

Holiday Treats

Fall 2023

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Golden Milk Mix

Serves 15 (1 teaspoon servings)

Time 5 minutes

Vegan

Common Allergens Check milk label

Recipe from [Minimalist Baker](#)

Ingredients

- 4 tablespoons ground turmeric
- 2 teaspoons ground ginger (or more to taste)
- 2 teaspoons ground cinnamon (or more to taste)
- 1 teaspoon ground black pepper (or more to taste)

ADD-INS (optional)

- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom

TO MAKE GOLDEN MILK

- 1 heaped teaspoon Golden Milk Mix (recipe above)
- 1-2 teaspoons sweetener of choice
- 2 teaspoons hot water
- 1 cup dairy-free milk



Instructions

1. To make mix, add all spices (add-ins optional) to a small jar and shake or stir thoroughly to combine. Will keep at room temperature up to 3 months. Or you can store it in the refrigerator if you prefer. Double the recipe if you intend to use it daily (it goes fast!).
2. To make HOT golden milk, add 1 heaped teaspoon Golden Milk Mix, 1-2 teaspoons sweetener of choice (more or less to taste), and 2 teaspoons water to a small saucepan. Use a spoon to mix into a loose paste (you want as few clumps as possible). Then add dairy-free milk of choice and whisk to combine. Heat over medium heat until just hot/warm (not boiling).
3. To make ICED golden milk, add 1 heaped teaspoon Golden Milk Mix, 1-2 teaspoons sweetener of choice (more or less to taste), and 2 teaspoons water to a serving glass. Use a spoon to mix into a loose paste (you want as few clumps as possible). Then add several big ice cubes and top with dairy-free milk of choice. Stir to combine.

Holiday Treats

Fall 2023

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Easy Chili Crisp

Yields 12 servings

Time 10 minutes

Vegan

Common Allergens Peanuts

Ingredients

- ½ cup neutral-flavored oil, such as canola
- 2 teaspoons Sichuan peppercorns, optional
- 1 cinnamon stick, optional
- 1 ½ tablespoons dried minced onion
- 1 tablespoon dried minced garlic
- ¼ cup red chili flakes, or a mix of varieties such as Aleppo, gochugaru, etc.
- 2 tablespoons roasted peanuts, chopped
- 1 teaspoon salt or to taste



Instructions

1. Heat oil in a saucepan over low heat. If using, add Sichuan peppercorns and cinnamon stick and cook until they start to darken, about 2-3 minutes. Strain the peppercorns and cinnamon stick out of the oil and discard.
2. Add the minced onion and garlic to the pan with the oil. Lightly fry until they turn a light golden brown, about 1-2 minutes. Stir in the remaining ingredients and turn off the heat.
3. Store in an airtight container in the refrigerator.

Notes

There are many varieties of chili flakes that provide different flavors and different levels of heat. Choose the chili flakes (or a blend) that best meet your preferences:

- Major brand chili flakes or crushed red pepper – usually a proprietary blend of peppers, so taste and heat will vary
- Gochugaru – seedless, fruity, fairly mild
- Aleppo – smoky, fruit, a little spicy

Holiday Treats

Fall 2023

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Peanut Butter Chocolate Dates

Yields 12 dates

Time 15 minutes

Vegetarian, can be vegan

Common Allergens Peanuts, check labels



Ingredients

- 12 medjool dates
- ¼ cup peanut butter
- 3 ounces dark chocolate, broken into small chunks
- ¼ cup chopped peanuts (optional)

Note

You can use chocolate chips in this recipe, but for a coating that is glossy and doesn't melt as easily, try this easy seeding tempering method: Make sure all equipment (bowl, spoon) is completely dry. Use chocolate chunks (or a bar chopped into chunks). Melt 2/3 of the chocolate. Stir in remaining 1/3 chocolate and stir until it is all melted. Cool chocolate until it feels cool to the touch on your wrist (88-90°F). If it hardens, reheat over hot water for 1-2 seconds.

Instructions

1. Make a slit in dates lengthwise, but don't cut all the way through. Remove the stem and pit if not already been removed.
2. Using a butter knife or spoon, fill each date with enough peanut butter to fill the cavity. Alternatively, use a piping bag to fill the dates with peanut butter. Push the two sides of the date closed and wipe off any excess peanut butter.
3. Melt the chocolate in a double boiler or by heating in 30 seconds increments in the microwave, stirring after each one, until melted.
4. Dip each filled date in chocolate using a fork or toothpick, then place onto a silicone baking mat or parchment paper. Top with chopped peanuts if using. Let cool.
5. Store in an airtight container. To extend the shelf life, store in the refrigerator.