



When he's hungry, Junior Tal Marom reaches for the blender. A dozen or so fruits, vegetables and a scoop of spirulina — an algae powder — later, Marom has a blue-green smoothie to sip.

Then Marom introduces each of the dishes on the table: chocolate babka bread, crispy latkes and blintzes: thin crepes that hold sweet cheese filling.

"This was my first time making [the crepes] myself," Marom said, smiling and just barely glancing down at his hands. Marom has been learning these traditional Jewish recipes from his mother, and will attempt to adapt them to suit his healthy lifestyle.

"My next step would be to try to healthify them," Marom said. The process involves swapping one ingredient at a time with a healthier alternative, such as poppy seeds for chocolate, and tweaking the cooking time to account for the change.



No matter
gratitude
one track



Fragrant orange zest, creamy cheesecake swirl and gooey chocolate that sticks to your teeth and fingers make this a brownie that demands a glass of milk.

Senior Archana Simha enjoys baking gifts for her family, friends and even teachers during the holiday season. In the hectic weeks around finals, there's something comforting about quietly whisking eggs to bake something sweet for people to enjoy. "This is when you can really use spices which can warm people up," Simha said.



SEASON
OF
SWEETS

BY NATHAN DESAI AND CHRISTINE LIANG

Whether you give gifts or show your love during the holiday season, there's a tradition that everyone has in common.

It's my Hanukkah-Christmas mashup," Andrew Goldenkranz says, gesturing to two slabs of dough: one is eggnog flavored, the other gingerbread. Since Goldenkranz is Jewish while his wife is Catholic, he is no stranger to reinventing holiday foods to incorporate the traditions of both.

Boiling oil nearly licks his fingers when he drops square-inch pillows of dough into the cast iron pot he bought in the year of his marriage. The beignets puff, and Goldenkranz works quickly on the cramped stovetop in between B-building classrooms, his movements smooth with practice. He pours cinnamon sugar into a metal bowl, hesitating for a heartbeat before shaking more from the jar and turning back to the stove.

"They fry up fast," Goldenkranz says, gently flipping the now golden-brown pieces of dough with a slotted spoon. Oil dribbles over the pot's lip.

Passerby, teachers and TAs alike, slow down to glance over his shoulder and comment on the smell: spicy, familiar and out of place in the usually stale air of the hallway.

Goldenkranz smiles and spoons fried dough into the sugar, then gives the bowl a good shake before turning to fry up some more for the staff meeting after school.