

A letter from the Editor:

Dear Reader,

Welcome to the November issue of *Hanna's Happenings*! This month, I'll be sharing some recent happenings from one of my favorite laboratories: my kitchen.

For me, cooking is a fun way to tinker, explore, and learn. It's a daily opportunity to scratch the itch to experiment and it (usually) results in something delicious. This won't be a surprise if you've spent time in my kitchen: you already know I rarely follow a recipe to the letter. I treat them as starting points rather than strict instructions.

In this issue you'll find my takes on some delicious recipes from other creators, along with a granola recipe I've been developing over the past few months. I'm also sharing my chili crisp method, which I've been refining over several years! It's one of my longest-running projects in the kitchen.

Thank you for reading, and a special shoutout to everyone who reached out after the inaugural issue. I appreciate your time and enthusiasm, and I hope you enjoy this month's edition.

Please feel free to forward, say hello, or share your favorite recipes.

With love,

A handwritten signature in black ink that reads "Hanna Clements". The signature is written in a cursive, flowing style.



**'TIS THE SEASON
FALL MEANS ONE
THING: CINNAMON
ROLLS!**



**HANDMADE FOR THE
HOLIDAYS
THIS CHILI OIL IS MY
GO-TO HOLIDAY GIFT**



**MY FAVORITE SANDWICH
BREAD RECIPE
IT'S NO SURPRISE: IT'S
SALLY'S**



**PFAS-FREE
STOVETOP
MY NEW NONTOXIC
COOKWARE**

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Fall Food Issue | Hanna's Happenings



Seedy Date Granola

Original recipe by Hanna D. Clements

I view recipes as suggestions, not rules. I hope you take a similar approach if you test out my Seedy Date Granola recipe! You can experiment with whatever seeds, nuts, and dried fruit you have on hand (or whatever's on sale).

Some ideas include swapping out the dates for dried blueberries or dried cranberries with orange zest.

Preheat the oven to 350°F. Combine the nuts, seeds, dates, and oats in a large bowl and mix well. Add the oil/maple syrup mixture and stir to evenly distribute. Bake for 20 minutes on a parchment-lined baking sheet. Add the coconut flakes, stir, and continue baking until golden (20-40 more minutes), stirring occasionally to prevent burning.

To get chunks, use more oil/maple syrup, press the granola when you take it out of the oven, and be sure to let it cool completely.

INGREDIENTS

- 85g almonds
- 85g hemp hearts
- 85g pepitas
- 50g sunflower seeds
- 50g Brazil nuts (chopped)
- 10g chia seeds
- 100g pitted dates (chopped)
- 280g quick oats
- 100g coconut flakes

Melted together:

- 1/2 to 1 cup oil
- 1/2 to 1 cup maple syrup
- vanilla extract, salt, and cinnamon to taste.

Cinnamon Roll Season

Recipe by Sally McKenney (Sally's Baking Addiction)

Sally's Easy Cinnamon Rolls are my go-to cold weather treat. I probably make them a baker's dozen times over the fall/winter. Don't judge.

On a side note, I have seen a lot of social media content about cutting *then* rolling cinnamon rolls. Supposedly this tedious and messy process gives perfect swirls. But I've done the research so you don't have to: using the easier "log" method gives cinnamon rolls that are just as beautiful, and you don't lose all the filling in the process.



New (PFAS-Free) Cookware

Last month I finally got the Dutch oven of my dreams! I used the opportunity to retire our old pans, since the nonstick PFAS surface was visibly degrading (slowly releasing tiny particles into our food). PFAS (per- and polyfluoroalkyl substances) refers a broad family of fluorinated chemicals used to make surfaces nonstick, water-repellent, and stain-resistant.

They're referred to as "forever chemicals" because they persist in the environment and accumulate in organisms over time.



Although they are incredibly useful chemicals, some PFAS (especially older ones like PFOA and PFOS) have been linked to immune changes,

cholesterol increases, developmental effects, and certain cancers. Cookware isn't the biggest exposure source, but heating damaged nonstick coatings can release PTFE micro- or nanoparticles and, at very high temperatures, break the surface down into hazardous fumes and byproducts. Altogether, it felt like a sensible time to upgrade.

We decided to switch to stainless steel pans. They're durable, PFAS-free, and easy to thrift. Paired with our Dutch oven and trusty cast iron pans, we've officially reached a PFAS-free cooktop!

Special Bevvies

I'm usually drinking three beverages at all times, and one of them is almost always chai. But lately, I've been making my own herbal tea blends, mostly because I bought a comically large amount of herbs online.



Even with all my DIY enthusiasm, I have to rave about the most amazing Blueberry London Fog I had at Kits Beach Coffee. Some drinks are too good not to mention!



Daily Bread

I've been trying to buy less store-bought bread lately, so baking has become a regular rhythm in our kitchen. What I bake varies week-to-week, depending on what meals we're eating or what ingredients I have on hand. Fresh bread never fails to make our meals feel a little extra special.

Here are some of the recipes I keep in my rotation:



Alex makes a lot of sandwiches, so I make this easy and delicious bread pretty regularly. It's simple to make and can be customized in all sorts of ways. My favorites are cinnamon swirl and "green bread" (dyed with freeze-dried spinach).



Recently, we've been pairing it with fermented giardiniera, which makes a tangy, crunchy sandwich topper, or a zesty snack straight from the jar.



For weeknight dinners, these Easy Drop Biscuits are a quick, comforting, and customizable addition to soups.



When I'm craving something more rustic, I turn to Sally's Artisan Bread. I often replace half the flour with whole-wheat bread flour.



Finally, I didn't get a picture but I really enjoyed these Garlic Butter Dinner Rolls. I skipped the first rise, and they still turned out beautifully!

Hanna's Chili Crisp

Original recipe by Hanna D. Clements

I'm keeping up my annual tradition of making chili crisp oil for the holidays. So if you're on my *Nice List*, a jar might just appear in your stocking! If you've been naughty, here's the recipe so you can make your own.

I first developed this handwritten recipe several years ago. I don't include measurements because preferences and batch sizes vary wildly. (This year was my biggest batch yet: Alex and I made over 6 L of chili crisp!! Our apartment still smells of eau de garlic.)

The method works well for normal, personal-sized batches. But if you do go big, I recommend recruiting help: shoutout to my MAN-dolin operator, Alex! It took us about four hours to prep, batch-fry, and package.

