USC School of Pharmacy



Community Cookbook

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USC School
of Pharmacy

Dear Friends,

Cooking and eating together have long been treasured pastimes. In 2020, the COVID-19 lockdown gave many of us even more time in the kitchen and more time with our loved ones making favorite recipes—and trying new ones.

Cooking is definitely special in my own family. My youngest son went to culinary school and often treats us to spectacular homemade meals. My wife, Martine, and I enjoy making recipes from France (her home country) and Greece (my home country).

We're lucky to also be part of an extended family—our Pharmacy Trojan Family. We decided to create this USC School of Pharmacy Community Cookbook as a way to share beloved recipes and feel connected as we continue to be physically distant.

I think you'll be delighted by the variety of recipes and reflections from faculty, staff, students and alumni from many different cultures. I've included here the recipe for my family's Greek-Style Shrimp Rice. As you explore the recipes in these pages, I hope you will feel more connected to our Pharmacy Trojan Family, and since we are also a community of scientists, we certainly invite you to experiment to make these recipes your own!

By purchasing this cookbook, you are helping support student scholarships. Eating and giving—that's a win-win.

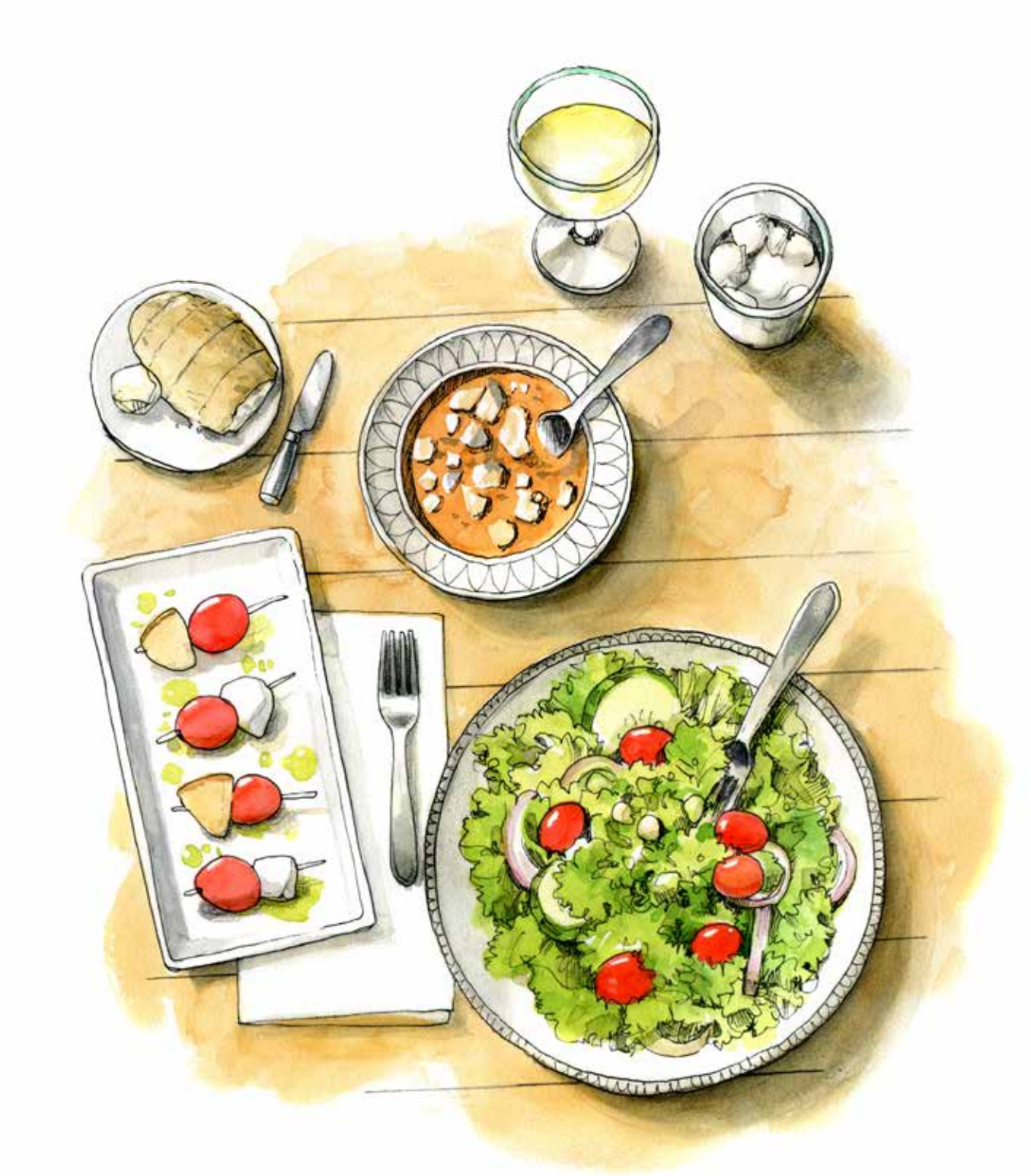
I wish you good meals, good health and, as the Greeks say, kali orexi!



Vassilios Papadopoulos, DPharm, PhD, DSc (hon)
Dean, USC School of Pharmacy
John Stauffer Decanal Chair in Pharmaceutical Sciences

"Cooking well does not mean cooking fancy."

- *Julia Child*



Appetizers, Soups & Salads

Oysters with Vanilla Grapefruit Granita

By Kari Franson, PharmD, PhD
School of Pharmacy Associate Dean for Academic and Student Affairs
and Professor of Clinical Pharmacy

When my husband John and I were living in Denver, Colorado, we traditionally hosted a small dinner party on New Year's Eve. In downtown Denver, there are fireworks at 9 p.m. as well as midnight, so we serve a multi-course meal with a walk to view the 9 p.m. fireworks prior to the main course. During the early courses we try to eat things we don't normally to create a festive atmosphere. A very easy to prepare crowd pleaser is three kinds of caviar with crème fraiche on potato chips followed by oysters with vanilla grapefruit granita and ending with a main course protein like salmon poached in red wine.

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1 cup	**water**
½	**vanilla bean**
¼ cup	**sugar**
2 ½ cups	**ruby red grapefruit juice**
¼ cup	**vodka**
12	**pre-shucked oysters**

Directions:

To make the granita combine 1 cup water, ½ vanilla bean insides by splitting and scraping out insides, and ¼ cup sugar in small saucepan and just bring to boil.

Remove and let steep for 10 minutes.

In a shallow cake pan or dish, combine mixture with 2 ½ cups of ruby red grapefruit juice and ¼ cup vodka.

Cover with plastic and place in freezer overnight.

Prior to serving, scrape mixture with a fork to form ice shards and place 1 tablespoon on top of each oyster.

The granita alone also works very well.





Artichoke Dip

By Kimberly Moore, PharmD, MS '16
School of Pharmacy Adjunct Board of Councilors

My mom, Kathleen Johnson, PharmD '78, former vice dean of clinical affairs and outcomes sciences and chair of the Titus Family Department, loved entertaining her USC colleagues at our house for the annual faculty and staff BBQ and this artichoke dip was her signature dish that always seemed to be a major hit!

10 oz	**canned chopped artichoke hearts**
8 oz	**softened cream cheese**
4 oz	**canned chopped greened chiles**
2 cups	**mayonnaise**
1 ½ cups	**parmesan cheese**

Directions:

Combine all ingredients, put in a greased casserole dish and bake at 350°F for 45 minutes or until golden brown and bubbling on top.

Serve with Fritos.





Stacked Tomatoes and Mozzarella

By Karolina Kapustova, PharmD Candidate Class of '21

2 cups	balsamic vinegar
3	large tomatoes, cut crosswise into slices
6 oz	mozzarella, cut crosswise into slices
	salt
	pepper
2 tsp	olive oil

Directions:

Put the vinegar in a small saucepan and bring to a boil. Once it is at a boil, lower the heat and reduce the vinegar to 1 cup. Let vinegar cool and thicken. Place it in a covered container in the refrigerator overnight.

Sprinkle each tomato slice with salt and pepper.

Layer slices of mozzarella on slices of tomato on a large serving plate.

Drizzle on the reduced balsamic vinegar and oil just before serving.





Caprese Salad with Fresh Homemade Pesto

By Katerina Kamar, BS '20

I've recently got the gardening bug so now I love to grow my own herbs and tomatoes. Basil is one of my favorite ingredients, so I learned to make pesto sauce and added my own twist. I picked fresh basil and tomatoes from my garden and decided to come up with this recipe for a fresh and healthy lunch.

PESTO:

2-4 cups	**fresh basil (depends on how much pesto you want to make)**
½ bag	**fresh arugula**
3-5	**cloves of garlic**
2 tbsp	**pine nuts**
1 tbsp	**lemon juice**
1 tbsp	**hot water (hot pasta water if available)**
¼ cup	**virgin olive oil**
½ cup	**shredded parmesan**
	salt and pepper to taste

OTHER:

- **fresh heirloom tomatoes**
- **cut burrata cheese**
- **fresh basil leaves**
- **balsamic glaze**
- **a dash of salt**

Directions:

Pesto:

Blend all ingredients into a food processor until chopped and mixed well (adjust the ingredients to your liking).

Set it aside.

Plating:

Slice heirloom tomatoes and lay them flat on a platter.

Cut burrata cheese into small pieces and lay them on top of the tomatoes.

Add a small spoonful of pesto sauce on top of the burrata, garnish with a fresh basil leaf. Drizzle balsamic glaze on top and add a dash of salt.

Enjoy!





Oba-Chan Mochiko Chicken

By Ken Wong, PharmD '88, MPH
School of Pharmacy Director of Healthcare Decision Analysis & Biopharmaceutical Marketing Programs and Associate Professor of Pharmaceutical and Health Economics

A family favorite that graces our table every year during New Year's Day dinner. A Japanese Hawaiian recipe passed down generations that is best eaten by hand.

One of my memories as a USC student: Mel Baron inspiring me as a first-year PharmD student. He continues to inspire me 35 years later as a faculty member.

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4 tbsp	flour
8 tbsp	corn starch
4 tbsp	rice flour
8 tbsp	sugar
2 tbsp	salt
4 tbsp	chopped green onions
4	eggs
2 lbs	boneless chicken thighs

Directions:

Marinate for at least 2-3 hours but best overnight in refrigerator.

Fry in vegetable oil until brown.





Italian Artichokes

By William Heeres, PharmD '63 and Josephine Heeres
School of Pharmacy Board of Councilors, Chairman

6	artichokes
24 oz	seasoned Italian bread crumbs (Progresso)
2 cups	olive oil
5 cloves	garlic (or Lawry's garlic salt with parsley flakes)
2 cups	grated parmesan or romano cheese
	lemon pepper or black ground pepper to taste
	salt to taste

Directions:

Remove stems, cut off the top part, and wash the artichokes.

Pound the artichokes on the cutting board to open the leaves for stuffing.

Mix bread crumbs (Italian seasoned), grated cheese, garlic, salt and pepper in a large bowl.

Mix well and stuff this mixture into the artichokes, completely fill between each leaf to the very top of the artichoke.

Place the artichokes in a large pot using about 2 inches of water at the bottom.

Pour 1 cup of olive oil over the top of the artichokes and let the water come to a fast boil. Then use medium heat.

After about 30 minutes, pour the balance of the olive oil on the artichokes. Baste often so that the olive oil will seep into the stuffing.

Takes about 2 hours to cook, break off a leaf to see if tender.

If you use garlic salt, use at least 3 tablespoons.





Gazpacho Soup

By Komal Patel, PharmD '04
School of Pharmacy Engagement Board Member

This recipe is inspired by my first taste of gazpacho soup from a trip to Spain in 2009 with my best friend Vanisha Patel, whom I met at the USC School of Pharmacy.

- **7-9 roughly chopped medium to large size tomatoes**
- **3 roughly chopped white pearl onions**
- **2 garlic cloves, minced**
- **6 roughly chopped small colored peppers (or 1-2 Anaheim peppers)**
- **1 8" peeled dark green English cucumber, finely chopped**
- **salt to taste**
- **olive oil to taste**
- **lemon to taste**

Directions:

Boil a pot of water. Add tomatoes. Once the tomatoes are softened and skin is soft enough for peeling, remove tomatoes from the water. Peel skin while tomatoes are warm (use rubber oven mitts and be careful of the heat while handling the tomatoes as you peel, hot tomatoes can be caustic).

After peeling, let the tomatoes cool down. Blend all ingredients, add salt, cracked pepper, olive oil, a squeeze of lemon and blend some more.

Taste as you go along.

Chill and serve. Can top with toasted slice of crostini bread, finely chopped cucumber and peppers, and a drizzle of cold pressed extra virgin olive oil.



Seashore Clam Chowder

By Lori Alquier, MS '18

Growing up in Rhode Island, I spent many summers at picnic tables with sand between my toes, salty wind in my hair and clam chowder on my spoon. Moving to college and then following my career from state to state, the taste of clam chowder would transport me back to that picnic table, even in the winter.

Being a remote student from the East Coast, I approached graduation and my first time stepping on campus with a bit of trepidation. Nothing could have prepared me for the warmth and spirit of inclusiveness of my fellow graduates. As a result, my USC graduation was a day that I will always remember as a special day of joy and friendship.

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6 oz	**salt pork, cut in cubes**
2	**medium onion, diced**
2	**celery stalks, finely chopped**
1 lb	**medium russet potatoes, peeled and cut into ½ inch in cubes**
2	**cracked bay leaves**
48 oz	**bottled (not canned) clam juice**
¼ tsp	**kosher salt**
¼ tsp	**freshly ground pepper**
1 tsp	**dried thyme**
1 quart	**fresh or frozen chopped clams with juice**
2 cups	**heavy cream**
1 stick	**unsalted butter**
2 sprigs	**fresh dill, chopped very finely**
1 tbs	**dry vermouth**

Directions:

In a stock pot or Dutch oven, sauté the salt pork over medium high heat until the pork fat has rendered. Remove the pork bits with a fork or slotted spoon, leaving as much of the pork fat in the pot as possible.

Add the chopped onion to the pork fat and sauté them until the onions are translucent (about 3 minutes).

Stir in the celery and cook for an additional 2 minutes.

Add the cubed potatoes, bay leaves, clam juice, salt, pepper, thyme and stir. Bring to a boil, turn down the heat and simmer until the potatoes can be easily pierced by a fork (about 15 minutes). Add the minced clams and cook for approximately 3 minutes until the clams turn white. Stir gently so that the potatoes don't break.

Remove from heat and refrigerate or freeze if you are not serving the chowder immediately.

When you're ready to serve, re-heat the soup base to a simmer and add the heavy cream, butter, fresh dill and dry vermouth. Stir frequently while allowing the soup to reach a hot serving temperature, but do not allow the soup to boil or the cream will curdle. Add butter.

Serve in warmed bowls after removing the bay leaf.



Malatang (Spicy Hot Pot)

By Kangxin Lu, MS '20

Malatang is a common type of street food in China that's very similar to a hot pot. During the quarantine, cooking some delicious food from our hometown can help us relieve tension and anxiety.

The Class of 2020 has faced many challenges this year. It's been particularly difficult as an international student, but fortunately, we have USC behind us.

FOR SPICY SOUP BASE:

- **2 tbsp** oil
- **2 tbsp** peanut butter
- **1** small piece of hot pot base
- **1** small handful of chopped cilantro
- **1 cup** milk
- dried chilies
- diced green onion
- diced garlic
- toasted sesame seeds
- salt to taste

FOR ASSEMBLY:

- lettuce
- lotus root
- mushrooms
- potato
- deep-fried tofu
- thinly sliced beef
- beef balls
- fish balls
- shrimps
- luncheon meat (Spam)

Directions:

Heat a wok and add 2 tbsp oil, add the prepared garlic, green onion, and dried chilies. Stir-fry them until fragrant then add the hot pot base.

When the spices are mixed well, add 17 oz of hot water and a cup of milk to bring to a boil.

Then, add ingredients that are not easy to cook first, such as lotus root, mushrooms, deep-fried tofu and so on. About 3 minutes later, add lettuce, luncheon meat (Spam) and the peanut butter, mix them well, cook another 2 minutes.

When it's ready, garnish with cilantro and sesame seeds.

PS: You can add anything you want to the soup for the assembly section.



Easy Chicken Corn Chowder

By Paula and Patrick Murphy, daughter & son-in-law of John Biles
Dean of the School of Pharmacy from 1968-1995

Every year for many years in Colorado we have relatives gather at the Colorado house for an evening of food and fun. This chowder is always a hit. The recipe is easy to double or triple and we always make a vegan/vegetarian batch as well. People dish their own bowl and personalize their meal with the extras available to them. It's served with cornbread and honey butter.

2 tbsp	butter or olive oil
1 cup	chopped onion
1 cup	diced celery
¾ cup	chopped red bell pepper
1	jalapeno pepper, seeded & minced
3 tbsp	all-purpose flour
3 ½ cup	milk
14 oz	rinsed & drained canned black beans
2 cups	fresh or frozen corn kernels
14 oz	canned creamed corn
1 tsp	fresh or ¼ tsp dried thyme
	dash ground red pepper or more
½ tsp	salt
¼ tsp	ground black pepper
2 cups	chopped roasted skinless boneless chicken breasts

Directions:

Heat oil in a large pan over medium heat. Add onion, celery, red pepper and jalapeno and cook for about 5 minutes or until tender, stirring frequently. Add flour and cook 1-2 minutes, stirring constantly. Stir in milk and remaining ingredients except chicken.

Bring to a boil and then simmer until thicker - about 5 minutes. Stir in chicken, let sit with lid on for 2 minutes and dish into bowls.

Optional toppings to be added to each bowl:

- Crushed tortilla chips
- Diced tomatoes
- Chopped red onion
- Dollop of salsa
- Chopped cilantro
- Grated cheddar and/or pepper jack cheese

This recipe can easily be made for vegans/vegetarians by using olive oil, plant-based milk and plant-based chicken.



Tabouli Salad

By Murad Dibbini
School of Pharmacy Director of Enrollment Management

My family loves to make tabouli salad during special holidays or for special events. It's a favorite for many of us, including my son, Dominic. It's light, tastes great and if made right, can be extremely satisfying. Every family member that makes tabouli, makes it slightly different than the other, maybe adding more lemon juice, more bulgur wheat, more onions or salt. Regardless of the different variations, it's always one of my favorite dishes at the dinner table.

My name is Murad Dibbini and I'm the Director of Enrollment Management at the USC School of Pharmacy. I appreciate our leadership and the vision that's been set for us. Our students are among the best in the country and our alumni are some of the most accomplished and well-known pharmacists in the world. I'm fortunate to be part of one of the greatest pharmacy schools in the country.

½ cup	extra fine bulgur wheat
4	firm Roma tomatoes
1	English (or hothouse) cucumber
2	bunches of fresh parsley
12–15	fresh mint leaves
4	green onions
	salt
3-4 tbsp	lime or lemon juice
3-4 tbsp	early harvest extra virgin olive oil
	*romaine lettuce leaves

**optional*

Directions:

Wet the bulgur wheat and squeeze out the water. Finely chop 4 Roma tomatoes and cucumber.

Wash and dry, then remove the stems from the parsley and mint leaves. Next, finely chop the green onions, add all the ingredients to a bowl. Add salt, lime juice, virgin olive oil to taste. Mix all the ingredients and enjoy.

For a pleasant appearance, add romaine lettuce leaves to the platter, then heap the tabouli on top and serve.





Country Salad (Salata Horiatiki)

By Maria Kootsikas, PharmD '80
School of Pharmacy QSAD Centurion Board Member

In hindsight, I feel very fortunate for the career that USC afforded me with my best memories being of my fourth-year clerkships and the excellent clerkship/faculty preceptors who encouraged me to do a residency in my area of interest.

6-8	red tomatoes
1	medium red onion, halved and cut into thin slices
1	large cucumber, peeled and cut into thin slices
8-12	kalamata olives in brine, rinsed and drained
	coarse salt or sea salt
	sliced limes
⅓	cup olive oil
5 oz	Greek feta, cut into 1 square piece (or sprinkle with crumbled feta cheese)
2 tsp	fresh oregano leaves, or ½ tsp dried Greek oregano
*4-6	pepperoncini

**optional*

Directions:

Clean and cut tomatoes into bite-sized pieces.

Place the tomatoes, cucumber, pepperoncini, and onions in a large salad bowl.

Add the olives, salt and olive oil.

Top with a wedge of feta and sprinkle with olive oil and oregano.





Mexican Potato Salad

By Noemi Ortega
School of Pharmacy Assistant Director of Annual Giving and Alumni Relations

This recipe is special to me because it is the recipe of one of my favorite chefs, Marcela Valladolid. Growing up Mexican American, it was rare to see people who looked like me on television. Chef Valladolid was the first chef I saw on television that I could relate to! She had her own show on food network, Mexican Made Easy, which really showed the beautiful and delicious culture that we have and it made me proud of my ancestry! Plus I learned how to cook traditional recipes with a new twist!

This past October I was able to join the School of Pharmacy alumni at Homecoming weekend. The tailgate BBQ and game was so full of SC spirit! This was my first Homecoming as a staff of USC and the lights, sounds, and sights really made me feel the Trojan spirit!

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2 lbs	**medium white potatoes (about 6)**
	salt
	freshly ground black pepper
3 ears	**white corn**
2	**poblano chiles**
½ cup	**sour cream**
¼ cup	**mayonnaise**
¼ cup	**chopped fresh cilantro**

Directions:

Put the potatoes in a large pot and cover with salted water. Bring to a boil and cook until tender, about 30 minutes. Drain the potatoes and let cool slightly.

Meanwhile, prepare a grill to medium-high heat. Add the corn to the grill, turning onto all sides until evenly browned for about 10 minutes.

Add the poblano chiles to the grill, turn on all sides until blackened and blistered. Place in a plastic bag to steam to make it easier to peel. After 10 minutes rinse and remove the skin, seeds and steams from chiles. Cut into cubes and put aside. Cut the potatoes in half and place in a large bowl. Carefully cut the corn kernels and add to the bowl. Add the poblano chiles, sour cream, mayonnaise, and cilantro and mix gently to combine. Season with salt and pepper. You can also add some Spanish paprika or cayenne pepper to give it a kick!

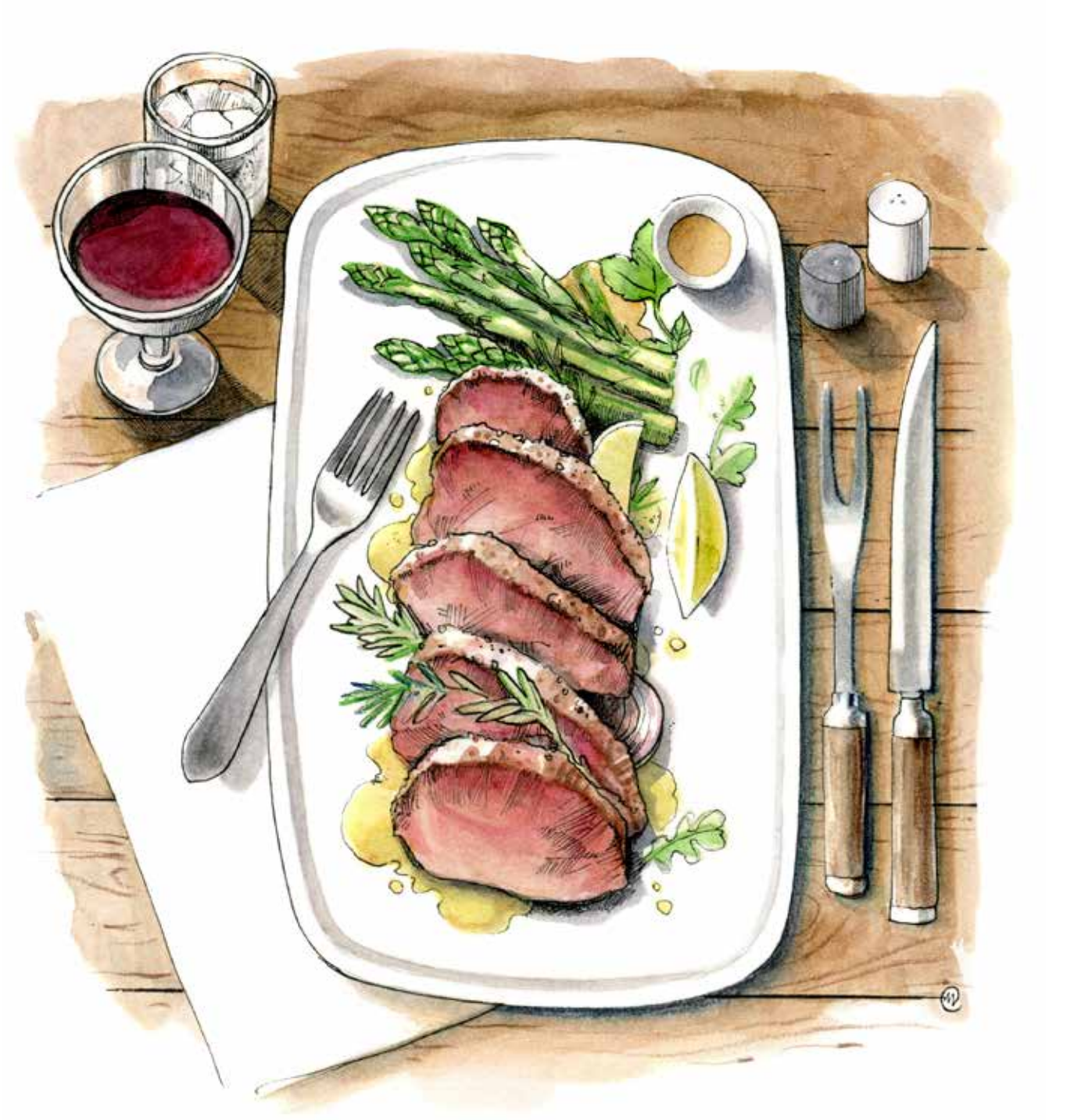




Notes

"One cannot think well, love well, sleep well, if one has not dined well."

- *Virginia Woolf*



Main Courses

Greek Style Shrimp and Rice

By Vassilios Papadopoulos, DPharm, PhD, DSc (hon)
School of Pharmacy Dean

When I was growing up in Greece, my mother prepared this recipe often, although without the shrimp. I loved it, especially with the addition of the hard feta cheese. When I moved to the north of France, near the sea, I experimented with adding clams, shrimp, mussels, octopus, and squid to the rice. I found that shrimp and octopus are the best fit, though octopus can be difficult to cook. The shrimp is always a guaranteed success and go well with feta cheese.

Although I have spent all my life in academia, serving as the Dean is such a unique experience. Commencement and the White Coat ceremonies are special and memorable events for me. I love to welcome new students, see graduates taking the next step in their lives, and meet their parents, brothers, sisters, spouses, and friends who are there to celebrate with them. One can see the satisfaction and pride. Their loved ones have succeeded; their dreams have become a reality.

¼	large red onion, diced
1-3	large cloves of garlic, minced
½ cup	extra virgin olive oil, divided
	salt
	pepper
	oregano
14 oz	San Marzano tomatoes
½ lb	shrimp (shelled and deveined or 1/2 pound other seafood if desired)
2 cups	white rice
4 cups	water (a light stock may be added for reinforcement)
½ lb	feta cheese

Directions:

Heat ¼ cup olive oil in a frying pan. Add the onion and garlic and sauté until opaque. Add the shrimp and lightly fry until just cooked on the outside but still raw in the core. Remove shrimp mixture from pan and set aside.

In the same pan, heat a tablespoon of olive oil and add rice. Toast over medium heat until the rice smells slightly nutty and gets some color. Add the canned tomatoes, seasoning and 2 cups water. Cook, stirring the rice like a risotto and adding the additional 2 cups of water slowly, until fully cooked and the mixture flows slightly.

Plate the rice and shrimp, and garnish with as much feta and olive oil as desired.





Traditional Uyghur Polo

By Ayijiuli Abudukadeer
Master's Candidate Class of '21

Polo is a traditional Uyghur cuisine from Xinjiang, China. Cooking polo is a must-have skill for every Uyghur, and it carries a lot of my memories when I was back home. With the combination of lamb, carrots and rice, polo could be a nutritious and delicious meal.

Having been a part of the School of Pharmacy for almost two semesters, I really feel like I have a home that I can count on. The Healthcare Decision Analysis program always prepares delicious snacks for us on break (don't be jealous, we have classes from 8 a.m. to 5 p.m.).

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	lamb
¼	**onion (yellow or white)**
1 ½	**long carrots**
2 cups	**of rice**
3 tbsp	**salt**
1 tbsp	**cumin**

Directions:

Wash the rice thoroughly and soak it in water for 10 minutes.

Prepare the carrots as julienne; dice the onions and cut the meat into cubes (size doesn't matter). Heat the pot and pour half cup of oil; stir fry the meat until it browns. Then add the onion till it gets soft and yellow.

Toss the carrots in and turn the heat to medium low until the carrots get soft. Don't leave it for too long as polo (rice) might look brown instead of gold at the end.

Add 2 ½ to 3 cups of hot water depending on your rice. After it boils add 1 tablespoon cumin and 3 tablespoons salt (you can alter it based on your own preference; the broth here should taste a bit salty). Then drain water from the rice and add the rice into the broth. Close the lid and let it boil for 15-20 minutes (stir and mix all the ingredients at the end).

Get ready for a delicious and healthy meal!



Veal Parmigiana

By William Padula, PhD
School of Pharmacy Assistant Professor of Pharmaceutical & Health Economics

Veal parmigiana is a special recipe to the Padula family, who came from Padula, Italy to New York through Ellis Island in the 1890s. It is a family tradition to make this meal from scratch whenever we all get together because it's easy to scale to serve just a few people (2-3) or as many people as you like (20 or more, and why not).

I moved to Los Angeles and began working at the USC School of Pharmacy as a faculty member in Pharmaceutical and Health Economics in fall of 2018. While I've tried veal parmigiana at several restaurants around Los Angeles, I'm not convinced that the restaurants make it better than I can.

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veal scallopine (2 cutlets per guest, plus a few more for leftovers)

flour (wheat or gluten free flour are fine)

eggs (about 1 egg per 2 cutlets)

breadcrumbs (wheat or gluten free breadcrumbs are fine)

salt

pepper

fire-roasted crushed tomatoes (32 oz can per 4 people)

fresh garlic

fresh shallots

red wine – traditionally a Sangiovese italian wine

olive oil

balsamic vinegar

butter

crushed red pepper

Italian parsley

oregano

red onion

fresh made fettucine

broccolini

parmesan cheese

lemon



Directions:

Veal:

1. Obtain fresh cuts of veal scallopine from a local butcher (don't go to a super market, you won't find it there). It's a cut of veal from the leg that's thinly sliced, also called a "cutlet".
2. First, pound the veal on both sides with a mallet to tenderize the meat and break up the sinew.
3. After pounding, dry the veal with a paper towel to take off any residual moisture.
4. Create 3 stations side by side: a bowl of flour, a bowl of eggs, and a bowl of breadcrumbs – in that order.
5. Stir up the eggs so they're well mixed.
6. Add some salt and pepper to the breadcrumbs, and feel free to add some other Italian herbs (e.g. oregano) to give it some additional flavor to your liking.
7. Place a large non-stick frying pan on the stove over medium heat.
8. Add olive oil to the frying pan and let heat up for 1-2 minutes – olive oil will be used for frying, so ensure a substantial coating of oil on the bottom of the pan (e.g. 1/16").
9. After the oil is heated up, add a tablespoon of butter into the oil and let it melt in as well.
10. Take a veal cutlet and dip into the flour bowl first, ensuring that both sides of the veal are well covered by the flour.
11. Repeat the process of dipping the same cutlet subsequently in the egg batter, then in the breadcrumbs, ensuring along the way not to miss any part of the veal with any of the ingredients.

12. Then place the cutlet in the frying pan for about 3 minutes on each side; use tongs to turn the veal over as opposed to a spatula.
13. The coating on the veal cutlet should be a golden brown on both sides before you take it out of the frying pan; you may have to adjust cooking time to longer if your veal is any thicker than 1/4".
14. Coat a baking sheet with a thin layer of olive oil (oil spray works well too).
15. Place the cooked cutlet on a baking sheet and let sit as you repeat the cooking process for additional veal cutlets; do not stack cutlets on top of each other while still hot or breading will come apart.
16. Repeat cooking other cutlets in the same way, and be sure to add more oil to the frying pan between cutlets.

Sauce:

1. Prepare sauce by chopping up fresh garlic, shallots and Italian parsley in advance. You can never have enough of these ingredients.
2. In a large pot, place on stovetop and turn to medium-high heat.
3. Add olive oil to pot and let heat up for 1- 2 minutes.
4. Add in chopped garlic and shallots and let cook for 2-3 minutes until slightly browned, stirring constantly with a wooden spoon.
5. Add salt and pepper to taste.
6. Add in a cup of red wine and stir in with oil, garlic and shallots; let wine reduce for 1-2 minutes.
7. Add in crushed tomatoes and stir in with other ingredients.
8. Turn stove on high and bring sauce to a simmer.
9. Once simmering, let cook for about 5 minutes, then add in oregano, chopped Italian parsley, red pepper flakes, and whatever else you decide you want to throw in, including more salt and pepper to taste.
10. Let cook on high heat for about another 5-10 minutes to allow for all the flavors in the sauce to coalesce, then turn down to low heat so it remains bubbling but not vigorously.

Broccolini:

1. Rinse broccolini, and chop more fresh garlic.
2. In a frying pan, heat olive oil on medium heat, then add in garlic.
3. Cook garlic for 1 minute, then add in broccolini.
4. Add salt and pepper to taste.
5. Let cook on all sides for about 6-8 minutes.
6. At about the 5th minute, add in some balsamic vinegar and cook with broccolini for another 2-3 minutes.

Pasta:

Boil the fettucine per the instructions on the package.

Plating:

1. Transfer the warmed sauce to a (Vitamix) blender, and blend to break up the crushed tomatoes and other ingredients into a finer marinara sauce.
2. On plate, place a serving of fettucine on the base, and place 1-2 veal cutlets on top of the pasta.
3. Using a ladle, pour marinara sauce over the veal and pasta plentifully.
4. Place broccolini on the side.
5. Shave fresh parmesan cheese over the veal and pasta.
6. Garnish with a couple pieces of parsley and a lemon wedge.
7. Ready to serve with a glass of Sangiovese!



Crab Macaroni and Cheese

By Allison Frierson Bryant, EDUC '98
School of Pharmacy Associate Director of Recruitment and Outreach

One of my favorite memories at the USC School of Pharmacy is of John Biles, Dean Emeritus, who has since passed away, and something he once said. Our office had worked very hard on a project and he came down personally, called us together and said that he wanted us to know that we were, as he put it, "the jewel of the school."

Now, I'm sure he said this to lots of other offices in the school too, but it was so genuine and sincere that in that moment, we felt on top of the world.

2 cups	**elbow macaroni**
¼ cup	**butter or margarine**
¼ cup	**flour**
½ tsp	**salt**
¼ tsp	**pepper**
¼ tsp	**dried mustard**
¼ tsp	**Worcestershire sauce**
2 cups	**milk**
2 cups	**shredded sharp cheddar cheese (½ cup shredded extra sharp cheddar cheese if you want extra flavor)**
1½ cups	**crab meat**
¼ tsp	**paprika**

Directions:

Pre-heat oven to 350°F. Cook macaroni according to the package directions.

While the macaroni is cooking, melt butter or margarine in 3 a quart saucepan over low heat. Stir in flour, salt, pepper, mustard and Worcestershire sauce. Cook over low heat, stirring constantly until sauce bubbles, then remove from heat.

Stir in the milk and return to heat and stir for a minute until it boils. Stir in the 2 cups of sharp cheddar cheese and continue stirring until it melts into the sauce.

Drain the macaroni and stir it into the cheese sauce.

Stir in the crab meat to the macaroni and cheese. Pour into a 2 quart casserole dish. (If you really love cheese, sprinkle ½ cup of extra sharp shredded cheese on top before baking).

Bake uncovered for 20-25 minutes and sprinkle paprika over the top.





Pistachio Lime Baked Salmon

By Eileen Goodis, PharmD '77
School of Pharmacy Board of Councilors Member

This is a favorite recipe of mine because it's delicious, healthy, and every time I serve it everyone loves it!

A special memory I have of the USC School of Pharmacy is when I invited the fourth-year PharmD students to my company for an open house. It was fabulous spending time with them, learning about their plans and serving them a delicious and filling dinner. I remember how much I appreciated a great meal when I was a student.

6	**salmon fillets (6 oz each)**
1 cup	**pistachio nuts, chopped**
½ cup	**packed dark brown sugar**
3 tbsp	**lime juice**
1 ½ tsp	**dill weed**
1 ½ tsp	**pepper**

Directions:

Place the salmon in a 9"x13" sprayed baking dish. I usually rinse the fillets first.

Pat salmon fillets with paper towel to remove any excess water.

Combine the rest of the ingredients in a small bowl. Spoon over the salmon.

Bake at 425˚F for 12-15 minutes or until the fish is done.

Don't overcook the salmon. Use the back of a spatula to press down on the salmon to feel if it's cooked. If the spongy feeling is gone, and the salmon is firm, then it is cooked!

Remove from the oven immediately and serve.



Lorraine's Turkey Chili

By Lorraine and Mel Baron, PharmD '57, MPA '73
School of Pharmacy Professor of Clinical Pharmacy, Board of Councilors Member

This dish has been one of our family's favorite meals. It is simple to fix and delicious to eat!

I have had 40 amazing years of memories at the school! I was incredibly proud when I had the great fortune of receiving the California Pharmacists Association (CPhA) Pharmacist of the Year Award along with one of my students who was honored as the CPhA's Student Pharmacist of the Year.

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1 lb	ground turkey
½	chopped onion
1 pkg	Lawry's chili mix
1 can	kidney beans
1 can	ready-cut dried tomatoes
	grated cheese
	extra chopped onion

Directions:

Brown turkey with ½ onion. Add all the other ingredients (except cheese and onion) and simmer for 15 minutes.

I put the cheese and onion on the table and you can sprinkle them on your cooked chili.





Pancit Bihon

By Danielle Colayco, PharmD '08, MS '10
School of Pharmacy Board of Councilors Member

This is my own adaptation of my Lola's (grandmother's) recipe for pancit bihon. She lived with us and did most of the cooking in our household, and this is one of her signature dishes. It's a Filipino classic, and everyone makes it a little bit differently. The aroma when the onions and garlic hit the oil is so nostalgic for me, taking me right back to my childhood.

1 lb	rice noodles (vermicelli or pad thai style)
½ lb	ground pork
½ lb	shrimp, peeled and deveined
1 cup	carrot, cut into match-sticks
1 cup	celery, chopped thinly
2 cups	cabbage, chopped into 2-inch squares
2 cups	brown onion, sliced thinly
3 tbsp	minced garlic
1 tsp	chicken bouillon, dissolved in 1-2 cups water
2 tbsp	soy sauce
2 tbsp	fish sauce
2 tbsp	peanut or grapeseed oil
½ cup	scallions, sliced thinly
	calamansi or lemon slices

Directions:

Soak rice noodles in water. If using pad thai noodles, boil the water first, then remove water from heat and add noodles. Soak for 8 minutes then drain and rinse with cold water. If using vermicelli noodles, room temp water is fine. Place a Dutch oven over medium-high heat. Add oil and saute garlic and onion together until onion is slightly softened.

Add pork and shrimp and cook until meat is browned, but not cooked all the way through. Add carrots, celery, and cabbage. Season with soy sauce and fish sauce, and cook until cabbage leaves are slightly wilted.

Add chicken broth and simmer for 2 minutes. Remove meats and veggies from liquid and place in separate bowl.

Add rice noodles to boiling broth and simmer for 1-2 minutes. Do not overcook noodles!

Add veggies and meat back to the noodles and remove from heat.

Serve immediately with sliced calamansi, scallions, and additional soy sauce and fish sauce on the side.





Lasagna

By Edith and George Shen, PharmD '55

My wife Edith formulated this recipe and has served it to family and friends throughout the years. Her family fondly remembers gatherings around the dish with laughter and fellowship. It truly has become a family recipe now that some of her grandchildren enjoy family time to make it.

1 lb	**ground beef or 1 pound sausage or ½ and ½ mixture**
1 lb	**ricotta cheese**
1 lb	**noodles (½ pound for crock pot) or (2 batches fresh pasta)**
2 cups	**mozzarella cheese**
½ cups	**parmesan cheese**
2	**large cans tomato sauce (26½ oz)**
1	**can water (after tomato sauce is emptied out)**
1	**clove garlic**
1	**onion chopped**
¼ tsp	**pepper**
1 tsp	**oregano dry or fresh**
½ tsp	**basil dry or fresh**
½ tsp	**thyme dry or fresh**
1 tbsp	**parsley dry flakes**

Directions:

Blend ricotta cheese with oregano, basil, thyme, parsley and parmesan cheese in blender or food processor until smooth. Brown meat with garlic and onion until the meat is cooked. Mix meat mixture with tomato sauce, water and pepper. Options: Parmesan rind and extra seasonings (e.g. fennel seeds). Simmer to blend. If you are using fresh pasta, cook it a little longer to reduce (boil out some of the liquid).

Layer 9"x13" baking pan or lasagna pan from bottom up.
(Tip: split ingredients into portions prior to starting)

1/4 of meat sauce mix
1/3 of noodles (if using fresh pasta-spread cheese mix on top of pasta before placing in)
1/2 of cheese mix
1/4 of meat sauce mix
1/3 of mozzarella
1/3 of noodles
1/2 of cheese mix
1/4 of meat sauce mix
1/3 of mozzarella

Add the rest of the noodles, meat sauce mix and mozzarella to the top.

Bake at 350˚F for 1 hour. If using a crock-pot, refrigerate it the night before and cook on low for 8 hours. Let set prior to serving in both cases.





Traditional Enchiladas

By Edwin Bermudez-Barron, PharmD Candidate Class of '22

This recipe is special to me because it is my favorite food and brings warm memories of my childhood. It is particularly special because this was one of the first dishes my mother taught me growing up to master and refine in the kitchen. One of my best memories so far at the school was walking across the stage during the White Coat Ceremony to give my oath and commit myself to the profession and to the welfare of the public.

1	California chili pods
1	Arbol chili pods
1	cloves garlic
½ tbsp	salt
	mozzarella cheese
3 cups	water
1 tbsp	brown sugar
½ cup	chocolate of your choice
2 tbsp	vegetable oil
	tortillas

Directions:

In a pot, bring to a boil dry California chili and Arbol chili pods. Once boiling, pour out the water and remove seeds from chilies. Add to the blender with 3 cups of water, 1 garlic clove, 1/2 tablespoon of salt, and 1 tablespoon of brown sugar. Blend to semi-thick consistency. In a pot, add 1/2 cup of chocolate of your liking, and 2 teaspoons of oil and strain (to remove solid pieces) the chili into the pot and bring to boil. Once boiling, turn heat to low to let flavors assemble and to reduce water content.

While chili is boiling, grate cheese of your choice (mozzarella used in this recipe), although I use authentic artisan cheese from my parents' hometown of Durango, Mexico.

In a pan, add oil and bring to medium heat. Once hot, carefully add one tortilla and cook for about 1-2 minutes. Flip and repeat on the other side. Dip tortilla onto sauce where chili was made and add the cheese and fold over. You can never go wrong with adding more cheese!



Korean Spicy Short Ribs

By Iris Zhang, PharmD '19

This dish is always associated with home. The special flavor of sweet, spicy, savory and warm makes this one of the most beautiful dishes meant to be shared with family. The flavor warms us from gut to heart, from inside to outside. This dish represents home and belonging. During my time at the pharmacy school, I made this dish and invited my friends over to enjoy this delicious meal together during our girl's night. This is the beauty of food. Delicious and warm food brings friends and family together.

2 lbs	beef ribs
3	potatoes
3	carrots cut in large cubes
7	daechu (dried dates)
1	bunch of shiitake, enoki mushroom – optional
1 tbsp	rice vinegar or rice wine
2 tbsp	gochugaru (Korean red pepper flake)
4 tbsp	brown sugar
5 tbsp	brown sugar
5 tbsp	soy sauce
2 tbsp	red chili pepper flakes
4	cloves garlic – finely chopped
5	slices of ginger
1 tbsp	sesame oil
	sliced green onion for garnish

Directions:

Soak short ribs in cold water in a large bowl for 30 minutes removing residual blood (optional).

In large pot over high heat, place the beef short rib with some pieces of onions, whole garlic and ginger pieces. Bring to a rapid boil for at least 20-30 minutes while removing debris from surface. When finished save about 2 cups of broth for later use, rinse the beef under cold water.

Return the ribs to the pot with 2 cups of the beef broth and sauce ingredients. Cook for at least 1 hour on low heat. Add the cube sized potatoes, carrots, dried dates, and mushrooms with 15 minutes remaining and continue to simmer.

Near end of the hour, when most of the broth has thickened or evaporated, add some corn syrup or honey to thicken the sauce even more.

Serve on a large platter as the main course and garnish with green onions.

Enjoy with rice!





Garlic Shrimp Scampi

By Macy Gipson, PharmD Candidate Class of '23

My good friend from undergraduate invited me over to her apartment one time and made me this amazingly tasty and easy to prepare meal. I remember it was a particularly difficult time in my undergraduate life and I needed an escape from campus. My friend called me over and made this pasta dish for me back in 2018 and I have been making it every week since. Each time I make it, I adapt it to whatever ingredients I have available in the kitchen, but the same al dente pasta coated with garlicky, buttery shrimp remains the star of the dish.

Although I have not yet finished my first year at USC School of Pharmacy, I have already gained more life-long friends than I could have ever imagined. There is something to be said about the friends you gain during adversity. This particular COVID-19 crisis has separated us physically from one another, yet our spirits and camaraderie are stronger than ever.

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	salt to taste
	pepper to taste
	pasta (choose one box of your choice, I use linguini)
½ stick	**unsalted butter**
	shrimp (frozen, peeled, deveined, no tail; you can use fresh shrimp as well, cook accordingly)
1 ½ tbsp	**minced garlic**
1 tsp	**red pepper flakes**
1	**lemon**
	arugula
***¼ cup**	**tomatoes**
***1 tbsp**	**pesto**

**optional*

Directions:

Bring a pot of water to boil. Add a pinch of salt. When the water has come to boil, add pasta and cook as instructed on the box.

Add butter to a hot pan and add shrimp.

Add garlic, salt, pepper, and red pepper flakes. If desired, add sun-dried tomatoes or pesto.

Cook all of this down on medium to low heat to ensure shrimp is pink and cooked all the way through.

Drain pasta when ready and add to the sauce pan.

Serve with a squeeze of lemon and a handful of arugula on top!



Chicken à la Martine

By Martine Culty, PhD
School of Pharmacy Associate Professor of Pharmacology and Pharmaceutical Sciences

I made up this recipe mixing up a few ideas from the memory of French dishes I experienced in my youth. So there is not a printed recipe with the exact same ingredients, but it is inspired from French tradition! This recipe took on special meaning through the years, after the kids and special guests started asking for me to make it and to give them the recipe. It became even more special when my sister-in-law Alexandra gave it my name! It became "my recipe"!

I have many special memories with the School of Pharmacy from the 4 years I have been here! Getting to know some of our alumni, listening to their stories and feeling their dedication, loyalty and love for the school has been wonderful. Observing a new wave of devoted alumni joining the older ones is also special.

The memories of award events at the beautiful Town and Gown, listening to awardees, professionals and students, testifying on how the school changed their lives, as well as witnessing the dedication and enthusiasm of so many teachers, students, and staff, these are all memories that warm my heart and make me feel part of a special place. This feeling of strong belonging and connection between all past and present school members reassures me that the school will stay strong despite the present adversity brought on by the COVID-19 pandemic.

3	**chicken breast and 3 thigh/drumsticks optional, some of it with skin for better taste**
4 tbsp	**Dijon mustard**
8 tbsp	**old fashion mustard with mustard seeds (moutarde à l'ancienne)**
8 tbsp	**sour cream**
½ bottle	**white wine (can be substituted with leftover champagne; more liquid requires longer simmering time).**
1	**medium size sliced onion**
	salt and pepper to taste
5 tbsp	**olive oil**
***6-8**	**fresh mushrooms cut into large pieces**
*** 1 tsp**	**cornstarch (pre-diluted in water) if sauce needs thickening**

**Amounts are approximate and can be adjusted to taste!*

Directions:

Golden the chicken in olive oil in a large pot.

Add and cook onions with chicken. Add in mushrooms if you desire.

Add both types of mustard. Mix and cook to evaporate some of the wine.

Add sour cream. Mix and cook until the sauce thickens.

You might have to take the chicken out of the pot to prevent overcooking. Add it back toward the end. If needed, add corn starch to thicken the sauce.

Serve with rice. Rice can be cooked straight in water, or golden in a little olive oil with onions before adding water. Enjoy! It tastes even better the day after!





Creamy Ranch Chicken with Radish Mango Slaw

By Michelle Steele, PharmD Candidate Class of '22

This recipe is my go-to because even with a busy schedule, I always have chicken and cream in the fridge to make an easy comfort meal.

My favorite memory at the School of Pharmacy was actually right before I started. I walked around the University Park Campus with my son and I told him someday this will be our school.

CHICKEN:

- **2** boneless chicken breasts
- **4 tbsp** butter
- **⅓ cup** heavy cream
- **2 tbsp** Hidden Valley Ranch packet seasoning
- **¼ cup** radishes
- **1 cup** red cabbage
- **½** mango
- sprig of mint
- sprig of cilantro
- *capers

DRESSING:

- **½ cup** lime juice
- **3 tbsp** agave
- **3 tbsp** apple juice
- **1** clove garlic
- pinch of salt

Place all ingredients in a food processor and pulse until garlic is finely chopped.

**optional*

Directions:

Preheat oven to 400°F.

Pat chicken breasts dry and season both sides with salt and pepper.

Heat olive oil in pan on medium heat. Add chicken to pan and cook until browned (about 6-7 minutes per side). Make sure chicken is thoroughly cooked. Transfer chicken to plate and let it rest 5 minutes.

While the chicken is cooking, roughly chop cabbage.

Trim the ends off from the radishes and cut them in half.

Roughly chop the mangos.

De-stem cilantro and mint. Finely chop leaves together.

Place cabbage, radishes, mangos, and herbs in a bowl. Add dressing and toss to combine.

Use the same pan that was used to cook the chicken (don't wipe clean) and add cream and ranch seasoning. Place this on medium heat and then reduce to a simmer, stirring occasionally until its thick, about 3 minutes. Add capers as an optional ingredient.

Plate the chicken, top with cream sauce, and add the radish mango slaw.



Pooja's Pepperoni Pizza

By Pooja Singh, BS '20, PharmD Candidate Class of '24

I have always enjoyed cooking for others, and this recipe is always a big hit! There's no better feeling than being able to bring a smile to someone's face through a home-cooked meal. As one of the first undergraduate students in the School of Pharmacy, I have had a number of unique experiences throughout my time here at USC. I have had the privilege of learning from pharmacy school professors at the undergraduate level and have gained from their advice — both in life and in my career choice. I have also had the opportunity to serve as the President of the Pre-Pharmacy Society, where I have made numerous friends and memories. I am looking forward to continuing my time at the USC School of Pharmacy as a member of the PharmD Class of 2024!

DOUGH:

1 ½ cups	**hot water**
2 tbsp	**molasses**
4 ½ tsp	**(2 packets) active, dry yeast**
3 ½ cups	**all-purpose flour**
2 tsp	**salt**
1 tbsp	**olive oil**
	cornmeal

TOPPINGS:

- **pizza sauce**
- **mozzarella cheese**
- **pepperoni**
- **garlic butter (melted)**
- **grated parmesan cheese**

EQUIPMENT:

- **mixer**
- **pizza stone**

Directions:

Stir together the molasses and hot water in a mixing bowl. Let sit 3 minutes.

Gently add and stir the active, dry yeast to the water-molasses mixture. Let sit 10-15 minutes.

Combine the flour and salt in a separate bowl. Add this mixture to the mixing bowl with the water-molasses mixture. Add olive oil.

Knead together the contents of the mixing bowl using your mixer. If you do not have a mixer, you may knead by hand; however, this process will take longer.

Roll the dough into a ball and place in a large, greased bowl. Sprinkle additional flour on top of the dough ball. Cover loosely with plastic wrap. Place a small towel on top, and place it in the refrigerator to rise for a few hours.

Alternatively, allow the dough to rise on the counter top for 2 hours.

When the dough has completely risen, it should be doubled in size. Cut the dough in two.

Preheat your oven to 500˚F. Place pizza stone in the oven to preheat, as well.

Add flour and cornmeal to your workstation (think 1 part flour to 3 parts cornmeal). Roll out your dough.

Once your dough is rolled out, add pizza sauce, mozzarella cheese and pepperoni, as desired.



Place in the oven on pizza stone. Allow to bake for 7-10 minutes.

As soon as you take the pizza out of the oven, brush the crust with a generous amount of melted garlic butter. Sprinkle crust with parmesan cheese.



Vietnamese Shaking Beef

By Tam Phan, PharmD '18
School of Pharmacy Assistant Professor of Clinical Pharmacy

Until I had Bò Lúc Lắc, I did not know that beef can be so flavorful! I have always thought that you can only season beef with pepper and salt. Boy was I wrong. Bò Lúc Lắc is a quintessential Vietnamese beef dish, and it's a great way to introduce others to Vietnamese food.

After any therapeutic exam, my friends and I would get together and go to dinner. Since the days prior were spent preparing and cramming for the test, I found that getting together and talking about our experiences brought us closer together. We often went as a group of 3-9 people, and these were great opportunities to connect with each other outside of class. A lot of our restaurant visits were to Korean BBQ restaurants, where food was comforting, but also interactive. Given that we are in Los Angeles, our restaurant list is not limited. The best and most memorable moment as a pharmacy student was celebrating the end of therapeutics and welcoming fourth-year rotations after finishing our third-year special populations final. To this day, I find that having a strong social support group makes challenges more bearable.

BEEF & MARINADE:

1 lb	filet mignon or rib-eye, remove silver skin, excess fat trimmings and cut into 1-inch cubes
1 tbsp	sugar
1 tsp	melted butter (for my recipe, I used clarified butter/ghee)
1 tsp	black pepper
2 tsp	vegetable or canola oil
2	cloves of garlic, chopped
¼	white onion, sliced
1 tbsp	soy sauce
1 tbsp	fish sauce
1 tbsp	hoisin sauce
1 tbsp	oyster sauce
¼ tsp	dark soy sauce (optional)

COOKING:

1 tbsp	cooking oil
1 tbsp	unsalted butter
2 cloves	chopped garlic
3 to 4	green onions, cut halves in lengthwise and cut into 2-inch pieces

FOR LIME DIPPING SAUCE:

1	lime
½ tsp	salt
¼ tsp	black pepper



Directions:

Combine all ingredients to marinate the beef in a large mixing bowl and mix well with your hand. Cover with a plastic wrap and let it marinate for 2 hours in a refrigerator. The longer you marinade the beef, the more flavor you will have.

Meanwhile make the lime dipping sauce by adding all ingredients together in a small mixing bowl. Set aside.

When you're ready to cook: Heat a large skillet or pan (cast iron if you have it) over high heat; add cooking oil and swirl to coat. Add marinated beef and onion, spread as one layer so they will sear nicely. Cook 1 minute each side, or until nicely seared and cooked until your desired temperature.

Add butter, garlic, green onions, and the remaining of the marinade. Stir everything together and cook until vegetables soften, about 30 seconds.

Remove from heat, transfer to a serving plate and serve immediately with lime dipping sauce.



Chinese Spicy Oxtail Stew

By Weidno Chen, MS '20

This is the dish I tend to cook when a good friend or relative is visiting me. It's very easy to cook and very flavorful and especially suits the winter weather very well. Cooking this dish brought out some of my fondest memories with friends. Hope you'll like it too!

My time with the USC School of Pharmacy has been extremely pleasant, though I've spent some long hours on the third floor of our building studying. Looking back, all the hard work makes the experience more rewarding.

2 lbs	oxtail
	flour as needed
1 lb	carrots
1 lb	white radish
2 ½ tsp	soy sauce
2 ½ tsp	dark soy sauce
	salt to taste
1 tsp	fennel seeds
5	bay leaves
3	star anise
1	cinnamon stick
1 tsp	Sichuan peppercorn
2 ½	dried chili pepper
2	green onions
1	slice of ginger

***I substituted ½ lbs of carrot with ½ lbs of wax gourd and bamboo shoots, just to add more flavor. You may substitute with potato or any other vegetable of your liking.**

**optional*

Directions:

Drain the oxtail for 20 minutes and wash off the blood.

Dry the oxtail with paper towel and cover it with flour.

Add cooking oil into a pot and fry all sides of the oxtail until the color changes.

Add boiled water into the pot and cover the oxtail entirely.

Add soy sauce, dark soy sauce, salt, fennel seeds, bay leaf, star anise, cinnamon stick, Sichuan peppercorn, dried chili pepper, green onion, and ginger into the pot, cover the lid and put on low heat, cook for 2 hours. I normally use an instant pot for this step and it cuts the cooking time down to 25 minutes. Setting: meat stew, high pressure.

During the wait time, peel off the skin of carrots and radishes, cut them into small pieces.

After 2 hours, add radishes and carrots into the pot and cook for another 30 minutes (10 minutes on instant pot, same setting).

Use a rice cooker to make white rice while you are waiting.

Enjoy!



Pasta Aglio e Olio

By Zorik Tagmizyan, PharmD Candidate Class of '23

Pasta Aglio e Olio (pasta with garlic and oil) is an extraordinary dish because it is the epitome of classic Italian cooking. Although the recipe only consists of seven ingredients, the final dish is greater than the sum of its parts. This dish is especially significant to me because it's the first recipe I ever learned from my favorite chef, Andrew Rea.

Although I just started my PharmD education at USC a year ago, I have already gained much knowledge, made lifetime friendships, and gained love and support from all those around me. I hope to continue this journey at USC and return the valuable things that have been taught to me to the next generation of pharmacists.

THE DISH:

½ lb	home-made pasta or 1 box dried pasta (fettuccini)
5-8	cloves garlic
1	bunch Italian flat-leaf parsley
½ cup	extra virgin olive oil
1 tsp	red pepper flake
1	lemon
	salt and pepper

THE PASTA:

½ lb	semolina flour
½ lb	doppio zero or double zero flour
2-3	large eggs
	extra virgin olive oil
	salt

Directions:

To make the pasta noodles, begin by mixing the semolina flour with the double zero flour in a bowl, then placing this mixture onto a clean counter top in a large pile. Create a well in the middle of this pile of flour, crack your eggs into the well, and then add a small splash of olive oil and a large pinch of salt to the eggs. If you use too much egg, you can always add more flour to the mixture in equal proportions. Using a fork, beat the eggs in the center of the well, picking up bits of flour from the side into the egg. Once enough flour is incorporated into the eggs and your dough begins to form, try to work in as much of the remaining flour into the eggs until most of the flour is incorporated.

At this point, you should have a tacky ball of dough, which needs to be kneaded for a minimum of 10 minutes for proper gluten development. You can choose to knead by hand or just place into a stand mixer with the dough hook and knead for 10 minutes at medium-high speed. Once your dough has been kneaded, wrap it in cling film and allow it to rest on your worktop for a minimum of 30 minutes.

After the 30-minute rest period, remove the cling film from the dough, lightly flour both it and your work surface, and roll the dough out to long, ½ cm thick strips. Place these strips into a pasta roller, beginning on the widest setting, then pass them through again on thinner and thinner settings until reaching the thinnest possible sheet. You should be able to read newspaper through the pasta sheets. Once ready, change out the roller for a cutter and cut your sheets of pasta into fettuccini and lightly dust them with flour so they don't stick.

Once you've chosen fresh or dried pasta, the dish can be made. Begin your mise-en-place by slicing your garlic thinly, halving your lemon, and finely chopping your Italian parsley.

Bring about 2-4 quarts of water to a boil to cook your pasta in, heavily salt the water. Pour your olive oil into a large frying pan and heat on medium heat. Place garlic into oil and shallow fry until edges are golden brown. At this point, your pasta should be ready. If using fresh pasta,



cooking time is only 2 minutes. Dry pasta takes much longer and will have to be boiled before moving onto the garlic step. Place the chili flakes into the garlic oil, then add your drained pasta to the pan as well. Take a half cup of the water the pasta was cooked in and place into the pan after adding the pasta to make sure the sauce emulsifies. Cook on high heat for 2 minutes while mixing.

Remove the pan from the heat, then add the parsley and squeeze the lemon into the pan, mixing to combine. Make sure to salt and pepper your pasta at this point. Once finished, plate the dish and enjoy.



Roasted Fish

By Xun Xu, MS '20

I loved my experience at the USC School of Pharmacy, not only because of the knowledge I've learned, but also because of all the colorful memories of life.

2 lbs	any fish you like
1	roast fish seasoning packet
2 tbsp	cooking wine
3	pieces fresh ginger
	any vegetable you like

Directions:

Wash the fish and put it into a foil pan.

Add 2 tbsp cooking wine, 3 pieces fresh ginger, and 1 roast fish seasoning packet into the pan.

Rub the seasoning all over the fish.

Marinate the fish in the refrigerator for 3-10 hours.

Add vegetables of your choice into the pan. Roast it in the oven at 400˚F for 40 minutes. Remove from the oven and enjoy!





Soy Sauce Chicken Legs

By Jean Chen Shih, PhD
School of Pharmacy Professor and Boyd & Elsie Welin Professor
of Pharmacology & Pharmaceutical Sciences

Growing up, every meal my mother fed us was delicious. She was the greatest cook in the world in my mind. Every dish was fresh and prepared with love. This is one of the simplest dishes to make, but it is nutritious with high protein and gives you energy. I often bring it to school for lunch, along with an apple and a slice of bread for a balanced diet! I especially enjoy packing this dish when I work on grant deadlines because this makes the perfect dinner and midnight snack.

8	**chicken legs with bone**
3 tbsp	**soy sauce**
½ cup	**cooking wine**
¾ cup	**water**
1 tsp	**sugar**
4	**crushed garlic cloves, browned by cooking oil**
	salt and pepper
3	**star anise**

Directions:

Cover chicken legs with water and bring to boil. Then drain the water to clean the legs further.

Put all ingredients in with the chicken legs, and bring to a boil. Then simmer for about 1 hour or until the sauce is almost dry.

Ready to taste!

* You may add hard boiled eggs when the chicken legs are half-cooked. This will give you delicious soy sauce eggs!

**optional*



Pasta with Fresh Tomato Sauce

By Eunjoo Pacifici, PharmD '88, PhD '92
School of Pharmacy Chair of the Department of Regulatory and Quality Sciences
and Professor of Regulatory and Quality Sciences

This is a simple family recipe that I learned from my Italian mother-in-law, Adriana Pacifici.

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	roma tomatoes (about 4 per person)
1-2 cloves	**garlic (per person)**
	olive oil (a few tbsp or more)
	salt and pepper (to taste)
	crushed red pepper (to taste)
5-6	**basil leaves**
	pasta of your choice

Directions:

Bring a large pot of water to boil.

Using a sharp knife, core tomatoes to remove the top stem piece, score with an "x" from the tip of each tomato down the sides.

Place tomatoes in boiling water for 2 minutes. Scoop tomatoes onto a colander and let cool.

Fill the pot with water and put back on the stove for pasta.

Peel tomatoes, quarter, remove the hard centers, and coarsely chop.

Crush and peel garlic cloves.

Heat oil, add garlic, and crushed red pepper; sauté to release flavor; do not burn.

Add chopped tomatoes, salt and pepper, and toss with the flame on high.

Lower the flame and reduce uncovered; add chopped basil.

Bring water to boil, add pasta, and cook to your liking.

Reserve a cup of pasta water. Drain pasta.

Coat the bottom of the pot with sauce, add pasta, and toss with more sauce; add some of the reserved pasta water to moisten.

Serve hot, topped with sauce and chopped basil.





Sheet Pan Chicken Fajitas

By Michal Mingura, PharmD '16

FAJITAS:

- **6 tbsp** olive oil
- **1** lime, zested and juiced
- **2** canned chipotle chiles in adobo (more if you like spicy, less if you don't)
- **2 tsp** ground cumin
- **1 tsp** smoked paprika
- salt & pepper to taste
- **1 ½ lb** chicken tenders (sliced into ½ inch strips)
- **2** bell peppers
- **1** large red onion
- **4** jalapeno peppers
- **8** small corn tortillas

CONDIMENTS:

- lime wedges
- cotija cheese
- chopped white onion
- cilantro

Directions:

Preheat oven to 425˚F.

Line 2 sheet pans with tin foil for easy cleanup.

In medium bowl, mix 4 tbsp oil, lime (zested and juiced), chipotle, cumin, paprika, 1 ½ tsp salt, ½ tsp pepper, and chicken. Set aside to marinate at room temperature while you prepare the veggies.

Cut peppers and onion into strips about ¼ inch wide. Toss peppers, onions, and whole jalapenos with 2 tbsp oil, ½ tsp salt and ½ tsp pepper.

Spread veggies onto one sheet pan.

Place chicken strips onto the second sheet pan, shaking off excess marinade.

Cook chicken and veggies 15-20 minutes, until chicken is done (don't overcook).

Remove chicken from the oven.

Increase oven temp to "broil" and move veggies to top rack. Broil until nicely charred (about 2-3 minutes).

Serve with warmed tortillas and condiments of your choice!

Note: This recipe is supposed to serve 4, but I usually buy a standard package of chicken tenders because they're easy to find and the tenders cut in half to make the right size chicken strips. When we eat low carb and skip the tortillas, this recipe serves 2 with enough veggies left over for a nice omelet the next day.





Japanese Vegetarian Curry

By Michelle Kalu, PharmD Candidate Class of '22

I love this recipe because it is a delicious way to eat a variety of vegetables, warms up the body, and is comforting to eat!

One of my favorite memories of my time at USC was the Black Pharmacy Society Pharmily Dinner! It was fun to bond with alumni and current students over dinner and hear their unique stories.

- 5 red potatoes
- 5 carrots
- ½ cup red onion
- 1 tbsp chopped garlic
- 1 red bell pepper
- 1 orange bell pepper
- 2 cups chopped kale
- 1 box low sodium chicken stock
- 2 tbsp extra virgin olive oil
- red pepper (cayenne)
- salt and black pepper to taste
- S&B Foods Golden Curry Medium Hot Sauce Mix

Directions:

Chop the vegetables to the desired size.

In a medium pot on medium heat add olive oil, then add the onions and garlic.

Cook the onions and garlic for 1 minute or until the onions start to become translucent.

Add the potatoes and stir for 3 minutes so that the potatoes are covered in oil.

Add the rest of the vegetables and stir for 2 minutes.

Add enough low sodium chicken stock to barely cover the vegetables (do not completely cover the vegetables).

Bring to a boil. Then cover the pot for 15 minutes. Add S&B Foods Golden Curry Medium Hot Sauce Mix and stir until fully dissolved.

Add salt, red pepper, and black pepper to taste. Eat with rice or noodles!





Mushroom and Spinach Crepe

By Xin Gong, MS '90
School of Pharmacy Associate Director of Admission

CREPE:

1 ¼ cup	flour
1 ¼ cup	milk
2	eggs
2 tbsp	butter
1 tsp	sugar
⅛ tsp	salt

FILLING:

2 tsp	olive oil
¼ cup	water
8 oz	mushrooms
3	pieces of bacon
1 cup	spinach
⅓ cup	shredded mozzarella
1 tbsp	flour and water

Directions:

Beat eggs and mix with the flour.

Slowly pour in the milk, ¼ cup at a time.

Melt 2 tbsp butter and add to batter. Add salt and sugar as well.

Slice the mushrooms and bacon into thin pieces. In a pan, fry the bacon pieces over medium heat for 2-3 minutes.

Add mushrooms and about ¼ cup water. Simmer for 3-4 minutes.

In a small bowl, mix 1 tbsp flour + water + 2 tsp olive oil.

Add spinach, salt, half the parsley, and lemon juice to pan. Cook until spinach has welted.

Add the flour slurry, stir for about 30 seconds, then turn off stove.

Add mozzarella to the filling. Stir briefly.

Make crepes by adding enough batter to coat the bottom of a large frying pan. Flip when they start to solidify.

When crepes are done, add the filling into half a crepe, cover it and garnish with more filling and the remaining fresh parsley.

Enjoy!



Manny's Chicken Adobo

By Jorge Farias, PharmD '13, MS '16
School of Pharmacy Engagement Board Member

My wife and I married shortly after I graduated from the USC School of Pharmacy and one of the wedding gifts that I received from my in-laws was a cookbook with several Filipino food recipes. My father-in-law is an amazing cook and he can literally make anything! These recipes bring me a lot of joy as they remind me of the great times our families have had over countless dinners and celebrations. This Chicken Adobo recipe was the first dish that I made with the cookbook and is one that I go back to time after time. I hope you enjoy it!

One of my favorite memories from pharmacy school was my pharmaceutical industry rotation at Allergan in Irvine, CA. I spent 6 weeks in Allergan's Clinical Pharmacology department learning about the work that goes into studying new medical treatments and all the functions involved in bringing a medicine to market. It was an eye-opening experience that led me to pursuing a job in the pharmaceutical industry after graduation.

- **1 lb Chicken**
- **5-6 cloves Garlic**
- **¼ cup Soy Sauce**
- **½ cup Vinegar**
- **White sugar**

Directions:

Place the chicken in a large pot with the soy sauce, minced garlic and vinegar.

Heat the contents on med-high heat to boil. Cover the pot and boil for 30 minutes.

When the chicken is tender, sprinkle some sugar and boil again for 10 minutes.

Separate the chicken from the sauce.

Pan fry the chicken in 2 tablespoons of oil.

After frying, put the chicken back into the pot with the sauce and boil for 5 mins.

Serve hot with a side of white rice and enjoy!

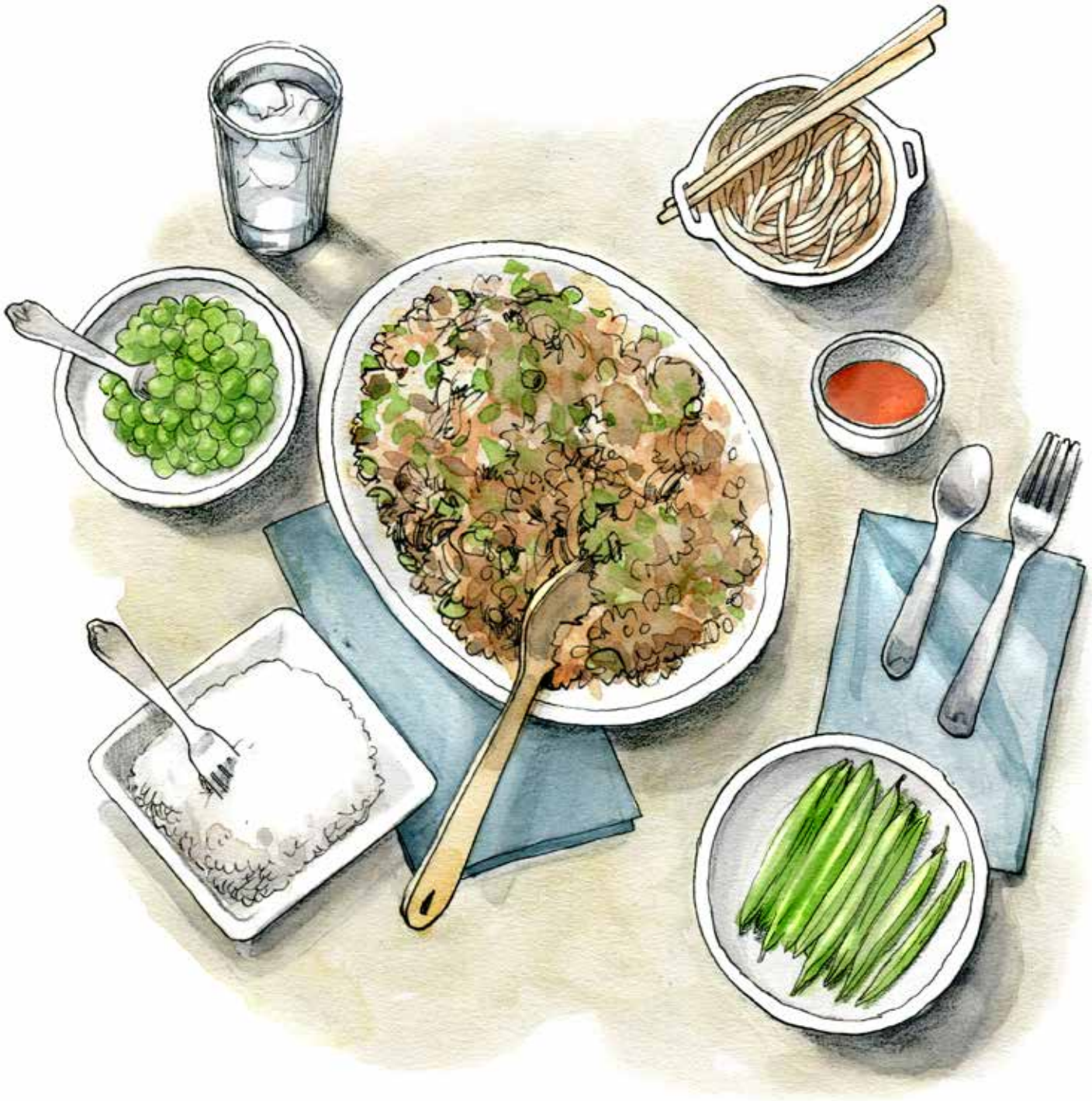




Notes

"If you really want to make a friend, go to someone's house and eat with him...the people who give you their food give you their heart."

- *Cesar Chavez*



Side Dishes

Kristy's Stuffing

Kristy Shen Hennessee, PharmD '86

I have enjoyed helping cook the family Thanksgiving meal for several years and formulated this recipe with some of my favorite flavors. It is always a special time to gather extended family to give thanks for what we are grateful for.

I fondly remember learning things in compounding class such as creating emulsions and folding papers for powder medicines. I also appreciated the broad knowledge and inspiration from the instructors that helped me strengthen my clinical skills.

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10 cups	**(18 oz) ciabatta or sourdough bread cut in ½ inch cubes**
5 tbsp	**unsalted butter divided**
1 cup	**baking apple peeled and diced (e.g. pink lady or honey crisp)**
2 cups	**finely chopped onion**
1 cup	**finely chopped celery**
16 oz	**turkey Italian sausage (or sausage of choice) -casings removed**
½ to 1 cup	**chopped roasted pecans**
1 tbsp	**chopped fresh thyme**
1 tbsp	**chopped fresh sage**
2 tbsp	**chopped fresh flat leaf or Italian parsley**
½ tsp	**pepper**
2 cups	**chicken broth (1 can)**
1 cup	**water**
1 egg	**beaten**

Directions:

Arrange bread in single layers on 2 jellyroll pans. Bake at 350˚F for 20 minutes, rotating pans after 10 minutes. Turn oven off and leave pans in oven for 30 minutes or until bread is crisp. Remove from oven and set aside.

Melt 2 tbsp butter in large skillet over medium heat. When butter is frothy, add apples and season with ½ tsp salt. Stir slightly, then let apples cook until brown and golden on one side. Set apples aside.

Add 3 tbsp butter to skillet. When the butter is frothy, add the onion and celery; cook until tender, stirring occasionally. Transfer vegetables to a large bowl.

Chop herbs, then toss with pepper vegetables. Add sausage to pan. Increase heat and sauté 8 minutes or until browned, stirring to crumble. Remove sausage from pan.

Mix sausage, apple, pecans and vegetable mixture with bread in large bowl. Combine broth, water, and egg, stirring well. Drizzle broth mixture over bread mixture while tossing so liquid evenly coats bread.

Spoon mixture into 9"x13" dish coated with cooking spray; cover with foil. Assemble and store in refrigerator a day in advance so bread will absorb moisture.

Bake at 350˚F for 25 minutes. Uncover and cook 20 minutes or until browned.

**Optional: Add ½ cup dry fruit before adding broth for a sweeter/different flavor (e.g. blueberries, orange cranberries, apricot, pineapple, mango).*





Buttermilk Biscuits

By Sarah Green, PharmD '18

I remember as a child making buttermilk biscuits with my grandmom, Mama Clara. She would let my sister and me help her cut the biscuits with the top off of a tin can. We would play with the leftover dough and bake what we shaped. I have very fond memories of helping Mama Clara in the kitchen.

I was a distance student and my favorite memory was when I shared my final grades and GPA with Cyclomedical, the management team that sponsored my education. I enjoy putting my education to use for the company.

1½ cups	**all-purpose flour**
1¼ tsp	**salt**
1 ½ cups	**cake flour**
¼ tsp	**baking soda**
1 tbsp	**sugar**
½ cup	**plus 2 tbsp cold unsalted butter**
4 tsp	**baking powder**
1 cup	**chilled buttermilk**

Directions:

Preheat oven to 425˚F.

Line baking sheet with parchment paper. Combine the all-purpose flour, cake flour, sugar, baking powder, salt, and baking soda. Stir dry ingredients mixing well.

Cut the butter into pieces and add to the flour mixture. Using a pastry blender, cut the butter into the flour mixture until it resembles pea-sized crumbs.

Add the buttermilk all at once.

Stir until combined, avoid overmixing. Sprinkle work surface with cake flour.

Turn out the dough and sprinkle the top with cake flour.

Flour hands and gently knead the dough into a ball. Sprinkle with dough to keep from sticking. Flour a rolling pin and shape the dough into a rectangle about ½ inch think.

Fold the dough in half.

Using a 2½ inch biscuit cutter, cut biscuits by pushing down and lifting.

Pack together and re-roll scraps to cut out more biscuits.

Space biscuits on the prepared baking sheet about 1 inch apart.

Bake until golden brown on top, about 15-18 minutes. Serve warm.



Arabic Mujaddara (Poor Man's food)

By Randa Issa, PhD '02
School of Pharmacy Academic Program Administrator - Undergraduate Programs

1 cup	**lentils**
1 ½ cups	**rice (recipe calls for short grain, but use whatever you have)**
½ tsp	**cumin (to taste)**
1 tsp	**salt (to taste)**

Directions:

Cook lentils first and add rice and cook with rice. In the meantime caramelize at least 5 large onions in vegetable or olive oil (or oil of choice) and garnish.

Serve with plain yogurt or cucumber/tomato salad.

Sahtein! *(Instead of bon appetit we say, "to your health.")*



Mushy Peas

By Eileen Goodis, PharmD '77
School of Pharmacy Board of Councilors Member

Mushy peas are a favorite because they complement many entrees (especially the pistachio salmon). They are delicious, healthy and my favorite shade of green!

Some of my special memories as a USC School of Pharmacy student include studying for exams with wonderful classmates and taking delicious pizza breaks.

1	**package frozen green peas**
½ tsp	**salt**
¼ cup	**heavy cream**
	freshly ground black pepper
1 tbsp	**butter**

Directions:

Bring a shallow pot of lightly salted water to boil over medium-high heat.

Add frozen peas and cook for 3 minutes, or until tender.

Drain peas, and transfer to a blender or large food processor.

Add cream, butter, salt, and pepper to peas and process until blended, but still thick with small pieces of peas.

Adjust seasoning to taste and serve immediately.





"Life is uncertain.
Eat dessert first."

- *Ernestine Ulmer*



Desserts

Vegan Lemon Bars

By Ashley Garb, PharmD Candidate Class of '23

Lemon bars bring me back to my childhood in Wisconsin. These bars are a vegan twist on the classic that I love so much. Moving to Los Angeles, USC School of Pharmacy has become my home. This especially became the case when I was chosen as the American Society of Consultant Pharmacy's Level 1 Representative. I have been able to meet some of the most interesting people in my time here and am excited for the future!

SHORTBREAD:

- ½ cup melted coconut oil
- ¼ cup sugar
- 1 cup flour
- ½ tsp salt

FILLING:

- ¼ cup lemon juice (4-5 lemons)
- 1 ½ cups sugar
- 1 can full fat coconut milk
- 7 tbsp cornstarch
- ¼ tsp turmeric for color (optional)

Directions:

Line an 8"x8" baking dish with parchment paper leaving some hanging over for easy removal. Preheat the oven to 350°F.

For the shortbread, mix the coconut oil and sugar until combined. Mix in the flour and salt until a dough forms. Press the dough evenly into the bottom of the lined baking tray. Bake for 16 minutes. Set aside.

For the filling, combine all ingredients in a medium saucepan. Over medium heat, whisk to dissolve the sugar and the cornstarch. Continue to whisk until the mixture thickens and gets gelatinous.

Pour mixture over baked shortbread. Use a spatula to smooth the top. Bake for 15 minutes.

Remove from the oven and set out for 30 minutes or until the bars are at room temperature.

Place in the refrigerator until set (2 hours, but best if overnight). Once the bars are set, sprinkle them with powdered sugar, remove from the baking tray, cut into 16 bars.

They can be stored in an airtight container in the fridge for up to one week.





Apple Pancakes

By Carolyn Lem, PharmD '76
School of Pharmacy Engagement Board Member

8 tbsp	(1 stick) butter
¼ cup	sugar
1 tbsp	ground cinnamon
4	large granny smith apples, peeled, cored and thinly sliced
4	eggs
1 cup	flour
1 cup	milk
1 tsp	vanilla
	powered sugar, maple syrup, fresh berries

Directions:

In a large skillet, melt butter, stir in sugar and cinnamon. Add the peeled, cored, and sliced apples.

Cook until translucent and sugar begins to caramelize.

Beat the eggs in a separate bowl. Stir in flour, milk, and vanilla. Beat until smooth. Pour the batter evenly over the cooked apples in the pan.

Bake uncovered, until pancake is puffy and golden, about 15 minutes.

Cut into wedges and serve immediately.

Top with fresh berries (if desired), generous sprinkling of powdered sugar, and warmed maple syrup.

Recipe adapted from:

San Francisco Encore: a Cookbook, *"Puffed Cinnamon-Apple Pancake"*, Junior League of San Francisco, Doubleday and Company, Inc. 1986





Molasses Cookies

By Catherine Salvatori, PharmD '93 & Christopher Salvatori, PharmD '93
School of Pharmacy Engagement Board Members

⅔ cup	oil
½ cup	sugar
1	egg
¼ cup	molasses
2 cups	flour
½ tsp	salt
1 tsp	cinnamon
1 tsp	ginger
2 tsp	baking soda

Directions:

Preheat oven to 350˚F

Mix oil and sugar then add 1 egg and beat until mixed.

Stir in molasses.

Add dry ingredients (only part of the flour at a time, until the right consistency to roll the dough mixture into balls).

Place a small amount of sugar in a bowl. Roll the balls in sugar and place 2 inches apart on a large nonstick metal cookie sheet.

Bake at 350˚F for 10 minutes.

Remove from oven and place on wire racks to cool for at least 15 minutes.

Makes approximately 12 to 15 cookies. Enjoy!





Poppy Seed Cake

By Cheryl Stanovich, MS '17
School of Pharmacy Chief Development Officer

This is a family favorite and always what people ask me to bring when I am bringing dessert somewhere.

- **1 box cake mix with pudding in the mix (vanilla, yellow or lemon)**
- **1 large instant vanilla pudding mix (6 oz)**
- **3 eggs**
- **1 cup water**
- **½ cup oil**
- **1 oz poppy seeds**

Directions:

Grease and "flour" bundt pan with cinnamon and sugar mixed together.

Pour mixture in pan and sprinkle cinnamon and sugar mixture on top before baking.

Bake in a preheated oven at 350°F for 40 minutes





Pistachio Coffee Cake

By Curtis Okamoto, PhD
School of Pharmacy Associate Dean for Graduate Education & Postdoctoral Studies
and Associate Professor of Pharmacology & Pharmaceutical Sciences

This pistachio coffee cake recipe was given to me by a family friend with the same last name as my maternal grandmother.

The cake seems to be a favorite among all the folks in the Development Office, Grants Office, and the Graduate Affairs Office at the School of Pharmacy as they are frequent taste testers.

Hope you enjoy!

CAKE:

1 box	**yellow cake mix**
1 pkg	**pistachio instant pudding mix**
4	**eggs**
¼ cup	**light vegetable oil**
¼ cup	**water**
1 cup	**sour cream**

TOPPINGS:

½ cup	**sugar**
½ cup	**brown sugar**
2 tsp	**cinnamon**
¾ cup	**chopped walnut (diced)**

Note: This makes a ton of topping for your coffee cake. Thus, I usually cut the recipe in half and it still tastes great! I do not like extremely sweet pastries. Just my suggestion.

Directions:

Grease and thinly coat with flour a rectangular glass baking pan. I typically use a metal disposable 9"x13" baking pan.

In baking pan, spread out half of the cake batter; then sprinkle part of sugar mixture (just enough to lightly cover). Then spread the remaining cake batter. Top with remainder sugar mixture. Also, for less mess, you can just pour on the topping.

Bake in oven at 350°F for 40-45 minutes.

Note: if you use an aluminum baking pan, you may need to bake a little longer. Test with a toothpick—if it comes out clean, it's done!





GF Flourless Walnut Cake

By Hovhannes Gukasyan, PhD '99

The inception of the Gukasyan-Magyar family walnut cake was rather spontaneous. It happened when we were trying to decide what to do with nearly 10lbs of fresh walnuts in the shell that our 96-year-old grandmother gifted us with. We decided to spend time as a family cracking shells in front of the fireplace, and afterwards realized we had to come up with a way to use all the fruits of our labor. Putting it in salads was a slow consumption, so that's where making a cake came into the picture. In the true spirit of compounding pharmacy, with several trial and error attempts, we came up with the recipe.

There are countless memorable moments from my time at the USC School of Pharmacy. I was part of a serious bid to fund my research for a full year and I took it on with a full-on USC offensive strategy (like our football team) bringing about much mental and physical anxiety during the preparatory stages. At the end, I lost the competition to a worthy opponent. Later that day, Vincent HL Lee (my mentor and PhD advisor) came to my desk with a bottle of vintage Cabernet Sauvignon, handed it to me with a smile on his face and said "nice try". This was a moment of truth that has impacted my work ethic ever since, encouraging me to approach everything I do with the same ambition in utilizing the skills I picked up at the USC School of Pharmacy, rigor in scholarship for science, courage in the face of endless adversity, and just faith in whatever outcomes emerge. Even if it is a negative result, there is always a bottle of red wine waiting for me at home to enjoy with my family and reflect on the learnings of the day.

- **8 oz fine ground walnuts (use fresh walnuts for better taste)**
- **9 oz brown sugar (cane sugar or other substitutes are fine too; agave is good too, but harder to make the mixture)**
- **6 large eggs (separate egg yolks and whites)**

Directions:

Preheat the oven at 350°F.

Butter a 9 inch pan.

Beat egg yolks with brown sugar until very fluffy. Beat egg white until very fluffy.

Mix fine ground walnut, egg yolk mixture and egg white together.

Pour mixture into the 9 inch pan (don't panic if you don't have a 9 inch pan, it works with any size). Touch up mixture with egg yolk lightly to avoid having the cake surface dry out.

Cook for 40 minutes. Cool well prior to removing from the pan or it will break.

Serve cold or warm with fruits and ice cream.

"Favorite of Dr. Gukasyan with his morning coffee"





Chocolate-Beet Layer Cake

By Kelly Wilder
School of Pharmacy Board of Councilors Member

CAKE:

2	medium beets, trimmed
½ tbsp	vegetable oil
¾ cup	unsalted butter, softened; more for the pans
2 cups	unbleached all-purpose flour; more for the pans
⅔ cup	natural cocoa powder, such as scharffen
1 tsp	baking soda
1 tsp	kosher salt
1 ¾ cups	granulated sugar
2	large eggs, at room temperature
1 tsp	pure vanilla extract

FROSTING:

5 oz	(10 tbsp) unsalted butter
1 cup	granulated sugar
¾ cup	natural cocoa powder, such as Scharffenberger
¾ cup	heavy cream
1 tsp	instant espresso powder
1 tsp	pure vanilla extract
½ tsp	kosher salt

Directions:

Prepare the beets:

Position a rack in the center of the oven and heat the oven to 375˚F. Put the beets on a piece of foil large enough to wrap them. Drizzle with the vegetable oil and turn to coat well. Enclose the beets in the foil and roast until tender when pierced with a paring knife, about 1 hour. Let cool.

Make the cake:

Reduce the oven temperature to 350˚F. Coat two 9-inch round cake pans generously with softened butter. Line the bottom of the pans with parchment and coat the parchment with butter. Dust the pans with flour, tapping out any excess. Peel and finely grate enough of the beets to yield ¾ cup. Sift the flour, cocoa powder, baking soda, and salt into a medium bowl.

Using a stand mixer fitted with the paddle attachment or an electric hand mixer, beat the butter and sugar on medium-low speed until fluffy, about 3 minutes. Beat in the eggs, one at a time. Mix in the grated beets and the vanilla.

Reduce the speed to low and carefully add half of the flour mixture; mix until fully incorporated.

Add 1¼ cups hot water and the remaining flour mixture, return to medium-low speed and mix until smooth, about 2 minutes. Divide the batter evenly between the prepared pans, smoothing the tops.

Bake the cakes, rotating halfway through baking, until a toothpick inserted in the center of the cakes comes out clean, about 25 minutes. Cool the cakes in their pans on a rack for 10 minutes and then turn them out onto racks and peel off the parchment. Let the cakes cool completely.

Make the frosting:

Melt the butter in a 3-quart saucepan over medium heat. Add the sugar and cocoa powder and mix until combined. Stir in the cream, espresso powder, vanilla, and salt. Bring the mixture to a simmer and cook, stirring constantly, until smooth. Pour the mixture into a bowl and cool slightly. Refrigerate, stirring every 10 minutes, until soft peaks form in the frosting.



Assemble the cake:

Place one of the cakes on a cake plate and spread a generous ½ cup frosting evenly over the top. Top with the second cake and spread a generous ½ cup frosting over it. Frost the sides with the remaining frosting to yield ¾ cup.

Sift the flour, cocoa powder, baking soda, and salt into a medium bowl.

Using a stand mixer fitted with the paddle attachment or an electric hand mixer, beat the butter and sugar on medium-low speed until fluffy, about 3 minutes. Beat in the eggs, one at a time. Mix in the grated beets and the vanilla. Reduce the speed to low and carefully add half of the flour mixture; mix until fully incorporated. Add 1¼ cups hot water and the remaining flour mixture, return to medium-low speed and mix until smooth, about 2 minutes. Divide the batter evenly between the prepared pans, smoothing the tops.





Armenian Gata

By Lolita Gabrielyan, PharmD '18

Gata is an Armenian pastry that comes in many variations, and different regions and towns of the country will typically have their own version of the recipe. The reason why I chose this recipe is because I have many childhood memories associated with this pastry, as my grandmother would always make it for my sister and me growing up. It is also a very traditional recipe, as many Armenian households have Gata in their homes on any given day.

My favorite memory from the USC School of Pharmacy was the last day of the first semester. That feeling of accomplishment and getting through the first semester was the best feeling.

DOUGH:

4 cups	**flour**
1 tsp	**baking powder**
12 tbsp	**butter**
1 cup	**yogurt**
2	**eggs**

FILLING (A.K.A. KHORIZ):

1 cup	**flour**
1 cup	**sugar**
6 tbsp	**butter**
1 tsp	**vanilla**

Directions:

For the dough, mix flour, baking powder, and grated butter. Then, add yogurt, eggs, and vanilla and knead the dough until you get a nice consistency (it should feel very similar to play-doh in consistency). Divide the dough into two equal parts and let it rest in the refrigerator for 30-40 minutes. Meanwhile, you can prepare the filling.

For the filling, mix flour, sugar, grated butter, and vanilla. Make sure the butter is all mixed with the rest of the ingredients.

Roll out one half of the dough and brush it with egg whites to make sure the filling sticks to the dough. Spread out half of the filling over the surface of the rolled out dough. Beginning with the long edge, roll the dough into a cylinder and pinch the ends. Lay it seam side down, create any pattern to make your Gata look pretty, brush with the egg yolk, and cut into equal pieces. To make sure your pastry doesn't stick, use parchment paper. Repeat with the other half of the dough.

Preheat the oven to 350°F and bake in the oven for around 20-30 minutes until golden brown.

Enjoy!





Great Granny Rose's Oatmeal Chocolate Cookies

By Rory Kim, PharmD '18, MACM, BCACP
School of Pharmacy Assistant Professor of Clinical Pharmacy and
Co-Director of International Summer Program

This is my go-to cookie recipe. It was handed down from my great grandmother Rose and has been lovingly adapted by my grandma, my mom, and now by me. I have played around with many more nutritious versions over the years, so I have added a few notes below with what works well. But let's be honest, a cookie doesn't need to be healthy. There is just something about making and eating family recipes (even when you change them a little) that makes you feel connected. I remember bringing these to share at the USC residency potluck at Steven Chen's house at the end of my residency in 2009. I have brought them to countless gatherings and there are never any left over. The best part of this recipe is that it makes so many cookies, you can happily share them and still stash away a few at home for yourself.

½ cup	unsalted butter (room temperature)
½ cup	coconut oil (room temperature, solid)
1 ½ cup	brown sugar
½ cup	granulated sugar
2	eggs at room temperature
1 ½ tsp	good vanilla extract (Not imitation vanilla. You can even add a bit more if you love vanilla like I do.)
2 cups	all-purpose unbleached flour (see note below for adaptations)
1 tsp	baking soda
1 ½ tsp	baking powder
½ tsp	salt
1 ⅔	rolled oats (I use old-fashioned rolled oats. You can use quick oats if that's what you have.)
1 cup	semi-sweet chocolate chips (or bittersweet)
1 cup	nuts (I like walnuts. pecans are good too.)

Note: Makes 36 cookies

Directions:

Position a rack in the center of the oven and preheat to 350˚F.

Place the butter, coconut oil, brown sugar and granulated sugar in the bowl of a mixer. Beat until smooth. You can also do this by hand if you don't have a mixer.

Add the eggs and vanilla and beat until combined, about 1 minute.

In a separate bowl, whisk together the flour, baking soda, baking powder, and salt.

Slowly add the flour mixture into the wet mixture and beat on low until the dough is smooth.

Using a spatula, fold in the oatmeal, chocolate chips, and nuts.

Put the cookie dough in the fridge to chill for about 15-30 minutes before baking.

Drop heaping tablespoons of the cookie dough on to a baking sheet. Bake for about 10-12 minutes until golden.

Place the cookies on a wire rack to cool.





Cream Cheese Pound Cake

By Niya Tanyi, MA '15
School of Pharmacy Admission Recruiter

From our memory, this is how my grandmother used to make it.
It's simple because all of the ingredients equal 1 pound!

8 oz	**Philadelphia brand cream cheese (room temperature)**
1 ½ cups	**(3 sticks) salted butter (room temperature)**
3 cups	**sugar**
3 cups	**all-purpose flour**
1 tsp	**baking powder**
1-2 tsp	**vanilla extract**
6	**eggs**
	pinch of salt

Directions:

Pre-heat the oven to 325°F.

Mix together the cream cheese, butter, and sugar with hand or stand mixer to cream. Add in 2 eggs and 1 cup of flour, mix. Repeat until all eggs and flour are used.

Mix in baking powder and salt. Grease and flour bundt pan.

Pour cake mix into bundt pan.

Cook for 1 hour and 20 minutes to 1 hour and 30 minutes.

Cool completely before removing cake from bundt pan.





Gammy's Cookies

Melissa Durham, PharmD '07, MACM, APH, BCACP
School of Pharmacy Associate Professor of Clinical Pharmacy and
Assistant Dean of Diversity, Equity, and Inclusion

This is my mother's take on Nestle Tollhouse Chocolate Chip Cookies - she has perfected her modifications over the last 40 years. My niece, nephews and my daughters (pictured with my mother) all call her "Gammy," and these cookies are a staple from the matriarch of our family for all family gatherings. We simply call them "Gammy's Cookies" – no further description is required.

One of my favorite memories of my time as a student at the USC School of Pharmacy was being able to complete an Advanced Pharmacy Practice Experience in my hometown. Being able to stay with my family and spend time with them while completing my studies was such a welcome change and source of support for me as I concluded my studies.

2 cups	**all-purpose flour**
1 tsp	**baking soda**
1 tsp	**salt**
½ cup	**(1 stick) softened butter**
½ cup	**softened shortening**
¾ cup	**granulated sugar**
¾ cup	**packed brown sugar**
1 tsp	**vanilla extract**
2	**large eggs**
2 cups	**semi-sweet chocolate chips**
1 cup	**chopped walnuts**
2 cups	**old fashioned oats**

Directions:

Pre-heat oven to 375°F.

In a small bowl, combine flour, baking soda, and salt.

In a large mixing bowl, beat sugar, granulated sugar, brown sugar, and vanilla extract until creamy.

Add eggs, one at a time, beating well after each addition.

Beat in flour mixture gradually. Stir in morsels, nuts, and oats.

Drop onto ungreased baking sheets by rounded tablespoon.

Bake for 9-11 minutes or until golden brown. Cool on baking sheets for 2 minutes, then remove to wire racks to cool completely.





Cream Cheese Pie

By Monica Capalia, PharmD '86

PIE:

12 oz	cream cheese (light or regular)
2	eggs beaten very well
1 tsp	lemon juice
¾ cup	sugar
2 tsp	vanilla
	pre-made graham cracker crust

TOPPING:

1 cup	sour cream
3 ½ tbsp	sugar
1 tsp	vanilla

Directions:

Preheat oven to 350˚F.

Beat eggs and combine with lemon juice, cream cheese, ¾ cup sugar, and vanilla. Beat until light.

Pour into graham cracker crust.

Bake 25-30 minutes, or until cheesecake starts cracking and toothpick comes out clean.

Remove from oven and cool for 5 minutes.

Toppings:

Blend ingredients. Pour over pie.

Bake 10 minutes more. Refrigerate for 5 hours.





Turon Filipino

By Julia Andaya
School of Pharmacy Associate Director of Financial Aid

Turon Filipino is a sweet banana spring roll with a piece of jackfruit.
They are rolled on an eggroll wrapper and fried crispy with a sugar glaze.

- **6-8 pieces ripe bananas, cut in half lengthwise, about 3" length**
- **15-18 strips of jackfruit**
- **12-15 pieces spring roll wrappers**
- **1 cup brown sugar**
- **cooking oil for frying**

Directions:

Separate the spring roll wrappers, arrange your plates in sequence: sliced banana, sugar, jackfruit.

Lay the wrapper, dip the banana in sugar and put on one end of the wrapper, lay slices of jackfruit on top.

Fold starting at the end of the wrapper with the filling, fold the 2 sides in, then roll up to the end. Seal the end with water.

Heat up the oil in medium heat and fry the turon with the sealed end side down first (to keep it sealed). Cook until slightly browned and flip.

Fry the other side, and once slightly browned, sprinkle sugar onto the oil to caramelize and glaze the fried roll.

Cook until golden brown.





Italian Ricotta Pie

By April Kamar
School of Pharmacy Advancement Coordinator

CRUST:

1 ½ cups	**crushed graham cracker crumbs (24 squares)**
¼ cup	**sugar**
⅓ cup	**melted butter**

PIE:

2 lb	**ricotta**
2 or 3	**large eggs**
⅔ cup	**sugar**
⅓ cup	**flour**
1 tbsp	**vanilla**
½ tsp	**almond extract**
½ tsp	**salt**
1 tbsp	**grated lemon rind**
3 tbsp	**fresh lemon juice**

Directions:

In a small bowl, combine the crumbs and sugar; add butter and blend well.

Press onto the bottom and up the sides of an ungreased 9 inch pie plate.

Refrigerate for 30 minutes before filling or bake at 375˚F for 8-10 minutes or until crust is lightly browned.

Cool on a wire rack before filling.

Yield:

1 pie crust (9 inches).

Put everything into a bowl and beat until smooth. Bake at 350˚F for 50 minutes or until solid.

Cool completely, then chill and serve with sauce.

Sauce:

Fill blender with frozen strawberries. Add small amount of fruit juice.

Add lemon juice to taste.

Pour the sauce on top and enjoy!





Notes

"I only drink Champagne on two occasions, when I am in love and when I am not."

- *Coco Chanel*



Cocktails

The Ginger Berry

By Mayra Martinez Bonilla
School of Pharmacy Special Events Program Coordinator

1 ½ oz	cranberry juice
2 oz	ginger ale
3	mint leaves
2 oz	vodka
	sliced limes

Directions:

Pour the 2 oz of vodka into an 8 oz glass, add mint and muddle together. Add ice to the top of the glass and add the cranberry juice and ginger ale.

Garnish with mint, lime slice and cranberries (seasonal).





Bloody Mary

By Katerina Kamar, BS '20

We've come to love this wonderful flavorful drink in our house. My mom sometimes asks me to make them on a Friday night happy hour after a long work week. It's a great appetizer as it has a lot of condiments to fill you up when you need a little snack before dinner. It's also great on a lazy Sunday.

My very first memory at USC was my first day of classes freshman year. I got lost all day trying to find my classes, but when my classes were over, I was riding my bike down Trousdale admiring the campus when I had an overwhelming feeling of gratitude. It hit me that I get to go to school here and live here for the next four years and I could not be more lucky.

---

1 ½ oz	vodka
¾ cup	spicy tomato vegetable juice (Bloody Mary mix or V-8)
1 tsp	Worcestershire sauce
1 tsp	Tabasco sauce
1 tsp	pepperoncini juice
	pinch of salt and pepper
	celery stalk
1	pepperoncini
2	cocktail onions
2	martini olives
	*rim with tajin

**optional*

Directions:

Stir all ingredients and garnish with the pepperoncini, cocktail onions.



Skinny Margarita

By Cheryl Stanovich, MS '17
School of Pharmacy Chief Development Officer

This skinny margarita recipe is incredibly light and refreshing with fewer calories! Made with just fresh lime juice, fresh orange juice, agave, and tequila.

FOR ONE:

	Kosher salt and lime wedge to rim the glass
1 ½ oz	**silver tequila - about 3 tbsp**
3 tbsp	**freshly squeezed lime juice - about 1 large or 1 ½ small limes**
1 ½ tbsp	**freshly squeezed orange juice – about ½ medium orange**
1 tsp	**light agave nectar (add 2 if you prefer a sweeter margarita)**
	Ice

FOR A PITCHER (5 DRINKS):

8 oz	**silver tequila (1 cup)**
8 oz	**freshly squeezed lime juice (1 cup, from about 5 medium/large limes)**
4 oz	**freshly squeezed orange juice (½ cup, from about 4 medium oranges)**
2 tbsp	**light agave nectar (or simple syrup), more if you prefer a sweeter margarita**

Directions:

Rim the glass: Pour a thin layer of salt onto a small plate. Rub a lime wedge around the top edge of your glass to moisten it, then dip the glass into the salt so that it sticks, tapping all the way around. Fill the glass with ice and set aside.

For one (or two) drinks: Fill a small cocktail shaker with additional ice. Add the tequila, lime juice, orange juice, and agave. Tightly close and shake vigorously for at least 30 seconds (it's longer than you think). Strain into the rimmed glass over the ice. Enjoy immediately.

For a pitcher: In the bottom of a pitcher, stir together the tequila, lime juice, orange juice, and agave (do not add ice to the pitcher).

Serve immediately (prepare the glasses as in Step 1) or place a sheet of plastic wrap over the top of the pitcher and refrigerate for up to 4 hours.





Poolside Piña Coladas

By April Kamar
School of Pharmacy Advancement Coordinator

I've always loved piña coladas especially poolside at a great tropical resort or at a beautiful beach somewhere warm and fun. Recently, due to the COVID-19 pandemic and quarantine, we've been spending a lot of time on our weekends by our pool at home, so I started making these refreshing drinks for us to enjoy on hot summer days. One time, I had some leftover pineapple chunks, so I threw them in the blender with the rest of the ingredients and WOW...what a difference! The extra pineapple made the drink more flavorful and thicker.

1 ½ oz	rum
	half a lime
1 oz	cream of coconut
½ oz	coconut water
½ oz	pineapple juice
	chunks of fresh pineapple
	add as much ice as you desire

Directions:

Blend ingredients together with ice for a refreshing and tasty frozen piña colada.

Garnish glass with a slice of fresh pineapple and a decorative straw.





Michelada

By Sonia Perez
School of Pharmacy Administrative Assistant

Found across Mexico, these spicy cocktails are supposed to cure a hangover. There are various versions of this spicy cocktail but I prefer the added saltiness that the maggi (or soy sauce) adds. Made with beer, they're like the Mexican bloody mary. I make this for my friends and family and put extra bottles of beers on the table in case somebody needs an extra splash of happiness.

MAKES 2 GLASSES:

	salt to taste
	chili powder (Tajin is best)
½	**lime wedge**
¼ cup	**fresh lime juice**
3 cups	**tomato juice (Clamato)**
2 tsp	**Worcestershire sauce**
2 tsp	**Maggi sauce or soy sauce**
¾ tsp	**hot sauce (Tabasco)**
2 cans	**beer (Mexican beer is best)**
2	**celery sticks**
	***cooked cold shrimp**
	***cucumber slices**

**optional*

Directions:

Rub the rim of 2 glasses with the lime wedge to moisten then dip the rim in the chili powder (or Tajin) to coat.

Combine the lime juice, tomato juice, Worcestershire sauce, Maggi sauce, hot sauce, and a pinch of chili powder and salt in a small bowl and mix.

Add ice and tomato juice mixture to glasses and top with beer.

Garnish with celery stick.





Vodka Refresher

By Mayra Martinez Bonilla
School of Pharmacy Special Events Program Coordinator

1 ½ oz	your favorite vodka – you can measure it by pouring the vodka in a shot glass
¼	of a sliced cucumber
1	lemon – sliced thick
4 oz	soda water or your favorite sparkling water
	pineapple juice or cranberry juice

Directions:

Pour the vodka into a 12 oz glass, add the sliced cucumber and muddle (save a slice to garnish). Squeeze in the lemon, add ice, add soda water and shake for a few seconds. Pour the drink into a glass and top with pineapple juice or cranberry juice (your preference). Garnish with a cucumber slice.





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USC School of Pharmacy

1985 Zonal Avenue
Los Angeles, California 90089-9121
323-442-1738
pharmacyschool.usc.edu/