

The Ending Hunger in Maine by 2030
presents

Recipes of Connection

A Community Cookbook



Ending Hunger in Maine
Working Group Convening

Wavus Lodge • Jefferson, Maine
October 30, 2024

The Event

Ending Hunger in Maine

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The Ending Hunger in Maine initiative, convened by the Governor's Office of Policy Innovation and the Future, supports coordination across state government and with nonprofits, community-based organizations, and impacted communities to create a Maine free from hunger with Maine's Roadmap to End Hunger as its guide. In the summer and fall of 2024, working groups based on the five goals of Maine's Roadmap worked to identify priorities for aligned action across our diverse network of Ending Hunger partners in 2025-2026. This effort culminated in the first Ending Hunger in Maine Convening on October 30, 2024. At the Convening, working group members shared their recommendations, weighed in on further prioritization, shared a meal that was almost 100% locally sourced and shared stories that underscored food as our common denominator through an activity hosted by Community Plate.

This community cookbook is a collection of the stories and accompanying recipes that were shared by members of the Ending Hunger in Maine Working group answering the prompt:

Share a story about a food that reminds you of a specific person or place in your life, or is meaningful in some way.

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Garlic Scapes are a Beginning

Denise St. Peter • Office of the State Economist

I first tried garlic scapes ten years ago. While serving as an AmeriCorps volunteer, I would help out on weekends at the farmer's market in Bangor, where it was my job to help with SNAP payments. At the end of each shift, some of the farmers would give us extra items to take home. Living on an AmeriCorps stipend didn't leave much room in my budget, so this bag of food (usually a loaf of fresh bread and 4-5 mystery produce items) meant a lot to me.

While I knew what to do with the bread, I didn't recognize most of the produce. I didn't grow up cooking or shopping at farmers markets and I didn't even know how to prepare most grocery store food. Come June, a little bundle of strange-looking green "garlic scapes" was among the first of these mystery vegetables.

These garlic scapes were a beginning for me. I learned how to make garlic scape pesto from a SNAP-Ed trainer at the market. I learned the names and uses of local vegetables from the farmers. I moved on to CSAs, making my own pickles, and reading books about food preservation. Ten years later, I grow my own garlic and other vegetables in a backyard garden, cooking the scapes in stir-fries when they are ready to cut in early summer. I take my children to the same farmers' market in Bangor where we see many of the same farmers and volunteers. We try to cook most of our food from scratch.

When garlic scapes come to market, I think about how much I've learned and the independence that comes with growing and cooking food for my family. And I think about the interdependence that made that possible for me – the community of people who continue to teach me about food and place today.



Bakewell Cream Biscuits

Maureen Bean • Burlington Food Pantry

Biscuits - Certainly a welcomed addition to any meal to be eaten hot from the oven with butter and homemade jam. Leftovers were always good for strawberry shortcake, creamed biscuits or added to our lunch-box for a noontime meal. It seems that every meal presented enough, especially with a plate full of biscuits. The ingredients were always

affordable and on hand. In the 1950s, most kitchens had a 5 gallon tin full of flour. Now as an adult looking back on family mealtimes, while the menus may have been somewhat plain and simple, they were also tasty and plentiful. I am grateful to have never gone to bed hungry...well...except for that one time when I locked the cat in the outhouse and granddad sent me to bed without supper. That's a story for another time.

4 cups flour

4 teaspoons Bakewell Cream

2 teaspoons baking soda

1 teaspoon salt

1/2 cup cold shortening or butter

1 1/2 cups cold milk

Preheat oven to 475 degrees. Mix and sift dry ingredients. Add shortening or butter and mix with pastry blender. Add milk all at once, and stir quickly with a fork. Some flours may require a little more liquid to make a nice soft dough. Turn out on floured board and knead 5 or 6 times. Roll or pat to 1/2-inch to 3/4-inch thickness. Cut with biscuit cutter. Bake for 5 minutes. Turn off heat and leave in oven for 5 to 10 minutes until golden brown. Remove from oven and enjoy. These biscuits are extra high and light.



Swedish Bread

Jen Battis • Disability Rights Maine

My dad used to make this bread at least once a week. This is a bread machine recipe, but most of the time we made it by hand (unfortunately I couldn't find that recipe on short notice). He taught my sisters and me how to make it, and we would help with kneading and making it into braided loaves. My mom did most of the cooking and we often all helped her cook, so this felt special to do something with my dad. It is so good warm with butter on it!

1 cup lukewarm milk

4 cups flour

1/2 cup butter

1/2 cup sugar

1 egg

pinch of salt

2 1/4 teaspoons yeast

Mix yeast with rest of ingredients in bread machine. Use dough cycle. When finished, knead dough, divide into two loaves, and form each loaf into a braid. Let rise for about 30 minutes. Bake at 300 degrees until golden brown.

Maryland Crab Cakes

Jess Maurer • Maine Council on Aging

I'm from Baltimore, Maryland and spent the first 5 years of my life in a row home, living with three generations. As early as I can remember, I would go with my grandfather to get a bushel of live crabs that would sit on the kitchen floor in a wooden crate until he cooked them and we ate them covered in Old Bay. It wasn't until I was a little older that my grandparents would take me to Lexington Market on Saturdays - a place that to this day I have vivid memories of. Every once in awhile, my grandmother would get us huge crab cakes cooked fresh in the market, just lump crab and almost nothing else - served on a saltine. This was an incredible treat and I've spent much of my adult life in search of the perfect crab cake recipe that mirrors my memory of these cakes. This is as close as I've gotten - close enough for me!

1 large egg

1/4 cup mayo

**1 tablespoon chopped fresh parsley
(or 2 tsp dried)**

2 teaspoons Dijon mustard

2 teaspoons Worcestershire sauce

1 teaspoon Old Bay seasoning

1 teaspoon fresh lemon juice

1 (or more) dash Tabasco sauce

**1/8 teaspoon salt (optional, if you find
Old Bay salty enough)**

**1 pound lump cooked crabmeat,
picked over (now that I live in**

**Maine, I use Maine Crabs -
less lump, more leg/claw meat)**

**2/3 cup crushed saltines (traditional)
or breadcrumbs (panko)**

Butter & oil for frying

Whisk all ingredients except crab and crumbs together in a large bowl. Once well mixed, gently fold in the crab and crumbs, careful not to over-mix and break the crab chunks apart. Refrigerate for 30 minutes to an hour. Use a 1/2 cup measuring cup to make 6 equal mounds (or go free-form and make 4 larger ones) - the cakes should be loosely packed, just enough to hold their shape. Heat a mixture of oil and butter (traditionalists would go all butter) in a skillet over medium heat, add cakes. Cook about 5-7 minutes per side - you want them golden brown. Be careful turning - because they're loosely packed, this can be a little tricky. Serve with tartar sauce, cocktail sauce, or lemon - or all of the above.

My First Tomato Ever

Rae Sage • Permanent Commission on the Status of
Racial Indigenous and Tribal Populations

I had an experience eating a tomato that I snagged from the seconds box while working my first farm job in Freeport. I brought the jewel home to eat for lunch. It was a purply red heirloom, beefsteak tomato, heavy with dense flesh and marked by tan webbing. I held it carefully like the treasure it was and harvested some basil prior to heading back to the farmhouse where I lived with the other workers. I sliced the tomato casually, humming and bumping around the kitchen, completely unaware that my life was about to change. I salted the juicy slices and popped one in my mouth while leaning over the sink.

I can only describe the next moment by expressing the train of thought that followed. As I ate that first slice, I thought to myself “Whoa....WHOA, Whoaaaaa?! Have I not ever had a tomato before? Why did I not know they could taste like this? Does everyone know this is how they should taste? Why didn’t anyone tell me? Why do we tolerate anything else? Whoooooa!!!”

From that moment on so many things in life felt different. I understood that not everyone gets to meet food that same way. Not everyone gets access to food of the same quality. Not everyone gets to know food that is rich with life and nutrients and that isn’t fair. Beautiful food should be accessible to everyone because the very act of eating it is intrinsically revolutionary.

**Farm or garden-fresh tomato,
harvested just moments before
consumption
Salt**

**Good olive oil
Maybe pepper and maybe basil and
maybe mozzarella
Maybe balsamic vinegar or glaze**

Harvest the tomato straight from the vine (yours or a friend’s, preferably), run to the kitchen, slice lovingly, salt lightly, drizzle with olive oil, consume with hands. Everything else is extra.



Dump Salad

Anna Korsen • Full Plates Full Potential

Every Thanksgiving and Christmas, my Nana would giggle as she served up her famous “Dump Salad.” The horrid thing would jiggle on the table as we all laughed and made faces, until someone would cut into it and declare “It’s actually pretty good!”

**A few boxes of jello
(preferably green or red)**

**Fruit
Jello mold**

Make the jello, pour into jello mold. Dice fruit and sprinkle throughout. Put jello mold in refrigerator until set. Serve to your family on every holiday.



Sitto's Tabouli

Jim Hanna • Cumberland County Food Security Council

This is one of the dishes that was frequently on the table of my Lebanese grandma. I saw her prepare many Lebanese dishes but did not seek direct instruction. Instead, I would attempt to replicate and then consult with her on flavor, quantity of ingredients, etc. Now that she has passed I consult with other family members if any dish I make does not taste like Sitto's.

**Parsley
Tomato
Scallions or spring onions
Bulgur wheat**

**Lemon
Oil
Salt
Pepper**

Chop all your washed parsley, fresh local tomatoes and four or so fresh spring onions.

Toss a cup or so of soaked bulgur with the vegetables, lemon, and oil. Season to taste.



Matzo Ball Soup

Hannah Chatalbash • Midcoast Hunger Prevention Program

My dad is a great cook. Throughout my childhood he was solely responsible for our family's meals, after it became very clear that he possessed a skill that my mom did not. And he took (still takes!) great pride in his cooking. One year, when preparing for the Passover Seder, something went really wrong. No one knows what happened, but the matzo balls came out shrunken and hard as rocks. He was mocked and teased (our family has a tendency to lovingly harass one another) for this singular offense so relentlessly, that he has never agreed to make them again. Thus, at a fairly young age, I learned how to make matzo ball soup from a close family friend. I still make it every year at Passover, and we often eat it for dinner in between because we enjoy it so much. This is a meal meant to be shared with a crew, or eaten over days. Enjoy!

Footnote: Boil them in the water!! No, it won't make them less flavorful. Yes, it will make them nice and fluffy. And definitely not hard as rocks.

**One box matzo ball mix, plus
ingredients needed in directions
Chicken broth (homemade or
store bought)
Shredded chicken**

**Carrots, diced
Onion, diced
Celery, diced
Kale, chopped**

Prepare the matzo ball mix according to the directions on the box, except boil them in water, not in the broth as directed.

While the matzo balls are simmering, sauté the vegetables, and add the broth and chicken. Bring to a simmer. When the matzo balls are finished cooking, transfer them with a slotted spoon to the broth. Best served on day 2!



Judy Schwartz's Passover Chicken Soup

Erica Forsyth • Full Plates Full Potential

This is my maternal grandmother's recipe for chicken soup that she made every year for Passover. When I was in college I was the family member who lived closest to my grandparents, and consequently the first one to arrive at the hospital when my grandma fell and fractured her hip one spring. As it became clear that she would not be home in time for Passover, she dictated the chicken soup recipe to me in the same fashion that I have listed the recipe above. No quantities or measurements, no timing, just ingredients and a rough method. For a college student with very little cooking experience, it was daunting to now be tasked with making what was for many extended family members regarded as the centerpiece of the Passover meal. That Passover I made the chicken soup for the first time, and my grandmother got special permission to leave the rehabilitation hospital to come home for the Passover meal. It was the last Passover that we had in their house before they downsized, but also the first Passover that my now husband attended. I have since made the chicken soup many times for Passover, and now have the blessing of serving it each year with my grandma's soup ladle.

Kosher capon chicken

Carrots

Turnips

Onions

Celery

Fresh dill

Salt and pepper

***Matzo balls: matzo ball mix,
seltzer water**

Fill stock pot with water, chicken, carrots, turnips, onions (cut in half, skin on), and celery. Season to taste with salt and pepper. Cook all day until time for Seder (at least 4 hours). Remove everything from liquid and discard, reserve chicken for other use. Skim the majority of the fat off. Add fresh dill, and season to taste. Add new carrots cut in small sticks, and return to boil until carrots are tender.

Make matzo balls according to mix instructions, using seltzer water. Cook matzo balls separately in either a small pot of chicken soup or water, and then add to bowls when serving.

*Matzo balls can also be cooked directly in the soup. Note that this

does make the soup have gluten unless using a gluten-free matzo ball mix. We have gluten-free family members so always cook the matzo balls separately.



Palm Oil Beans

Clarice Lima • Portland Public Schools

This is a typical traditional side of my country Angola. Normally it is an indispensable dish that families used to have during the weekends. Palm oil beans are accompanied by fish, meat and chicken, either with rice, fufu (Cassava flour pap) or sweet potatoes or plantains. I brought this recipe because I can say that this is the favorite dish for Angolan people. This is one of the dishes that identifies that the weekend has arrived. Without exaggerate, if you walk between streets in my country, whatever the state you will be in, on Saturday afternoons you will feel the smell of the palm oil bean in the air. One of the biggest reunions that we have in Angola are weddings and funerals. And this is a typical dish in the funeral meal. As an African, we end the funeral with a big celebration because, unfortunately, these are one of the days that we have a chance to have the family reunited. On that day, we use to cook palm oil beans with fried fish and sweet potatoes or plantains. The occasion is a good moment to see your relatives, and talk to them while you are having this good meal prepared by the eldest people from our family. The special reason for me to bring this recipe is the nostalgia that I feel when I remember all the good memories that I have either cooking or eating the palm oil beans on Saturday afternoons with my family in Angola. I keep this tradition here, and when I have the opportunity, I prepare my palm oil beans on Saturdays and my family love it.

Onion
Garlic
Bay leaf
Palm oil

Canary beans, cooked
Water
Salt

Fry the onion, garlic and bay leaf in the palm oil, until the garlic is a little bit brown. Then add the beans—cooked already—and leave the mixture to cook a little bit for 10 minutes. After that, add water and let the mixture cook until the sauce of beans seems a little bit heavy. Add salt to taste, if desired.

Butternut Squash

Amy Sassi • Good Shepherd Food Bank

I love the smell, look, and taste of plain butternut squash. It's cozy and warm and reminds me of family dinners.

**A butternut squash of any size
(or pre-cut)**

Butter, if you want it

**Spices such as cinnamon,
if you want it**

Peel the squash. Cut off the ends, cut the round part in half, and scoop out the seeds. Chop into smaller pieces. (If you have pre-cut squash, skip these steps.) Add to a pot, cover with plenty of water. Allow to boil for 30 minutes or until it is soft (test by poking pieces with a fork). Strain or scoop out. Add the squash to a bowl. Mash with a masher, with a fork, with a mixer, or whatever you have available. Mash as chunky or smooth as you want. You can eat it from here, or you can add butter to taste, cinnamon to taste, or other yummy additions.



Pasta Piselli (Peas)

Amanda Marino • Good Shepherd Food Bank

This is a very special dish from my Italian side. This recipe comes from my favorite person I ever knew, my grandma. Are you frustrated by how imprecise my instructions are? I was, too. But my grandma taught me all of these Italian American dishes and told me it has to be what YOU feel is right so that it becomes YOURS. The gift of this dish is that it is simple. You can add whatever you want. It feels like a hug from my grandma, and I love to make it for people that I care about it. The secret is the pea juice! It makes it so sweet and delicious. I hope you enjoy!

1 sweet onion, chopped

Olive oil

**Garlic, minced (as much as you
prefer)**

15 ounce can of peas – not drained!

1 jar marinara or tomato sauce

**Farfalle (bowtie pasta) or any
fun shape that picks up peas!**

Grated Parmesan cheese

Start with sautéing your chopped onion in lots of olive oil in a big pan that you can also add sauce to. When the onion is softening, add in

some garlic. Do not let the garlic burn. You might need to add some more olive oil. When the onion and garlic gets soft and translucent, add in your tomato sauce. Turn the stove down low and let 'er simmer. Here you can add other seasonings, too—oregano, basil, salt, pepper—whatever you like. Stir, stir, stir. Get your pasta water boiling. Add some salt! Back to the sauce, add the can of peas—and this is very important—all the delicious “pea juice.” Stir and continue to let the sauce simmer. Throw your bowties or any pasta into the boiling water and cook to your preference. When the pasta is ready, drain it. Slowly add it into the pasta sauce. Let it cool a little. Serve with some grated cheese.



Creamed Pearl Onions

Gus Nelson • Maine Department of Agriculture, Conservation, & Forestry

This is a dish that my grandmother, my mother’s mother or MorMor in Swedish parlance, loved and made on special occasions. My family still makes it on holidays such as Thanksgiving and Christmas. Even the great-grandkids have made it. The little pearl onions can be difficult to find. A few years ago, we had a discussion about this dish and discovered most of us don’t really care for it. I would think most family dishes don’t include onion water as a main ingredient. Nonetheless, we still make it and prepare it with pride in honor of MorMor.

1-3 bags white pearl onions
4 tablespoons butter

2 tablespoons flour
Salt and pepper

Put 1-3 bags of white pearl onions in a pot and cover with water. Boil. When done, drain onion water into container and save. I usually put onions in ice bath to stop cooking. Peel by cutting off root end—you can then usually squeeze out the little onion. Meditative or tedious.

Put butter in pot. Add the flour and keep mixing—don’t burn. Slowly add some of the onion water, continuing to stir, until you have a creamy sauce. Add salt and lots of pepper. Finally, add onions.



Harvest Salad

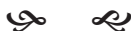
Ginger Roberts-Smith • Maine WIC Program

I developed this recipe from when I was working at Child Protective Intake for DHHS. I worked the 4-12 shift and you ate in between the times you answered calls. I found my salad was often soggy by the time I really got a chance to eat. Out of the process of elimination, these ingredients made the cut and soon I would make a batch and bring that for my lunch. I started bringing it to potlucks and making it for the kids at home, now it's my most requested dish to bring.

1 head red cabbage, shredded
1 small white onion, chopped

Feta cheese, crumbled
Ken's Greek Dressing

Chop and mix everything together, and enjoy. Better the day after.



Wild Mushroom Ravioli

Laura Yeitz • Office of the State Economist

In 2010, during my first guided foraging walk, I discovered a cluster of trumpet mushrooms. That simple experience sparked an obsession with mushroom foraging, one that, despite a slow start, has led me to prized finds like golden chanterelles, chicken of the woods, and maitake mushrooms. Every season now brings the excitement of discovering new edible varieties.

As a former chef, I'm fascinated by how mushrooms connect us to the natural world. They live in harmony with trees, nurturing the soil and supporting entire ecosystems. Foraging and cooking with them reminds me that ingredients are more than just food – they carry stories and connections. My passion for mushroom foraging has also inspired my brother, sisters, and even my grandmother to join in. Together, we now forage and cook wild mushrooms, continuing a family tradition that spans generations. After I started foraging, my father recalled that my great-great-grandfather also gathered mushrooms while working in a Connecticut state forest. Though no one knows what kind he found, my dad now shares stories of how he found and cooked them, reviving a nearly forgotten part of our family's history.

For my wife and I, mushroom foraging is something we look forward to each year, from the first warm days of spring to the arrival of

snow. One year, we even planned a family visit to Pennsylvania around morel mushroom season! Together, we've created a tradition of competing in a wild mushroom "chopped" contest, where we're challenged to make inventive dishes using wild mushrooms and mystery ingredients. It's a wonderful way to combine the thrill of the hunt with culinary creativity, always leading to something unexpected and delicious.

For the pasta dough:

2 cups all-purpose flour

3 large eggs

1 tablespoon olive oil

Pinch of salt

For mushroom duxelles:

**1 small shallot (or yellow onion),
finely chopped**

1-2 garlic cloves, minced

1 tablespoon butter

**1 pound wild mushrooms (mixture of
black trumpet, chanterelle,
maitake, hedgehog, or porcini),
finely chopped**

1 tablespoon fresh thyme, chopped

**1/4 cup white wine
(optional but recommended!)**

Salt & pepper to taste

For filling:

Mushroom duxelles

1 cup ricotta cheese

1/4 cup grated Parmesan/Asiago mix

1 egg yolk

Salt & pepper

For rosemary butter sauce:

4 tablespoons butter

1 clove garlic, minced

1-2 sprigs fresh rosemary

**1/4 cup white wine and/or broth
(optional)**

Salt & pepper

Make the dough: On a clean surface, mound the flour and create a well in the center. Add eggs, olive oil, and salt. Gradually mix, then knead for 8-10 mins. Wrap and rest for 30 minutes.

While dough rests, make the mushroom duxelles: Sauté shallots (or yellow onion) and garlic in butter. Add mushrooms, thyme, and cook until golden. Deglaze with wine if using. Season and let cool.

To make the filling: Mix mushroom duxelles with ricotta, Parmesan/Asiago mix, egg yolk, salt, and pepper.

Assemble ravioli: Roll pasta dough into thin sheets. Place spoonfuls of filling on one sheet. Top with another sheet and seal around the filling. Cut into ravioli shapes. Boil ravioli in salted water for 2-3 minutes, until they float.

Make rosemary butter sauce: Melt butter, add garlic and rosemary. Optionally, deglaze with wine or broth. Drizzle over ravioli and serve.

Grandma's Mochiko Chicken

Kristina Kalolo • Elmina B. Sewall Foundation

This was the dish that my grandmother would make for every holiday, birthday, and as a warm welcome when you returned home from a trip away. It was everyone's favorite and we would stand around the platter and eat it with our fingers as soon as she walked in. She and my grandfather were both born and raised in Hawai'i and this was a dish that reminded them of home. It was a way to share those memories with their family and friends after they moved to Connecticut. When my grandmother passed in 2020, I inherited her recipe box and instinctively knew that this was the dish I needed to make and bring with me to her services. Just as we had for past gatherings, we all stood around the platter and remembered her love and care through these familiar flavors. I've now taken on the role of making mochiko chicken for celebrations so the tradition can continue.

2 pounds chicken thighs
4 tablespoons mochiko (sweet white rice flour)
4 tablespoons cornstarch
4 tablespoons sugar
5 tablespoons shoyu

1/2 teaspoon salt
2 eggs
1/4 cup sliced scallions
2 cloves garlic, minced
Cooking oil, for frying

Debone chicken and cut each thigh into 2 or 3 pieces. Mix together remaining ingredients and pour over chicken. Stir to mix and marinate overnight. Heat about 1 inch of cooking oil in a skillet. With chopsticks, lift individual pieces of chicken one at a time from the marinade and place into hot skillet. Fry, turning to brown evenly on all sides until chicken is cooked through. Eat hot or cold.



Friday Night Pizza Dough

Jada Wensman • Good Shepherd Food Bank

When I was young, my family had a tradition we called Friday Night Pizza. At the end of each week, we would gather around the kitchen island to make homemade pizza and for an extra treat, eat it in front of a movie.

1 cup warm water

1 teaspoon honey or sugar

1 tablespoon active dry yeast

2 tablespoons olive oil

1 teaspoon salt

1/2 cup whole wheat flour

2 cups white flour

Place water, honey or sugar, and yeast in a large bowl. Stir and let rest until the yeast bubbles. Add olive oil and dry ingredients, and mix until a scraggy dough forms. Knead with your hands until smooth. Place in a clean bowl greased with more olive oil. Cover and place in a warm area to rise until doubled in size. Makes four 12-inch pizzas.



Classic Sugar Cookies

Emily Kain • MaineHealth

When my parents got married in their living room in December of 1973, they invited friends and family over to decorate sugar cookies and party the night away! Thus began their annual cookie party, which has continued to this day. My mom uses an original Fannie Farmer cookie recipe from 1951, the darkened pages translucent after years of thumbing to the recipe with butter-glossed fingers; with notes in the margins from her mother, herself, and my sister about how many batches to make to feed the masses at the party. I have so many great memories of those parties over the years--from sneaking candy toppings off the table when I was little to now watching my kids do the same! It's a wonderful winter tradition I look forward to every year. Note: Plain sugar cookies need the distinctive flavor of butter but you may use a substitute successfully if you are making one of the variations. For richer cookies, use more butter (up to 1 cup). To deepen the color, add an extra egg yolk.

1/2 cup butter

1 cup sugar

1 egg or 2 egg yolks, well beaten

1 tablespoon cream or milk

1/2 teaspoon vanilla

1 1/2 cups all-purpose flour

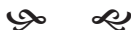
1/4 teaspoon salt

1 teaspoon baking powder

Cream butter. Beat in sugar, egg, cream or milk, and vanilla. Add flour, salt, and baking powder, sifted together. Mix well. Arrange by teaspoonfuls on buttered cookie sheet, 1 inch apart. Bake about 8 minutes at 375 degrees. To emphasize the butter flavor, brush the cookies lightly with melted butter while they are still warm. Makes 50 to 60 cookies.

Rolled Sugar Cookies—variation

Mix together Sugar Cookie dough above. Add just enough flour to make the dough stiff enough to roll out — about 1/4 cup. Be careful not to add too much flour or the cookies will be hard and tough. Chill 1 hour or more. Flour counter or board lightly, or dust with confectioners' sugar, and roll dough 1/4- inch thick. Cut out with cookie cutters. Arrange on cookie sheet. Bake at 375 degrees until delicately brown, 5 to 8 minutes.



Zimtsterne (Cinnamon Star Cookies)

Susanne Lee • UMaine Mitchell Center for Sustainability Solutions

This forever Christmas cookie recipe reminds me of my mother, who came from Germany as a young adult and always missed her home country and traditions. Christmas was her favorite holiday and baking was her passion - so we always had cookie tins full of cookies by Christmas Day! These Zimtsterne cookies were always included, as they were my mom's favorite, bringing her warm memories of her homeland. As a child, I always wondered why she loved these rather plain looking holiday treats, which did not seem to compare (to a young child) to the other colorful, sprinkled, frosted, and chocolatey wonders on the cookie tray! But now I bake them every year to bring back memories of my mother, childhood Christmases - and because they are delicious!!

3 tablespoons butter

1 1/2 cup sugar

2 eggs

1 egg yolk

1 teaspoon lemon juice

2 1/3 cups flour

2 1/2 teaspoons baking powder

1 1/4 teaspoons cinnamon

1/4 teaspoon salt

1/2 cup finely chopped walnuts

1 egg white, beaten 'til frothy

Heat oven to 375 degrees. Mix first 5 ingredients until fluffy. Sift dry ingredients together. Add to sugar mixture, along with nuts. Roll dough, 1/3 at a time, to 1/16-inch thick on a floured board. Cut with star cookie cutter. Brush tops with beaten frothy egg white. Bake on lightly greased baking sheet for 6-8 minutes until golden. A crisp, addictive cookie....



Hand Dipped Chocolates

Michael Downs • Maine Office of Family Independence

My family made these (along with about a dozen varieties of cookies) every year for Christmas. Picture a family of 5, including 2 teenage girls and a pre-school boy, around a 1-quart double boiler on the avocado green stove in an 8 by 8 kitchen, all trying to dip chocolates before the dough got too soft, all while listening to a Perry Como Christmas record. You can imagine the conversation, fun, and splattering of chocolate.

2 1/2 pounds confectioners' sugar

1 can sweetened condensed milk

1/2 cup butter, softened

Various liquid flavorings and colors

1 tablespoon instant coffee

**1 large (double batch) bag
chocolate chips**

2 squares unsweetened chocolate

1/2 cake paraffin wax

Knead together the first three ingredients into a large dough ball.

Separate the large ball into medium-sized balls (one for each flavor). For each medium ball, add a few drops of flavor and color. For coffee flavor, microwave a tablespoon of the instant coffee with a few drops of water (it must be very strong). Add the flavor and color sparingly. Too much will make the dough too sticky and ruin the chocolates. The flavor will also get stronger as dough rests. Wash your hands thoroughly between each type or your flavors will blend. Place each medium ball in a bowl, cover with plastic wrap and refrigerate. Allowing the dough to get too warm will make it sticky and difficult to work with. If you find this is the case at any time, put it in the refrigerator and take a break.

Take out the medium balls one at a time. Take small pinches of dough and roll them between your palms to create small balls (1/2 to 1 inch in diameter). Place the small balls on a cookie sheet covered with waxed paper. Cover with plastic wrap and place in the freezer overnight. Keep in mind all the previous warnings about washing your hands and cooling the dough.

The next day, melt the last three ingredients in a double boiler. Take the sheets of small dough balls out one at a time. Spear the balls with a toothpick. Dip them briefly in the melted chocolate and hold a foot or so over the double boiler allowing the excess chocolate to drip off. Replace the chocolate covered ball on the wax paper and repeat until all balls have been dipped (reusing your toothpick). When each sheet is done,

use a teaspoon to drip chocolate over the toothpick hole on each chocolate. If a given tray of dough gets too warm, the balls will fall off the toothpick into the chocolate. Return any sheet with too soft balls to the freezer and continue with a different sheet while the first one cools.



Pfannkuchen

Donna Yellen • Preble Street

My grandparents were from the Alsace region in France where, depending on the year and the wars and the changing boundaries, they were either in German speaking schools or French speaking. After they immigrated to the US, they would make pfannkuchens for us for breakfast whenever grandchildren slept over. Pfannkuchen are thin pancakes similar to crepes. They can be rolled up with jelly or cinnamon and sugar and very fun for kids' (and grownups') breakfast on a rainy day.

1 cup flour
1 cup milk
1 egg

Dash each of sugar and salt
Oil, for the pan

Mix all the ingredients well. Heat a large skillet with oil. When ready, pour a small amount of batter onto the pan, lifting the pan and rotating it as the batter is poured so that the batter spreads across the hot oiled pan creating a large thin pancake. Cook until golden and flip to cook the other side.

Serve onto a plate, spread with jelly or sprinkle with cinnamon and sugar or anything that you'd like. Roll up the pfannkuchen with the filling on the inside into a long cylinder shape. This is fun for kids to pick up and eat with their hands! Enjoy!



Chocolate Chip Zucchini Bread

Lauren Olson • Maine Food Convergence

This recipe was passed on from a family friend to my mother, who often makes it in the summer with the surplus of garden zucchini, and freezes it to enjoy in the fall and winter months. I asked my mother so many times for this recipe that she finally printed it off for me. I love making this year round with shredded zucchini that I store in my freezer. I love this dish because it makes me think of my mother, it's full of chocolate, and it has vegetables in it! This recipe makes two loaves.

1/2 cup butter, softened

1/2 cup olive oil

1 1/2 cup sugar

2 eggs

1 teaspoon vanilla

2 1/2 cup flour

4 tablespoons cocoa powder

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon cinnamon

1/4 teaspoon cloves

1/2 cup milk

2 cups finely shredded zucchini

1/2 cup chocolate chips

Cream butter, add in the oil, sugar, eggs, and vanilla, and beat well. Mix the dry ingredients together and add to the butter mixture. Add in the milk. Stir in the zucchini and the chocolate chips, and pour into greased bread pans. Sprinkle more chocolate chips on top, if desired. Bake at 325 degrees for 35-40 minutes.



No-Bake Cookies

Charley Martin-Berry • Community Caring Collaborative

This is my mom's recipe, and was her go-to cookie recipe my whole childhood. I loved getting to lick the spoon and scrape the bowl. While I've got this one memorized, her original recipe card is one I treasure. I love how I can have the most satisfying homemade sweet in like five minutes. For me, they taste the best with a cold glass of water.

2 cups sugar

1/2 cup milk

Stick of butter

4 tablespoons cocoa

3 cups oats

1/2 cup peanut butter

1 teaspoon vanilla

Boil first 4 ingredients for 2-3 minutes. Remove from heat. Add next 3 ingredients and combine. Drop spoonfuls onto parchment. Chill to set before serving.



Every Day and Special Occasion Granola

Brittany Peats • Maine Department of Agriculture, Conservation, & Forestry

I eat this every morning. And when someone has a new baby or a family member is sick or they've moved into a new home or they've taken amazing care of my kids, I make them this!

3 cups old-fashioned rolled oats

**1 1/4 cups raw pecans, left whole
or coarsely chopped**

1 cup hulled raw pumpkin seeds

1 cup hulled raw sunflower seeds

1 cup unsweetened coconut chips

3/4 cup pure maple syrup

1/2 cup extra-virgin olive oil

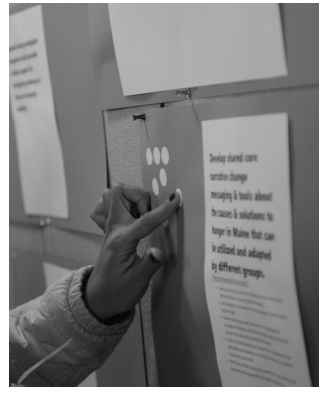
1/2 cup packed light brown sugar

1 teaspoon kosher salt, more to taste

Heat the oven to 300 degrees. In a large bowl, mix together the oats, pecans, pumpkin seeds, sunflower seeds, coconut, maple syrup, oil, brown sugar, and 1 teaspoon of the salt until well combined. Spread the mixture in an even layer on a rimmed baking sheet. Bake, stirring every 10 to 15 minutes, for about 45 minutes total, until the granola is toasted. Remove the granola from the oven; season with salt to taste. Let cool completely before serving.

Granola can be made stored in an airtight container at room temperature for up to 1 month.





Connections

Thank you for all the hard work put in to make it such a thoughtful day! I really appreciated how there were so many choices throughout the day that demonstrated what values alignment could look and feel like in this work (not just talking about it).

I was able to chat with a several others who work elbow to elbow with people in need of food and struggling with food insecurity . Getting appropriate food that's affordable is difficult for us and them. Finding solutions is our goal.

I made several new connections, and several reconnections!

We are going to meet and talk more about strategizing with other funders to support this work.

I enjoyed talking with people whose programs are very different from mine, but we still had common experiences.

Key takeaway: Breadth of organizations working on EH2030!

I met lots of amazing folks working in this space, and also got to meet folks in person. I left the meeting feeling invigorated about this work.

Gratitude

Thank you to our Ending Hunger in Maine Working Group members, representing 28 nonprofit and community-based organizations and five State of Maine Departments, who contributed their time, experience, expertise, and care for community to this effort.

Many thanks to the talented and generous team who supported the working group process and the Ending Hunger in Maine Convening:

Convening Organizer:

Sydney Brown, Senior Anti-Hunger Policy Advisor,
Governor's Office of Policy Innovation and the Future

Facilitators:

Jonah Fertig-Burd, InterRooted Consulting
Annie Doran, Imaginal Systems Consulting

Lunch Facilitators:

Karl Schatz & Margaret Hathaway, Community Plate

Lunch Meal:

Kieve Wavus Food Services Team:
Chefs Mike Flynn, Aaron Hollan, and Shannon Richards

Event Venue:

Kieve Wavus Foundation, Wavus Camp, Jefferson, Maine
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Community Plate

Serving community one food story at a time.

Community Plate is a nonprofit organization facilitating connection and building community through a common language of food, shared food stories and recipes, and the preservation of family food histories.

<https://communityplate.me>