

[Sweet and savory recipes](#)

December 22, 2015 2:00 PM New Wave staff
newwave@tulane.edu



A black-eyed pea salad starts your year with a healthy tradition. (Photo by Paula Burch-Celentano)

The staff of *New Wave* is pleased to present holiday recipes for “a sweet and savory season.” From the Christmas season to New Year’s Day — or any day, really, these recipes are sure to please. In each of the stories below, click on the recipe card for a printable version.

Black-Eyed Pea Salad and Spicy Smothered Cabbage

Leah Sarris, executive chef and program director at the [Goldring Center for Culinary Medicine](#) at Tulane University, offers a new twist on the New Year’s Day staples of black-eyed peas and cabbage.

[Read more and get the recipes](#)

B.M. “Brother” Merrill’s Eggnog

Tulane creative director Melinda Viles shares her family recipe for eggnog, a Christmas treat that goes back generations.

[Read more and get the recipe](#)

Oyster Patties

Chef Leah Chase of Dooky Chase Restaurant remembers Christmas during the Great Depression with a rare treat: oyster patties.

[Read more and get the recipe](#)

Shitaki and Cranberry Stuffed Pork Loin

Dr. Tim Harlan a.k.a. Dr. Gourmet, an associate professor of clinical medicine, assistant dean for clinical services and executive director of the [Goldring Center for Culinary Medicine](#) at Tulane, stuffs a roasted pork loin with cranberries and rosemary.

[Read more and get the recipe](#)