



Cooking Up a Friendship

An Intergenerational Cookbook from the Burlingame Collaborative

Watercolor by Dale Perkins. Image courtesy of Raziel Ungar.

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All proceeds from this cookbook will be donated to CALL Primrose, a drop-in food pantry helping to remove one worry from those most vulnerable in our community by providing free, healthful groceries to low income individuals and families in San Mateo County.

To purchase a copy of *Cooking Up a Friendship*
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Pierce S. Gets to Know: Deborah Griffith

"I LEARNED A
LOT OF WISDOM
FROM MY
SENIOR. MY
SENIOR WAS
VERY TALKATIVE
WHICH LED TO
GREAT
RESPONSES FOR
EACH QUESTION
ASKED"
~Pierce

Deborah is a local Burlingame resident who works part time in a non-profit as well as is a mother to two children and has one granddaughter. In her free time she enjoys reading, cooking, and going on walks by the bay. Deborah loves living in the Burlingame community because individuals can take part in the planning and growth of the community. She feels there are many opportunities in Burlingame for the residents to participate in the development of the community.

Deborah gives great advice. Her best advice to young people is to be relaxed and not be afraid to take chances. In addition, it is important for people to recognize that every failure is a learning experience, so we should not be afraid to try something because we might fail. Deborah tries to live her life by working hard but also remembering to laugh. She also states the importance of taking advantage of life's often unexpected opportunities when they are offered.

Deborah and her family love to cook. She finds cooking to be a great way for different generations to interact. She has many fantastic recipes and one of her favorites is below. It is her Delicious Carrot Soup, perfect for any occasion.

FROM THE STUDENT'S PERSPECTIVE



Delicious Carrot Soup

INGREDIENTS

1 cup onion chopped
4 cups carrots sliced thin
4 tbsp. butter
5 14.5 oz. cans chicken
broth (or approximately
70 oz. homemade broth)
½ tsp. thyme (ginger may be
substituted for thyme)
Pepper for taste
½ cup uncooked white rice

1. In a large saucepan cook onions and carrots for 2 minutes. Cover and steam for 10 minutes.
2. Add everything but the rice and heat to boiling.
3. Sprinkle in rice.
4. Reduce heat, cover and cook on low for 40 minutes stirring occasionally.



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"THE MOST
INTERESTING
THING I
LEARNED
ABOUT MS.
YOULDEN ARE
THE
EXPERIENCES
THAT LED HER
TO STARTING
HER OWN
CATERING
BUSINESS. I
LOVED TALKING
TO MS.
YOULDEN, SHE
WAS EXTREMELY
KIND."

~ Emma

Emma M. Gets to Know: Gayle Youlden

Born in Butte, Montana, Gayle Youlden moved to Hillsborough with her mom when she was two. Growing up in Hillsborough, Mrs. Youlden attended Crystal Springs Upland School, where she was part of the decorating, yearbook and library committees. After graduating Mrs. Youlden went to Bennett College in Millbrook, New York for two years until transferring to University of Arizona where she would get her Bachelor's degree in English and French.

Immediately after graduating, Mrs. Youlden went to work at Wells Fargo in San Francisco. One day her friend asked her to help cook for when her grandmother came to visit. This then led to Mrs. Youlden being asked by many of her friends to come cook for dinner parties. Soon after Mrs. Youlden became a relief cook and then an event planner and staffer. Eventually this work resulted in Mrs. Youlden starting, with her husband, her own catering company called La Belle Gourmande. La Belle Gourmande is a catering company that does it all from appetizers, salads, plated buffets, boxes, table settings, and more.

Due to COVID-19 Mrs. Youlden has missed out on working. However having phone calls with longtime friends, sending postcards and having faith in a higher power have kept Mrs. Youlden's spirits high during this difficult time. When I asked Mrs. Youlden what her advice might be to a younger person? She replied by saying *everything is going to be okay. You just have to enjoy the moment we have in front of us, don't focus on the past learn from it and enjoy the future.*

Mrs. Youlden shared with us a recipe that is very popular in her catering business. She does not give a standard recipe, but expresses how easy it is and to measure it with your heart.



Photo Credit: Ms. Youlden

Delicious Endive Crab

INGREDIENTS

Mayonnaise
Squeeze of Lemon
Sprinkle of Salt & Pepper
Endive Lettuce Leaves
Crab Salad or Crab Leg

1. Mix together in a bowl: mayonnaise, lemon, salt and, pepper.
2. Place crab salad or crab leg on endive lettuce leaf.
3. Add mayonnaise lemon mixture on top of crab.
4. Sprinkle parsley on top for a touch of color.

FROM THE STUDENT'S PERSPECTIVE

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