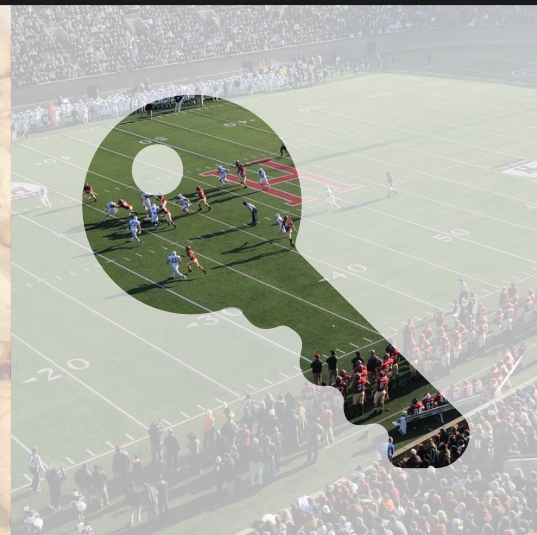


Security Cookbook Vol. II

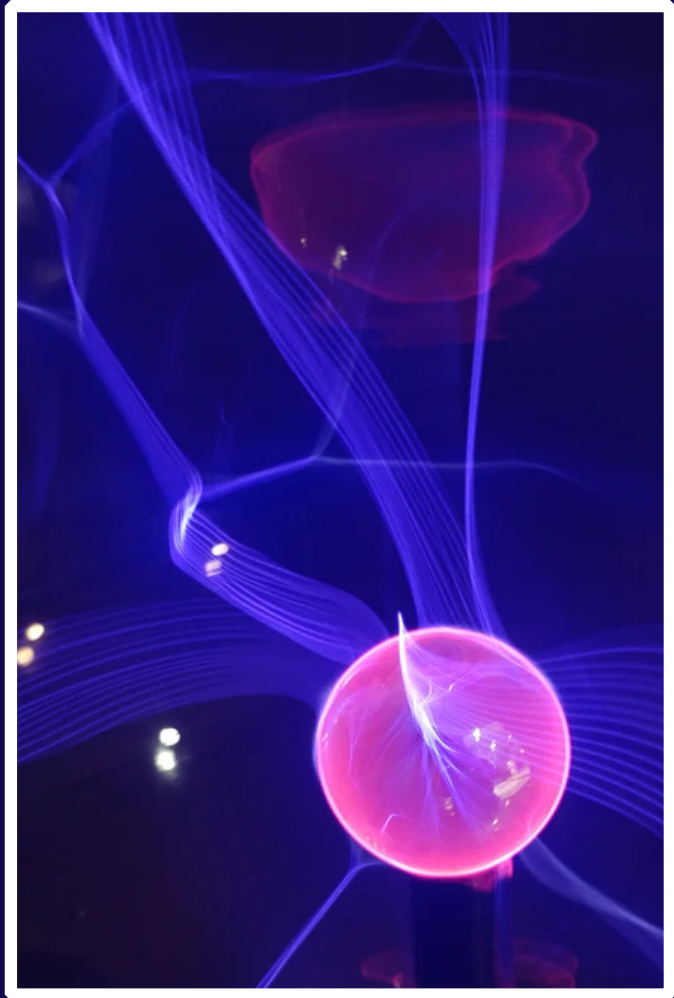


NC"SAM" Cookbook

In honor of National Cyber Security Awareness Month, enjoy the security insights and epicurean delights from eight great Sams and Samanthas across Harvard's past and present.



**Small Actions.
Big Difference.**
You help keep Harvard secure.



see

Samantha Dakoulas

Faculty Assistant to Professors Lukin & Greiner
Department of Physics

The Department of Physics is large and diverse in its research interests. With 10 Nobel Prize winners to its credit, the distinguished faculty engages in teaching and research that spans the discipline, seeks to explore and explain fundamental questions that range from understanding the origin of the universe to understanding the visible world.

As a faculty assistant, I support two experimental physics faculty and their labs, which includes undergrads, graduate students, postdocs and visiting scholars. Activities range from assisting with travel and reimbursements, to purchasing equipment and supplies, to coordinating seminars and everything in between.

While physics hasn't given us traversable wormholes (yet), there is a way for your computer to have a tunnel directly to the Harvard campus. When you use our virtual private network (VPN), you'll get all the network security and privacy you would have if you were sitting at your desk on campus.



see Samantha cook

Roasted Rosemary Cashews

They're a little bit sweet and a little bit spicy. I give them as gifts for coworkers and faculty for the holidays every year and they seem to enjoy them.

- Samantha Dakoulas

- 1 ¼ lbs unsalted cashew nuts
- 2 Tbs chopped fresh rosemary
- ½ tsp cayenne pepper
- 2 tsp dark or light brown sugar
- 2 tsp kosher salt
- 1 Tbs melted unsalted butter

- Preheat oven to 375°
- Place the nuts on an ungreased baking sheet and bake for about 10 minutes, or until they are warmed through.
- Meanwhile, combine the rosemary, pepper, sugar, salt and butter in a large bowl.
- Toss the warm nuts in the mixture.



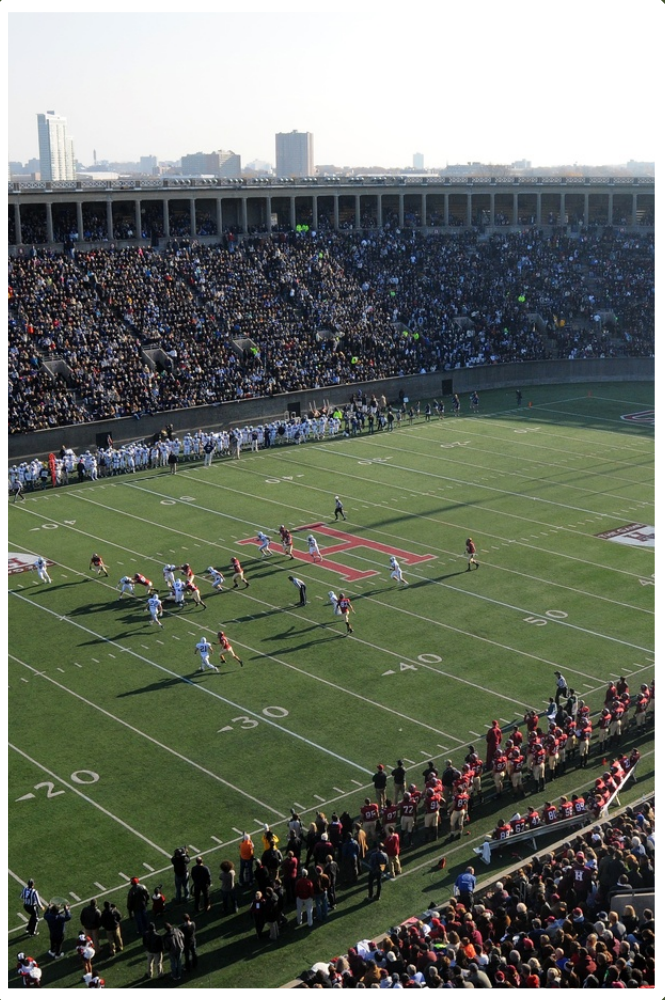
see

Sam Nunes

Assistant Director of Marketing and Sales – Harvard Athletics Marketing

Harvard Athletics Marketing oversees all marketing and promotional efforts for all of Harvard's 42 varsity sports programs, comprising the largest Division I program in the country. We strive to provide equitable marketing support to all varsity teams and student-athletes. Because we value education through athletics and building community and pride in Harvard, the overall goals are to develop relationships with diverse audiences, grow attendance at events, build engagement for teams and generate revenue for athletic programs through ticket sales, sponsorships, concessions,

Information security is important to my role/our department because we deal with various types of contracts, ranging from sponsorships, retail providers, concessions management, etc., and within these contracts, a lot of personal customer information is protected. Additionally, as we collaborate extensively with the Ticket Office, it is important to know the sensitivity and importance of protecting customer purchase data. In today's day and age, it is more and more important to have policies and systems in place to protect customer data from any sort of data breach.



Information security isn't a spectator sport. From forwarding phish to phishing@harvard.edu to managing sensitive data, everyone has their part to play in keeping the Harvard community secure. Stay up to date with the latest security information by reading our quarterly digest and the guides at security.harvard.edu.



see Sam cook

Chocolate Chip Reese's Cheesecake Bars

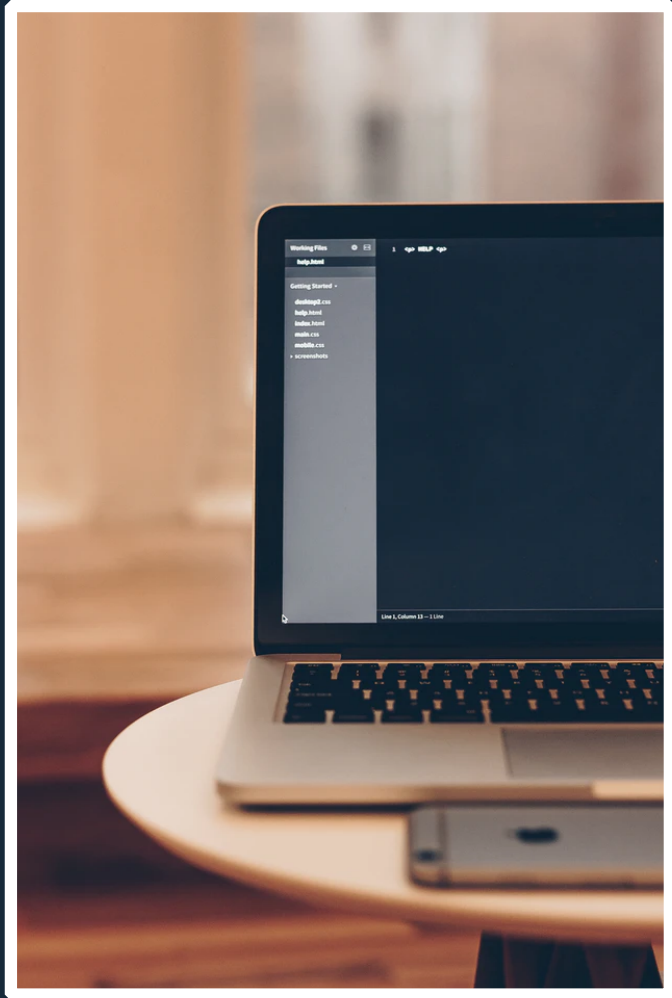
I came across this recipe online a few years ago and instantly had to watch the video because the title contained pretty much all of my favorite desserts. Being a relatively easy and straightforward recipe, I had to try it and obviously loved it! I have been making these on occasion ever since and have yet to come across someone who does not like them!

-Sam Nunes

- 2 16oz cookie dough tubes
- 2 Packages cream cheese
- 12 Reese's peanut butter cups
- 3/4 Cup powdered sugar
- 1 tbsp Vanilla extract

- Preheat oven to 300 degrees F
- Flatten 1 tube of cookie dough on the bottom of a 9x9 square baking pan.
- Mix cream cheese, powdered sugar and vanilla extract in a separate bowl until smooth.
- Lay 3 rows of 4 Reese's cups on top of the cookie dough.
- Pour and spread the cheesecake filling on top of the Reese's.
- Lay another flattened layer of cookie dough on top.
- Bake for ~45 minutes then chill before serving.





see

Samuel Parkinson

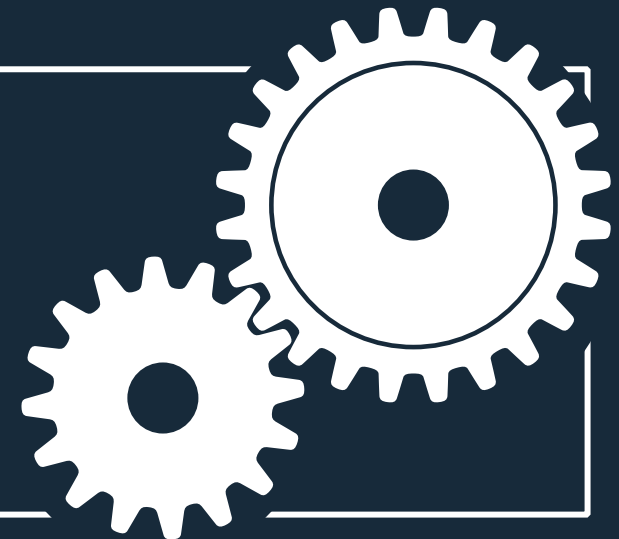
Technical Lead/Support Center Analyst

Support Services provides support for IT issues via Phone & email. We receive all incoming requests and either resolve the issue or referred the request to one of the many IT groups we support.

We deal with a lot of personal data that is considered confidential. From the HarvardKey to access to MIDAS, we have access to personal data that we need to keep secure.

“Have you tried turning it off and turning it back on again?”

Aside from being the first step in most troubleshooting, it’s also good security advice. To make sure patches get applied, make sure to reboot your computer at least once a week.



see Sam cook

Pasta alla Norma

We love to use eggplant and love pasta. It is so good, that it was compared to and named for the opera “Norma” by Vincenzo Bellini. As an opera lover, it makes me like the dish even more!

-Sam Parkinson

- 1 lb of pasta (I like thick spaghetti, paccheri or chitarra best)
- 2 large eggplants or 4 medium ones, cut into 1” chunks
- Olive oil
- Kosher salt
- Fresh ground black pepper
- 1/2 small onion, diced
- 3 cloves of garlic minced
- 1/2-1 tsp chili flakes
- 6 plum tomatoes cored and chopped
- 2 T red wine vinegar
- Large handful of basil leaves, chopped
- 3-4 oz grated Ricotta Salata



- **Oven preheated to 400 F** convection roast or bake and start a large pot of water boiling.
- **Toss cut up eggplant** with salt, pepper, and lots of olive oil, roast for 20 min, toss, then roast until browned and soft, about 10-20 min more. (You can also slice the eggplant and grill it instead).
- **Meanwhile make tomato sauce**, by sautéing onion in olive oil then when soft add garlic, a fat pinch of salt, several grinds of pepper, and chili flakes, sauté for about two min and garlic is soft. Then add tomatoes and cook until sauce comes together, then add vinegar and sauté until vinegar is evaporated, adjust for seasoning. Start cooking spaghetti, saving 1 cup of pasta water. In the meanwhile, stir in eggplant and 1/2 of basil into tomato sauce, keep warm.
- **When pasta is al dente, drain.** Over med heat, toss spaghetti into sauce along with 1/2 cup of pasta water and half of ricotta salata, until you have nice sauce, adding more pasta water and salt if necessary. Plate into warm bowls, garnish with ricotta, basil and a drizzle of good oil. You will love it.



see

Samantha Longo

Senior Recruitment Coordinator

The Department of Human Resources at the Chan School of Public Health (SPH) is responsible for being a proactive and strategic partner with the SPH community in terms of how to recruit, manage, compensate, reward, and develop employees so that we can most effectively support the School's strategic priorities. We are a global citizen, committed to advancing health worldwide. That commitment starts from us, with our employees' well-being.

Information Security is critically important to my role and department as we manage all the personal and professional data for our staff. Being responsible for level 3 and 4 data is a big responsibility and it is our duty to protect it at all costs by strictly adhering to the Information Security Policy and encouraging our staff to do the same.

Security updates make your phone or computer immune to many types of cyber attacks. Criminal hackers exploit bad code. If that code has been fixed by a security update, the exploit simply will not work and your information will be secure. Automatic updates ensure you'll get those updates as soon as they are ready.



see Samantha cook

Chicken Parm Sub

Making this recipe brought me back to those chilly Sunday afternoons when my dad and I would make them for our entire family in preparation for the Patriots Game. I loved learning how to cook from him and it was always a warm, yummy treat that everyone loved. Also, it tasted slightly better when the Pats would win!

- **Samantha Longo**

- Panko bread crumbs
- Freshly grated Parmesan
- 2 large eggs
- All-purpose flour
- 1 1/2 lb. chicken cutlets cut in half lengthwise
- Salt (to taste)
- Freshly ground black pepper (to taste)
- Canola oil
- Fresh mozzarella, sliced 1/4" thick
- Bread rolls, cut in half lengthwise
- 2 cups tomato sauce
- Fresh basil leaves, for garnish



- Prepare station with 3 large mixing bowls: one with breadcrumbs and parmesan mixed together, another with eggs beaten, and the last with flour. Season chicken with salt and pepper. Coat each piece of chicken in flour and shake off excess, then dip into egg and coat in breadcrumbs. Set chicken aside on a plate.
- Preheat oven to 350. Then, in a large pan over medium-high heat add 1" oil. When pan is hot, add chicken cutlets. Cook until golden brown, ~2-3 minutes on each side. Transfer to a paper towel-lined plate.
- Meanwhile, in a small saucepan, warm up tomato sauce and add additional seasoning to taste.
- Place bread rolls in oven and toast until lightly golden brown, about 2 minutes. Place chicken cutlets on bottom halves of rolls, add spoonfuls of warm tomato sauce, and top with mozzarella. Toast again until cheese begins to melt. Take out of oven and add fresh basil leaves. Close sandwich and cut in half. It's ready to eat - Bon Appétit!



see

Samantha Webb

Faculty Assistant and Training Coordinator at the Department of Economics

As a Faculty Assistant and Training Coordinator for the Department of Economics, I provide academic, research, and administrative support to a University Professor. I also support the department with the planning and coordination of training activities for staff.

The department of economics provides a range of academic learning and research opportunities. In the area of research, the department's senior and junior faculty, along with research associates, students, and visiting scholars are continuously investigating, analyzing, and monitoring economic trends while trying to find practical applications of economic policy. A few notable faculty-led research initiatives are Opportunity Insights, Foundations of Human Behavior Initiative, and The Lab for Economic Applications and Policy (LEAP).

Information security is critical for my role due to the sensitivity of the documentation that I may either have to work with, store, or transfer to others such as financial data, personal information, examination data, and travel documents.

It doesn't take the Mathematics Department to tell us that two is greater than one. Two factor authentication combines something you have (your phone) with something you know (your password) to protect your email and banking information. You already use it for HarvardKey. Use it for all your personal accounts too. Most services offer it. Find them all at twofactorauth.org.



see Samantha cook

Caribbean Macaroni Pie

Macaroni pie is one of my favorite dishes to make and eat. The recipe has been passed down over the years in my family, with each generation putting their twist.

-Samantha Webb

- 16 ounces elbow macaroni (pasta)
- 1½ cups of evaporated milk
- 2 large eggs
- 3½ cups of mild cheddar cheese, shredded
- ½ cup onions, shredded
- ½ cup carrots, shredded
- 1 tsp salt
- 3 tsp of vegetable seasoning
- 1 tsp pimento sauce or ½ tsp mild pepper sauce
- ½ tsp white/black pepper
- 1 tsp of seasoned breadcrumbs
- Butter for greasing the baking dish

- Preheat oven to 350 degrees
- Boil pasta, set aside
- Grease baking dish with butter, set aside
- Whisk eggs with evaporated milk until fluffy
- Add spices and sauces while stirring
- Add carrots and onions and continue to stir
- Add drained pasta and mix in well
- Add 2 cups of cheese and continue to mix
- Add seasoned breadcrumbs and mix
- Transfer macaroni mixture to the baking dish
- Sprinkle remaining cheese over top of macaroni
- Bake uncovered for 30-35 minutes
- Let cool 5 - 10 minutes before serving.





see

Samuel Eliot Morison

Maritime historian, Pulitzer Prize winner, Harvard professor

As a scholar and historian, I researched and wrote adventure, biographies, history, and travel books as well as a history of the United States Navy at the request of my friend Franklin D Roosevelt. President Lyndon B Johnson awarded me the Presidential Medal of Freedom in 1964. My years teaching in Harvard's history department are my proudest accomplishments however.

During my years in the U.S. Navy, I learned the value of keeping military plans confidential. History has proven that careless sharing of information and poor decisions about risky information has caused ships to go aground, battle plans to be squandered, and lives to be lost.

You can spot a fish by how they look. Scales. Fins. Fond of water. Phishing emails are a little harder to spot on the surface, but you can be sure how they will make you feel. When something seems suspicious or out of the ordinary, don't click. Skip the link and go to the source. You can go to the official website directly or check with the sender by phone call or text.



see Sam cook

Codfish Cakes

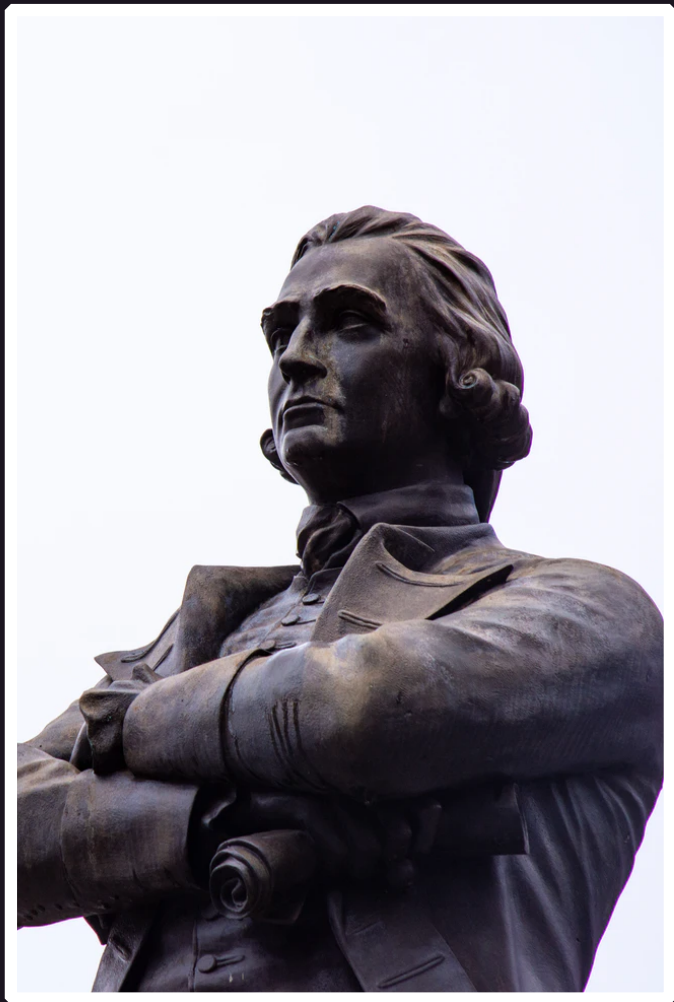
The “Sacred Cod” is a carved-wood effigy of an Atlantic codfish, hanging in the Massachusetts State House. Maritime and Boston history explains the importance of Cod-Fishery to the welfare of the Commonwealth.

In 1933 the Sacred Cod was briefly cod-napped by the editors of the Harvard Lampoon, prompting police to drag the Charles River and launch a (successful) search throughout New England.

- 4 peppercorns
- 1 bay leaf
- 1 lemon, cut into eighths
- 1 lb cod fillets
- 2 tablespoons unsalted butter
- 2 ribs celery, peeled and diced
- 1 medium yellow onion diced
- 2 cloves garlic, minced
- 1 heaping tbsp mayonnaise
- 2 teaspoons Dijon mustard
- 2 eggs
- 1 ½ tsp kosher salt
- ½ tsp ground black pepper
- 2 tsp Old Bay or Lawry’s Seasoned Salt
- 1 heaping cup panko bread crumbs
- ½ bunch parsley, chopped
- ¼ cup neutral oil, like canola



- Fill a shallow pan with high sides with about an inch of water, and set it over high heat. Add the peppercorns, bay leaf and 1 section of the lemon to the water, and allow it to come to a bare simmer. Place the fish into this poaching liquid, and cook, barely simmering, until the flesh has just begun to whiten all the way through, approximately 6 to 8 minutes. Using a wide spatula, carefully remove the fish from the water, and set aside to cool.
- Empty the pan, and return it to the stove, over medium-high heat. Add the butter, and allow it to melt, swirling it around the pan. When the butter foams, add the celery, onions and garlic, and sauté, stirring often, until the vegetables soften and the onions turn translucent, then transfer them to a large bowl.
- In a small bowl, mix together the mayonnaise, mustard, eggs, salt, pepper and seasoning salt (or paprika and hot-pepper flakes), then add this mixture to the bowl with the sautéed vegetables, pour the bread crumbs over them and stir to combine. Add the parsley, and stir again.
- Flake the cooked fish into the binding sauce carefully, keeping the flakes as whole as you can manage, then gather them into small balls, and form them into patties, 4-6 for a main course, 6-8 for an appetizer. Place them on a sheet pan or platter, cover loosely with plastic wrap and transfer them to the refrigerator for at least 30 minutes to set.
- Set a large sauté pan over high heat, and add to it the neutral oil. When the oil is shimmering, remove the fish cakes from the refrigerator, and carefully sauté the patties until they are golden brown, approximately 4 to 5 minutes a side. Work in batches if necessary. (A small smear of mayonnaise on the exterior of the patties will give them a crisp crust.) Serve them alone, or with greens dressed in a lemony vinaigrette, with the remaining wedges of lemon.



see

Samuel Adams

Statesman, political philosopher, a Founding Father of the United States

As a graduate of Harvard College, I was a businessman before concentrating on politics; I opposed the British Parliament's efforts to tax the British American colonies without their consent. My colleagues and I coordinated resistance to British policy resulting in the 1773 Boston Tea Party and the coming of the American Revolution. I later inherited my father's brewery and began brewing flavorful ales to share with my compatriots.

Our planning documents and meeting communications are of the utmost confidentiality since exposure of these documents could result in an attack or even death. We protect our plans with our lives and we exchange documents only in person when we are together in a safe house. I wish we knew of a method to simply and safely share our plans and communications; this would make us far more effective!

Want to collaborate securely and privately with your team? Use the Collaboration Tools Matrix to find the tools to work with all your data from public records to private correspondence.

security.harvard.edu/collaboration-tools-matrix



see Sam cook

Boston Lager Chili

I inherited my father's brewery on King Street, now known as State Street. I found that adding a small amount of the beer that I brewed while making various meat and vegetable stews resulted in a dish that was rich and delicious, with additional complexity of flavors. I usually enjoy these stews accompanied by a corn pudding or a traditional Boston brown bread, and one of my home brewed ales.

- S. Adams

- 4 pounds ground beef (or use half ground turkey)
- 2 tablespoons canola oil
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 onion, diced
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons coriander
- 1 teaspoon dried thyme
- 12 ounces Sam Adams Boston Lager
- 1 cup whole peeled canned tomatoes
- 1/2 cup tomato paste
- 3/4 cup red kidney beans, drained
- 1/2 cup bottled chili sauce
- 1 teaspoon hot red pepper sauce
- Shredded cheddar cheese
- 1 cup sour cream
- 1 cup chopped scallions



- In a large, deep pot, brown the meat over medium heat, stirring, until no pink remains. Lift from the pot with a slotted spoon and set aside. Discard the fat in the pot.
- Add the oil and when hot, add the peppers, onion, chili powder, paprika, cayenne, cumin, coriander, and thyme. Cook, stirring, for 4 to 5 minutes or until the spices are fragrant and the onions and peppers begin to soften.
- Add the lager, tomatoes and their juices, and tomato paste and bring to a simmer.
- Return the meat to the pot and add the kidney beans and chili sauce. Stir in the hot pepper sauce and season to taste with salt. Let the chili simmer for 45 minutes to 1 hour until thoroughly cooked and the flavors come together. Stir several times during cooking and adjust the heat to maintain the simmer.
- Serve the chili in bowls, with shredded cheese, chopped tomatoes, sour cream, and scallions for garnish.



see

Samuel Colton

Financial Associate

The Capital Project Services (CAPS) team supports the Schools and Units responsible for capital spending on Harvard's buildings and infrastructure. CAPS coordinates the 5-year capital plan, maintains building information, manages the CAPS and CPATH applications and provides tools and reporting frameworks to capital project managers.

We work with information related to capital construction projects and buildings/leases, largely with L3 information.

Information security is important in my work because disclosure of certain information beyond the intended recipients could potentially harm the University.

Imagine building a new cafeteria on campus but planning the fire safety and physical security only when everything else was done. Don't save security for last. When your team takes on a new project make sure that security is considered from the beginning. You can always contact your local security team for assistance in starting secure from day one.



see Sam cook

Family Cheesecake

I don't know its exact lineage -but it's been passed down through the Italian side of my family, my mom's side. My mom taught me to cook and bake when I was a kid, and this was one of the first recipes I learned. We would make it on special occasions – including birthdays, Christmas, and Easter. My elementary school would have a pie auction fundraiser, and I would always bake this. I like this cheesecake because it's simple and delicious, with no pretensions: it could certainly be flavored in myriad ways but I find I like it plain the best. The ricotta gives it a pleasantly grainy texture which makes it feel lighter than the more common cheesecakes which are based on cream cheese

-Sam Colton

- 1 lb. ricotta (16 oz)
- 1 lb. Cream Cheese (two 8 oz packages)
- 1 lb. Sour Cream (16 Oz)
- 1 1/2 cups sugar
- 1 tsp vanilla
- 3 Tablespoons Cornstarch
- 3 Tablespoons Flour
- 1/4 teaspoon salt
- 3 eggs

- Mix ricotta, cream cheese, eggs and sugar.
- Add and mix, cornstarch, flour and salt.
- Add and Mix vanilla.
- Fold in sour cream.
- Bake in spring form pan for 1 hour (20-30 minutes longer for a firmer texture) at 350 degrees.
- Turn off oven but do not open oven door.
- Let sit to cool for 2 hours in the oven.
- REFRIGERATE for 6 hours before serving.



Special Thanks:

Media:

Photographs - Unsplash.com

Vector Art - pixabay.com

"Sams":

Samuel Parkinson

Samantha Longo

Samantha Dakoulas

Samantha Webb

Sam Nunes

Samuel Colton

Guest Chefs:

Alison Choquette

Liz Eagan

Musical Inspiration:

Sam Cooke - Having a Party

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