5-10 minutes, stirring periodically. You will have the right level of heat if the sauce is slowly bubbling.

4) Bake the Enchiladas. Preheat the oven to 375°. After the sauce has cooked for 5-10 minutes, pour the sauce evenly over the pan of enchiladas. Bake the pan in the oven on a middle rack for 15 minutes.

5) Broil the Enchiladas. After you have baked the pan, take it out and sprinkle the 2nd bag of shredded cheese over it. Put the pan back in the oven and switch the oven to broil (medium or high). Pay close attention \*broil time will vary wildly depending on the oven\* the goal here is just to get the cheese to brown and harden a little bit, not to be burnt. Recommend you stay by the oven, checking frequently, until the cheese is browned. Take the pan out and let it cool for 5-10 minutes.



**Jessica Peterson**

Marketing Communications Specialist, Division of Student Affairs



**DEPAUL UNIVERSITY**

**DIVISION OF STUDENT AFFAIRS**

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