

# D-Cuizine

Culinary Magazine

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Some of my first moments in the kitchen captured on camera, early 2008.

**Linnea Dreslin**  
**EDITOR IN CHIEF**

# a letter from the editor

Welcome! I'm very excited to be sharing my first edition of D-Cuizine as the Editor in Chief.

Cooking has been a part of my life for as long as I can remember, and I am thrilled to have D-Cuizine as a space to curate and publish content that speaks to my passion and the passion of other students. My hope with this magazine is to inspire others to create, publish, dive into their interests, and most importantly, get into the kitchen.

I hope you enjoy, and as always, never hesitate to reach out with questions or interests about D-Cuizine.

# spotlight of the issue

Written by  
DAPHNE HUANG



## **lila deluca, a junior masterchef**

At the age of nine, Lila DeLuca, class of '24, made her debut as a contestant on the popular Food Network show Masterchef Junior. Although she did not grow up in a family of avid chefs, she fell in love with cooking while watching culinary shows at a young age. Alongside her brother, they would recreate cooking scenes from these shows, and this passion led her father to sign DeLuca up at the open call in New York City.

The show was filmed in Los Angeles for two months during the spring of DeLuca's fourth grade year where forty-five kids were also flown in while having school remotely. She said, "I remember it being a very surreal experience", and some of her most treasured moments are making friends with people who came from unfamiliar places. She said, "I met some of my best friends there because we were all in it together and the experience was incredible". DeLuca recalls her most prominent memories as having strict schedules, being sworn under secrecy for not leaking the

content being filmed, and spending weekend field trips with the other kids that were cast.

Upon asking DeLuca her experience with unexpected difficulties, she shared that a big part was making sure the contestants would be comfortable performing under the gaze of the camera. She said, “The way I talk in front of the camera is something that I needed to get used to. There was this one audition where I had to make a dish in 30 minutes while talking in front of the camera for 30 minutes straight. The cooking part was hard but the hardest part was keeping conversation while also focusing on making a good dish”. She also mentioned how the time constraint had always been reasonable, especially with her immense love for cooking and lots of practice.

Part of being on Masterchef Junior was meeting the famed judges: Gordon Ramsay, Christina Tosi, the founder of Milk Bar, and other occasionally invited guests. For example, in one

particular episode, Michelle Obama was featured in a video and the challenge was announced by her. Her encounter with the judges, DeLuca recalls, was unreal. She also mentioned, “In the moment, because I was young, I did not understand the magnitude of how cool it was, but it was a really great time”.

As a takeaway from this opportunity of a lifetime, DeLuca expresses the importance of creativity and how far it has brought her along in her cooking journey. She says, “That was what helped me when I was on the show—trying something new and making food out of my comfort zone”. She advocates for other chefs who might consider competitive cooking to experiment with different cuisines and bring their worldview into a dish.

Lila DeLuca’s experience on Masterchef Junior is forever preserved in the archives of the Internet, but perhaps in the future, the world will be able to watch her further explore her love for cooking through other media.

# the loss of comfort food away from home

Written by  
AVERY ZAKOWICH

With students from 36 states and 47 different countries, Deerfield's student body is incredibly diverse in cultures, customs, and traditions. Food can play a central role in a person's culture and upbringing. However, when away from home, students do not have access to the foods they grew up with. For many students, the taste of their mom's mac and cheese, their dad's tacos, or their grandmother's dumplings is nostalgic and brings back many memories and provides comfort. Without this, part of a student's culture and family tradition can feel lost while at Deerfield. In an interview with Belle Fraga '26, an international student from Brazil, she talked about her comfort food churrasco which is a Brazilian style barbeque. Fraga said,

"when [she] was five [she] made [her] dad promise he would make her churrasco every Sunday." However, since coming to Deerfield, that promise and tradition was lost, an experience many Deerfield students have to deal with. While Deerfield does try to prepare foods from different cultures and countries, it is difficult to capture authenticity and culture. The dining hall has to prepare nearly 800 portions for each meal so producing food from every single person's culture is understandably impossible. Gabby Joseph '24, admitted, "I'm very grateful for Deerfield meals, but they don't quite catch the warmth and comfort I feel from the meals made back at home", a feeling many students relate to.

Research shows that comfort foods are really important as they release dopamine<sup>1</sup>, a chemical that makes you happy as well as reduces stress, something all Deerfield students need. So, while away at school, what can students missing food at home do?

1. Kevin Martin, "Why Does Eating Comfort Food Make Us Feel So Good?," Magellan, last modified September 6, 2020, accessed December 28, 2022, <https://www.magellantv.com/articles/why-does-eating-comfort-food-make-us-feel-so-good>.

One of the most common ways students mitigate this feeling of a loss of home food is by actually bringing some back with them to Deerfield. If you miss the food from home at Deerfield, which almost all of us do, next time you go home over break, have a family member make an extra batch to bring back and freeze for when you want the comfort of your families' cooking after a stressful day. While this may not be applicable for all students, it is a way for those who are able to transport food to Deerfield to cope with the feeling of loss of tradition and security. Comfort food is so important, and just because a student is away from home, doesn't mean they should have to give up food that makes them happy.

# a day in the life of a pastry chef

WRITTEN BY LINNEA DRESLIN

This past summer I had the amazing opportunity of working as a pastry chef for one of my hometown's top hotels, Stowe Mountain Lodge. Though I was at least a decade younger than most of my coworkers and the only employee without a culinary degree, I was overjoyed to find myself in a professional kitchen for the first time in my life.

After a week or two of stumbling around the kitchen when I first started my new job, I was able to grasp a standard routine of work which allowed me to feel more comfortable and aware in the kitchen. A typical day as a pastry chef at Stowe Mountain Lodge looked something like this:

**4:00 am:** The first shift of the day begins. Typically one pastry chef will come into work at this time, which was often me. Though the early shift can be tough on many chefs, it is essential to the operation of the Lodge's mountainside bakery, The Beanery. The Beanery opens at 6:30 am every day and serves a wide array of drinks, snacks, and of course, pastries.

The first thing to do upon arrival to the kitchen is to preheat our four industrial ovens to 350 degrees. From there, the "bake off" begins. Pastries that proofed overnight such as croissants go into the ovens first, followed by the other confections that the 4 am pastry chef prepares.

**5:30 am:** As pastries begin to come out of the oven, the pace in the kitchen picks up. A careful eye needs to be kept on things still in the ovens while also attentively "finishing" the pastries that are done baking. Finishing a pastry is the process of adding any further elements to it in order to make it ready for sale. For example, our chocolate croissants are finished



**Figure 1**  
My uniform for work.  
This picture was taken at  
3:53 am, right before my  
shift started.

with a dusting of snow sugar, and our ham and cheese galettes are finished with an over-easy egg laid ovetop.

**6:15 am:** All confections need to be finished by this time. Everything is put onto a triple decker rolling cart, counted, and transported from the hotel's kitchen to The Beanery. By 6:30am, The Beanery opens and the morning bake off is complete.

**7:00 am:** Breakfast pastries are prepared and arranged in baskets for the hotel guests. These include mini muffins, mini croissants, and mini danishes. We refer to a spreadsheet in order to know the correct numbers of pastries to prepare.



**Figure 2**  
Macarons that I made for a banquet event.

**8:00 am:** Other pastry chefs arrive to the kitchen at this time. On a typical day, 3 pastry chefs occupy the kitchen from 8am to near closing time.

At this point in the day the routine begins to vary depending on the hotel's needs. We are in constant preparation for events, banquets, and weddings that are frequently held at the Lodge, so our day's work runs in accordance with this schedule.

**12:00 pm:** Most projects from the morning begin to slow down around this time and new projects are begun. Most of the events that the Lodge hosts take place in the late afternoon or evening, so these final hours become crunch time for the pastry team to finish up any remaining items.

Throughout the day, stock of the kitchen's refrigerators, freezers, and dry storage is taken. Not only do we need to

ensure that we have an adequate amount of raw ingredients in the kitchen, but we also need a constant supply of doughs, mixtures, and products that the pastry team needs to make ahead of time.



**Figure 3**  
Cheesecake, pecan pie, and opera cake that I decorated for sale at The Beanery.

**5:00 pm:** Dinner service begins in the Lodge's largest restaurant, Alpine Hall. The pastry team plates desserts by order for guests at Alpine Hall. This is the fastest pace environment that the pastry team works in, and it can easily become stressful if organization is not maintained in the kitchen.

**9:00 pm:** The chaos of dinner comes to a halt and the day finally slows.

After cleaning down the kitchen, the numbers for the next day's Beanery pastries are made. By looking at how many check-ins, check-outs, and the hotel's occupancy for the following day, the pastry chef can predict how much to prepare for The Beanery the next morning.



**Figure 4**

My coworkers and I on my last day of work. They made me the cake that I am holding as a farewell gift.



# linnea's peanut butter blossoms

YIELD: 30 COOKIES

PREP TIME: 2 HOURS

COOK TIME: 8-10 MIN

## INGREDIENTS

½ unsalted butter, room temp	1 tsp baking soda
150g (¾ cup) granulated sugar	½ tsp salt
110g (½ cup) light brown sugar	30 Hershey Kisses
128g (½ cup) creamy peanut butter	
1 egg, room temperature	
1½ tsp vanilla extract	
210g (1¾ cups) all purpose flour	



## DIRECTIONS

1. In the bowl of a stand mixer or with a hand held mixer, beat the butter, sugars, and peanut butter on medium-high speed until light and fluffy, at least 3 minutes.
2. Add the egg and vanilla and beat mixture on medium-high for another 5 minutes, until the mixture has lightened in color.
3. In a separate bowl, combine the flour, baking soda, and salt.
4. Add the dry ingredients into the wet, and mix until just combined (dough will be soft). Do not overmix.
5. Cover the cookie dough and refrigerate for at least 1.5 hours, up to overnight.
6. While the dough is chilling, place 30 unwrapped Hershey Kisses on a plate and refrigerate as well.
7. Once cookies are ready to bake, preheat oven to 375°.
8. Roll a rounded tablespoon of dough to form a 1 inch ball. Roll in granulated sugar and place on a parchment-lined baking sheet, 2 inches apart.
9. Bake for 8-10 minutes. Cookies are done when cracks begin to form. They will still be very soft when they come out of the oven.
10. Immediately out of the oven, press 1 refrigerated Hershey Kiss into the center of each cookie. Allow the cookies to cool on the baking sheet for ten minutes before transferring to a cooling rack.

# the bruno's snickerdoodles

## INGREDIENTS

### FOR THE COOKIE DOUGH:

- ½ cup (113g) salted butter, softened
- 150g (¾ cup) granulated sugar
- 1 egg, room temperature
- 1 tsp vanilla extract
- 172g (1½ cup) all purpose flour
- 1 tsp cream of tartar
- ½ tsp baking soda

### FOR THE CINNAMON SUGAR:

- 3 tbsp sugar
- 3 tsp cinnamon

## DIRECTIONS

### CINNAMON SUGAR:

1. In a small bowl, mix together sugar and cinnamon

### COOKIE DOUGH:

1. Preheat oven to 350°
2. In the bowl of a stand mixer or with a hand held mixer, cream butter and sugar until light and fluffy.
3. Add egg and vanilla extract and beat on high until mixture lightens in color, about 3-5 minutes.
4. In a separate bowl, mix together the flour, cream of tartar, and baking soda.
5. Add the dry ingredients into the butter mixture and mix until just combined.
6. Roll cookie dough into balls of one inch diameter (a little more than a tablespoon). Roll in cinnamon sugar and then place on a lined baking sheet 2 inches apart from each other.
7. Bake for 8-10 minutes, until wrinkles begin to form on top of cookies.
8. Allow to cool for five minutes, then transfer to a cooling rack.

YIELD:

20 COOKIES

PREP TIME:

15 MIN

COOK TIME:

8-10 MIN



# baklava

SERVINGS: 32-40 pieces

COOK TIME: 1½ hours



## INGREDIENTS

### SUGAR SYRUP:

- 1 ¼ cup (250g) granulated sugar
- ¾ cup (180g) water
- ½ cup (113g) honey
- 3, 2 inch strips lemon peel, plus 1  
tbsp lemon juice
- 1 cinnamon stick
- 5 whole cloves
- 1 pinch salt

### NUT FILLING:

- 1 ¾ cup (161g) slivered almonds
- 1 cup (115g) walnuts
- 2 tbsp granulated sugar
- 1 ¼ tsp cinnamon
- ¼ tsp ground cloves
- 1 pinch salt

### PASTRY:

- 5 tbsp extra virgin olive oil
- 1 lb (14x9 inch) phyllo, thawed

## DIRECTIONS

### FOR THE SUGAR SYRUP:

1. Combine all ingredients in a saucepan and heat over medium heat. Bring to a boil, stirring often so the sugar doesn't burn. Cook until sugar has completely dissolved, roughly 5 minutes.
2. Transfer to a liquid measuring cup and let cool completely. Remove cinnamon stick, lemon peel, and whole cloves.

### FOR THE NUT FILLING:

1. Pulse slivered almonds in a food processor until very finely chopped. Transfer to a medium bowl. Pulse walnuts until finely chopped, and add to the bowl with almonds.
2. Set aside 2 tbsp of nut mixture for later garnish.
3. Mix sugar, cinnamon, ground cloves, and salt into the nut mixture.

Recipe from America's Test Kitchen: <https://www.americastestkitchen.com/recipes/1422-baklava>

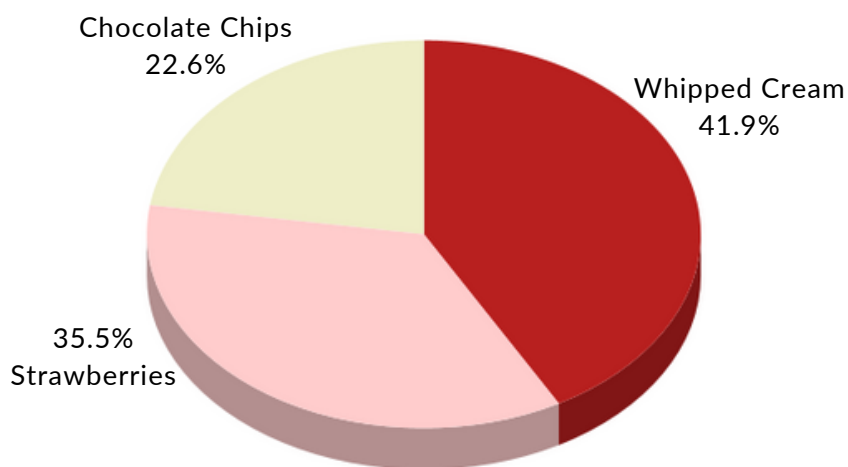
#### FOR THE PASTRY:

1. Adjust oven rack to lower middle position and heat oven to 300°.
2. Grease a 9x13 pan (preferably metal) and lay one phyllo sheet on the bottom. Brush thoroughly with olive oil. Repeat with 7 more phyllo sheets, laying each one on top and brushing with oil until you have 8 total sheets.
3. Sprinkle 1 cup of the nut filling on top of the phyllo and spread evenly. Cover nuts with 6 more phyllo sheets, brushing each sheet with oil like previously.
4. Sprinkle another cup of the nut filling on top of phyllo. Cover with 6 more phyllo sheets, brushing each sheet with oil.
5. Spread another cup of the nut filling on top of the phyllo. Cover this time with 8 phyllo sheets, brushing each sheet with oil except for the last one.
6. Working from the middle of the pan outwards, firmly press your palm into the baklava to compress the layers of phyllo and work out any air bubbles. Spread remaining oil on top of the final phyllo sheet.

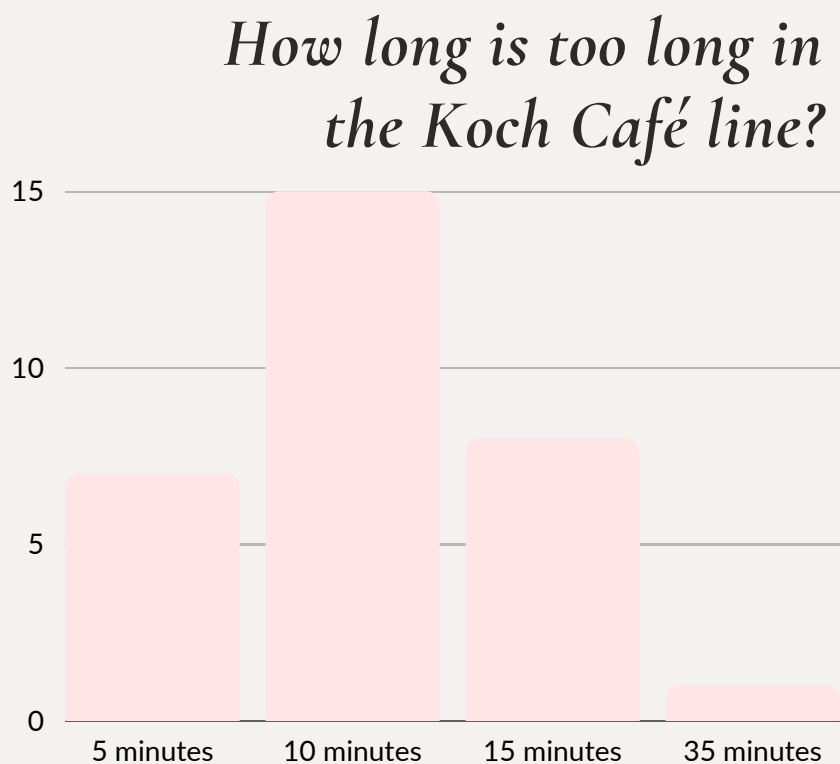


7. Using a sharp serrated knife, cut the baklava into diamonds (32-40 diamonds should fit in the pan). Bake until golden, about 1 ½ hours. Rotate the pan halfway through baking.
8. Immediately after the baklava comes out of the oven, pour all but 2 tbsp of sugar syrup into the cut lines of the baklava. Pour the remaining over top, and sprinkle each diamond with a pinch of reserved nut mixture from earlier.
9. Allow the baklava to cool uncovered in the pan for 3 hours. Then, cover it with tinfoil and let it sit for another 8 hours before serving.

# deerfield student polls

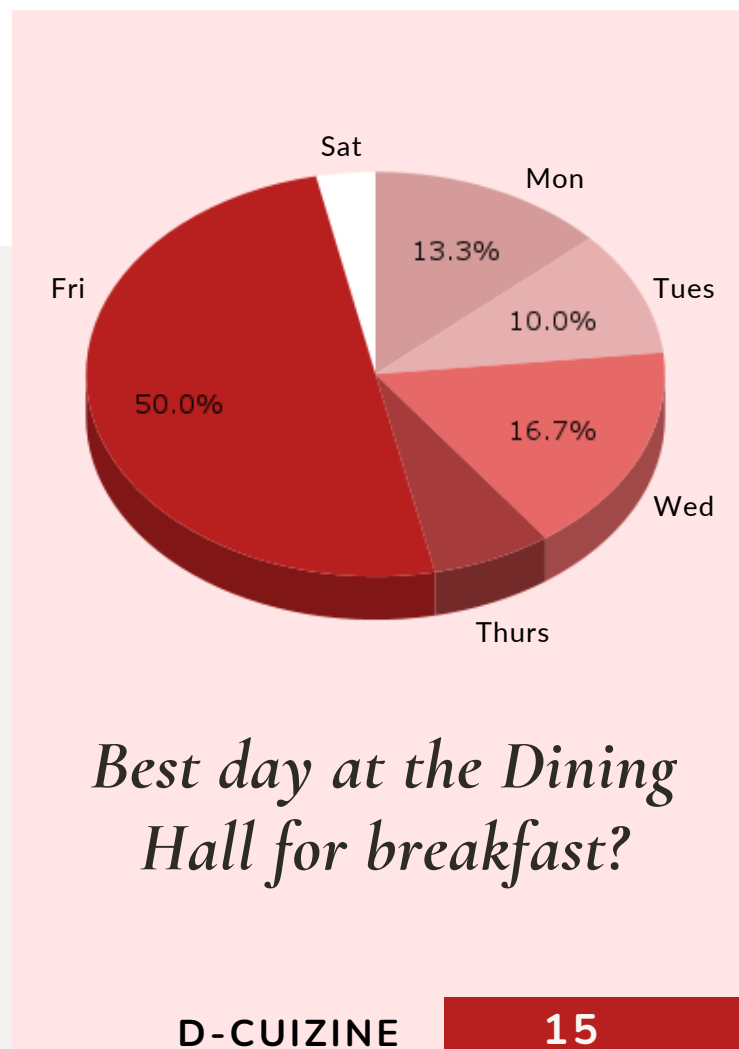
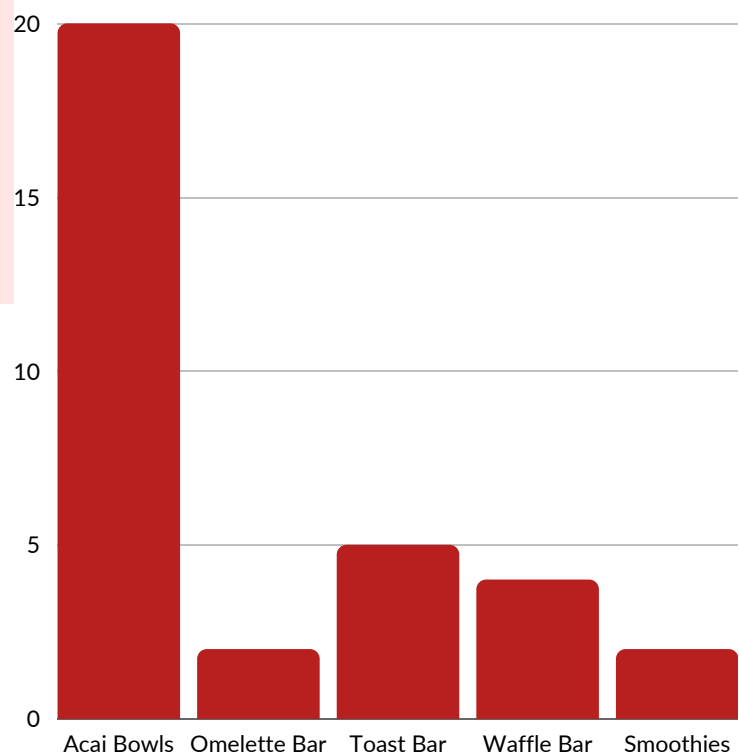


*Favorite Waffle Topping?*



*How long is too long in the Koch Café line?*

*Best food from Sunday Brunch?*



*Best day at the Dining Hall for breakfast?*

**EDITOR IN CHIEF:**

**Linnea Dreslin**

**ASSISTANT EDITOR IN CHIEF:**

**Katie Bruno**

**DATA AND GRAPHICS:**

**Emily Bruno**

**WRITERS:**

**Daphne Huang, Avery Zakowich**

**TEXT EDITORS:**

**Reginalda Joseph, John Liu**