

## PTSA's Cookbook Collects Recipe from Kids and Parents Alike

With Thanksgiving around the corner, the Parent Teacher Student Association of Hastings-on-Hudson is looking for a few good recipes to include in the district's first annual community cookbook.

The PTSA has asked residents and restaurants to submit recipes with a focus on culture and history. Think lamb curry, chicken cacciatore, soda bread or pork posole. The project aims to raise money for the PTSA while celebrating the community. Some Hastings-on-Hudson residents already have answered the call to place their family recipes in the book.

Farragut Middle School student Lia Cohen submitted her recipe, "Lia's Chicken Meatballs," with the help of her mom, Alison.



The sixth grader is no stranger to the kitchen, having helped her family since she was young by seasoning meals. But her self-titled chicken meatball recipe is a first for her in many ways.

"She didn't work from a recipe. It was not something I had made before and so this was her very own creation," said Alison Cohen.

"She has never submitted a recipe before, and this was her first time actually writing one down."

For her chicken meatballs, a dish that she created this past week, Lia was able to improvise much of the recipe. She took creative control of the project, with just a little help from her mom.

"She did ask me to finish chopping the onions because she was crying."

Lia's interest in cooking has been steadily increasing for the past several years. In her free time, she enjoys helping her mother in the kitchen and exploring interesting recipes and cooking lessons on the internet. With families preparing more meals at home during COVID, Cohen said her daughter's presence as an amateur chef has been welcome.

During the pandemic, most students have had fewer organized activities, Cohen said. "Lia was able to find an activity for herself and channel her energy into the kitchen," she said.

Though cooking together has been a staple at their house for some time, Cohen has found that Lia benefits from making things by herself. Choosing to cook dinner for her family one day a week, Lia gains more than just a good meal from the effort.

"She really feels accomplished making dinner for the whole family," Cohen said.

Watching cooking shows and chatting with friends online about recipes, Lia is constantly building her chef skills. With one recipe in the books, she is looking at broadening her horizons in the kitchen.

“She really likes to bake,” Cohen said.

The deadline to submit to the PTSA’s first annual cookbook is December 18, 2020. The link to submit can be found [here](#).