

SEMC Eats - a Molecular Cookbook



from the staff at the
Simons Electron Microscopy Center

SEMC

Socially distanced.
Spiritually connected.

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New York Structural Biology Center
Simons Electron Microscopy Center

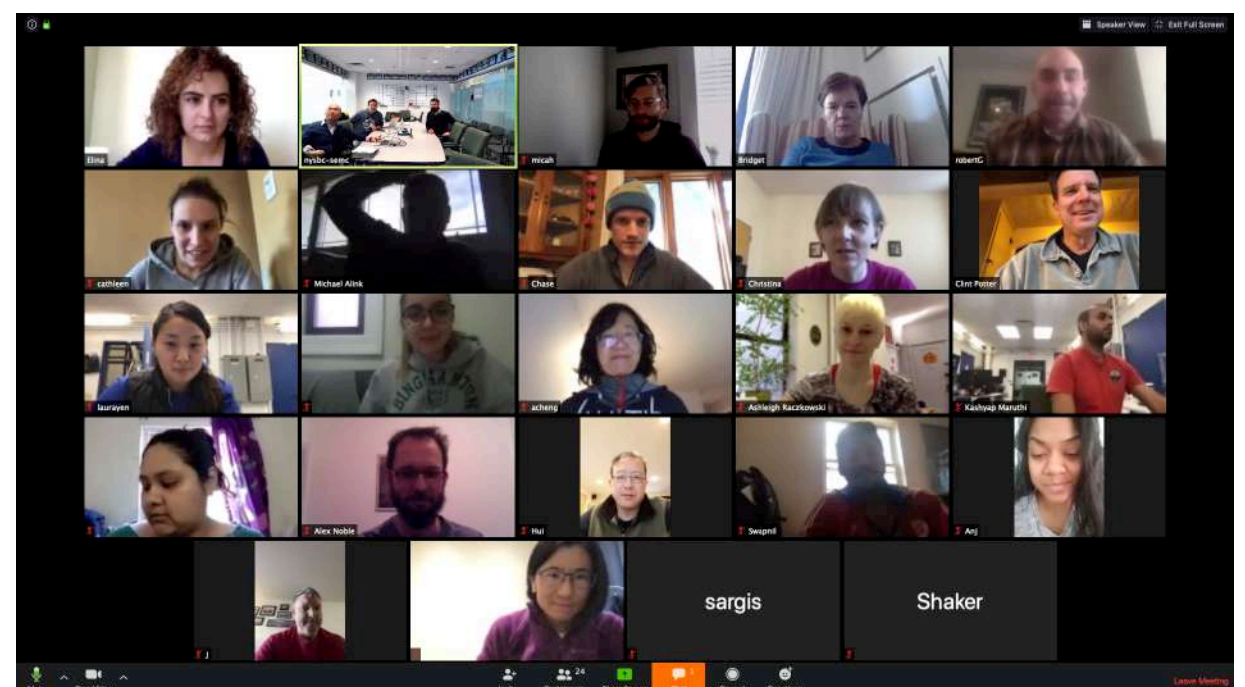
Forward

Early in March during the 2020 COVID-19 epidemic in NYC, SEMC and NYSBC was among the community of Global citizens that started social distancing to do its part to stop the spread of this virus. As we saw the states of emergency and orders to shelter in place from the safety of our homes we pushed forward with our science. The move to remote work entailed a paradigm shift for us. Our research entails daily use of electron microscopes in a laboratory environment.

As we shifted to meetings through video conferencing and other virtual communication platforms, we found a way not only to nourish our minds, but also ourselves.

Here is a sample of a pending cook-book of recipes from the staff at SEMC.

-March 2020



Our first SEMC daily huddle.
Every day we checked in with each other to maintain social connections.

Mushroom risotto (V)

Ingredients:

6 cups of vegetable stock
0.25 cup of olive oil
0.5 pound of portobello mushrooms
0.5 pound of Shiitake mushrooms
1 pound of white mushrooms
1 onion
2.5 cups of Arborio rice
0.5 cup of white wine
salt to taste



Directions:

- 1) In a pot warm vegetable stock over low heat.
- 2) Prepare vegetables by thinly slicing mushrooms and dicing onions.
- 3) Warm 2 tablespoons of olive oil in a large pan over medium heat. Stir in mushrooms and cook until soft. Remove mushrooms with liquid and set aside.
- 4) Warm 2 tablespoons of olive oil over medium heat. Stir in diced onions and cook for a minute. Stir in Arborio rice and make sure to coat fully with oil.
- 5) When oil is incorporated into the rice (becomes slightly translucent) stir in the white wine.
- 6) After wine is absorbed add 0.5 cup of broth and stir regularly until absorbed.
- 7) Continue to add broth 0.5 cup at a time while stirring regularly.
- 8) When the last cup of broth is absorbed stir in mushrooms with liquid.
- 9) Add salt to taste.



