



# Student Affairs Weekly Newsletter

## Announcements!

### **Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership**

Over the past 3 years 100s of medical students, residents, faculty and staff have worked on a book entitled Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership. The book highlights LHS+ individuals' activism in addressing unique health issues and disparities across the U.S. Describes the current state of LHS+ identified individuals in the physician workforce. Describes the social, cultural, and political factors that have influenced LHS+ identified individuals. Relays engaging stories on LHS+ identified individuals' pursuit of medical careers. The book is a part of the United Nations Sustainable Development Goal Series. Through financial donations from the AAMC, learners, faculty, and staff the book is open access and can be accessed for FREE via the following link - <https://link.springer.com/book/10.1007/978-3-031-35020-7>

### **Student Financial Services**

The AAMC's FIRST (Financial Information, Resources, Services, and Tools) program provides free resources to help medical students make wise financial decisions: [www.aamc.org/first](http://www.aamc.org/first).

### **Letters of Recommendation**

To request a letter of recommendation (LOR) from any of the Deans (Drs. Verduin, Kibble or Smith), you must complete the [LOR Request Form](#), found on GPS. Keep in mind, you can only request one letter from a Student Affairs Dean. Please note, you MUST attach a curriculum vitae (CV) to your LOR request. The letters are written as formal letters and as such, the form needs to be filled out completely, with the program name and address, even if it is being emailed. If the letter is to be uploaded via a link from a program, please confirm the Dean for that to be sent to. The form should be accompanied by your CV that follows the required format per the CV Toolbox along with any link to the program that provides additional information helpful in writing the letter. Information on creating your CV, along with a sample and template, can be found at the [CV - Toolbox](#) (password COMPASS2024).

### Upcoming Student Organization Events

Tuesday 11/12:  
LMIG Nutrition  
Event

Wednesday 11/13:  
BoM Lunch Hour  
with Dr. Arun  
Gulani MD  
Ophthalmologist

Wednesday 11/13:  
LMIG Wellness  
Week  
Sleep Mask  
Distribution

Wednesday 11/13:  
PIG Subspecialty  
Speed-dating  
Night

Thursday 11/14:  
LMIG Substance  
Use Event

Thursday 11/14:  
CPS: Solving  
Clinical Cases  
with Dr. Kalidindi

Friday 11/15:  
LMIG Field Day

Friday 11/15:  
Peer Support  
Potluck

Saturday 11/16:  
Chapman  
Conference

# Submission Opportunities & Industry Events

## CENTRAL FLORIDA ORTHOPEDICS CONFERENCE 2024



ABSTRACTS DUE:  
NOV 4, 2024



Submit  
Abstracts Here:



### DR. LUKE OH

KEYNOTE SPEAKER  
PRESENTING "A VIEW  
FROM THE SIDELINES -  
TEAM PHYSICIAN FOR  
NBA, NFL, MLB, AND MLS:  
PERSPECTIVES ON  
LEADERSHIP,  
MENTORSHIP, AND  
SERVICE"

DECEMBER 7, 2024  
UCF COLLEGE OF  
MEDICINE 8:30AM-12PM

## PSCF Call for Scientific Posters for the 2025 Poster Symposium

The Physicians Society of Central Florida (PSCF) is issuing a Call for Scientific Posters for the 2025 Poster Symposium taking place during the PSCF Celebration of Medicine & Installation of Officers on Tuesday, January 28, 2025 at the Citrus Club in Orlando. Presenting author must be a medical student in Orange, Osceola, Seminole, Lake or Sumter County and a member of the Physicians Society of Central Florida. Poster applications must be submitted by November 15, 2024.

Presenting author MUST be able to attend the PSCF Annual Meeting on Tuesday, January 28, 2025 at The Citrus Club, Orlando, FL.

Applicants are limited to ONE abstract submission.

Each author may present ONE poster only. Cash prizes will be awarded to the top three posters.

Winners of the General Poster Competition will be announced during the Annual Meeting. All Poster Presenters are invited to attend the Annual Meeting.

Abstracts should be submitted online.

If you are not currently a PSCF Medical Student Member please click here to join.

## AMA Foundation's 2025 Physicians of Tomorrow Scholarship Applications Open!

*To apply, students must be preparing to enter their final-year medical, be currently enrolled in an accredited U.S. allopathic or osteopathic medical school, and be permanent residents or citizens of the U.S. or have DACA status. To learn more about the AMA Foundation's scholarship program, visit*

*<https://amafoundation.org/programs/scholarships/>. The deadline to apply and upload all associated materials is **Monday, February 17, 2025 at 11:59 p.m. CST**. To start an application, head to*

*<https://amafoundation.secure-platform.com/a/solicitations/14/home>.*



## Neomed 43rd Annual William Carlos Williams Poetry Competition

**Northeast Ohio Medical University (NEOMED) is now accepting submissions for the 43rd annual William Carlos Williams poetry competition through December 31, 2024.** New this year, we will be awarding prizes in two categories: **a medical student category**, open to students enrolled in MD and DO programs in the US, Puerto Rico, or Canada, and **a physician category**, open to any rank of physician (MD or DO) at any career stage, from residency to retirement, in the US, Puerto Rico, or Canada.

Each year, the William Carlos Williams competition receives hundreds of entries, which are judged by the [Wick Poetry Center at Kent State University](#).

Submissions will be judged on the merits of craft, originality, and content. **First-, second-, and third-place winners in each category will receive a cash prize and will be considered for publication in the *Journal of Medical Humanities*.** Winning poets will be notified by March 1, 2025.

For submission details, eligibility criteria, and to submit online, please visit NEOMED's [William Carlos Williams poetry competition webpage](#). Contact [wcw@neomed.edu](mailto:wcw@neomed.edu) with any questions or for additional information.

## HIV Vaccine Research Grant for Medical Students

**The HIV Vaccine Trials Network**, in collaboration with the National Institute of Allergy and Infectious Diseases of the National Institutes of Health, is investing in a young generation of HIV prevention researchers by providing medical students from communities that are underrepresented in medicine in the US with opportunities to conduct independent research while receiving mentoring, project and salary funding, training, and professional development opportunities. To apply, visit <http://www.hvtn.org/ramp>. The Request For Applications (RFA) and application materials will be available on October 1, 2024. Carefully read the Request for Applications before applying. Applications are due via online by 5:00 PM PT on Monday, December 2, 2024.

## Southern Medical Association: Call for Abstracts - Deadline on Friday!

The Southern Medical Association (SMA) is currently accepting abstracts for its 5th Annual Physicians-In-Training Leadership Conference taking place February 7-9, 2025, at the Heersink School of Medicine at the University of Alabama at Birmingham.

Presenters will compete in person for monetary awards totaling \$6,000.00:

ORAL ABSTRACT AWARDS

1st Place \$1,500.00

2nd Place \$1,000.00

3rd Place \$500.00

POSTER ABSTRACT AWARDS

1st Place \$1,500.00

2nd Place \$1,000.00

3rd Place \$500.00

To download complete submission guidelines and to submit an abstract, please click the button below.

The deadline to submit an abstract is Friday, November 15, 2024.

[Abstract Guidelines & Submission Information](#)

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## Surveys & Studies

### Soft Skills in STEM (SSS) Survey

By completing the survey, you will rate your own soft skills and if you wish to include your email address in the survey, we will share the report of what soft skills the participating companies are seeking. You will also receive suggestions on how you can improve the soft skills you feel you are lacking in to be as prepared for industry as possible!

You can access the survey [here](#).

Please participate to learn how you can continue developing strong soft skills that can help you get your dream job and to receive insight from the participating companies! Thank you.

### Nova Southeastern University Attitudes towards Emergency Medicine Study

We are conducting a study to investigate U.S. Medical Students' Attitudes towards Emergency Medicine. We encourage you to fill out this survey regardless of your interest in Emergency Medicine. It is important to gather this information to help us understand the large volume of unfilled Emergency Medicine Residency spots in recent years. We are asking you to complete a one-time, anonymous 3-5 minute survey. This research study involves minimal risk to you. You can decide not to participate in this research, and it will not be held against you. You can exit the survey at any time. Participation will have no effect on your grades or standing in your academic program. There is no cost for participation in this study. Participation is voluntary and no compensation is provided. This study has been exempted and approved by the Institutional Review Board of Nova Southeastern University (NSU-IRB Protocol Number 2023-309).

[Survey Link](#)

### Differences in perceived versus personal treatment plans for common acute complaints: An experimental vignette study

The objective of this study is to investigate how perceived and personal health treatment plans differ between healthcare providers of different specialties and education levels.

To participate, you must be: 18 years or older, A UCF student, faculty, or staff member (including residents and fellows), Affiliated with healthcare (medicine, nursing, PA, etc.), Have ongoing clinical experience in your curricular studies or work experience. Further details about the study are attached in this email and are also located on the first page of the survey. If you meet the above criteria and would like to participate, please find the survey links below:

[Survey Link](#)

### ADHD USMLE Accommodations Survey

We are conducting a research study focusing on the experiences of medical students with ADHD who have applied for accommodations through the USMLE. As medical students, educators, and advocates, we recognize the importance of providing equal opportunities and support for individuals with ADHD who are pursuing a career in medicine. The purpose of this study is to gather firsthand accounts of the challenges, successes, and overall experiences of medical students with ADHD in applying for and receiving accommodations for USMLE testing. The survey takes approximately 10 minutes to complete and covers topics related to previous experiences in receiving accommodations, challenges faced, accommodations sought with the USMLE and the impact on academic performance. Participation is voluntary and responses are confidential. Your participation is highly appreciated and will help improve support for medical students with ADHD and potentially help pave the way for students with disabilities as a whole!

[Survey Link](#)

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# Residency Program Sessions & Other Opportunities

## **AMA Foundation Leadership Development Institute - Applications Open**

Applications for the 2024-25 Leadership Development Institute are now open! The program cultivates a diverse cohort of aspiring physician leaders who are committed to serving the needs of their communities and improving our nation's health. The institute is open to medical students entering their final year of school and provides professional development and mentorship to those who are selected. [Click here](#) to apply today and cultivate your skills as a future leader in medicine!

## **Manatee Memorial Hospital Fair**

[Graduate Medical Education | Manatee Memorial Hospital](#)

## **AUA Future in Urology**

The AUA has launched the FUTURE in Urology UpSquad Platform. The AUA's FUTURE in Urology Program is a comprehensive incubator program designed to support the pipeline, mentorship, and promotion of pre-clinical and third-year URiM, URiU, and other medical students from all demographic backgrounds who are dedicated to increasing representation and more equitable healthcare.

Developed and championed by the AUA's Diversity, Equity & Inclusion Committee, the FUTURE UpSquad Platform is a private, online community that allows mentees to connect with volunteer mentors to support their journey to and through urology. This platform allows mentees and mentors of the AUA to join interest groups or "squads" based on topic/interest areas. These "squads" help mentees to connect with mentors and build communities. This unique online community will help mentees connect with volunteer mentors — all established in the field of urology.

## UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective

Are you looking for a 4th year selective that is educational, fun, cutting edge, AND possible from the comfort of your own home???? Check out the UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective. This rotation is designed to provide you with insights into the specialty of Telemedicine, specifically Teleurgent Care. You will be introduced to key concepts, competencies, and applications of telemedicine as a method to deliver quality medical care. This selective also meets your ICU/emergency medicine requirement.

No matter what specialty you decide to pursue, telemedicine will be a part of your future practice. Get ahead of the future of medicine with this selective! If you have any questions, please do not hesitate to contact Dr. Lindsey Elmes ([Lindsey.Elmes@va.gov](mailto:Lindsey.Elmes@va.gov)) or Dr. Veronica Sikka ([Veronica.Sikka@va.gov](mailto:Veronica.Sikka@va.gov)). Both Drs. Elmes and Sikka are Emergency Medicine trained and boarded physicians who practice telemedicine full time from home. If you're interested in scheduling availability, please reach out to [mdclinicalscheduling@ucf.edu](mailto:mdclinicalscheduling@ucf.edu)

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# Volunteer Opportunities

## Central Florida Special Olympics Volunteer Opportunities

**Check out the link below for volunteer opportunities with the Central Florida Special Olympics! [Click here for opportunities!](#)**

## Society of Physician Entrepreneurs AIMed Event November 17-19, 2024

The Society of Physician Entrepreneurs are looking for volunteers for their AIMed AI Shark Tank Competition on November 17-19 at the Caribe Royale. They are looking for volunteers for the following roles: Registration, Speaker Facilitation, Q&A Facilitation, Seat Escorts, and Signage Placement. The shifts are Sunday 12-6 PM, Monday 6AM-12PM, 12PM-6PM, Tuesday 6 AM-12PM & 12PM-6PM. Contact Rebecca Wiedemer at [rebecca@mi10.ai](mailto:rebecca@mi10.ai) to RSVP to volunteer. Visit <https://aimed.swoogo.com/GS24> for more information on the event.

## Conversations to Remember

**Conversations to Remember**, a 501(c)(3) nonprofit, dedicated towards combating loneliness and isolation felt by senior citizens. Our virtual visit program matches 2-3 college students with residents of long-term care, assisted living, and memory care communities for virtual video visits. These residents have been suffering from isolation, and your call could really brighten their days just by speaking with them. We provide training to the students in the program about the best ways to interact with the seniors, as well as additional support throughout their service. Typically, students volunteer 1-2 hours per week. Each call lasts up to one hour, based on the senior's attention span and mood on each day. We expect students to volunteer for approximately 16 weeks, so that they can build a friendship with the senior. This does not need to coincide with the start of a semester, as we have new seniors starting all the time, and train new volunteers weekly. The students are matched based on the times that they're available, with a senior who is available at the same time, and they will have a regular, weekly appointment for their visit. Students wishing for more visits or other opportunities that allow them to volunteer more hours can be accommodated with different ways to volunteer, such as assisting us with our social media, call support, or outreach.

<https://conversationstoremember.org>

*Do you have an approved volunteer opportunity you need to recruit for? Or an event that needs promoted? Please email the details to Brooke Vercheski for it to be added to the weekly newsletter!*

BROOKE VERCHESKI

BROOKE.VERCHESKI@UCF.EDU

HAVE A GREAT WEEK!



# Breakfast

## Pimento, Cheese, and Ham Scramble

### Ingredients

- 8 large eggs
- 1 tsp. hot sauce
- kosher salt
- Pepper
- 1 Tbsp. olive oil or unsalted butter
- 3 oz. thinly sliced deli ham
- 1 medium roasted red pepper
- 2 scallions
- 2 oz. extra-sharp Cheddar
- 2 Tbsp. cream cheese

### Directions

1. In a large bowl, whisk together the eggs, hot sauce, 1 tablespoon water, and 1/2 teaspoon each salt and pepper.
2. Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat. Add the ham and cook, tossing occasionally, until beginning to brown around the edges, 2 to 3 minutes.
3. Add the roasted red pepper and cook, tossing, for 1 minute; transfer to a plate.
4. Add the eggs mixture to the skillet and cook, stirring every few seconds with a rubber spatula, to desired doneness, 2 to 3 minutes for medium-soft eggs.
5. Fold in the ham and peppers along with the scallions, Cheddar, and cream cheese.

## Protein Overnight Oats

### Dry Ingredients

- 1 ½ cups old-fashioned oats or rolled oats
- 2 tablespoons chia seeds
- 1 tablespoon ground flax seed
- 1 teaspoon ground cinnamon
- ½ cup plant-based protein powder vanilla recommended

### Wet Ingredients

- ½ cup dairy-free greek yogurt
- 2 ½ cups unsweetened almond milk
- 1 teaspoon pure vanilla extract
- 1-2 tablespoons pure maple syrup optional

### Optional Toppings

- blueberries or blackberries
- strawberries or raspberries
- almond butter or peanut butter
- chia seed jam (see notes for recipe)

### Instructions

- In a large bowl, stir together the old-fashioned oats, chia seeds, ground flax seed, cinnamon, and protein powder until well combined. add 1 ½ cups old-fashioned oats, 2 tablespoons chia seeds, 1 tablespoon ground flax seed, ½ cup plant-based protein powder
- Mix in the greek yogurt, almond milk, and vanilla. Add in the maple syrup for a sweeter taste. add ½ cup dairy-free greek yogurt, 2 ½ cups unsweetened almond milk, 1 teaspoon pure vanilla extract, 1 teaspoon ground cinnamon, 1-2 tablespoons pure maple syrup
- Cover the bowl with plastic wrap or a lid and place in the fridge for at least 4 hours to thicken. Overnight is preferred.
- Once thickened, transfer the oatmeal to small jars for easy storage. Consider mixing in blueberries, strawberries, almond butter, or chia seed jam. Enjoy cold. add blueberries, strawberries, almond butter, chia seed jam

# Easy Freezer Meals



## Cheesy Broccoli Chicken & Rice

### Ingredients

- 8 Cups of Cooked Rice (4 Cups of Uncooked Rice & 8 Cups of Water)
- 8 Cups of Cooked & Diced Chicken Breast
- 4 -10.5 oz. Cans of Cream of Chicken or Mushroom Soup (like 2 of each)
- 4 Bags of Broccoli Fleurette Pieces Steamed
- 2 Tbsp. Onion Flakes
- 8 Cups of Cheese
- 3 Cups of Milk
- Salt and Pepper to Taste

### Directions

- Pre-Cook the Broccoli, Chicken, and Rice (Directions in the post)
- Combine the Cooked Rice, Chicken Broccoli, Cream of Chicken Soup, Onion Flakes, Cheese and Milk in a Large Bowl (You may need to work in 2 batches if you don't have a large bowl)
- Salt and Pepper lightly to taste.
- Divide mixture into 4 Casserole Dishes or Large Freezer Bags and Freeze
- Thaw and Bake for 30 Minutes on 350 Degrees
- (Optional: You may add additional cheese before baking if desired)



## Beef and Bean Burritos

### Ingredients

#### Rice:

- 1 ½ cups low-sodium chicken broth
- ¾ cup long grain white rice
- 1 garlic clove, minced
- ½ teaspoon salt
- ¼ cup minced fresh cilantro

#### Filling:

- ½ cup low-sodium chicken broth
- 1 (15-ounce) can pinto beans, rinsed and drained
- ½ tablespoon vegetable oil
- ½ cup finely chopped onion
- 3 tablespoons tomato paste
- 3 garlic cloves, finely minced
- ½ tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- 12 ounces extra lean ground beef or lean ground turkey
- 1 tablespoon fresh lime juice
- ¾ teaspoon salt
- 6-8 10-inch flour tortillas, white or wheat
- 1 cup shredded sharp cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 6 tablespoons sour cream, light or regular

### Directions

- For the rice, bring the broth, rice, garlic, and salt to a boil in a medium saucepan over medium-high heat. Reduce the heat to low, cover and cook until the rice is tender and most of the liquid is absorbed, about 16-18 minutes. Remove the rice from the heat, keeping it covered, and let it sit while you prepare the rest of the ingredients. When ready to use, add the cilantro and fluff with a fork.
- For the filling, combine the broth and half of the beans in a small bowl and mash with a fork until the beans are coarsely mashed with the broth (reserve the whole beans for later). In a large, 12-inch nonstick skillet, heat the vegetable oil until hot and rippling. Add the onion and cook for 3-4 minutes, stirring often. Stir in the tomato paste, garlic, cumin, oregano and chili powder and cook for 1-2 minutes. Add the ground meat and cook until no longer pink, about 8-10 minutes, breaking the meat into small pieces while cooking. Drain any excess grease if needed.
- Stir the mashed bean mixture into the meat mixture and cook for 3-4 minutes until the mixture is thick and most of the liquid has evaporated. Stir in the rest of the whole beans, lime juice and salt. Remove from heat. If serving immediately, follow the instructions in the next paragraph. If freezing for later, let the beef and bean mixture and the rice cool to warm room temperature before proceeding.
- Wrap the tortillas in between damp paper towels and microwave until the tortillas are soft, about 1 minute. Arrange the tortillas on the counter and divide the rice, beef and bean filling and cheese evenly among the tortillas. Dollop each tortilla with a tablespoon (more or less) of sour cream. Fold the sides of the tortilla toward each other over the filling while lifting the bottom edge over, rolling into a burrito shape. Serve immediately (if desired).
- For freezer burritos, wrap each burrito in plastic wrap. Place burritos in a gallon-sized freezer ziploc bag. To reheat, unwrap the burrito from the plastic wrap and place on a microwave-safe plate. Microwave for 1-2 minutes. Poke the burrito with the tines of a fork all over and continue microwaving in 30-second increments until heated through.



# Dinner

## ONE POT TACO PASTA

### Ingredients

- 1 cup Cheddar cheese, shredded
- 1 cup Monterey Jack Cheese, shredded
- 4 oz. Velveeta cheese, cut into cubes (equal to 1/3 cup)\* can sub with ¾ cup shredded cheese
- 1 lb. Ground Beef, 85% lean
- 1 Tablespoon Butter
- 2 cloves Garlic, minced
- 1 oz. packet Taco Seasoning
- 1 Tablespoon Worcestershire sauce
- 2 Tablespoons Tomato paste
- 1 cup Beef broth
- 1 cup Chicken broth
- 1 cup Whole milk, at room temp
- 1 (10 oz.) can Rotel Tomatoes with green chilies, undrained
- ½ lb. Medium pasta shells

### Directions

- Shred the cheddar and Monterey Jack cheese from a block and set aside. It should be near room temperature when added to the pasta sauce.
- Cook and crumble the ground beef over medium-high heat in a high-walled pot or dutch oven. Drain grease.
- Melt the butter in the same pot and add and garlic. Cook for 1 minute.
- Add all remaining ingredients except the cheese and pasta. Stir to combine.
- Bring to a gentle boil. Add the pasta and submerge it in the liquid. Cover and cook according to package instructions. Slide a silicone spatula along the bottom of the pot halfway through to lift any ingredients that may be settling to the bottom.
- Remove cover and ensure the pasta is sufficiently cooked. Taste-test a noodle for doneness before proceeding. If needed, cover and cook longer, until your desired doneness is obtained.
- Turn heat to low. Gradually stir in cheese until melted.
- There will be plenty of sauce but it will thicken upon standing and the pasta will continue to absorb it.
- Serve once desired consistency is obtained.

## FIVE CHEESE ZITI OLIVE GARDEN COPYCAT

### Ingredients

- 1 lb Ziti
- 2 cups marinara sauce
- 1 cup heavy cream
- 15 oz diced tomatoes (drained or 2 fresh tomatoes)
- 1 tsp sugar
- ¾ cup Parmesan cheese blend
- ½ cup fontina cheese (or monterey jack)
- 1 ½ cups mozzarella cheese
- ¼ cup bread crumbs

### Directions

- Cook pasta according to box instructions; drain, rinse with cold water and coat with 2 tbsp of olive oil. Set aside.
- In a medium saucepan combine the marinara sauce, heavy cream, tomatoes, and sugar. Bring to a simmer and add ½ cup of the parmesan cheese blend, ½ cup of fontina cheese, and ½ cup of mozzarella cheese. Stir until bubbly and remove from heat.
- Place pasta into an oven-safe serving dish and ladle sauce over the top. Sprinkle with 1 cup of mozzarella cheese and ¼ cup parmesan cheese blend. Sprinkle breadcrumbs over the top and broil just until the cheese browns. Garnish with freshly grated parmesan cheese before serving.

To make-ahead or freeze: cook noodles under 2 minutes, then rinse them with cold water and toss the ziti with 2 tablespoons of oil. Transfer to a baking dish and prepare the sauce. Slightly cool sauce before pouring over the top. Do not stir. Cool completely before covering and storing. Keep in the fridge for up to 4 days or freeze for up to 3 months.

# Treats and Snacks!

## SNACKS

### SOFT PRETZEL BITES

#### INGREDIENTS

- 1 1/2 CUPS WARM (110 TO 115°F) MILK\*
- 1 TABLESPOON BROWN SUGAR
- 2 TEASPOONS COARSE SEA SALT\*, PLUS EXTRA FOR SPRINKLING
- 1 (0.25-OUNCE) PACKAGE ACTIVE DRY YEAST
- 4 1/2 CUPS ALL-PURPOSE FLOUR, PLUS MORE IF NEEDED
- 2 TABLESPOONS MELTED BUTTER, PLUS EXTRA FOR BRUSHING
- 9 CUPS WATER
- 1/2 CUP BAKING SODA
- 1 LARGE EGG (WHISKED WITH 1 TABLESPOON WATER)

#### INSTRUCTIONS

1. **MIX THE DOUGH.** WHISK TOGETHER THE WARM MILK, SUGAR AND SALT IN A LARGE MIXING BOWL (OR IN THE BOWL OF A STAND MIXER). SPRINKLE THE YEAST ON TOP, AND WAIT 5 MINUTES FOR THE YEAST TO ACTIVATE.
  2. **KNEAD THE DOUGH.** ADD THE FLOUR AND MELTED BUTTER. THEN EITHER (A) USE A SPOON TO MIX EVERYTHING IN UNTIL COMBINED, AND THEN USE YOUR HANDS TO KNEAD THE DOUGH FOR ABOUT 4 MINUTES UNTIL IT IS SMOOTH, ADDING A BIT MORE FLOUR IF THE DOUGH IS TOO STICKY OR (B) IF USING A STAND MIXER, PLACE THE DOUGH HOOK ON THE MIXER AND MIX ON MEDIUM SPEED FOR 4 MINUTES UNTIL THE DOUGH IS SMOOTH, ADDING A BIT MORE FLOUR IF THE DOUGH IS TOO STICKY.
  3. **LET THE DOUGH RISE.** TRANSFER THE DOUGH TO A LIGHTLY-OILED BOWL, COVER WITH A DAMP TOWEL, AND LET THE DOUGH REST FOR 20 TO 30 MINUTES IN A WARM PLACE UNTIL IT HAS DOUBLED IN SIZE.
  4. **HEAT OVEN.** PREHEAT THE OVEN TO 450°F. LINE TWO LARGE BAKING SHEETS WITH PARCHMENT PAPER, THEN SET ASIDE.
  5. **PREPARE THE BOILING WATER SOLUTION.** COMBINE THE WATER AND BAKING SODA IN A STOCKPOT OR VERY LARGE SAUCEPAN AND BRING TO A BOIL OVER MEDIUM-HIGH HEAT.
  6. **FORM THE PRETZEL BITES.** IN THE MEANTIME, TURN THE DOUGH OUT ONTO A LIGHTLY-OILED WORK SURFACE AND DIVIDE INTO 12 EQUAL PIECES. ROLL OUT EACH PIECE OF DOUGH INTO EVEN 3/4-INCH WIDE ROPES. USE A KNIFE TO CUT THE ROPE INTO INDIVIDUAL PRETZEL BITES, ABOUT 1-INCH LONG EACH.
  7. **BOIL THE PRETZEL BITES.** VERY CAREFULLY, USE A SPATULA OR LARGE WIRE STRAINER TO TRANSFER THE THE BITES INTO THE BOILING WATER, ABOUT A DOZEN OR SO AT A TIME TIME, FOR ABOUT 30 SECONDS PER BATCH. USE THE SPATULA TO TRANSFER THE PRETZEL BITES TO THE PARCHMENT-LINED PAN, AND REPEAT WITH THE REMAINING PRETZEL BITES.
  8. **ADD EGG WASH AND SALT.** FINALLY, BRUSH THE TOP OF EACH PRETZEL BITE WITH THE EGG WASH AND SPRINKLE WITH THE COARSE SEA SALT.
  9. **BAKE.** BAKE UNTIL THE PRETZEL BITES REACH YOUR DESIRED LEVEL OF GOLDEN BROWN COLOR, ABOUT 12 TO 14 MINUTES. TRANSFER TO A COOLING RACK.
  10. **(OPTIONAL: BRUSH WITH EXTRA BUTTER.)** IF YOU WOULD LIKE YOUR PRETZEL BITES TO TASTE EXTRA BUTTERY, BRUSH THEM WITH EXTRA MELTED BUTTER JUST BEFORE SERVING.
- SERVE WARM.** THESE PRETZEL BITES TASTE BEST THE DAY THEY HAVE BEEN BAKED, AND EVEN BETTER HOT OUT OF THE OVEN. SO SERVE WARM AND ENJOY!

## TREATS

### PEANUT BUTTER STUFFED BROWNIES

#### INGREDIENTS

- 10 TABLESPOONS (142 GRAMS) UNSALTED BUTTER
- 4 OUNCES (113 GRAMS) SEMISWEET BAKING CHOCOLATE, CHOPPED
- 1 CUP (200 GRAMS) GRANULATED SUGAR
- 2 LARGE EGGS PLUS 1 EGG YOLK
- 1 TEASPOON VANILLA EXTRACT
- 1/2 CUP (64 GRAMS) ALL-PURPOSE FLOUR
- 1/4 CUP (25 GRAMS) UNSWEETENED COCOA POWDER, SIFTED
- 1/4 TEASPOON FINE SALT

#### INSTRUCTIONS

##### MAKE THE PEANUT BUTTER FILLING:

1. PLACE THE PEANUT BUTTER IN A HEAT-SAFE BOWL AND MICROWAVE FOR 20 TO 30 SECONDS, OR UNTIL POURABLE BUT NOT SUPER HOT.
2. LINE A METAL 8-INCH SQUARE PAN WITH PARCHMENT PAPER, LEAVING AN OVERHANG. SPREAD THE PEANUT BUTTER INTO AN EVEN LAYER IN THE PAN. FREEZE FOR 1 HOUR OR UNTIL SOLIDIFIED. USE THE PARCHMENT TO REMOVE FROM PAN AND RETURN PEANUT BUTTER SHEET TO FREEZER. KEEP FROZEN WHILE MAKING THE BROWNIE BATTER.

##### MAKE THE BROWNIES:

- PREHEAT OVEN TO 350°F. LINE THE SQUARE PAN AGAIN WITH PARCHMENT PAPER, LEAVING AN OVERHANG.
- IN A LARGE MICROWAVE-SAFE BOWL, COMBINE THE BUTTER AND CHOCOLATE. MICROWAVE IN 30-SECOND BURSTS, STIRRING BETWEEN EACH BURST, UNTIL THE MIXTURE IS MELTED AND SMOOTH. ADD THE SUGAR TO THE HOT BUTTER MIXTURE AND WHISK VIGOROUSLY UNTIL COMBINED. ALLOW TO COOL UNTIL JUST BARELY WARM.
- ADD IN EGGS, YOLK, AND VANILLA EXTRACT AND WHISK FOR ABOUT 1 MINUTE, OR UNTIL VERY WELL COMBINED.
- USE A RUBBER SPATULA TO STIR IN FLOUR, COCOA POWDER, AND SALT UNTIL JUST COMBINED.
- POUR HALF OF THE BATTER INTO PREPARED PAN AND SMOOTH OUT. CAREFULLY PLACE THE FROZEN PEANUT BUTTER SHEET OVER THE BATTER. POUR REMAINING BATTER ON TOP, COVERING COMPLETELY.
- BAKE IN THE PREHEATED OVEN FOR ABOUT 30 MINUTES, OR UNTIL COOKED THROUGH BUT STILL VERY SLIGHTLY GOOEY IN THE CENTER. LET COOL IN PAN 30 MINUTES. REMOVE FROM PAN AND ALLOW TO COOL FOR ANOTHER 30 MINUTES BEFORE SLICING AND SERVING.
- BROWNIES CAN BE STORED IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE FOR UP TO 3 DAYS OR IN THE FRIDGE FOR UP TO 5 DAYS. SERVING CHILLED MAKES THE BROWNIES EXTRA FUDGY!

HAVE A GREAT WEEK!