MBA CLASS OF 2021
GSB COOKBOOK

Hardik Patel's
TIKKA KEBABS

Nana's
PUMPKIN TORTE

Yuriy Dovzhansky's
HOLIDAY BORSCHT

Persian Walnut & Pomegranate Chicken
FESENJOON

Barry's
BANANA PUDDING
**Paneer TIKKA KEBABS**

**Serves:** Four  
**Time:** 1 Hour  
**Method:** Grilling

### INGREDIENTS

**Spices**
- 1 1/2 tbsp mustard oil (or olive)
- 1 1/2 tsp red chili powder
- 3/4 tsp salt
- 1/4 tsp turmeric
- 1 tsp garam masala
- 1 tsp dried fenugreek leaves
- 1 1/4 tsp ginger garlic paste (see note)

**Skewers**
- 7 (198 g) oz paneer
- 1 large red onion
- 2 large bell peppers (different colors)
- 6 tbsp plain greek yogurt
- 1 tbsp gram flour (besan)
- 3-4 large skewers for grilling
- Mint chutney, to top

*Note: You can create ginger garlic paste by crushing 1 inch (2 cm) of ginger and 3 cloves of garlic together*

### ABOUT THE CHEF

Growing up as a second generation Indian Canadian exposed me the wonderful parts of both cultures. This paneer tikka kebab dish reminds me of a childhood filled with wonderful flavors and fragrances of my mother's Indian cooking, combined with many memorable barbecue afternoons during the always incredible Canadian summer.
TIKKA KEBABS

1. Cut paneer into 1 1/2-inch (3 1/2 cm) cubes. Cut the onion and bell peppers into large chunks, and separate the layers of the onion.

2. In a mixing bowl, add the Greek yogurt, red chili powder, turmeric, salt, coriander powder, garam masala, chaat masala, and fenugreek leaves. Next, add in the ginger garlic paste and oil. Lastly, mix in the chickpea flour, which helps the marinade stick to the paneer and also adds flavor.

3. Mix everything well. The marinade should be thick. Taste and add more spices or salt if needed.

4. Toss the onions and peppers into the marinade and mix well to coat. In the same bowl, move the veggies to one side, and add the paneer and gently coat it with the marinade. Be careful not to break or crumble the paneer as you toss it around in the marinade.

5. Begin to thread the marinated paneer and vegetables onto the skewers. Make sure to balance between paneer and veggies as you load up the skewers. Optional: refrigerate the skewers for an hour to let flavors come together.

6. Turn on the grill to medium heat. Keep checking and turning the skewers until everything is golden. Then, turn heat to high to slightly char the paneer and vegetables.

7. Serve hot, either on the kebab sticks or not. Serve with mint chutney — it's fantastic with the paneer!
Nana’s
PUMPKIN TORTE

Serves: 15
Time: 5 Hours
Method: Assembly

INGREDIENTS

**Crust**
- 1 1/4 cups (150 g) graham cracker crumbs
- 1/3 cup (114 g) unsalted butter, melted
- 1/3 cup (55 g) chopped pecans
- 2 tbs sugar
- 1 tsp cinnamon

**Fillling**
- 2 cups (425 g) canned pumpkin
- 1 cup (200 g) dark brown sugar
- 1/2 tsp ginger, nutmeg, salt
- 1 tsp cinnamon
- 3 egg yolks and whites, separated
- 2 1/2 tsp (7 g) gelatin
- 1/2 cup (120 ml) orange juice
- 2 tbsp sugar
- 1 cup (240 ml) heavy whipping cream
- 1 tsp Grand Marnier liquor (or vanilla extract)

**Topping**
- 1 cup (240 ml) heavy whipping cream
- 2 tbsp powdered sugar
- 1 tsp vanilla extract

ABOUT THE CHEF
For as long as I can remember, my Nana and I made the Pumpkin Torte together for Thanksgiving. I loved carefully folding in the egg whites, decorating the top with mandarin oranges, and most importantly, spending time with my favorite person.

Lucy Svoboda
MBA ’21
Crust
1. Preheat oven to 400°F (205°C). Grease a springform pan
2. In a medium bowl, mix graham cracker crumbs, melted butter, chopped pecans, sugar, and cinnamon.
3. Line springform pan with graham cracker mixture. Press the crust 1 1/2 inches (3 1/2 cm) up the sides of the pan. Bake for 5 minutes and let cool.

Filling
4. Set up a double boiler, where you put about 1 inch (2 cm) of water in a pot and a heatproof bowl on top of the pot. Turn on heat to medium high.
5. Combine pumpkin, brown sugar, ginger, nutmeg, cinnamon, salt, and egg yolks in the heatproof bowl of the double boiler.
6. Stir pumpkin mixture for 10-15 minutes until it begins to thicken. Add Grand Marnier to the hot mixture.
7. In a small bowl, sprinkle gelatin over orange juice and wait for 1-2 minutes to soften. Then add to hot pumpkin mixture and stir.
8. Once gelatin is incorporated, take pumpkin mixture off heat and chill in the fridge for 2-3 hours.
9. Beat together egg whites with sugar until soft peaks form, and fold into cooled pumpkin mixture.
Topping

11. Add powdered sugar and vanilla to heavy whipping cream. Whip until there are soft peaks, and then generously cover top of torte with whipped cream.

12. Add mandarin oranges and chopped pecans for decoration. Remove from spring form pan and enjoy.
### INGREDIENTS

- 17 cups (4 L) chicken broth
- 2 16 oz (907 g) jars pickled beets (whole or sliced)
- 1/4 cup (57 g) unsalted butter
- 4 tbsp tomato-based pasta sauce
- 2 raw beets, grated
- 1 lb (454 g) chicken, cooked
- 3 raw medium carrots, grated
- 3 raw medium potatoes, cubed

- 1/2 onion, whole
- 2 cloves garlic, minced
- Salt & pepper, to taste
- Dill, to taste
- Parsley, to taste
- 8-12 tbsp sour cream (1 per serving)
- Bell pepper, cabbage, cauliflower, grated (optional)

### ABOUT THE CHEF

Growing up, my parents and grandparents made sure that this soup always had a place at the lunch or dinner table. I have fond memories of sharing it with family and friends in Ukraine and Texas. Although every Ukrainian family has their own take on this famous dish, I especially enjoy this unique variation that is traditionally served on Christmas Eve.
Ukrainian Holiday

BORSCHT

1. Pour chicken broth into an extra large soup pot and simmer on medium.

2. In a separate skillet on low heat, add butter, pasta sauce, grated beets and carrots. Add a few tablespoons of beet juice from the jar of pickled beets to help the beets and carrots keep their bright color. Otherwise, they will fade and look dull.

3. Add salt & pepper to taste. Cover skillet and sauté for 10 minutes on low.

4. While broth is simmering and ingredients are sautéing, strain the jarred pickled beets and keep the juice. Grate the pickled beets (if whole) or cut into thin strips (if pre-sliced).

5. Bring broth to a boil and add potato and half onion (do not slice). Simmer for 5-7 minutes.

6. Add cooked meat and any optional vegetables (bell pepper, cabbage, cauliflower). Simmer for 10 more minutes.

7. Transfer sautéed beets and carrots from skillet to soup pot and add all juice from pickled beets. Bring soup to a boil and then add pickled beets.

8. Add minced garlic and boil for 1-2 more minutes. Turn off heat and leave covered.

9. Serve with fresh chopped dill/parsley and a tablespoon of sour cream on top.

Note: Borscht tastes best when cooked at least 1-2 hours before serving and ideally 24 hours before serving so that the flavor fully sets and all ingredients absorb a bright red color.
Persian Walnut & Pomegranate Chicken

FESENJOON

INGREDIENTS

- 3 cups yellow onions, chopped (1 to 2 large onions)
- 4 tbsp olive oil
- 5 tbsp pomegranate molasses
- 2 cups (400 g) walnut halves
- 2 lbs (907 g) boneless skinless chicken thighs and/or breasts
- 2 cups (480 ml) chicken stock
- 2 tbsp + 2 tsp of sugar
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 1/4 tsp ground black pepper
- 1/4 tsp paprika
- 1/2 tsp salt
- 1/2 cup fresh pomegranate, for garnish (optional)

Serves: 6-8
Time: 5 Hours
Method: Stewing

ABOUT THE CHEF

Fesenjoon is my all-time favorite dish. It brings me back to the lively atmosphere of big family gatherings that were a staple of my life in Iran.

Soha Yasrebi
MBA ’21
**FESENJOON**

1. **Toast and grind the walnuts:** Spread them out in a single layer in a large skillet, and toast them on medium high heat, stirring frequently until lightly toasted. Remove from heat and allow to cool. Pulse in a food processor or blender until finely ground.

2. **Sauté the onions:** Add a tablespoon of oil to a pan on medium low. Add chopped onions to the pan and sauté until translucent, stirring on occasion to release the browned bits from the bottom of the pan.

3. **Cook the chicken:** Pat the chicken dry, trim of excess fat, and cut into 2-inch (4 cm) pieces. Season with salt. Then put the chicken in a pot and add chopped onions, three tablespoons of olive oil, paprika, salt, and black pepper. Leave on medium heat for an hour. At this point the chicken should be fall-apart tender.

4. **Cook the stew:** In parallel with step 3, start cooking the stew (it needs to simmer for about 3-4 hours). Add ground walnuts, pomegranate molasses, sugar, spices, caramelized onion. Cover and cook on low heat, stirring every 10-15 minutes or so to prevent the walnuts from sticking to the bottom of the pan. Remove from heat after about 4 hours.

5. **To serve,** garnish with pomegranate seeds and serve over Persian rice.
Barry's
BANANA PUDDING

Serves: 8-10
Time: 2 Hours
Method: Assembly

INGREDIENTS

Crust
- 2 11 oz (312 g) boxes of Vanilla Wafers
- 2 tbsp white sugar
- 6 tbsp unsalted butter, melted

Pudding
- 1 1/3 cup (267 g) white sugar
- 6 tbsp all-purpose flour
- 5 cups (1 1/5 L) milk
- 8 egg yolks
- 2 tsp vanilla extract
- 2 tbsp unsalted butter

Meringue
- 8 egg whites
- 1/2 tsp vanilla extract
- 1/2 tsp cream of tartar
- 6 tbsp white sugar

Topping
- 6-8 bananas, peeled & sliced

ABOUT THE CHEF
This was my best friend's dad's specialty when we were growing up. Now every time I go to their house, he says “if I knew you were coming I would have made the pudding!” Every time I am devastated I didn't announce my visit in advance.

Sachi Twine
MBA '21
Barry's

BANANA PUDDING

Crust
1. Preheat oven to 400°F (205°C).
2. Crush half of vanilla wafers (in a ziplock bag or a food processor) and mix with sugar and melted butter.
3. Press crumbs onto the bottom of a 4 or 5-quart casserole dish. Bake for 7 minutes until browned. Let cool.

Pudding
4. In a heavy saucepan, combine sugar and flour. Add milk and blend well. Cook and stir over medium heat 3-4 minutes until warm.
5. Whisk egg yolks in a small bowl with some of the warmed milk and return milk-egg mixture to the saucepan. Stirring constantly, cook (but do not boil) mixture until thickened, about 7-8 minutes more.
6. Remove from heat, add vanilla extract and butter, and whisk vigorously to remove any lumps. Let cool.

Meringue
7. Beat egg whites, vanilla extract and cream of tartar on high until frothy. Slowly add sugar, beating at high speed until glossy peaks form.

Assemble
8. Place a layer of bananas on top of the crust, followed by one third of the pudding. Add a layer of vanilla wafers, cookie to cookie. Repeat layers, ending with pudding on top. Spoon on meringue.
9. Bake assembled dish in oven until meringue is lightly browned, about 8-10 minutes (or use a kitchen torch to brown the peaks of the meringue). Refrigerate until ready to serve.