



# RECIPES

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— Emeril's —  
CULINARY GARDEN &  
TEACHING KITCHEN



# MY FIRST WATERMELON GRANITA

*Kitchen*

YIELD: 8 to 10 servings

GRADE K

This is the first granita I ever made, way back when. I still remember how excited I was to see how easy and fun it was to make this delicious frozen dessert, similar to a sorbet or Italia ice, without any special machines or gadgets. You'll see—it's like a little bit of magic.

## Ingredients

- 6 cups peeled and seeded watermelon chunks (from about a 4 pound slice of watermelon)
- $\frac{3}{4}$  cup sugar
- 2 tablespoons plus 1 teaspoon freshly squeezed lime juice

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> paring knife              | <input type="checkbox"/> reamer or juicer          |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> blender or food processor |
| <input type="checkbox"/> medium mixing bowl        | <input type="checkbox"/> fork                      |

## Directions

1. Place the watermelon chunks in the bowl of a blender or food processor, replace the top, and blend on high speed until very smooth, about 1  $\frac{1}{2}$  to 2 minutes. Turn the blender off.
2. Transfer the watermelon puree to a mixing bowl and add the sugar and lime juice.
3. Stir with a wooden spoon until the sugar is completely dissolved, 2 to 3 minutes.
4. Transfer the mixing bowl to the freezer and freeze for 30 minutes.
5. Remove the bowl from the freezer and use a fork to scrape any ice crystals from the sides of the bowl. Stir to incorporate the crystals. Return to the freezer.
6. Repeat this scraping procedure every 30 minutes, or until the consistency is "snowy" when scraped with a fork or spoon, at least 4 hours. Scoop into bowls or dessert glasses and serve.

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 202



# YUMMY WAKE-UP SMOOTHIES

Kitchen

YIELD: 8 to 10 servings

GRADE K

This is one surefire way to get you started in the morning! And good for you, too! (Hey, if you like this as much as I bet you will, you'll also want it for snacks.) Don't worry, go right ahead, because all this fresh fruit and yogurt will pick you up just about any time of the day!

## Ingredients

- 2 large ripe bananas, peeled and sliced
- 2 cups washed strawberries, stem and hull removed
- 1 cup raspberries, or peeled and sliced kiwi (about 2 kiwis)
- 2 cups plain yogurt
- ½ cup orange juice
- ¼ cup honey



*Contains dairy*

## Tools

- ☐ cutting board
- ☐ paring knife
- ☐ measuring cups and spoons
- ☐ blender

## Directions

1. Place all of the ingredients in the blender and process on high speed until smooth, about 30 to 45 seconds.
2. Pour into glasses and serve.

Make sure the blender lid is on snugly!

## Note:

Feel free to substitute or add other fruits, such as blueberries, mangoes or peaches. And feel free to substitute pineapple juice for the orange juice—it'll work just as well!

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with permission from  
*There's a Chef  
in My Soup!*,  
pg 52



# SUGAR-AND-SPICE ACORN SQUASH

*Kitchen*

YIELD: 6 to 12 servings

GRADE K

I love squash! Any kind! But in the chilly fall and winter months, baked acorn squash is one of my favorite side dishes. It makes for an attractive presentation at holiday time, too. If you can't find acorn squash, try butternut squash—it is very similar in taste and texture and will work just fine for this dish. Oh, and be careful cutting the squash—they're quite hard, and, if you're not sure you can do it yourself, ask an adult to help!

## Ingredients

- 3 acorn squash, about 1 ½ pounds each
- 9 tablespoons unsalted butter, softened
- 4 ½ tablespoons maple syrup
- 4 ½ tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- Pinch ground cloves
- Pinch grated nutmeg
- ½ teaspoon plus a pinch salt
- ¼ teaspoon freshly ground black pepper



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> chef's knife                    | <input type="checkbox"/> cutting board     |
| <input type="checkbox"/> spoon                           | <input type="checkbox"/> small mixing bowl |
| <input type="checkbox"/> small rubber spatula            | <input type="checkbox"/> measuring spoons  |
| <input type="checkbox"/> two 9- by 13-inch baking dishes | <input type="checkbox"/> aluminum foil     |
| <input type="checkbox"/> oven mitts                      | <input type="checkbox"/> pastry brush      |
| <input type="checkbox"/> slotted spoon                   |  |

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Adapted and used  
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in My Family!*,  
pg 166

**Directions**

1. Preheat the oven to 375 degrees F.
2. On a cutting board, cut the squash in half lengthwise.
3. Scrape the seeds and fibers from the squash with the spoon.
4. Cut each squash half in two and place the quarters in the baking dishes so that they fit an even layer, skin side down.
5. In a small mixing bowl, combine the butter, honey, brown sugar, cinnamon, allspice, cloves, nutmeg, and a pinch of salt. Mix until smooth with a rubber spatula.
6. Divide the butter mixture among the squash quarters, about 1 tablespoon each. Season the squash evenly with the remaining  $\frac{1}{2}$  teaspoon of salt and the black pepper.
7. Cover tightly with aluminum foil.
8. Bake, covered, until the squash can be easily pierced with a fork, about 45 minutes.
9. Remove from the oven and carefully remove the foil.
10. With the pastry brush, brush the butter inside each squash evenly over the surface.
11. Return to the oven and bake, uncovered, for 20 to 30 minutes, or until golden brown around the edges.
12. Remove from the oven.
13. Transfer to serving plates with a slotted spoon.
14. Serve hot.

**Note:**

If smaller portion sizes are acceptable, 2 squash might be enough for up to 10 students. This is subjective, you can make the call and it's easy enough to scale down if desired.





# HERBED MEDITERRANEAN YOGURT CHEESE SPREAD

*Kitchen*

YIELD: 8 to 10 servings

GRADE K

I just love this appetizer! Yogurt is very popular in Mediterranean countries. Dress yours up by using garlic or chili-infused olive oil. Or, a squeeze of fresh lemon juice will give the cheese a tangy flavor. Use any fresh herbs you like best, such as basil or dill. I also serve this alongside fresh veggies like carrot sticks, radishes, and celery. For the creamiest results, use whole-milk yogurt instead of the low-fat versions.

## Ingredients

- 3 cups plain yogurt
- 1 ½ teaspoons kosher or other coarse-grain salt
- Freshly ground black pepper
- ¾ teaspoon chopped fresh thyme
- ¾ teaspoon chopped fresh oregano
- 1 ½ teaspoons chopped fresh parsley
- 2 tablespoons extra-virgin olive oil, plus more if desired
- Pita wedges, carrot sticks, radishes, celery sticks, cucumber slices, and Kalamata olives, for garnish (optional)



*Contains dairy*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board                  |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> colander or wire-mesh strainer |
| <input type="checkbox"/> medium mixing bowl        | <input type="checkbox"/> cheesecloth                    |
| <input type="checkbox"/> plastic wrap              | <input type="checkbox"/> serving plate                  |

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Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 58

**Directions**

1. Place a colander or wire-mesh strainer over a medium mixing bowl. (Make sure that there is enough room between the bottom of the colander or strainer and the bowl for about an inch of liquid to drain off the yogurt.) Fold a large piece of cheesecloth in half and place inside the colander, draping the edges over the sides.
2. Pour the yogurt into the cheesecloth, and cover the entire bowl with plastic wrap. Place the yogurt in the refrigerator and chill overnight. (The longer the yogurt sits in the colander, the thicker the cheese will be!)
3. Remove the yogurt from the cheesecloth and place on a serving plate. Season with salt and freshly ground black pepper. Sprinkle the thyme, oregano, and parsley over the top of the cheese and drizzle with olive oil.
4. Serve the yogurt cheese with pita bread wedges, veggies, and Kalamata olives. The yogurt cheese will keep, covered, in the refrigerator for 3 to 4 days.



# FRESH-AND-FRUITY FREEZE POPS

## WITH SIMPLE SYRUP

Kitchen

YIELD: 10 servings, 2 ¼ cups Simple Syrup

GRADE K

Use whatever fruit is in season and whatever fruits you like best for these treats...I made these with strawberries, raspberries, and blueberries, but what you use is up to you! Oh, and if it's that in-between time of year and you can't get fresh berries, use frozen 100% natural fruit with no syrup added for the same great results; just pop the frozen berries in the blender.

### Ingredients

#### For the Freeze Pops:

- 3 ¾ cups sliced strawberries (sliced lengthwise, about ¼-inch thickness)
- 1 ¼ cups raspberries
- 1 ¼ cups blueberries
- 1 ¼ cups Simple Syrup, recipe follows

#### For the Simple Syrup:

- 1 ½ cups sugar
- 1 ½ cups water

### Tools

#### For the Freeze Pops:

- ☐ measuring cups
- ☐ 10 (5-ounce) paper cups
- ☐ 10 4-inch squares of aluminum foil
- ☐ blender
- ☐ 10 popsicle sticks or plastic spoons

#### For the Simple Syrup:

- ☐ measuring cups
- ☐ 3-quart heavy saucepan
- ☐ sturdy airtight container

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pg 208



**Directions****For the Freeze Pops:**

1. Place all of the ingredients in a blender and puree on high speed until well-blended and smooth, about 30 seconds.
2. Divide the fruit puree among 10 paper cups (about ½ cup puree per cup).
3. Stand 1 popsicle stick or plastic spoon in the center of each cup.
4. Poke a small hole in the center of each aluminum square and place aluminum foil squares over the cups, inserting the spoon handle through the hole, so that the spoon stands up straight.
5. Place the cups in the freezer standing up, and freeze until set, at least 8 hours or overnight.
6. Remove from the freezer and discard the aluminum squares. Gently tear the paper cups away from the fruit pops and serve.

**For the Simple Syrup:**

1. Combine the sugar and water in a medium, heavy saucepan.
2. Bring to a boil without stirring.
3. Remove the pan from the heat and let it cool.
4. Pour the syrup into an airtight container and place in the refrigerator to cool completely (about 2 hours) before using.
5. Use as needed.

**Caution**

Blender blades are sharp—keep your fingers away!  
Make sure the lid is on tightly before pureeing the fruit!

**Note:**

Other fruit possibilities for pops are: mangoes, bananas, peaches, nectarines, pineapple, cherries. Use the fruits that you love.



## MMMM-HMMM HUMMUS

*Kitchen*

YIELD: 4 cups

GRADE K

Hummus is a wonderful Middle Eastern dip made from chickpeas. Try it—it's delicious! Though I don't usually advocate using canned beans or peas, chickpeas are one of the few exceptions, and especially for this use, they work just great. Just make sure to drain and rinse them well. I like to eat my hummus with pita chips—but it also goes great with bagel chips or fresh veggies. If you're a lemon lover like I am, you might want to squeeze a little extra lemon juice over the top of the hummus just before serving!

### Ingredients

- 2 (15-ounce) cans chickpeas, drained
- ½ cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice, plus extra for serving, if desired
- 1 tablespoon ground cumin
- ½ cup chopped onion
- 1 teaspoon minced garlic
- ½ cup water
- ½ cup tahini
- 1 tablespoon red wine vinegar
- 1 tablespoon Baby Bam
- 1 ½ teaspoons salt
- ¼ teaspoon ground cayenne pepper

### Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> food processor |
| <input type="checkbox"/> reamer                    | <input type="checkbox"/> cutting board  |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> rubber spatula |

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in My Family!*,  
pg 108

**Directions**

1. In the bowl of a food processor combine the chickpeas with 6 tablespoons of the olive oil, the lemon juice, cumin, onion, garlic, water, tahini, red wine vinegar, 2 teaspoons of the Baby Bam, salt and cayenne pepper. Process until the mixture is combined and mostly smooth, about 1 minute.
2. Using a rubber spatula, remove the hummus from the bowl of the food processor and transfer to an airtight container and refrigerate until chilled, at least 1 ½ to 2 hours and up to several days in advance.
3. When ready to serve, stir the hummus and transfer to a shallow serving bowl. Drizzle with the remaining 2 tablespoons of extra-virgin olive oil and sprinkle with the remaining teaspoon of Baby Bam. Serve with pita bread, pita chips, bagel chips or other chips of choice.



# SHRIMP AND VEGGIE SUMMER ROLLS

*Kitchen*

YIELD: 10 rolls

GRADE K

This Vietnamese specialty is a cousin of a Chinese favorite, the egg roll, except it isn't fried. Don't let these rolls intimidate you! The secret is to have all the ingredients set out and ready, assembly line-style, so that they're easier to pull together. If you leave out the shrimp, these make a great vegetarian snack, too.

## Ingredients

- 1 (3 ¾-ounce) package cellophane noodles
- 4 cups water
- 1 (2-inch) piece of ginger, peeled and thinly sliced
- 1 lemon, halved
- ¼ cup soy sauce
- ¼ cup sugar
- 4 bay leaves
- 1 tablespoon chopped green onion (green and white part)
- 1 teaspoon chopped garlic (about 2 small cloves)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon cayenne
- 20 large shrimp, peeled and deveined
- 10 (8 ½-inch) round rice paper wrappers
- 40 small fresh mint leaves
- 40 small fresh cilantro leaves
- 3 romaine lettuce leaves, rinsed, patted dry, ribs removed, and torn into bite-size pieces
- 1 large carrot, peeled and shredded
- 1 recipe Asian Dipping Sauce



*Contains shellfish*

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in My World!*,  
pg 48

**Tools**

- ☐ measuring cups and spoons
- ☐ chef's knife
- ☐ box grater
- ☐ large mixing bowl
- ☐ medium saucepan
- ☐ small mixing bowl
- ☐ 9-inch shallow dish
- ☐ large plate
- ☐ damp towels (optional)
- ☐ cutting board
- ☐ paring knife
- ☐ vegetable peeler
- ☐ paper towels
- ☐ slotted spoon
- ☐ fine-mesh strainer
- ☐ clean, dry kitchen towel
- ☐ oven mitts or pot holders

**Directions**

1. Pour 2 cups hot water into a large mixing bowl and add the cellophane noodles. Soak the noodles until softened, about 20 to 30 minutes. Drain the excess water from the noodles and pat dry with paper towels. Cover and set aside.
2. In a medium saucepan, combine 4 cups water, the ginger, lemon halves, soy sauce, sugar, bay leaves, green onion, garlic, salt, black pepper, and cayenne. Bring the mixture to a boil over high heat.
3. Carefully add the shrimp to the boiling soy sauce mixture and boil for 2 minutes. Remove the pan from the heat and allow the shrimp to stand in the hot mixture for 2 more minutes, until cooked through.
4. Using a slotted spoon, remove the shrimp from the cooking liquid and place in a small mixing bowl. When the shrimp are cool enough to handle, slice in half lengthwise. Using a fine-mesh strainer, strain and reserve 1 cup of the shrimp cooking liquid for the Asian Dipping Sauce.
5. Fill a shallow dish (about 9 inches wide or larger) with warm water. Make sure it's not too hot or the rice paper will tear easily. Place a clean, dry kitchen towel next to the dish. Submerge 1 rice paper wrapper in the warm water and soak it briefly, until it is slightly softened, about 10 seconds. Carefully remove the rice paper wrapper from the water and lay it flat on the towel. It will continue to soften as it sits. (Don't worry about drying the top of the rice paper; the excess water will help it to stick together better.)

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6. Place 1/3 cup of the soaked cellophane noodles on the rice paper, about 1 inch from the bottom. Leave about 1 inch on each side, too. Arrange 4 mint leaves and 4 cilantro leaves over the noodles. Layer 4 shrimp halves on top of the herbs. Place 3 to 4 bite-size pieces of lettuce over the shrimp, and pile about 2 tablespoons of shredded carrots on top.
7. Pull the bottom inch of the rice paper over the filling and roll halfway up the rice paper. (Make sure that you wrap tightly, but be gentle so the wrapper doesn't tear.) Fold the sides over the filling and continue to roll up like an egg roll. Place the summer roll, seam side down, on a large plate and cover with a damp paper towel. Repeat the process with the remaining rice paper wrappers and filling.
8. Serve immediately with the dipping sauce, or refrigerate, covered with damp towels, for up to 1 hour before serving.





# CRISPY-CRUNCHY GRANOLA MUNCHIES

Kitchen

YIELD: 6 cups

GRADE 1

*An airtight container is important—this will keep your granola fresh and crunchy!*

This not only makes a terrific snack, but also doubles as an awesome breakfast cereal. Keep in mind that if you use salted nuts, you'll need to decrease the amount of salt used from  $\frac{1}{2}$  teaspoon to  $\frac{1}{4}$  teaspoon. And hey, substitute whatever nuts and dried fruit you like best. This Nutty Granola will keep up to 1 week at room temperature if stored in an airtight container, but then I bet yours won't last that long!

## Ingredients

- $\frac{1}{3}$  cup honey
- 4 tablespoons unsalted butter
- 3 cups old-fashioned oats
- 1 cup assorted nuts, including slivered almonds and coarsely chopped pecans and walnuts
- $\frac{1}{2}$  cup sweetened coconut flakes
- $\frac{1}{4}$  cup hulled green pumpkin seeds
- $\frac{1}{4}$  cup sunflower seeds or pine nuts
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup raisins or golden raisins, or a combination of the two
- $\frac{1}{4}$  cup dried cranberries or blueberries
- $\frac{1}{4}$  cup dried banana chips



*Contains dairy and tree nuts*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> knife               | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> small saucepan      | <input type="checkbox"/> measuring cups and spoons |
| <input type="checkbox"/> baking sheet        | <input type="checkbox"/> large wooden spoon        |
| <input type="checkbox"/> large bowl          | <input type="checkbox"/> oven mitts or potholders  |
| <input type="checkbox"/> fork                | <input type="checkbox"/> wire rack                 |
| <input type="checkbox"/> air-tight container |  |

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Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 120

**Directions**

1. Preheat the oven to 325 degrees F and make sure the oven rack is in the center position.
2. Combine the honey and butter in a small saucepan. Heat over low heat and stir until melted. Remove from the heat.
3. Combine the oats, mixed nuts, coconut, pumpkin seeds, sunflower seeds, and salt in a large bowl. Stir with a large wooden spoon to combine.
4. Pour the honey-butter over the oat mixture and stir until well combined.
5. Spread the granola evenly in a thin layer on a baking sheet.
6. Bake, stirring every 5 minutes with a wooden spoon to prevent from sticking or burning, until golden brown and crisp, about 20 minutes. (Do not overcook—the granola will continue to crisp as it cools.)
7. Remove the baking sheet from the oven and place on a wire rack to cool. When completely cooled, transfer to a large bowl and stir in dried fruits.
8. Transfer to an airtight container and store at room temperature for up to one week.

**Caution**

Be very careful stirring the hot nut mixture!



# YOUR FAVORITE FRUIT SALAD

*Kitchen*

YIELD: 8 to 10 servings (or 8 cups)

GRADE 1

*Try serving your fruit salad with a scoop of ice cream or frozen yogurt, or even with a dollop of vanilla- or fruit-flavored yogurt, topped with a little crispy granola for crunch!*

It's important to choose fruits that you really like as well as fruits that are in season for this simple salad. If you're lucky enough to get fruits at their peaks of ripeness, odds are you won't need to add anything extra to this salad to make it super yummy. However, if you're in the mood for something a little sweeter, try adding a tablespoon or two of honey—it should do just the trick.

## Ingredients

- 8 cups of your favorite fruits, chopped, such as:
- 1 cup 1-inch cubes honeydew melon
- 1 cup 1-inch cubes cantaloupe
- 1 cup orange segments
- 1 cup red grapes
- 1 cup banana slices
- 1 cup cored and chopped apple
- 1 cup blueberries
- 1 cup hulled and sliced strawberries
- ½ cup plain yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh orange juice
- ½ cup toasted coconut



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board |
| <input type="checkbox"/> knife                     | <input type="checkbox"/> corer         |
| <input type="checkbox"/> large mixing bowl         | <input type="checkbox"/> large spoon   |

## Directions

1. Combine all the fruit in a large mixing bowl.
2. Add the yogurt, lemon juice, and orange juice to the fruit and stir with a large spoon to combine.
3. Divide the fruit salad among serving plates and sprinkle each serving with some of the toasted coconut, and serve.

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with permission from  
*There's a Chef  
in My Soup!*,  
pg 60



## SALSA

*Kitchen*

YIELD: 2 cups

GRADE 1

### Ingredients

- 6 ripe plum tomatoes (about 1 ½ pounds) or 2 (14-ounce) cans whole tomatoes, drained
- ½ cup chopped red or yellow onion
- ¼ cup minced cilantro leaves
- 2 cloves garlic, minced
- 4 teaspoons fresh lime juice
- ½ teaspoon salt
- ½ teaspoon Emeril's Hot Sauce or other red hot sauce

### Tools

- ☐ food processor
- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ chef's knife
- ☐ juicer
- ☐ can opener (optional)
- ☐ plastic wrap (optional)

### Directions

1. In the bowl of a food processor, combine all ingredients and pulse until the salsa is mostly smooth but still slightly chunky, about 7 pulses.
2. Transfer to a bowl. Serve immediately or cover with plastic wrap and set aside until ready to serve.

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in My Family!*,  
pg 96

When you're not in the mood or don't have the time to make your own pizza dough, try making some Pita Pizzas for a quick snack or dinner. Feel free to be creative and kick up yours with anything else you might have around, such as thinly sliced mushrooms, pepperoni slices, or even two or three different cheeses. Have fun—experiment—it's up to you! Make your pita pizza as unique as you are!

## Ingredients

- 10 large pita breads
- 2 ½ cups Best Basic Red Sauce, see recipe on page 630, or store-bought pizza sauce
- 2 ½ cups grated Mozzarella cheese, or Monterey Jack cheese (12 ounces)



*Contains dairy*

## Tools

- ☐ measuring cup and spoons
- ☐ oven mitts or potholders
- ☐ sharp knife or pizza wheel
- ☐ two baking pans
- ☐ metal spatula

## Directions

1. Preheat the oven to 400 degrees F and make sure the oven rack is in the lower third of the oven.
2. Lay the pita bread rounds onto large baking sheets.
3. Spread ¼ cup of Best Basic Red Sauce on each round, and evenly spread with the back of a spoon. Top each with ¼ cup of grated cheese.
4. Bake until the cheese is bubbly and golden brown, about 8 minutes.
5. Remove from the oven.
6. Cut each pita pizza into 6 slices each with a sharp knife or pizza wheel, transfer to a plate using a metal spatula and serve immediately.

### Pita Pizza For One:

For each pita bread, you'll need just ¼ cup of the Basic Red Sauce (recipe follows) or your favorite store-bought pizza sauce, and ¼ cup of your favorite grated cheese. Preheat a toaster oven to 400 degrees F and assemble your pita pizza as directed in recipe instructions. Carefully place your pita pizza in the toaster oven and cook for 6 to 8 minutes, until cheese is bubbly and golden brown. Using a large metal spatula, carefully transfer your pita pizza to a cutting board and cut into 6 slices with a sharp knife or pizza wheel. Transfer to a plate and serve immediately.

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# THREE BEAN SALAD

Kitchen

YIELD: 8 to 10 servings

GRADE 1

## Ingredients

- 2 (15 oz.) cans black beans, drained and rinsed
- 2 (15 oz.) cans white beans, drained and rinsed
- 1 (15 oz.) can red kidney beans, drained and rinsed
- 2 poblano or anaheim chiles, roasted, seeded, and chopped
- 2 large tomatoes, seeded and chopped
- 1 red bell pepper, finely chopped
- 1 small red onion, finely chopped
- ½ cup chopped fresh cilantro
- 1 jalapeno pepper, finely chopped (optional)
- ¼ cup red wine vinegar
- juice of 1 lime
- juice of 1 lemon
- ½ cup grapeseed oil
- ¼ cup extra virgin olive oil
- 1 ½ teaspoons salt
- ¼ teaspoon crushed red pepper

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> can opener        |
| <input type="checkbox"/> strainer                  | <input type="checkbox"/> cutting board     |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> juicer (optional) |
| <input type="checkbox"/> large mixing bowl         | <input type="checkbox"/> wooden spoon      |

## Directions

1. Combine all ingredients in a large bowl and toss gently but thoroughly to combine. Allow salad to sit at least 30 minutes at room temperature for the flavors to blend.
2. Refrigerate any leftover salad for up to several days but allow to return to room temperature before serving.

### Note:

You can substitute green peppers for the poblano and anaheim chiles to make the recipe less spicy

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pg 52





# YOU-PICK-THE-GREENS SALAD

## WITH 3 SIMPLE DRESSINGS

Kitchen

YIELD: 8 to 10 servings

GRADE 1

Here's a recipe where you get to make all the decisions: what type of lettuce, what type of dressing, whether or not to add vegetables or croutons, and whether to serve the salad in a pretty bowl at the table, or to toss and plate up everything in the kitchen. Just make it up as you go along, remembering to add a little more dressing for each topping.

### Ingredients

12 cups assorted salad greens, such as:

- romaine
- iceberg
- bibb
- red leaf
- green leaf
- watercress
- mesclun
- arugula
- endive

### Optional Accompaniments

- carrot sticks or grated carrots
- sliced celery
- tomatoes
- thinly sliced onion rings
- peeled and sliced cucumber
- chopped or sliced red or green bell pepper
- croutons
- grated or crumbled cheese

### Tools

- ☐ knife
- ☐ cutting board,
- ☐ garlic press (if preferred)
- ☐ whisk
- ☐ mixing bowls
- ☐ large salad bowl
- ☐ salad spinner or colander
- ☐ clean dish towel
- ☐ salad servers for tossing
- ☐ damp towel or plastic wrap
- salad (or large fork and spoon)

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in My Soup!*,  
pg 64

*Continued on next page*

**Directions**

1. Remove and discard any wilted, brown or discolored outer leaves from the lettuce.
2. Place the greens on a cutting board and cut off the stems or cores with a knife.
3. Fill a clean kitchen sink with cold water.
4. Separate the lettuce leaves and place in the sinkful of water.
5. Swirl the greens with your hands to remove any dirt or debris.
6. Place the washed greens on a clean dishtowel.
7. In batches, dry the greens in a salad spinner. (If you don't have a salad spinner, simply place the lettuce leaves in a colander and allow them to drain.)
8. Tear the greens with your hands into bite-sized pieces and place in a large mixing bowl or decorative salad bowl. Cover with a damp towel or plastic wrap and refrigerate until ready to serve.
9. Add optional ingredients as desired, toss with dressing and serve immediately.



# TANGY VINAIGRETTE DRESSING

*Kitchen*

YIELD: 1 ¼ cups salad dressing

GRADE 1

## Ingredients

- 1 teaspoon Baby Bam
- 1 teaspoon Emeril's Italian Essence (or Italian herb blend)
- 1 ½ teaspoons Dijon mustard
- 1 tablespoon sugar
- ¼ cup champagne or white wine vinegar
- 2 tablespoons finely chopped green onions (tops only)
- ¾ cup canola or vegetable oil

## Tools

- ☐ measuring cups and spoons
- ☐ large mixing bowl
- ☐ metal whisk
- ☐ nonreactive container

## Directions

1. In a large mixing bowl combine Baby Bam, Emeril's Italian Essence, mustard, sugar, vinegar, and green onions and whisk to combine.
2. While continuing to whisk, slowly drizzle the oil into vinegar mixture, little by little, until thoroughly combined.
3. Serve immediately over salad or transfer to a nonreactive container, cover tightly and refrigerate until ready to use, up to 1 week.

Adapted and used  
with permission from  
*Emerils.com*



# QUICK AND CREAMY HERB DRESSING

*Kitchen*

YIELD: 1 ½ cups

GRADE 1

## Ingredients

- ½ cup buttermilk
- ½ cup sour cream
- ¼ cup mayonnaise
- ¼ cup minced green onions (green tops only)
- 1 tablespoon minced fresh parsley
- ⅛ teaspoon ground black pepper
- ¾ teaspoon salt
- 1 teaspoon minced garlic
- 2 teaspoons fresh lemon juice
- ½ teaspoon Baby Bam



*Contains egg*

## Tools

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ knife
- ☐ garlic press (optional)
- ☐ large mixing bowl
- ☐ wire whisk
- ☐ airtight container

## Directions

1. Place all the ingredients in a large mixing bowl.
2. Whisk until smooth.
3. Serve immediately over salad, or pour into a container, cover tightly, and refrigerate until needed, up to 1 week.

Adapted and used  
with permission from  
*Emerils.com*



# EASY FRENCH DRESSING

*Kitchen*

YIELD: 1 ¼ cups

GRADE 1

## Ingredients

- ½ cup mayonnaise
- ½ cup ketchup
- 1 tablespoon minced yellow onion
- 2 teaspoons white vinegar
- 2 teaspoons sweet paprika
- 1 teaspoon Worcestershire Sauce
- ½ teaspoon minced garlic
- ½ teaspoon Baby Bam



*Contains egg*

## Tools

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ knife
- ☐ garlic press (optional)
- ☐ large mixing bowl
- ☐ wire whisk
- ☐ airtight container

## Directions

1. Place all the ingredients in a large mixing bowl.
2. Whisk until smooth.
3. Serve immediately over salad or pour into a container, cover tightly, and refrigerate until needed, up to 1 week.

### Note:

These salad dressings are not only great on top of a green salad as we've suggested, but also work well as dips for veggies and spreads for extra-special sandwiches. Be creative!

Adapted and used  
with permission from  
*Emerils.com*



## MINTY GREEN PEAS

Kitchen

YIELD: 8 to 10 servings (or 6 cups)

GRADE 1

This is a classic flavor combo that you've just gotta try! Kicked up with a little onion and rolling around in some butter—green peas never had it so good! Kids, this is pretty easy to make, so this is one you can do while your folks are making another dish to go with it, such as meatloaf or pork chops!

### Ingredients

- 4 tablespoons unsalted butter
- ½ cup minced yellow onions
- 2 pounds frozen green peas
- 1 cup water
- 1 teaspoon salt
- 2 tablespoons finely chopped fresh mint leaves



*Contains dairy*

### Tools

- ☐ 3- to 4-quart saucepan with a lid
- ☐ measuring cups and spoons
- ☐ wooden spoon
- ☐ cutting board
- ☐ chef's knife
- ☐ large slotted spoon
- ☐ oven mitts or pot holders

### Directions

1. Melt the butter in a medium saucepan over medium-high heat.
2. Add the onion and cook, stirring, until soft, about 3 minutes.
3. Add the peas and water and bring to a boil.
4. Reduce the heat to medium-low, cover the saucepan, and simmer until tender, about 4 minutes.
5. Remove from the heat.
6. Add the salt and mint and stir.
7. Using a slotted spoon, transfer the peas to serving plates.
8. Serve hot.

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 172





# STRAWBERRY-RHUBARB IRISH CRUMBLE *Kitchen*

YIELD: 6 to 8 Servings

GRADE 1

Although fruit crisps and crumbles are made in several different countries, this one has a crunchy oatmeal topping and uses rhubarb, a vegetable often seen in Irish cooking. Fresh rhubarb peaks in late spring and early summer, which is perfect because it goes with the fresh strawberries that are harvested at the same time. If you're looking to make this dessert later in the year, try substituting frozen, sliced rhubarb.

## Ingredients

- 6 tablespoons cold unsalted butter, diced, plus 2 teaspoons for greasing the pan
- 5 cups strawberries, washed, hulled, and quartered
- 3 cups sliced rhubarb, about 1/3 inch thick (fresh or frozen)
- 1/2 cup granulated sugar
- 1/4 cup cornstarch
- 1 teaspoon fresh lemon juice
- 3/4 cup all-purpose flour
- 3/4 cup old-fashioned rolled oats
- 2/3 cup packed light brown sugar
- Pinch of salt
- Vanilla ice cream (optional)



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> paring knife              | <input type="checkbox"/> juicer (optional)         |
| <input type="checkbox"/> 11- by 7-inch baking dish | <input type="checkbox"/> 2 medium mixing bowls     |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> oven mitts or pot holders |

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Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 176

**Directions**

1. Position rack in center of oven and preheat the oven to 375 degrees F. Lightly grease an 11- by 7-inch baking dish with 2 teaspoons of the butter and set aside.
2. In a medium mixing bowl, combine the strawberries, rhubarb, granulated sugar, cornstarch, and lemon juice. Toss to coat. Pour the strawberry-rhubarb mixture into the prepared baking dish.
3. In a second medium mixing bowl, add the flour, oats, light brown sugar, and salt, stirring to combine. Add the diced butter to the flour mixture and, using your fingers, work the mixture until it resembles coarse crumbs. Sprinkle the crumb mixture evenly on top of the strawberry mixture.
4. Place the baking dish in the oven and bake for 40 minutes, until the filling is bubbly and the topping is golden brown.
5. Using oven mitts or pot holders, remove the crumble from the oven and allow to cool for 10 minutes before serving.
6. Serve warm with vanilla ice cream, if desired.

**Substitutions**

1. You can substitute berries (blackberries, blueberries or raspberries) or stone fruit (peaches and/or plums) for rhubarb. Frozen rhubarb also works well.
2. If using only berries, the liquid that the fruits exude while cooking might change which means that the crumble might be wetter and may require more starch to bind the juices.



# SUPER-STUFFED BURRITOS

Kitchen

YIELD: 10 (8-inch) burritos

GRADE 1

Burrito means “little donkey” in Spanish, and it is a favorite Mexican dish, especially in the U.S. These small but super-packed burritos are fantastic—with rice and beans, cheese, salsa and sour cream—but feel free to kick yours up by adding any other favorite ingredients. Leftover roast chicken or meat, cut into bite size pieces, make a wonderful addition, as do roast veggies or cooked spinach. Or, try a dollop of guacamole or cubed avocado. Make it your way!

## Ingredients

- 2 tablespoons vegetable oil
- ½ cup chopped onion
- ¼ cup chopped bell pepper
- 1 teaspoon minced garlic
- ¾ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon dried oregano
- ½ cup long-grain white rice
- 1 cup water
- 1 (15 ounce) can black beans, drained and rinsed
- 10 (8-inch) flour tortillas
- 1 to 1 ½ cups grated Monterey Jack, Pepper Jack or Cheddar cheese
- 2 cups salsa
- 1 ½ cups sour cream
- ¼ cup chopped cilantro, optional
- Bottled hot sauce, optional



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> medium saucepan with lid  |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> can opener                |
| <input type="checkbox"/> strainer                  | <input type="checkbox"/> spoon                     |
| <input type="checkbox"/> box grater                | <input type="checkbox"/> oven mitts or pot holders |

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 82

*Continued on next page*

**Directions**

1. In a medium saucepan heat the vegetable oil over medium-high heat until hot. Add the chopped onion and bell pepper and cook until the vegetables are soft, about 4 minutes. Add the garlic, salt, cumin, and oregano and cook for 1 minute, stirring constantly. Add the rice and cook, stirring, until fragrant, about 2 minutes.
2. Add the water and drained beans and bring to a boil. Stir well, reduce the heat to low, and cover the saucepan. Cook for 20 minutes, undisturbed, until the rice is tender and has absorbed all of the liquid. Remove from the heat and let stand, undisturbed, for 5 minutes before serving.
3. Heat the flour tortillas according to package directions.
4. Divide the cooked rice and bean mixture evenly among the tortillas, placing a line down the center of each. Top each mound of rice with some of the grated cheese and roll the bottom side of the tortilla over the filling. Fold both of the side edges up over the filling, then roll the tortilla to form a cylinder shape.
5. Spoon 3 tablespoons of salsa over the top of each burrito and then top each with 2 tablespoons of the sour cream. Garnish each burrito with some of the chopped cilantro and serve with hot sauce, if desired.



## ANTS ON A LOG

Kitchen

YIELD: 40 pieces

GRADE 2

### Ingredients

- 1 bunch celery
- 1 (16-ounce) jar natural, sugar-free peanut butter
- 1 cup raisins



*Contains peanuts*

### Directions

1. Clean celery and then cut into two-inch pieces. Fill groove of celery with a generous teaspoon of peanut butter. Place three raisins at the beginning, middle, and end of the peanut butter-filled celery piece.

Adapted and used  
with permission from  
*Emerils.com*



# MAKE-YOURSELF-SOME APPLESAUCE

*Kitchen*

YIELD: 6 servings (or 2 ½ cups)

GRADE 2

I like my applesauce sweet, but not too sweet. Depending upon your taste, you might find this just right. But hey, if it needs more sugar for your liking, go ahead and add more, a little bit at a time. I use red apples to make this applesauce and I don't peel them first, so the applesauce ends up a nice pink color. You probably won't be able to eat all 2 ½ cups the same day you make this, so transfer your applesauce to a large, clean jar where it will keep in the refrigerator for up to one week.

## Ingredients

- 6 Rome apples, cored, seeded, and cut into eighths
- 1 cup water
- 1 tablespoon lemon juice
- ¾ teaspoon ground cinnamon
- ¼ cup sugar

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> apple corer                           | <input type="checkbox"/> knife                  |
| <input type="checkbox"/> cutting board                         | <input type="checkbox"/> heavy 3-quart saucepan |
| <input type="checkbox"/> large wooden or metal spoon           | <input type="checkbox"/> potato masher          |
| <input type="checkbox"/> coarse mesh strainer                  | <input type="checkbox"/> metal ladle,           |
| <input type="checkbox"/> measuring cup and<br>measuring spoons | <input type="checkbox"/> rubber spatula         |

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pg 212



**Directions**

1. Place an apple on a cutting board. Hold the apple on the board with one hand, and carefully insert an apple corer over the stem into the center. Push down on the corer to remove the core, stem, and seeds. Repeat with the remaining apples.
2. Cut one apple in half lengthwise. Place the cut halves flat on the cutting board, and cut each half into quarters lengthwise. Place the apple pieces in a heavy 3-quart saucepan. Repeat with the remaining apples.
3. Add the remaining ingredients to the apples and bring to a boil over high heat, stirring frequently.
4. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, until the apples become very soft and begin to break apart.
5. Remove the pan from the heat and mash the apples with a potato masher until smooth.
6. Spoon the apples into a coarse metal strainer set over a large bowl.
7. Using a heavy metal ladle or spoon, push the apples against the strainer to push out as much apple puree as possible. Discard the peels.
8. Transfer the applesauce to the refrigerator to cool, stirring frequently. Once cooled, serve the applesauce or cover tightly and refrigerate for up to one week.

**Caution**

Be careful mashing the hot apples with the potato masher.

**Note:**

If you don't have an apple-corer, don't worry—it's easy to core halved apples with either a paring knife or a melon-baller. To use a paring knife, carefully work the tip of the knife in a circular motion around the seeds, holding the knife at an angle so that you end up removing a cone-shaped piece of apple that contains all of the seeds. Or, even easier, simply use a melon baller to scoop out the center, seeded portion of the apple half. Easy as pie!



# EAT-A-PITA PIZZAS

Kitchen

YIELD: 10 servings

GRADE 2

When you're not in the mood or don't have the time to make your own pizza dough, try making some Pita Pizzas for a quick snack or dinner. Feel free to be creative and kick up yours with anything else you might have around, such as thinly sliced mushrooms, pepperoni slices, or even two or three different cheeses. Have fun—experiment—it's up to you! Make your pita pizza as unique as you are!

## Ingredients

- 10 large pita breads
- 2 ½ cups Best Basic Red Sauce, recipe follows, or store-bought pizza sauce
- 2 ½ cups grated Mozzarella cheese, or Monterey Jack cheese (12 ounces)



*Contains dairy*

## Tools

- ☐ measuring cup and spoons
- ☐ oven mitts or potholders
- ☐ sharp knife or pizza wheel
- ☐ two baking pans
- ☐ metal spatula

## Directions

1. Preheat the oven to 400 degrees F and make sure the oven rack is in the lower third of the oven.
2. Lay the pita bread rounds onto large baking sheets.
3. Spread ¼ cup of Best Basic Red Sauce on each round, and evenly spread with the back of a spoon. Top each with ¼ cup of grated cheese.
4. Bake until the cheese is bubbly and golden brown, about 8 minutes.
5. Remove from the oven.
6. Cut each pita pizza into 6 slices each with a sharp knife or pizza wheel, transfer to a plate using a metal spatula and serve immediately.

### Pita Pizza For One:

For each pita bread, you'll need just ¼ cup of the Basic Red Sauce (recipe follows) or your favorite store-bought pizza sauce, and ¼ cup of your favorite grated cheese. Preheat a toaster oven to 400 degrees F and assemble your pita pizza as directed in recipe instructions. Carefully place your pita pizza in the toaster oven and cook for 6 to 8 minutes, until cheese is bubbly and golden brown. Using a large metal spatula, carefully transfer your pita pizza to a cutting board and cut into 6 slices with a sharp knife or pizza wheel. Transfer to a plate and serve immediately.

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 90



# MEXICAN BROILED CORN

*Kitchen*

YIELD: 10 servings

GRADE 2

This is not your average corn on the cob. In Mexico, they like to kick it up a notch, by adding flavors of lime juice, chilies, cheese, and even sour cream or mayonnaise! I like to use queso fresco, a white, crumbly type of cheese from Mexico, but if you can't find this cheese, Parmesan cheese works great too. Once you try this corn, you might never go back to plain corn on the cob again.

## Ingredients

- 10 ears fresh sweet corn, husks and silk removed
- 3 limes, halved
- $\frac{3}{4}$  cup sour cream
- 3 tablespoons milk
- 4 tablespoons butter, melted
- 1 tablespoon plus 2 teaspoons chili powder
- 2  $\frac{1}{2}$  tablespoons kosher salt
- 1 cup shredded queso añejo, queso fresco, or Parmesan cheese



*Contains dairy*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cheese grater (optional) |
| <input type="checkbox"/> large stockpot            | <input type="checkbox"/> tongs                    |
| <input type="checkbox"/> dry kitchen towel         | <input type="checkbox"/> small bowl               |
| <input type="checkbox"/> small baking sheet        | <input type="checkbox"/> pastry brush             |
| <input type="checkbox"/> oven mitts or potholders  |   |

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in My World!*,  
pg 136

**Directions**

1. Fill a large stockpot with water and bring to a boil over high heat.
2. Place the corn and 2 lime halves, into the boiling water, and boil corn for 6 to 8 minutes, or until crisp-tender. Use tongs to remove corn from the water and place on a clean, dry kitchen towel to dry.
3. In a small bowl combine the sour cream and milk and set aside.
4. Place the corn on a small baking sheet and brush with melted butter.
5. Arrange oven rack 8 inches from the broil unit in the oven, and adjust the oven settings to broil (see **Caution**).
6. Using oven mitts or potholders, place the baking sheet in the oven and broil for 8 to 10 minutes, taking corn out and brushing with melted butter every 2 to 3 minutes. Watch the corn carefully while it is in the oven to prevent excessive browning. Corn should be golden brown when ready.
7. Using oven mitts or potholders remove baking sheet from the oven and squeeze remaining lime halves over the warm corn.
8. Generously brush the corn with the sour cream mixture and sprinkle with chili powder, salt and shredded cheese. Serve warm.

**Caution**

If your broiler is separate from your oven, please have an adult show you how your broiler works.



## EMERIL'S HERB VINAIGRETTE

*Kitchen*

YIELD: 1 cup

GRADE 2

### Ingredients

- ¼ cup herb-infused vinegar (such as tarragon or basil), or white wine vinegar
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- ¼ cup assorted chopped soft fresh herbs (such as basil, tarragon, cilantro, parsley, oregano, or whatever herbs you prefer)
- 1 teaspoon salt
- 15 turns freshly ground black pepper
- ¾ cup olive oil

### Directions

1. Combine the vinegar, shallots, garlic, herbs, salt, and pepper in a bowl.
2. Slowly whisk in the oil and continue whisking until thoroughly emulsified.
3. Store, refrigerated, in an airtight nonreactive container for up to 3 days. Whisk before serving.

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with permission from  
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# MAPLE-BUTTERY CORN MUFFINS

*Kitchen*

YIELD: 12 muffins, 1/2 cup of Maple Butter

GRADE 2

I grew up in Massachusetts where maple syrup is used in cooking all kinds of things—from breakfast cereals to baked beans to desserts—you name it. It adds an interesting flavor and I especially like to add it to baked goods. While you might not think that corn muffins would make a good breakfast treat, just wait 'til you try these! And once you top them with the Maple Butter...man, oh man, now you're talking!

## Ingredients

### For the Muffins:

- 1 ¼ cups all-purpose flour
- ½ cup yellow cornmeal
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- ½ cup whole milk
- ½ cup sour cream
- ¼ cup maple syrup
- ¼ cup light brown sugar
- 3 tablespoons melted unsalted butter



*Contains dairy*

### For the Maple Butter:

- 7 tablespoons unsalted butter, softened, at room temperature
- 2 tablespoons maple syrup



*Contains dairy*

*Continued on next page*

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with permission from  
*There's a Chef  
in My Soup!*,  
pg 40

**Tools****For the Muffins:**

- ☐ 12-cup muffin tin
- ☐ medium mixing bowl
- ☐ measuring spoons
- ☐ large mixing bowl
- ☐ small saucepan
- ☐ 12 paper baking cup liners
- ☐ measuring cups
- ☐ whisk
- ☐ oven mitts or potholders
- ☐ wire rack

**For the Maple Butter:**

- ☐ small bowl
- ☐ knife
- ☐ measuring spoons
- ☐ small whisk or fork

**Directions****For the Muffins:**

1. Preheat the oven to 350 degrees F and make sure the oven rack is in the center position.
2. Line a 12-muffin tin with 12 paper baking cup liners.
3. Place the flour, cornmeal, and salt in a medium mixing bowl, and stir to combine.
4. In a large mixing bowl, combine the eggs, milk, sour cream, maple syrup, sugar, and melted butter and whisk until smooth.
5. Add the dry ingredients to the egg mixture, and whisk just until incorporated, being careful not to over mix.
6. Divide the batter evenly between the muffin cups.
7. Bake in the oven until golden brown, about 18 to 20 minutes.
8. Remove from the oven and let cool in the muffin tin for 5 minutes. Serve warm with Maple Butter.

**For the Maple Butter:**

1. In a small mixing bowl, combine the butter and syrup using a small whisk or fork.
1. Serve with the Maple-Corn Muffins, or wrap tightly with plastic wrap and keep refrigerated for up to 2 weeks.

## POWER-PACKED SPINACH SALAD

*Kitchen*

YIELD: 8 to 10 servings. 1 ¾ cups dressing

GRADE 2

Spinach and bacon—talk about a classic combination. And it also happens to be packed with that good-for-you protein! To make things easy, you can cook the bacon in the oven—no splatters to clean up and you can be doing other things at the same time. Here's how I'd do it: While the bacon is cooking, make the salad and the dressing. This way, once the bacon is done and cooled, you're ready to go!

### Ingredients

- 10 slices bacon
- 12 cups fresh spinach, rinsed, stemmed and patted dry
- 2 cups sliced white button mushrooms, wiped clean, trimmed
- 1 cup thinly sliced red onion
- 3 medium tomatoes, cored and cut into wedges (optional)
- 4 hard-boiled eggs, peeled and thinly sliced (optional)



*Contains egg*

### For the Dressing:

- ½ cup honey
- ¼ cup Dijon mustard
- 1 cup vegetable oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon ground white pepper
- ¼ teaspoon salt

### Tools

#### For the Salad:

- ☐ baking sheet
- ☐ oven mitts or pot holders
- ☐ chef's knife
- ☐ measuring cups and spoons
- ☐ large mixing bowl
- ☐ wooden spoon or two forks
- ☐ parchment paper
- ☐ cutting board

#### For the Dressing:

- ☐ whisk
- ☐ medium mixing bowl
- ☐ measuring cups and spoons:

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**Directions****For the Salad:**

1. Position rack in center of oven and preheat the oven to 375 degrees F.
2. Line a baking sheet with parchment paper and arrange the bacon strips on it. Bake until brown and crispy, about 20 to 25 minutes.
3. Using oven mitts or pot holders, remove the bacon from the oven and let cool, about 15 minutes. Crumble into bite-size pieces.
4. Combine the spinach, bacon, mushrooms and onion in a large mixing bowl and toss.
5. Divide the spinach mixture among serving plates.
6. Garnish with tomato wedges and/or sliced hard-boiled eggs if desired. Drizzle with the dressing and serve.

**For the Dressing:**

1. Combine the honey and mustard in a medium mixing bowl and whisk to blend.
2. Slowly add the oil in a steady stream, whisking until blended and smooth.
3. Add the lemon juice, white pepper and salt and whisk to blend.



# GO NUTS FOR BANANA BREAD

Kitchen

YIELD: 8 to 10 servings (or 1 loaf)

GRADE 2

*Don't be alarmed when your banana bread splits open on top while it's baking; this is normal and it's supposed to happen.*

This is a great way to use those really ripe bananas that no one wants to eat! The riper the bananas, the sweeter and better the banana bread will be. This bread makes great toast when spread with a little butter. Or, for a kicked up sandwich, spread a thin slice of banana bread with some softened cream cheese, and top with another thin slice of bread—yum! And if you're into raisins instead of nuts, go ahead and substitute one cup of raisins for the walnuts called for here.

## Ingredients

- 3 ripe bananas
- 2 eggs
- 1 cup packed light brown sugar
- $\frac{3}{4}$  cup vegetable oil
- $\frac{1}{2}$  cup sour cream
- $\frac{3}{4}$  teaspoon ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup chopped walnut pieces
- 1  $\frac{3}{4}$  cups all purpose flour
- 1  $\frac{1}{2}$  teaspoons vegetable shortening or unsalted butter



*Contains dairy, egg and tree nuts*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> small mixing bowl     | <input type="checkbox"/> fork                     |
| <input type="checkbox"/> knife                 | <input type="checkbox"/> chopping board           |
| <input type="checkbox"/> large mixing bowl     | <input type="checkbox"/> whisk                    |
| <input type="checkbox"/> 6- by 9-inch loaf pan | <input type="checkbox"/> oven mitts or potholders |
| <input type="checkbox"/> toothpick             |   |

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 38

**Directions**

1. Preheat the oven to 350 degrees F. Make sure the oven rack is in the center position.
2. Peel the bananas and place in a small mixing bowl. Mash with the back of a fork until there are no big lumps remaining.
3. In a large bowl, combine the eggs, sugar, oil, and sour cream and whisk until smooth.
4. Add the cinnamon, baking soda, baking powder, vanilla extract, salt, mashed bananas and walnuts to the egg mixture, and whisk to combine.
5. Add the flour and stir until just combined. Do not overmix!
6. Lightly grease a 6- by 9-inch loaf pan with the vegetable shortening.
7. Pour the batter into the loaf pan and bake until golden brown and risen, about 1 hour and ten minutes.
8. Remove from the oven and let sit for 10 minutes in the pan. Turn out onto a wire rack to finish cooling before serving.

**Caution**

Make sure you use pot holders when turning out the bread!

**Note:**

To make sure your bread is done, it's always a good idea to perform the toothpick trick: insert a toothpick into the center of the loaf toward the end of the baking time—if the toothpick comes out clean, it's done. If bits of batter stick to the toothpick, the bread needs a bit more baking time.



# INDIAN NAAN BREAD

Kitchen

YIELD: 12 (5- to 6-inch) flatbreads

GRADE 2

This bread from India is similar to pita bread. If you haven't tried it before, I bet you'll like it! It's super-easy to make, too, so whip up a batch next time you're having friends over for a party. Cut it into strips or wedges and serve it with your favorite dip or spread.

## Ingredients

- 2 teaspoons active dry yeast
- 1 teaspoon sugar
- 1 cup warm water, about 110 degrees F
- 2 ½ cups all purpose flour, plus more as needed while kneading
- 1 teaspoon salt
- ½ cup plus 2 teaspoons clarified butter (still warm)



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> glass measuring cup       |
| <input type="checkbox"/> instant-read thermometer  | <input type="checkbox"/> spoon                     |
| <input type="checkbox"/> sifter                    | <input type="checkbox"/> large mixing bowl         |
| <input type="checkbox"/> medium mixing bowl        | <input type="checkbox"/> plastic wrap or clean     |
| <input type="checkbox"/> damp kitchen towel        | <input type="checkbox"/> two large baking sheets,  |
| <input type="checkbox"/> rolling pin               | <input type="checkbox"/> oven mitts or pot holders |

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pg 156

**Directions**

1. In a glass measuring cup, combine the yeast and sugar. Add the water and stir well. Let rest until foamy, about 5 minutes.
2. Sift together the flour and salt into a large mixing bowl. Make a well in the center of the flour with clean hands and pour the yeast mixture and  $\frac{1}{2}$  cup of the clarified butter into the center. Mix together with your fingers until a smooth dough forms. The dough should be slightly sticky. You can add a small amount of additional flour if needed.
3. Transfer dough to a lightly floured surface and knead for 3 minutes.
4. Oil a medium mixing bowl with the remaining 2 teaspoons of butter and place the dough in the bowl, turning to coat. Cover the bowl with plastic wrap or a damp kitchen towel and let rest in a warm, draft free space until doubled in size, about 1 hour.
5. Preheat the oven to 400 degrees F and lightly grease two large baking sheets.
6. Divide the dough into 12 equal pieces and transfer to a lightly floured work surface. Using a lightly floured rolling pin, gently roll each portion of dough into a circle about 5 or 6 inches in diameter.
7. Transfer the dough circles to the prepared baking sheets and bake until just golden brown and puffed, 12 to 15 minutes.
8. Serve immediately.



# FRESH MELON KEBOBS

*Kitchen*

YIELD: 10 to 12 servings

GRADE 3

## Ingredients

- 1 small watermelon, halved and seeded
- 1 honeydew melon, halved and seeded
- 1 cantaloupe, halved and seeded
- juice of 1 to 2 limes

## Tools

- ☐ chef's knife
- ☐ cutting board
- ☐ melon baller
- ☐ juicer
- ☐ reamer
- ☐ bamboo skewers
- ☐ serving tray or baking sheet

## Directions

1. Using a melon baller, scoop out each variety of fruit and alternate balls on short bamboo skewers. Squeeze fresh lime juice over fruit and chill until serving time.
2. Serve cold.

Adapted and used  
with permission from  
*Emerils.com*



# SWEDISH CUCUMBER SALAD

*Kitchen*

YIELD: 8 to 10 servings

GRADE 3

This refreshing salad is the perfect accompaniment to the Swedish Meatballs. As a matter of fact, in Sweden, you hardly ever see meatballs served without some version of a cucumber salad, along with boiled new potatoes and lingonberries! But try this salad next time you barbecue for a cool taste of summer that goes with just about anything that comes off the grill!

## Ingredients

- 4 large European “seedless” cucumbers, about 1 pound each, or 4 pounds regular cucumbers
- 2 teaspoons salt
- ½ cup white vinegar
- 2 ½ tablespoons cider vinegar
- ¾ cup sugar
- 1 ½ tablespoons chopped fresh dill

## Tools

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> vegetable peeler                     | <input type="checkbox"/> paring knife |
| <input type="checkbox"/> small spoon or melon baller          | <input type="checkbox"/> chef’s knife |
| <input type="checkbox"/> cutting board                        | <input type="checkbox"/> colander     |
| <input type="checkbox"/> two medium non-reactive mixing bowls | <input type="checkbox"/> spoon        |

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Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 62

**Directions**

1. Peel the cucumbers and cut in half lengthwise. Using a small spoon (teaspoon) or a small melon baller, scoop any seeds as well as the watery center from each piece, forming a shallow groove down the center lengthwise.
2. Using a sharp knife, slice the cucumbers crosswise as thinly as possible, ideally about ⅛-inch thick.
3. Place the cucumbers in a colander and sprinkle with the salt. Using your hands, toss to combine the cucumbers with the salt and allow to stand for at least one hour and up to two hours.
4. Using your hands, squeeze handfuls of cucumbers to release any excess liquid and transfer to a medium non-reactive bowl.
5. In another non-reactive mixing bowl, combine the white vinegar, cider vinegar, and sugar, and stir until the sugar is completely dissolved. Pour the vinegar mixture over the cucumbers and add the chopped fresh dill. Stir to thoroughly combine and serve, or refrigerate up to overnight and serve cold.



## JILLIE'S PESTO-CHEESE DIP

*Kitchen*

YIELD: 6 to 10 servings (or 1 cup)

GRADE 3

My daughter Jillie came up with this recipe a couple of years ago, and talk about something totally awesome! And easy, too! Try it—you'll make your family and friends very, very happy! In case you don't already know, pesto is an Italian sauce traditionally made with a mortar and pestle, but it can be whipped up in no time at all in a blender. In Italian cooking it's most commonly tossed with pasta, but you'll find it goes really well with lots of things. Try adding a little to potato salad, drizzled over sliced tomatoes for a fresh summer salad, or, as we do here, on top of cream cheese for a tasty snack.

### Ingredients

#### For the Basil Pesto

- 2 tablespoons lightly toasted walnut pieces
- 1 cup tightly packed basil leaves
- 1 teaspoon minced garlic
- ¼ cup grated Parmesan cheese
- ½ cup olive oil



*Contains dairy and tree nuts*

#### For the Pesto-Cheese Dip

- 8 ounces cream cheese
- ¼ cup Basil Pesto, recipe above
- crackers, bagel chips or tortilla chips for serving



*Contains dairy*

### Tools

#### For the Basil Pesto

- ☐ small baking sheet or pie pan
- ☐ grater
- ☐ blender
- ☐ measuring cups and spoons
- ☐ air-tight container
- ☐ oven mitts or potholders

#### For the Pesto-Cheese Dip

- ☐ measuring cups and spoons
- ☐ blender
- ☐ measuring cups and spoons
- ☐ microwave-safe plate
- ☐ microwave, spoon

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 132

*Continued on next page*

**Directions****For the Basil Pesto**

1. Combine all of the ingredients in a blender and process on high speed until smooth, 1 to 2 minutes.
2. Pour into an airtight container and refrigerate until ready to use, up to 3 days.

**For the Pesto-Cheese Dip**

1. Place the cream cheese on a decorative, microwave-safe plate, and microwave uncovered on high speed until beginning to slightly melt, about 15 seconds.
2. Remove from the oven and spoon the Basil Pesto evenly over the cream cheese.
3. Return to the microwave and cook uncovered on high speed until the Pesto is just warm but still thick, 5 to 10 seconds.
4. Remove from the microwave and serve with crackers or chips of choice.



## IT'S-A-GOOD-MORNING MUFFINS

Kitchen

YIELD: 12 muffins

GRADE 3

It's always a good morning when muffins are on your family's breakfast table. But with these muffins, oh yeah, baby! Not only are they super delicious, but they're loaded with lots of good-for-you things: carrots, parsnips, apples, pecans, and raisins. Just try them! I bet a dozen muffins won't last till lunchtime in your house! If you do have extras, they make for great snacks and lunchbox treats.

### Ingredients

- 2 teaspoons butter
- 2 cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 1 cup grated carrots
- 1 cup grated parsnips
- ¼ cup golden raisins
- ¼ cup dark raisins
- ½ cup chopped pecans
- ½ cup shredded coconut
- 1 Granny Smith apple, peeled, cored and chopped
- 2 large eggs
- 1 cup vegetable oil
- 2 teaspoons vanilla extract



*Contains dairy, egg and tree nuts*

### Tools

- ☐ muffin pan
- ☐ measuring spoons and cups
- ☐ two medium mixing bowls
- ☐ whisk
- ☐ wire cooling rack
- ☐ sifter
- ☐ grater
- ☐ wooden spoon
- ☐ oven mitt

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 28

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**Directions**

1. Preheat the oven to 350 degrees F. Grease the muffin tin with the butter and set aside.
2. Sift together the flour, sugar, baking soda, cinnamon and salt in a mixing bowl. Stir in the carrots, parsnips, raisins, pecans, coconut and apples.
3. In another bowl, combine the eggs, vegetable oil and vanilla and whisk until smooth.
4. Add the wet mixture to the flour mixture and stir until the mixture is just blended.
5. Spoon equal amounts of the batter into the muffin cups.
6. Bake until they spring back to the touch and are golden brown, about 35 minutes.
7. Let cool in the tins on a rack for 5 minutes, then turn out to cool completely.



# OLD-FASHIONED PRETZELS

Kitchen

YIELD: 16 pretzels

GRADE 3

*If it's too difficult to make the pretzel shapes, try making simple twists. They taste just as good!*

I shape my pretzels in the traditional sort of bow shape, but you can make them into any shape you like. You can make twists, circles, or whatever strikes your fancy. If you're into dip, they make great dippers, too!

## Ingredients

- 1 ½ cups whole milk
- 3 tablespoons vegetable oil
- 1 (¼-ounce) package active dry yeast
- 2 tablespoons light brown sugar
- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 large egg
- 1 ½ teaspoons kosher salt



*Contains dairy*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> 1 quart saucepan               |
| <input type="checkbox"/> instant-read thermometer, | <input type="checkbox"/> 2 large mixing bowls,          |
| <input type="checkbox"/> large wooden spoon        | <input type="checkbox"/> standing electric mixer fitted |
| or rubber spatula                                  | with a dough hook (optional)                            |
| <input type="checkbox"/> small mixing bowl         | <input type="checkbox"/> rolling pin                    |
| <input type="checkbox"/> ruler                     | <input type="checkbox"/> baking sheet                   |
| <input type="checkbox"/> pastry brush              | <input type="checkbox"/> oven mitts or pot holders      |
| <input type="checkbox"/> turner                    | <input type="checkbox"/> wire rack                      |

## Directions

1. Place the milk in a small saucepan. Heat over medium-low heat until warm, about 110 degrees F on an instant-read thermometer. Remove from the heat.
2. Combine 1 tablespoon of the oil with the yeast and sugar in a large mixing bowl.
3. Pour in the warm milk and stir with a large wooden spoon or rubber spatula until the yeast and sugar are dissolved. After a few minutes you should see bubbles appear on the surface of the mixture—this will let you know that the yeast is working. Let rest until slightly thickened and foamy, about 5 minutes.

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4. Add the flour and the salt to the yeast mixture, stirring well with a large wooden spoon or rubber spatula until all the flour is mixed in.
5. Place the dough on an unfloured work surface and knead until smooth, about 3 to 5 minutes. (Or, you can mix the dough in a standing electric mixer fitted with a dough hook.)
6. Grease a large mixing bowl with the remaining 2 tablespoons of oil, place the dough in the bowl and turn to coat lightly with oil.
7. Cover with plastic wrap and let stand in a warm, draft-free place until risen and doubled in size, about 2 hours.
8. Make sure that the oven rack is in the center position and preheat the oven to 425 degrees F.
9. Beat the egg in a small mixing bowl and set aside.
10. Remove the dough from the bowl and use a rolling pin to roll it out on an unfloured surface into a 12- by 10-inch rectangle. It's good to measure with a ruler.
11. Cut the dough in half both vertically and horizontally, so that you end up with 4 rectangles of equal size. Repeat this process with each of these 4 pieces, and you'll end up with 16 equal-size pieces of dough.
12. Roll one piece between your hands and the surface to form a long, thin roll (like a snake), about ½-inch in diameter and 14-inches long (see **Note**).
13. Bring the ends up to form a U-shape and cross one end over the other at the top. Bring the ends down and across each other as though making a bow, and press down on the ends to seal.
14. Place the formed pretzel on an ungreased baking sheet and repeat with the remaining pieces of dough, keeping the pretzels at least 1-inch apart.
15. With a pastry brush, paint each pretzel with the beaten egg, and sprinkle lightly with the kosher salt.
16. Bake until golden brown, about 20 minutes.
17. Using oven mitts or pot holders, remove the baking sheet from the oven and transfer the pretzels with a turner to wire racks to cool.
18. Serve warm or at room temperature.

**Caution**

Careful cutting the dough!

**Note:**

If the dough becomes too dry to work with and will not stretch, wet your hands slightly and then try rolling it again.)



## BISCUITS WITH BERRIES

*Kitchen*

YIELD: 8 (3-inch) or 10 to 12 (2 ½-inch) biscuits

GRADE 3

My friends! These biscuits are truly the real deal! Made totally from scratch, these will make you stop and think next time you consider using store-bought biscuits. Cake flour makes them extra tender, and heavy cream makes them super moist and delicious. Remember to go easy when mixing the dough or your biscuits will be tough and chewy instead of light and airy.

### Ingredients

#### For the Biscuits:

- 1 ¼ cups self-rising flour
- ¾ cup cake flour
- 1 tablespoon sugar
- ¾ teaspoon baking powder
- ½ teaspoon salt
- 1/8 teaspoon baking soda
- 4 tablespoons (½ stick) cold unsalted butter,  
plus 2 tablespoons melted butter
- 1 ¼ cups heavy cream
- ¼ cup all-purpose flour



*Contains dairy*

#### For the Berries:

- 6 cups mixed fresh berries, rinsed (such as strawberries, blueberries and raspberries) halved if necessary
- 6 tablespoons sugar

#### For the Whipped Cream:

- ¾ cup heavy cream, well chilled
- 2 tablespoons confectioners' sugar
- ½ teaspoon vanilla extract



*Contains dairy*

*Continued on next page*

Adapted and used  
with permission from  
*Emerils.com*

**Tools**

- ☐ measuring cups and spoons
- ☐ sifter
- ☐ rubber spatula (optional)
- ☐ baking sheet
- ☐ pastry brush
- ☐ 2 large mixing bowls
- ☐ medium mixing bowl
- ☐ pastry cutter (optional)
- ☐ 3-inch (or smaller) cookie cutter
- ☐ small saucepan
- ☐ oven mitts or pot holders
- ☐ electric mixer

**Directions**

1. Position rack in center of oven and preheat the oven to 475 degrees F.
2. Sift the self-rising flour, cake flour, sugar, baking powder, salt, and baking soda into a medium mixing bowl.
3. Using your fingers or a pastry cutter, work the cold butter into the flour until there are no butter pieces larger than a pea.
4. Add the heavy cream to the flour mixture and, using your hands or a rubber spatula, stir just until the cream and flour come together to form a dough. Do not overmix!
5. Sprinkle some of the all-purpose flour on a flat surface and place the dough on top of the flour. Using your hands, press the dough into a ½-inch thick disk about 8 inches in diameter.
6. Using a biscuit cutter dipped in flour, cut the dough into circles. Be sure to press straight downward when cutting the dough—a twisting motion will prevent the dough from rising. If you don't have a cutter, you can also use the rim of a sturdy glass or bowl. You can gather the scraps of dough and re-form them to make more biscuits. Simply gather the scrap pieces together and press them to re-form into a ½-inch thick disk, then cut as many additional biscuits as possible from the re-formed dough.
7. Place the biscuits on a small baking sheet and use a pastry brush to brush the tops with the melted butter.
8. Bake in the oven for 8 to 12 minutes, or until golden brown.
9. Using oven mitts or pot holders, remove the biscuits from the oven and allow to cool briefly and serve while still warm.

*Continued on next page*



10. While the biscuits are baking, make the berry topping: Combine the berries and sugar in a large mixing bowl and toss to combine. The berries will give up some of their juice as they sit. This is called macerating.
11. Make the whipped cream: Place a mixing bowl and the beaters from your electric mixer in the freezer or refrigerator until well chilled, about 15 minutes.
12. Combine the heavy cream, confectioners' sugar, and vanilla extract in the chilled bowl.
13. With an electric mixer on low speed, begin beating the cream, gradually increasing the speed to high as cream thickens. (Do this slowly, or the cream will splatter all over!)
14. Beat until the cream forms soft peaks. Test to see if it is ready by turning off the mixer and lifting the beaters out of the cream—if the cream makes soft peaks that topple over slightly, then it's done. Be careful not to overwhip, or the cream will separate and begin to taste like butter.
15. Serve immediately or cover with plastic wrap and refrigerate for up to 2 hours.
16. To serve the biscuits, cut each biscuit in half horizontally and spoon some of the berries (with juices) over the bottom portion. Top with a dollop of whipped cream and then place the top half of the biscuit on top. Enjoy!



# SESAME PEANUT NOODLE SALAD

Kitchen

YIELD: 6 to 8 servings

GRADE 3

This Chinese side dish makes a great accompaniment to stir fried chicken or pork or tastes great on its own. It's important to toss the spaghetti with the remaining peanut sauce just before serving, so the noodles won't soak up too much of the sauce. You can let the noodles chill in the refrigerator overnight before you toss with the second half of the dressing.

## Ingredients

- 1 pound spaghetti
- 4 tablespoons peanut oil, divided
- ½ cup creamy peanut butter
- ½ cup soy sauce
- 1 tablespoon toasted sesame oil
- ¼ cup light brown sugar
- 1 tablespoon minced fresh ginger
- 2 to 3 pinches crushed red pepper
- ½ cup diagonally sliced green onion tops
- ½ cup chopped unsalted peanuts



*Contains peanuts and soy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons     | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> chef's knife                  | <input type="checkbox"/> vegetable peeler          |
| <input type="checkbox"/> medium soup pot or dutch oven | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> colander                      | <input type="checkbox"/> large mixing bowl         |
| <input type="checkbox"/> medium mixing bowl            | <input type="checkbox"/> whisk                     |
| <input type="checkbox"/> tongs                         | <input type="checkbox"/> plastic wrap              |

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Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 64

**Directions**

1. Fill a medium soup pot or Dutch oven with water and bring to a boil over high heat.
2. Boil pasta according to package directions, omitting salt, about 9 minutes or until al dente, not overcooked. “Al dente” is Italian for “to the tooth,” meaning pasta should offer a slight resistance when bitten.
3. Using oven mitts or pot holders, drain the spaghetti into a colander placed in a sink. Be careful to pour it away from you, so that the steam doesn’t burn.
4. Place the spaghetti in a large mixing bowl and, using tongs, toss with 2 tablespoons of the peanut oil to keep the pasta from sticking. Set aside.
5. In a medium bowl, whisk together the remaining peanut oil, peanut butter, soy sauce, sesame oil, brown sugar, ginger, and crushed red pepper. Whisk until smooth.
6. Pour half of the peanut mixture onto the spaghetti, and using tongs, toss to coat the pasta. Cover the spaghetti with plastic wrap and refrigerate until chilled, about 2 hours.
7. When ready to serve, pour the remaining peanut mixture onto the spaghetti and toss to coat the pasta. Sprinkle with sliced green onions and chopped peanuts. Serve immediately.

**Did you know**

It is said that Marco Polo brought pasta to Italy during his travels along the Silk Road in the thirteenth and fourteenth centuries. But there are records of pasta being eaten in Italy before that time. We know for sure that pasta has been a favorite all over the world for hundreds of years.



# GERMAN APPLE PANCAKE

Kitchen

YIELD: 4 servings (or 1 pancake)

GRADE 4

This super-huge pancake is fit for a king! It's made from a simple batter that is poured over the sautéed apples and then baked for a puffy treat you eat hot from the oven. It is traditionally eaten with confectioners' sugar, but kick yours up with maple syrup, if you like! The Germans call this "appelfannkuchen." I call it great!

## Ingredients

- 4 large eggs, lightly beaten
- 1 cup whole milk
- 1 cup all-purpose flour
- ½ teaspoon vanilla extract
- 3 tablespoons unsalted butter
- 2 large apples, peeled, cored, and thinly sliced
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Pinch of salt
- ⅓ cup packed light brown sugar
- Confectioners' sugar
- Maple syrup (optional)



*Contains dairy and egg*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons                             | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> paring knife  | <input type="checkbox"/> vegetable peeler          |
| <input type="checkbox"/> apple corer   | <input type="checkbox"/> large mixing bowl         |
| <input type="checkbox"/> whisk   | <input type="checkbox"/> sifter                    |
| <input type="checkbox"/> wooden spoon  | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> heavy ovenproof 12-inch skillet (preferably nonstick) |  |

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Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 38

**Directions**

1. In a large mixing bowl, combine the beaten eggs, milk, flour, and vanilla, and whisk until just blended, being careful to not overmix. Set the batter aside to rest at least 20 minutes.
2. Position rack in center of oven and preheat the oven to 450 degrees F.
3. In a heavy ovenproof 12-inch skillet, melt 2 tablespoons of the butter over high heat. Add the apples, cinnamon, nutmeg, and salt and cook, stirring frequently, until the apples are soft and lightly golden around the edges, about 6 minutes.
4. Add the brown sugar and cook, stirring, until the apples are caramelized and very soft, 2 to 3 minutes longer. Add the remaining tablespoon of butter and stir to melt.
5. Working very quickly, pour the batter evenly over the top of the apples. Using oven mitts or pot holders, transfer the skillet to the oven and bake until the pancake is golden brown and puffed, about 15 minutes. Don't be alarmed when you see the edges of the pancake puff up over the top of the pan—this is supposed to happen!
6. Using oven mitts or pot holders, remove the skillet from the oven and serve the pancake immediately, sprinkled with sifted confectioners' sugar or drizzled with maple syrup, as desired.

**Note:**

This recipe will need to be made numerous times as necessary for the number of kids in a given group. Cannot be scaled up since this amount of batter is what fits correctly in a large 12-inch skillet. Two recipes (2 large pancakes) would be plenty for 10 kids to taste. One large pancake might work, too, depending on number of kids and size of tasting portion.



# VIETNAMESE PICKLED CARROTS (CAROT CHUA)

*Kitchen*

YIELD: 8 to 10 servings

GRADE 4

## Ingredients

- 6 medium carrots, peeled and thinly sliced on the diagonal
- 1 red chile (optional) such as cayenne or Thai, thinly sliced crosswise, or ¼ teaspoon crushed red pepper
- 1 cup rice vinegar
- 3 tablespoons sugar
- ½ teaspoon salt

## Tools

- ☐ vegetable peeler
- ☐ chef's knife
- ☐ cutting board,
- ☐ rubber gloves (optional—for handling chiles)
- ☐ measuring cups and spoons, medium nonreactive heatproof bowl
- ☐ small saucepan,
- ☐ wooden spoon,
- ☐ oven mitts or pot holders

## Directions

1. Place the carrots and chile in a medium nonreactive, heatproof bowl.
2. In a small saucepan, combine the vinegar, sugar and salt and bring to a boil, stirring until the sugar dissolves. Remove and cool slightly.
3. Pour the warm vinegar mixture over carrots and allow to marinate for at least 1 hour and up to 2 weeks, refrigerated.

Adapted and used  
with permission from  
*Emerils.com*



# EMERIL'S HOMEMADE SWEET AND SPICY PICKLES

*Kitchen*

YIELD: 4 pints

GRADE 4

If you are a fan of bread-and-butter pickles, this is the recipe for you!

## Ingredients

- 3 pounds pickling cucumbers, sliced into 1/4-inch thick slices
- 2 cups sliced onions
- ½ cup pickling salt
- 6 cups water
- 3 cups white vinegar
- 1 ½ cups apple cider vinegar
- 3 ½ cups sugar
- 2 tablespoons yellow mustard seeds
- ½ teaspoon turmeric
- 4 whole cloves
- 10 tablespoons roughly chopped garlic
- 24 dried cayenne peppers
- 2 teaspoons 100 percent Natural Pickle Crisp, optional

## Tools

- |   |   |
|---|---|
| <input type="checkbox"/> cutting board  | <input type="checkbox"/> chef's knife           |
| <input type="checkbox"/> measuring cups and spoons                                | <input type="checkbox"/> large nonreactive bowl |
| <input type="checkbox"/> colander   | <input type="checkbox"/> medium saucepan        |
| <input type="checkbox"/> oven mitts or pot holders                                | <input type="checkbox"/> plastic canning funnel |
| <input type="checkbox"/> ladle  | <input type="checkbox"/> rubberized jar lifters |
| <input type="checkbox"/> oven mitts or pot holders                                |   |
| <input type="checkbox"/> four sterilized pint-sized preserving jars and lids      |   |
| <input type="checkbox"/> hot water canner or large pot for processing packed jars |   |

*Continued on next page*

Adapted and used  
with permission from  
*Emerils.com*

**Directions**

1. Place cucumbers, onions, pickling salt, and water in a large, non-reactive bowl. Cover and allow cucumbers to soak for 2 hours. Drain the water from the onions and cucumbers through a colander and rinse well for 5 minutes. Drain well and set aside.
2. Combine the vinegars, sugar, mustard seeds, turmeric, cloves, garlic, and peppers in a medium saucepan over high heat. Bring to a boil, reduce heat to medium and add the cucumbers and onions. Bring to a simmer and remove the saucepan from the heat.
3. Fill each of the hot sterilized pint-size preserving jars with the pickle mixture, dividing the pickles evenly, and adding enough of the liquid to come within ½-inch of the top. Add ½ teaspoon of Natural Pickle Crisp to each jar, if desired. With a clean damp towel, wipe the rim and fit with a hot lid. Screw on the metal ring just until the point of resistance is met. Process the jars in a hot-water bath for 15 minutes.
4. Using tongs (or rubberized canning jar lifters), remove the jars, place on a towel, and let cool. Test the seals by allowing the jars to stand at room temperature overnight or until the lids pop. Tighten the rings and store in a cool dry place. Let the pickles age for at least 2 weeks before using.





# NUTTY BUTTERY GREEN BEANS

Kitchen

YIELD: 6 to 10 servings

GRADE 4

*Did you know that toasting nuts not only makes them crunchy but also intensifies their flavor?*

The toasted almonds in this recipe make these green beans extra crunchy and simply delicious—one sure-fire way to get those finicky friends of yours to eat their green beans!

## Ingredients

- 1 ½ pounds green beans
- 6 cups water
- 2 ¼ teaspoons salt
- 6 tablespoons (½ stick plus 2 tablespoons) unsalted butter
- 1 (2 ¼ ounce) package sliced almonds
- 1 ½ teaspoons Worcestershire sauce
- ¼ teaspoon ground black pepper



*Contains dairy and tree nuts*

## Tools

- ☐ measuring cups and spoons
- ☐ 3 ½-quart heavy saucepan
- ☐ oven mitts or potholders
- ☐ colander

## Directions

1. Trim the beans by snapping the ends off.
2. Place the water and 1 ½ teaspoons of the salt in a medium, heavy saucepan and bring to a boil.
3. Carefully add the beans and return to a boil. Cook uncovered until tender, 5 to 7 minutes.
4. Using oven mitts or pot holders, remove the saucepan from the heat and drain the beans in a colander set in the sink, pouring away from you. Rinse under cold running water and drain.
5. Melt the butter in the same 3 ½-quart saucepan over medium-high heat. Add the almonds, Worcestershire sauce, remaining ¾ teaspoon of salt, and the black pepper. Cook, stirring, until the almonds are toasted, 2 to 3 minutes. Add the drained green beans to the pan and cook, stirring, until well coated with sauce and warmed through, about 1 minute.
6. Using an oven mitt or pot holder, remove from the heat and serve.



## Caution

Be very careful adding the green beans to the hot water—you will need to add them slowly so the water does not splash up and burn you.

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 168



# GREEN SALAD WITH FRENCH DRESSING

*Kitchen*

YIELD: 8 to 10 servings

GRADE 4

## Ingredients

- ¼ cup red wine vinegar
- ¼ cup lemon juice
- 2 teaspoons Dijon mustard
- 2 teaspoons paprika
- 1 cup olive oil
- 12 cups mixed salad greens or spring mix
- 1 small red onion, thinly sliced
- 2 to 3 medium tomatoes, cored and cut into wedges
- 2 cups croutons, for garnish

## Tools

- ☐ measuring cups and spoons
- ☐ whisk
- ☐ medium nonreactive mixing bowl
- ☐ large salad bowl
- ☐ chef's knife
- ☐ paring knife
- ☐ salad tongs or wooden spoons  
for tossing salad

## Directions

1. Make the dressing by whisking together the vinegar, lemon juice, Dijon mustard and paprika until well blended. Slowly whisk in olive oil until emulsified.
2. To make the salad, combine the greens, sliced red onion and tomato wedges in a large wooden salad bowl, and drizzle with enough of the dressing to lightly coat the salad. Top with croutons and serve.

Adapted and used  
with permission from  
*Emerils.com*



## BEST BASIC RED SAUCE

*Kitchen*

YIELD: 10 cups (or 2 ½ quarts)

GRADE 4

This sauce is really easy and really yummy, and once you've made a big 'ole batch of this, you've got lots of options: pizza, spaghetti and meatballs, lasagna—you name it! I like to use canned whole tomatoes when making my Basic Red Sauce instead of chopped tomatoes or tomato puree. Not only is it fun to squeeze and break up the tomatoes by hand, but the sauce also has a much better texture if you use whole tomatoes.

### Ingredients

- 2 tablespoons olive oil
- 1½ cup chopped yellow onions (1 medium yellow onion)
- 1 teaspoon minced garlic (2 cloves garlic)
- ½ teaspoon salt
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ⅛ teaspoon ground black pepper
- 2 (28-ounce) cans whole peeled tomatoes
- 2 (15-ounce) cans tomato sauce
- 3 tablespoon tomato paste
- 2 cup water
- 1 teaspoon sugar

### Tools

- |   |   |
|---|---|
| <input type="checkbox"/> knife and cutting board              | <input type="checkbox"/> garlic press (optional)  |
| <input type="checkbox"/> can opener                           | <input type="checkbox"/> mixing bowl              |
| <input type="checkbox"/> measuring cups and spoons            | <input type="checkbox"/> oven mitts or potholders |
| <input type="checkbox"/> 5-qt. heavy pot,<br>big wooden spoon |   |

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 70



Remember that cleaning is an important part of cooking—if you squirt tomato juice when squeezing the tomatoes, make sure to clean it up!

**Directions**

1. Heat the olive oil in a 5-quart pot over medium heat.
2. Add the onions, garlic, salt, basil, oregano and black pepper, and cook, stirring, until soft, about 5 minutes.
3. Place the tomatoes in a large bowl and squeeze to break into small pieces.
4. Add the tomatoes, tomato sauce, tomato paste, water, and sugar to the pot with the onions, and stir well.
5. Bring to a simmer over medium-high heat.
6. Lower the heat to medium-low, and simmer uncovered for 45 minutes, stirring occasionally with a long-handled wooden spoon.
7. Remove from the heat, and use as needed. You can store this sauce in an airtight container in the refrigerator for up to 4 days, or freeze it for up to 3 months.

**Caution**

Be careful when stirring—hot sauce makes bubbles that pop and splatter!



# HOMEMADE SEMOLINA PASTA

Kitchen

YIELD: 1 1 ½ pounds fresh pasta

GRADE 4

*This recipe can be doubled, but it will be even more difficult to knead. Try making this in numerous batches for larger groups.*



Make your own pasta at home then add whatever you like best. Toss with your favorite sauce, sautee with veggies, or just eat it plain with butter.

## Ingredients

- 2 ½ cups semolina flour
- 4 large eggs, whisked

*Contains dairy and egg*

## Tools

- ☐ measuring cups
- ☐ spatula or wooden spoon
- ☐ rolling pin
- ☐ electric mixer fitted with a dough hook (optional)
- ☐ pasta roller (for rolling dough into thin sheets)—optional
- ☐ large mixing bowl
- ☐ plastic wrap
- ☐ chef's knife

## Directions

1. Place the semolina flour in a large mixing bowl and form a small well in center. Add the eggs to the well. Using a spatula or wooden spoon, gradually combine until the dough comes together. If the dough seems a little dry, add very small amounts of water at a time until the dough feels somewhat smooth (keep in mind that a 100% semolina dough will be a bit drier and tighter than other doughs).
2. Transfer the dough to a clean work surface, and knead it for about 5 minutes (see **Note**). Form the dough into a ball and wrap it well with plastic wrap. Set it aside to rest at room temperature for at least 30 minutes, or refrigerate up to overnight. Dough will need to return to room temperature before it may be rolled and cut as desired.

### Note:

The more semolina a dough has, the more challenging it is to knead; work it as best as you can or knead it in a standing electric mixer fitted with a dough hook.

Adapted and used  
with permission from  
*Emerils.com*

# LATKES (LAHT-KUHS)

YIELD: 4 to 6 servings

GRADE 4

These Eastern European treats can best be described as fried potato pancakes—and once you’ve had one, you will see why they are legendary worldwide! Traditionally served at Hanukkah, latkes make wonderful treats for any time of the year and any time of the day or night—for breakfast, as after-school snacks, or as hors d’oeuvres before dinner. Try them as suggested here, with applesauce and sour cream—the most traditional way to serve them.

### Ingredients

- 2 ½ pounds baking potatoes, peeled
- 1 medium yellow onion, grated
- 2 large eggs, lightly beaten
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon ground white pepper
- ¼ teaspoon baking powder
- 1 to 1 ¼ cups vegetable oil, for frying
- 1 cup applesauce
- 1 cup sour cream



*Contains dairy and egg*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons             | <input type="checkbox"/> vegetable peeler          |
| <input type="checkbox"/> box grater                            | <input type="checkbox"/> fork or whisk             |
| <input type="checkbox"/> colander                              | <input type="checkbox"/> medium mixing bowl        |
| <input type="checkbox"/> wooden spoon                          | <input type="checkbox"/> large skillet             |
| <input type="checkbox"/> spoon                                 | <input type="checkbox"/> metal spatula or tongs    |
| <input type="checkbox"/> paper towel-lined baking sheet        | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> clean kitchen towel<br>or cheesecloth |  |

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 34

**Directions**

1. Preheat the oven to 200 degrees F.
2. Using a box grater, coarsely grate the potatoes. Watch your fingers!
3. Place the potatoes in a colander lined with a clean kitchen towel or cheesecloth and let the potatoes sit for at least 15 minutes to release some of their liquid. Pick up the four corners of the towel or cloth and bring them together, then tightly wring the towel in the sink so that any extra liquid is squeezed from the potatoes.
4. Transfer the potatoes to a medium mixing bowl and add the grated onion, beaten eggs, flour, salt, pepper, and baking powder. Using a wooden spoon, stir until thoroughly combined.
5. In a large skillet over medium-high heat, add  $\frac{1}{4}$  cup of the oil to the pan. When the oil is hot, spoon the potato mixture, 2 tablespoons at a time, into the skillet to form individual cakes. You should be able to fit 4 or 5 latkes in the pan at a time. Using the back of a spoon, flatten each latke so that it resembles a pancake. Cook until golden brown, about 2 to 3 minutes. Using a metal spatula or tongs, carefully flip the latkes over, making sure to watch out for any splattering oil. Cook the latkes until the second side is golden brown, about 2 minutes longer.
6. Remove the latkes from the pan and set aside to drain on a paper towel-lined baking sheet. You can keep them warm in the heated oven while you cook the remaining latkes. Add more oil as needed and continue to fry the latkes in batches, making sure not to overcrowd the pan.
7. To serve, place a dollop of applesauce and/or sour cream in the center of each latke. Serve warm.

**Note:**

Since this makes 18 small pancakes, this should be sufficient for up to 10 tasting portions. Recipe may be scaled up proportionally if a larger amount is desired.



# VEGETABLE STOCK

*Kitchen*

YIELD: 3 ½ quarts

GRADE 4

## Ingredients

- 2 cups large dice yellow onions
- 2 cups large dice leeks, green and white parts, well rinsed
- 2 cups mushroom trimmings, wiped clean
- 1 cup large dice carrots
- 1 cup large dice celery
- 1 cup large dice turnips
- 1 cup large dice parsnips
- 1 cup large dice yellow squash
- 1 cup large dice zucchini
- 8 Roma tomatoes, quartered
- ½ cup garlic cloves, peeled
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon fresh cracked black pepper
- 1 gallon water
- 2 tablespoons fresh thyme, or 2 teaspoons dried
- 8 parsley stems
- 4 basil stems
- 2 bay leaves

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> large roasting pan        |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> large stockpot            | <input type="checkbox"/> fine mesh strainer        |

*Continued on next page*

Adapted and used  
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*Emerils.com*



**Directions**

1. Preheat the oven to 400 degrees F.
2. In a large roasting pan, spread the onions, leeks, mushrooms, carrots, celery, turnips, parsnips, squash, zucchini, tomatoes and garlic cloves. Drizzle with the olive oil, and season with the salt and pepper, stirring to coat. Roast for 45 minutes, stirring, every 15 minutes to brown evenly.
3. Remove from the oven and transfer to a large pot. Add the water and herbs, and bring to a boil. Reduce the heat and simmer for 45 minutes to 1 hour, skimming to remove any foam that rises to the surface.
4. Remove from the heat and strain through a fine mesh strainer into a clean container. Use immediately, or cool in an ice bath and then refrigerate in an airtight container for up to 5 days. (The stock can be frozen for up to 3 months.)



# PASTA AND SWISS CHARD IN BROTH WITH MEATBALLS

*Kitchen*

YIELD: 8 to 12 servings

GRADE 4

This is a great alternative to spaghetti and meatballs. A comforting dish for a cool fall night.

## Ingredients

- 4 slices white bread
- 2 cups water
- ½ pound ground veal
- ½ pound ground beef chuck
- ½ pound ground pork
- ½ cup minced onions
- 4 teaspoons minced garlic
- 2 teaspoon salt
- 2 teaspoon freshly ground black pepper
- ½ finely chopped green onions
- 1 gallon beef stock
- 12 ounces small pasta shapes (such as orzo, stars, or alphabets)
- 2 pounds Swiss chard, cleaned, stemmed and shredded
- 8 ounces Parmigiano-Reggiano cheese, grated



*Contains dairy*

## Tools

- ☐ two medium mixing bowls
- ☐ small saucepan
- ☐ stock pot or large soup pot
- ☐ cutting board
- ☐ box grater
- ☐ measuring cups and spoons
- ☐ oven mitts or pot holders
- ☐ chef's knife
- ☐ ladle

*Continued on next page*

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**Directions**

1. Place the bread in a shallow bowl and pour the water over the bread. Allow to sit for 10 minutes.
2. Remove the bread from the bowl, squeezing out the excess liquid. In a mixing bowl, combine the bread, meats, onions, garlic, salt, pepper, and green onions. Mix well. *(To test the seasoning of the mixture, bring a small pot of water to a boil. Form a small amount of the mixture into a small ball and blanch in the water for 3 to 4 minutes. Remove from the water, cool slightly, and taste. Adjust the seasoning accordingly.)*
3. Form the meat mixture into small balls, about the size of a quarter.
4. Bring the beef stock to a simmer. Add the meatballs to the simmering stock and cook for 25 to 30 minutes.
5. Add the pasta and Swiss chard, and continue to cook until the pasta is tender, about 6 to 8 minutes longer.
6. To serve, ladle the soup into individual bowls and garnish with the cheese.



# STRAWBERRY JAM

*Kitchen*

YIELD: 6 jars (half pints)

GRADE 4

## Ingredients

- 4 pints fresh strawberries, halved
- 5 cups sugar
- Juice and zest of one lemon

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board and paring knife    | <input type="checkbox"/> measuring cups              |
| <input type="checkbox"/> fine grater or rasp               | <input type="checkbox"/> juicer or reamer            |
| <input type="checkbox"/> 8-quart stock pot                 | <input type="checkbox"/> wooden spoon                |
| <input type="checkbox"/> small plate                       | <input type="checkbox"/> metal spoon for skimming    |
| <input type="checkbox"/> oven mitts or pot holders         | <input type="checkbox"/> canning funnel              |
| <input type="checkbox"/> labels for jars (optional)        | <input type="checkbox"/> hot sterilized canning jars |
| <input type="checkbox"/> candy or instant-read thermometer | with lids  |

## Directions

1. Combine the fruit, sugar, lemon juice and lemon zest in an 8-quart stock pot. Stir to dissolve and then bring to a boil over medium-high heat. Maintain at a full rolling boil until the jell point is reached, 220 degrees F. This may take a while—up to 40 minutes, depending on your cooktop. Use your thermometer to make sure it comes up to the proper temperature. While the mixture cooks, stir it occasionally so the fruit does not stick to the bottom of the pan. You can test the jam by spooning a small amount onto a cold plate; if it has cooked long enough, a skin will form on the surface as it cools.
2. Remove jam from the heat, skim off any impurities that have risen to the top.
3. Using a canning funnel, ladle the fruit into the hot sterilized jars. Fill the jars, leaving 1-inch from the top of the jars for headroom, and wipe the rims well with a clean damp paper towel.
4. Seal the jars. They should pop and seal as they cool if they seal properly. (Any jars that do not seal properly should be refrigerated and used within several weeks.)
5. Label the jars and store in a cool, dark, and dry place.

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with permission from  
*Emerils.com*



# OOEY GOOEY BLUEBERRY "FRENCH TOAST"

*Kitchen*

YIELD: 10 to 12 servings, 3 cups of Blueberry Sauce

GRADE 4

*The Blueberry Sauce can be made in advance and kept refrigerated for up to one week and then rewarmed just before serving.*

This dish is really a cross between French toast and bread pudding—two of my favorite things to eat any time of the day! It is rich and creamy and ooey and gooey and chock full of blueberries all at the same time. It's a great dish to make for a crowd and can be put together the night before and then baked in the morning, so that it's fresh and hot when you serve it. Don't skip the blueberry topping—it's the crowning glory!

## Ingredients

### For the French Toast:

- 1 tablespoon unsalted butter
- 14 slices home-style white bread, crusts discarded and bread cut into 1-inch cubes
- 2 (8-ounce) packages cold cream cheese, cut into 1-inch cubes
- 1 cup blueberries, picked over and rinsed
- 10 large eggs
- 2 cups half-and-half
- ⅓ cup maple syrup
- ¼ cup fresh squeezed orange juice



*Contains dairy and egg*

### For the Blueberry Sauce:

- 1½ cups sugar
- 1 ½ cups water
- ½ cup fresh-squeezed orange juice
- 3 tablespoons cornstarch
- 1 ½ teaspoons orange zest
- 1 ½ cups blueberries, picked over and rinsed
- 1 ½ tablespoons unsalted butter



*Contains dairy and egg*

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 42

**Tools****For the French Toast:**

- ☐ cutting board
- ☐ chef's knife
- ☐ measuring cups and spoons
- ☐ whisk
- ☐ 9- by 13-inch baking dish  
or casserole
- ☐ serrated bread knife
- ☐ juicer (optional)
- ☐ large mixing bowl
- ☐ aluminum foil
- ☐ oven mitts or pot holders

**For the Blueberry Sauce:**

- ☐ measuring cups and spoons
- ☐ juicer (optional)
- ☐ zester or box grater
- ☐ small saucepan
- ☐ wooden spoon
- ☐ oven mitts or pot holders
- ☐ large spoon or ladle

**Directions****For the French Toast:**

1. Butter a baking dish with the tablespoon of butter.
2. Arrange half of the bread cubes on the bottom of the baking dish.
3. Top the bread cubes with the cream cheese cubes and blueberries and arrange the remaining bread cubes over the blueberries.
4. In a large bowl whisk together the eggs, half-and-half, syrup, and orange juice.
5. Pour the egg mixture evenly over the bread mixture. Cover with aluminum foil and refrigerate for at least 1 hour and up to overnight.
6. Remove the baking dish from the refrigerator and allow to come to room temperature for about 20 minutes. Position rack in center of oven and preheat the oven to 350 degrees F.
7. Bake the "French toast" with foil cover for 30 minutes. Using oven mitts or pot holders, remove the baking dish from the oven, remove the foil, and return the dish to the oven until toast is golden brown and puffed, about 30 more minutes.
8. Using oven mitts and pot holders, remove the baking dish from the oven and allow to sit until slightly cooled, about 15 minutes.
9. Serve in bowls with blueberry sauce ladled over the top.

*Continued on next page*

**For the Blueberry Sauce:**

1. In a small saucepan over medium-high heat, stir together the sugar, water, orange juice, cornstarch, and orange zest.
2. Cook, stirring occasionally, until thickened, about 5 minutes.
3. Stir in the blueberries and simmer the mixture, stirring occasionally, until the berries have burst, about 5 minutes.
4. Add the butter and stir until melted.
5. Remove from heat and spoon or ladle over warm Ooey Gooley Blueberry "French Toast."



# MOROCCAN COUSCOUS

*Kitchen*

YIELD: 8 to 12 servings

GRADE 4

Couscous is eaten all over North Africa and is particularly associated with Moroccan cooking, where it is usually served for lunch on Fridays. Though traditionally served as a main course or dessert, the quick cooking time makes this a wonderful side dish for any number of entrees. Feel free to kick yours up by adding your favorite dried fruits, nuts, citrus zest, or small vegetables or garbanzo beans.

## Ingredients

- 4 cups water
- 6 tablespoons olive oil
- 1 ½ teaspoons salt
- 2 (10-ounce) packages plain couscous
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground cinnamon
- 2 tablespoons finely chopped fresh herbs of your choice, such as mint, parsley, cilantro, or basil

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board            |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> medium saucepan with lid |
| <input type="checkbox"/> large mixing bowl         | <input type="checkbox"/> fork                     |
| <input type="checkbox"/> oven mitts or pot holders |   |

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with permission from  
*There's a Chef  
in My World!*,  
pg 132



**Directions**

1. In a medium saucepan, bring the water, 2 tablespoons of the olive oil, and 1 teaspoon of the salt to a boil.
2. When the water begins to boil, remove the pan from the heat, stir in the couscous, and cover the saucepan. Allow the couscous to stand for 5 minutes, without lifting the lid.
3. Pour the couscous into a large mixing bowl and toss lightly with a fork to break up any lumps.
4. Drizzle the couscous with the remaining 4 tablespoons of olive oil, tossing to coat well.
5. Add the remaining  $\frac{1}{2}$  teaspoon salt, cumin, cinnamon, and herb(s) of your choice. Gently toss to combine, using a fork to stir in the seasonings.



## SUMMER PUDDING

*Kitchen*

YIELD: 6 to 8 servings

GRADE 5

This is a great summer dessert from England. For this version, we use strawberries, blueberries, blackberries and raspberries, but feel free to use your own favorite combination of berries. I have also found that if you need stale bread in a hurry, for this recipe it's best not to toast it in the oven. Just leave the bread slices out overnight on a baking sheet, uncovered, and your bread will be just right by the next day.

### Ingredients

- 2 (8.8-ounce) containers fresh strawberries, washed, patted dry, hulled, and quartered (about 4 cups quartered berries)
- 2 (4.4-ounce) containers fresh blueberries, washed, picked over, and patted dry (about 2 cups)
- ½ pint fresh blackberries, washed, picked over, and patted dry (about 1 cup)
- 1 (6-ounce) container fresh raspberries, washed, picked over, and patted dry (about 1 cup)
- ¾ cup granulated sugar
- 2 tablespoons fresh lemon juice
- 10 to 12 slices stale white bread or challah bread, crusts removed
- 1 cup heavy cream
- 1 tablespoon confectioners' sugar

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons                                   | <input type="checkbox"/> juicer (optional)         |
| <input type="checkbox"/> large saucepan  | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> 9- by 5-inch loaf pan                                       | <input type="checkbox"/> plastic wrap              |
| <input type="checkbox"/> cutting board   | <input type="checkbox"/> bread knife               |
| <input type="checkbox"/> slotted spoon   | <input type="checkbox"/> spoon or ladle            |
| <input type="checkbox"/> small baking sheet or dish                                  | <input type="checkbox"/> large serving platter     |
| <input type="checkbox"/> three soup-size cans or other objects for weighting pudding |  |
| <input type="checkbox"/> electric mixer fitted with whisk attachment                 |  |

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 172

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**Directions**

1. Combine the strawberries, blueberries, blackberries, and raspberries in a large saucepan. Add the sugar and lemon juice and cook over medium heat until the fruit is tender and beginning to burst but still holds its shape, about 5 minutes. Using oven mitts or pot holders, remove the fruit from the heat and allow to cool to room temperature.
2. Meanwhile, line a 9- by 5-inch loaf pan with plastic wrap. Cut the bread slices (to fit in the bottom of the baking pan in the next step.) Repeat with the remaining bread slices as needed to fit into each layer. Set aside.
3. When the fruit has cooled, use a slotted spoon to place about 2 cups of the fruit in the bottom of the prepared baking pan, making sure the bottom is covered with fruit. Dip one side of the prepared bread slices in the juice from the cooked fruit, and place one layer of bread, soaked side down, on top of the fruit in the baking pan. Using a spoon or a ladle, spread enough juice on top of the bread layer so that none of the white is visible.
4. Repeat the fruit and bread layers two more times, ending with the bread layer. Pour any remaining juice on top of the last bread layer.
5. Cover tightly with plastic wrap and set the baking pan on a small baking sheet or dish. Place 3 soup-size cans on top of the wrapped pudding to weigh it down. Refrigerate the pudding with the can weights overnight.
6. In the bowl of an electric mixer fitted with a whisk attachment, add the heavy cream and confectioners' sugar and whisk until thick and frothy and stiff peaks have formed.
7. To serve, remove the can weights from the top of the pudding and carefully unwrap the plastic. Place a serving platter that is larger than the baking dish over the pudding and invert. Shake gently to release the pudding onto the serving platter and remove the plastic wrap.
8. Slice or spoon the summer pudding onto individual plates and serve chilled with the sweetened whipped cream.



## OVEN-ROASTED VEGGIES

*Kitchen*

YIELD: 6 servings (or up to 10 tasting portions)

GRADE 5

This is a crowd-pleasing dish you can make for almost any family meal. With so many veggies to choose from, there will be something in this dish for everyone to like. Kick it up with some garlic or add some chopped fresh rosemary and thyme. Fresh herbs rule!

### Ingredients

- 3 tablespoons extra virgin olive oil
- 2 teaspoons salt
- 1 teaspoon Emeril's Italian Essence, or other Italian seasoning
- ½ teaspoon freshly ground black pepper
- ½ teaspoon Baby Bam
- 1 pound red potatoes, cut into eighths, or bite-size pieces
- 1 pound carrots (about 3 cups, or 6 medium carrots), peeled and sliced into 1-inch pieces
- 1 medium yellow onion (about 1 ½ cups), chopped into eighths, or bite-size pieces
- 1 medium yellow squash (about 1 ½ cups, or 5 ounces), chopped into 1-inch pieces
- 1 medium red bell pepper (about 1 cup, or 5 ounces), chopped into 1-inch pieces

### Tools

- |  |   |
|--|---|
| <input type="checkbox"/> cutting board   | <input type="checkbox"/> chef's knife     |
| <input type="checkbox"/> measuring cups and spoons                             | <input type="checkbox"/> two medium bowls |
| <input type="checkbox"/> roasting pan, preferably non-stick (see <b>Note</b> ) | <input type="checkbox"/> oven mitts       |

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Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 156

**Directions**

1. Preheat the oven to 425 degrees F.
2. Combine 1 tablespoon of the olive oil, 1 teaspoon of the salt,  $\frac{1}{2}$  teaspoon of the Italian Essence,  $\frac{1}{4}$  teaspoon of the black pepper, and  $\frac{1}{4}$  teaspoon of the Baby Bam in a bowl.
3. Toss the potatoes in this mixture and place in the roasting pan and roast for 20 minutes.
4. Meanwhile, combine the remaining 2 tablespoons olive oil, remaining 1 teaspoon salt, remaining  $\frac{1}{2}$  teaspoon Italian Essence, remaining  $\frac{1}{4}$  teaspoon black pepper, and remaining  $\frac{1}{4}$  teaspoon Baby Bam in the other bowl. Toss the carrots, onion, squash, and pepper in this mixture and reserve for roasting.
5. After the initial 20-minute roasting of potatoes remove them from the oven. Add the other vegetables to the potatoes and, using a wooden spoon, stir to combine.
6. Return the roasting pan to the oven and increase the temperature to 475 degrees F. Roast until all vegetables are tender and show nice color, about 40 minutes longer. (Stir the pan at least once during cooking to insure even browning of the vegetables.)
7. Remove the pan from the oven, allow to cool for 10 minutes and serve.

**Note:**

If using a non-stick pan there is no need to coat it with olive oil or stir the roasting vegetables too frequently. However, if using a regular pan you will need to coat the pan with about 2 tablespoons of olive oil before roasting the vegetables, and you will need to stir your roasting vegetables more frequently (about every 20 minutes.)



# FIESTA QUESADILLAS

WITH SIMPLE SALSA AND HOLY MOLY GUACAMOLE

Kitchen

YIELD: 5 servings, 1 cup Salsa, ½ to 1 cup Guacamole

GRADE 5

I just love quesadillas—all that gooey cheese inside of a thin flour tortilla, oh, yeah, baby. Make sure you kick yours up a notch or two by preparing both the Simple Salsa and Holy Guacamole to go on top. Talk about a match made in heaven!

## Ingredients

### For the Quesadillas:

- 10 (6-inch) flour tortillas
- 1 ¼ cups grated Monterey Jack cheese (6 ounces)
- 1 ¼ cups grated cheddar cheese (6 ounces)
- 2 tablespoons finely chopped yellow onions
- 5 teaspoons vegetable oil
- Simple Salsa, for serving
- Holy Guacamole, for serving



*Contains dairy*

### For the Salsa:

- 2 medium tomatoes, halved and seeds removed
- ½ teaspoon salt
- ½ teaspoon minced garlic
- 1 tablespoon minced yellow onion
- 1 tablespoon minced green bell pepper
- 1 tablespoon lime juice
- ¼ teaspoon Green Pepper Sauce

### For the Guacamole:

- 1 avocado, peeled, halved and seed removed
- 1 tablespoon fresh lime juice
- 1 tablespoon minced yellow onion
- ½ teaspoon minced garlic
- ¼ teaspoon Baby Bam
- ¼ teaspoon salt
- ¼ teaspoon Emeril's Green Pepper Sauce (optional)

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with permission from  
*There's a Chef  
in My Soup!*,  
pg 104

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**Tools****For the Quesadillas:**

- ☐ knife
- ☐ cutting board
- ☐ pizza wheel or sharp knife
- ☐ two small bowls
- ☐ grater
- ☐ medium skillet (8- or 10-inch)
- ☐ spatula
- ☐ fork

**For the Salsa and Guacamole:**

- ☐ knife
- ☐ cutting board
- ☐ mixing bowl
- ☐ fork
- ☐ measuring spoons
- ☐ plastic wrap

**Directions****For the Quesadillas:**

1. Place 1 tortilla on a flat work surface and evenly cover the tortilla with 4 tablespoons of the cheese, and top with 1 teaspoon of the chopped onions.
2. Cover with the second tortilla and rub ½ teaspoon of vegetable oil onto the top tortilla.
3. Repeat this process with the remaining tortillas—you will have five stuffed tortilla “sandwiches” in all.
4. Heat a medium-sized skillet over medium-low heat.
5. When the pan is hot, add ½ teaspoon of the oil to the pan and carefully transfer one of the stuffed tortillas with a large spatula to the hot pan.
5. Cook until the bottom is just golden and the cheese is starting to melt, about 2 to 3 minutes. Carefully turn with a spatula and cook for about 1 ½ to 2 minutes, until golden brown on the second side.
6. Using a spatula, remove the quesadilla from the pan, place on a cutting board and slice with a pizza wheel or sharp knife.
7. Repeat with the remaining tortillas and ingredients and serve immediately with about 2 tablespoons of the Homemade Salsa and a dollop of Guacamole.

**Caution**

Be careful flipping your hot quesadilla, and cutting the hot tortilla! Hot cheese can stick!

**For the Salsa:**

1. Place the tomato halves on a cutting board and slice into quarters.
2. Working over a mixing bowl, squeeze each piece in your hands to remove the seeds, then chop into ¼-inch chunks. Discard the seeds.
3. Place the tomato pieces in a bowl and sprinkle with the salt, add the remaining ingredients and mix well with a fork or spoon.
4. Let sit for at least 30 minutes before serving, this will allow the flavors to blend.

**For the Guacamole:**

1. Place an avocado half on a cutting board, flat side down.
2. Cut into sixths lengthwise, then chop into ¼-inch pieces.
3. Place the avocado pieces in a mixing bowl.
4. Add the remaining ingredients and mash until mostly smooth with the back of a fork.
5. Stir to evenly distribute ingredients, then serve immediately, or keep covered with plastic wrap in the refrigerator until ready to use.





# APPLE-OF-MY-EYE CRISP

Kitchen

YIELD: 6 to 8 servings

GRADE 5

*If you want to make a pie instead, just pour the apples into an (unbaked) store-bought or premade pie crust and proceed as directed for an apple crumb pie!*

Here's a really old-fashioned, homey dessert that takes me back to my childhood—a lot of folks in New England like to make Apple Crisp in the fall when apples are at their best. I've used a combination of tart and sweet apples here because I think they're terrific together, but you could really use any apples you like. The secret to a successful crisp topping is letting it rest in the refrigerator while you prepare the other ingredients. Oh, and if you really want to kick this up notches unknown to mankind? Serve your crisp with a scoop or two of vanilla ice cream on top!

## Ingredients

- 4 tablespoons cold unsalted butter, cut into ½-inch pieces, plus 1 tablespoon
- ½ cup all purpose flour
- ¼ cup light brown sugar
- ¼ cup plus ¾ cup sugar
- ¼ teaspoon salt
- 3 Granny Smith apples
- 3 Golden Delicious apples
- 2 teaspoons fresh lemon juice
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 teaspoon cinnamon



*Contains dairy*

## Tools

- |   |  |
|---|--|
| <input type="checkbox"/> medium bowl              | <input type="checkbox"/> large bowl                    |
| <input type="checkbox"/> large spoon              | <input type="checkbox"/> measuring cups                |
| <input type="checkbox"/> measuring spoons         | <input type="checkbox"/> 9-inch by 9-inch baking dish  |
| <input type="checkbox"/> peeler                   | <input type="checkbox"/> knife                         |
| <input type="checkbox"/> cutting board            | <input type="checkbox"/> spoon                         |
| <input type="checkbox"/> oven mitts or potholders | <input type="checkbox"/> two forks or a pastry blender |
| <input type="checkbox"/> apple corer, wire rack   |  |

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 222

*Continued on next page*

**Directions**

1. Preheat the oven to 350 degrees F and make sure the oven rack is in the center position.
2. Butter a 9- by 9-inch baking dish with 1 tablespoon of the butter. Set aside.
3. Place the flour, brown sugar,  $\frac{1}{4}$  cup of the sugar, and salt in a medium bowl.
4. Add the remaining 4 tablespoons of butter pieces and work in with two forks, a pastry blender or your fingers until the mixture resembles coarse crumbs. Refrigerate the crumb topping while preparing the other ingredients.
5. Peel and core the apples, then cut one apple in half. Place one half flat-side down on the cutting board and cut lengthwise into six slices.
6. Place slices in a large mixing bowl and toss with the lemon juice.
7. Repeat with the remaining apples, tossing with the lemon juice after each addition.
8. Add the remaining  $\frac{3}{4}$  cup of sugar, cornstarch, and cinnamon to the apples and stir well with a large spoon.
9. Pour the apples into the prepared baking dish and crumble the topping evenly over the top.
10. Bake until golden brown and bubbling, about 1 hour and 15 minutes.
11. Remove from the oven and cool for 10 minutes before serving.

**Caution**

Be careful coring and slicing apples! Have an adult help you. And hey—be really careful taking the hot, bubbly cobbler out of the oven.



# MISO SOUP WITH VEGETABLE STOCK

*Kitchen*

YIELD: 8 to 10 servings

GRADE 5

## Ingredients

- 2 3 ounce konbu (kelp), 4 to 6 squares
- 8 cups vegetable stock, see recipe on page 655
- 6 large dry wood ear mushrooms, wiped clean (see **Note**)
- 4 teaspoons soy sauce
- 6 tablespoons white or yellow miso paste
- 2 tablespoons brown miso paste
- ½ cup finely sliced scallions
- 8 ounces tofu, cut into ½-inch cubes



*Contains soy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> large saucepans |
| <input type="checkbox"/> fine mesh strainer        | <input type="checkbox"/> cutting board   |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> slotted spoon   |

## Directions

1. To make the “dashi” soup stock, in a large saucepan, combine the konbu and vegetable stock and heat over medium-low heat almost to the boiling point. Remove the konbu just before the mixture comes to a boil and discard.
2. Remove from the heat and skim any foam that rises to the surface. Let stand for 2 minutes. Strain through a fine mesh strainer into a saucepan. Keep warm over low heat.
3. Add the mushrooms and soy sauce to the dashi and steep until mushrooms are tender, about 10 minutes. Remove with a slotted spoon, and when cool enough to handle, slice thinly. Return to the liquid. Add the miso pastes and cook over low heat, stirring to dissolve. Add the scallions and tofu and cook until warmed through, about 3 minutes.
4. Serve immediately.

### Note:

Thinly sliced fresh mushrooms (such as shiitake or baby cremini) or tiny whole mushrooms (such as enoki) may be added instead of dried if preferable. In this case, the mushrooms only need to steep in the broth until slightly softened.

Adapted and used  
with permission from  
*Emerils.com*



# VEGETABLE STOCK

*Kitchen*

YIELD: 3 ½ quarts

GRADE 5

## Ingredients

- 2 cups large dice yellow onions
- 2 cups large dice leeks, green and white parts, well rinsed
- 2 cups mushroom trimmings, wiped clean
- 1 cup large dice carrots
- 1 cup large dice celery
- 1 cup large dice turnips
- 1 cup large dice parsnips
- 1 cup large dice yellow squash
- 1 cup large dice zucchini
- 8 Roma tomatoes, quartered
- ½ cup garlic cloves, peeled
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon fresh cracked black pepper
- 1 gallon water
- 2 tablespoons fresh thyme, or 2 teaspoons dried
- 8 parsley stems
- 4 basil stems
- 2 bay leaves

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> large roasting pan        |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> large stockpot            | <input type="checkbox"/> fine mesh strainer        |

*Continued on next page*

Adapted and used  
with permission from  
*Emerils.com*

**Directions**

1. Preheat the oven to 400 degrees F.
2. In a large roasting pan, spread the onions, leeks, mushrooms, carrots, celery, turnips, parsnips, squash, zucchini, tomatoes and garlic cloves. Drizzle with the olive oil, and season with the salt and pepper, stirring to coat. Roast for 45 minutes, stirring, every 15 minutes to brown evenly.
3. Remove from the oven and transfer to a large pot. Add the water and herbs, and bring to a boil. Reduce the heat and simmer for 45 minutes to 1 hour, skimming to remove any foam that rises to the surface.
4. Remove from the heat and strain through a fine mesh strainer into a clean container. Use immediately, or cool in an ice bath and then refrigerate in an airtight container for up to 5 days. (The stock can be frozen for up to 3 months.)



# LAYERED BLACK BEAN CHILI DIP

*Kitchen*

YIELD: 1 (9-inch) layered dip (or 6 to 10 tasting portions)

GRADE 5

## Ingredients

- 1 cup Black Bean Chili, recipe follows (see **Note**)
- 1 tablespoon minced jalapeño, or to taste
- 1 cup chopped seeded ripe tomato
- 1 cup grated Cheddar or Cheddar Jack cheese
- 1 cup sour cream
- 1 cup shredded lettuce
- ½ cup finely chopped green onions
- 1 ripe avocado, peeled, seed removed, and diced
- 2 tablespoons minced fresh cilantro
- Tortilla Chips, for dipping



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board           |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> paring knife            |
| <input type="checkbox"/> box grater                | <input type="checkbox"/> 9-inch pie dish, spoons |

## Directions

1. In a 9-inch pie dish, spread the black bean chili.
2. Layer the remaining ingredients in the order given, spreading each layer all the way to the edge of the dish.
3. Serve with the tortilla chips.

### **Note:**

This recipe requires cooking the black bean chili in advance of preparing the layered black bean chili dip.

Adapted and used  
with permission from  
*Emerils.com*



# EMERIL'S BLACK BEAN CHILI

Kitchen

YIELD: 4 servings

GRADE 5

## Ingredients

- 1 cup dried black beans
- 2 tablespoons vegetable oil
- 1 cup chopped yellow onions
- 2 teaspoons chopped garlic
- 1 jalapeno, stemmed, seeded and chopped
- 1 bay leaf
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon Emeril's Original Essence
- ½ teaspoon salt
- 4 to 6 cups water or chicken stock, as needed
- 2 tablespoons fresh lime juice
- ¼ cup chopped fresh cilantro
- 1 avocado, seed removed, cubed
- 1 large ripe tomato, cored, seeded, and diced
- 1 cup shredded mild cheddar cheese, optional



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board     |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> large mixing bowl |
| <input type="checkbox"/> large saucepan            | <input type="checkbox"/> wooden spoon      |

*Continued on next page*

Adapted and used  
with permission from  
*Emerils.com*



Soak the beans overnight before proceeding to cook.

Beans may be cooked without soaking but the cook time will be longer.

### Directions

1. Rinse beans in a colander under running water and discard any stones and/or dirt. Place beans in a large bowl and add enough water to cover by several inches. Soak beans overnight before proceeding.
2. Drain the beans in a colander.
3. Heat the vegetable oil in a large saucepan over medium-high heat. Add the onions, garlic, jalapeno, bay leaf, chili powder, cumin, Essence, and salt, and stir to coat. Cook, stirring occasionally, until softened, 3 to 4 minutes.
4. Add the beans and stir to combine. Add 4 cups of the water, stir, and bring to a boil. Reduce the heat to a gentle simmer and cook, stirring occasionally, until the beans are tender and thickened, 1 to 2 hours, adding additional water if the chili gets too thick before the beans are tender. (Start checking the beans after about an hour—the cook time can vary tremendously depending on the age of the beans.)
5. Stir in the lime juice and cilantro, adjust the seasoning if necessary, and serve the chili topped with the avocado, tomato, and cheese if desired.

### Note:

Recipe may be scaled up proportionally for a larger yield.





## BEANS GALORE SALAD

Kitchen

YIELD: 10 to 12 servings (or 2 quarts)

GRADE 5

*This salad is best if made a day in advance, and will keep for up to one week if refrigerated in an airtight nonreactive container.*

Talk about a great salad to take on a picnic or bring to a family reunion. Everyone loves this sweet and tangy salad that has—believe it or not—five different kinds of beans! If you make it a day or two in advance, it will taste even better. I'm telling you, you're guaranteed to be a hit with this one!

### Ingredients

- ½ cup red kidney beans, soaked overnight  
or 1 ½ cups canned, drained and rinsed red beans
- ½ cup black beans, soaked overnight  
or 1 ½ cups canned, drained and rinsed black beans
- ½ cup Great Northern beans, soaked overnight  
or 1 ½ cups canned, drained and rinsed white beans
- 3 peeled whole garlic cloves, plus 1 teaspoon minced
- ½ pound wax beans, ends trimmed and blanched until crisp-tender
- ½ pound fresh green beans, ends trimmed and blanched until crisp-tender
- 1 ½ cups red wine vinegar
- 1 cup plus 2 tablespoons sugar
- ¾ cup vegetable oil
- 1 teaspoon salt
- ½ medium red onion, chopped (about ½ cup)

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> four medium saucepans                  | <input type="checkbox"/> measuring cups and spoons |
| <input type="checkbox"/> chef's knife                           | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> colander                               | <input type="checkbox"/> wooden spoon              |
| <input type="checkbox"/> large glass or other non-reactive bowl |  |

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 68

**Directions**

1. If using canned beans, go directly to the end of Step 4.
2. If using dried, soaked beans, put the red beans, black beans, and Great Northern beans in separate saucepans. Add four cups of water and one garlic clove to each pot.
3. Over high heat, bring each pot to a boil, reduce the heat to medium-low, and cook until the beans are just tender, 30 to 45 minutes.
4. Using oven mitts or pot holders, carefully pour the liquid and the beans away from you into a colander set in the sink. Rinse with cool water, and then transfer the beans to a large nonreactive bowl and cover with plastic wrap. Refrigerate, stirring occasionally, until thoroughly chilled, at least 2 hours.
5. In a saucepan over high heat, combine the red wine vinegar, sugar, oil, salt, and the minced garlic. Cook until the sugar is dissolved, about 5 minutes. Transfer to a medium, nonreactive bowl, cover with plastic wrap, and refrigerate until thoroughly chilled, at least 2 hours.
6. Add the blanched wax beans, green beans, vinegar mixture, and onion to the beans in the large bowl and toss to mix thoroughly. Serve immediately or refrigerate in an airtight container until ready to serve.

**Note:**

These cooking times will vary from one package of dried beans to another.

## PASTA PRIMAVERA

*Kitchen*

YIELD: 8 servings (or 10 tasting portions)

GRADE 5

This is a wonderful dish to make in the springtime, when the new vegetables at the market are all so sweet and tender. I think you'll really like making this with one of my favorite pasta shapes—orechiette. The word orechiette means "little ears" in Italian, and this disc-shaped pasta is perfect for holding little bites of vegetables. But choose the shape that you like best!

### Ingredients

- ½ cup cubed carrots
- ½ cup asparagus, sliced crosswise into ½-inch pieces
- 1 pound orechiette pasta or other pasta
- 1 tablespoon plus 1 teaspoon salt
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- ½ cup chopped yellow onions
- 1 tablespoon minced garlic
- 1 cup cubed zucchini
- 1 cup cubed yellow squash
- ½ cup chopped tomatoes
- ½ cup frozen green peas
- ½ teaspoon ground black pepper
- ¼ cup extra-virgin olive oil
- 2 tablespoons chopped fresh parsley
- ½ cup grated Parmesan cheese (optional garnish)



*Contains dairy*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> 6-quart pot               | <input type="checkbox"/> 1- to 2-quart saucepan        |
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife                  |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> wooden spoon                  |
| <input type="checkbox"/> oven mitts or pot holders | <input type="checkbox"/> colander                      |
| <input type="checkbox"/> small ladle               | <input type="checkbox"/> large mixing bowl             |
| <input type="checkbox"/> small cup                 | <input type="checkbox"/> plastic wrap or kitchen towel |
| <input type="checkbox"/> 12-inch skillet           | <input type="checkbox"/> box grater (optional)         |

Adapted and used  
with permission from  
*There's a Chef  
in My Family*,  
pg 118

*Continued on next page*

**Directions**

1. Bring a large pot of water to a boil.
2. As the pasta water is heating, bring a small saucepan of water to a boil.
3. Add the carrots and asparagus to the small saucepan and blanch for 2 minutes.
4. Using oven mitts or pot holders, remove the small saucepan from the heat and pour the carrots and asparagus away from you into a colander that is set in the sink. Rinse under cold running water to refresh.
5. While cooking the vegetables, add the pasta and 1 tablespoon of the salt to the large pot of boiling water.
6. Return to a boil and cook the pasta until al dente,\* stirring occasionally, about 12 to 15 minutes.
7. Turn the stove off, and with a small ladle, transfer ¼ cup of the cooking liquid to a small cup and set aside.
8. Using oven mitts or pot holders, drain the rest of the pot away from you into a colander that is set in the sink.
9. Place the pasta in a large bowl with the ¼ cup cooking liquid and cover with plastic wrap or a clean kitchen towel to keep warm.
10. In a large skillet over medium-high heat, melt the butter and, when hot, add the olive oil.
11. Add the onion and cook, stirring, for 2 minutes.
12. Add the garlic, and cook, stirring, for 30 seconds.
13. Add the zucchini and squash, and cook, stirring, for 3 minutes.
14. Add the cooked carrots and asparagus, and cook, stirring, for 1 minute.
15. Add the tomato, peas, the remaining teaspoon of salt, and the pepper. Stir and remove from the heat.
16. Pour the vegetables over the pasta in the bowl.
17. Drizzle with the extra-virgin olive oil, and add the parsley. Toss to coat evenly.
18. Sprinkle, if you like, with the Parmesan cheese.
19. Serve immediately.

**Note:**

“Al dente” is an Italian expression that means “to the tooth” and is used to describe pasta or other foods that are cooked only until they offer slight resistance when bitten into, but are not overly soft or overcooked.



# GARAM MASALA

Kitchen

YIELD: ½ cup

GRADE 5

## Ingredients

- 2 tablespoons coriander seeds
- 2 tablespoons cumin seeds
- 2 tablespoons cardamom seeds
- 2 tablespoons black peppercorns
- 1 cinnamon stick, cut into pieces
- 1 teaspoon whole cloves
- 1 teaspoon grated nutmeg

## Tools

- ☐ measuring spoons
- ☐ small plate
- ☐ nutmeg grater or fine rasp
- ☐ small sauté pan
- ☐ spice or coffee grinder

## Directions

1. In a sauté pan, over medium heat, add everything except for the nutmeg. Toast until dark and fragrant, shaking the pan often, 10 to 12 minutes.
2. Remove and cool. Spices may be spooned onto a plate for quicker cooling.
3. Grind the spices in a spice mill or coffee grinder into a fine powder.
4. Remove and stir in the nutmeg.

Adapted and used  
with permission from  
*Emerils.com*



## VEGETABLE CURRY

*Kitchen*

YIELD: 6 to 8 servings (or 12 tasting portions)

GRADE 5

In India, where this dish hails from, cooks make their own curry powder, which is a blend of different spices. Some of the spices most often used are cumin, coriander, turmeric, cardamom, and ground hot chiles. Some blends have as many as twenty different spices! Here in America, we usually rely on store-bought curry powder for ease and convenience. I have added some garam masala to the recipe here, another blend that you should be able to find in grocery store spice aisles or gourmet markets. If you cannot find it, simply substitute an equal amount of regular curry powder.

### Ingredients

- ¼ cup vegetable oil
- 1 medium yellow onion, chopped
- 2 tablespoons finely chopped fresh ginger
- 1 tablespoon minced garlic
- 2 tablespoons finely chopped jalapeño pepper
- 1 ½ tablespoons curry powder
- 1 ½ tablespoons garam masala or an additional 1 ½ tablespoons curry powder
- 2 ¼ cups coconut milk
- 1 (28-ounce) can whole tomatoes, crushed, with juice
- 2 tablespoons sugar
- 1 ½ teaspoons salt
- 1 medium Idaho potato, peeled and cut into 1-inch cubes
- 8 cups assorted vegetables, such as green beans, cauliflower florets, carrots, red and yellow bell peppers, zucchini, and eggplant, cut into bite-size pieces
- 1 (15-ounce) can chickpeas, drained and rinsed
- Cooked basmati rice, for serving, prepared according to package instructions

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 108

**Tools**

- ☐ measuring cups and spoons
- ☐ chef's knife
- ☐ can opener
- ☐ wooden spoon
- ☐ dutch oven or large heavy saucepan with lid
- ☐ cutting board
- ☐ rubber gloves
- ☐ vegetable peeler
- ☐ oven mitts or pot holders

**Directions**

1. Heat the oil in a heavy Dutch oven or large heavy saucepan over high heat. Add the onion and cook until soft, about 4 minutes.
2. Add the ginger, garlic, jalapeño, curry powder, and garam masala and cook for 2 minutes, stirring, until fragrant.
3. Add the coconut milk, tomatoes, sugar, and salt, and bring to a boil. Reduce the heat to a simmer and cook for 10 minutes.
4. Add the potatoes and cook for 15 to 20 minutes, until the potatoes are just fork-tender.
5. Add the remaining vegetables and chickpeas. Stir well to combine, cover, and reduce the heat to medium-low. Cook, stirring only occasionally, until the vegetables are tender but not falling apart, 40 minutes to 1 hour.
6. Serve with hot cooked rice, preferably basmati if available.



# SUMMER SQUASH AND ZUCCHINI CASSEROLE

Kitchen

YIELD: 10 servings

GRADE 6

## Ingredients

- 1 ½ tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 cup chopped onions
- 1 ½ teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon minced garlic
- 2 pounds summer squash (about 6 medium), sliced into thin rounds
- 2 pounds zucchini (about 6 medium), sliced into thin rounds
- 1 teaspoon finely chopped fresh thyme
- 3 large eggs
- ¼ cup heavy cream
- 1 cup crushed butter crackers
- ½ cup grated Parmesan cheese



*Contains dairy and egg*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> 9- by 13-inch baking dish |
| <input type="checkbox"/> large sauté pan           | <input type="checkbox"/> wooden spoon              |
| <input type="checkbox"/> slotted spoon             | <input type="checkbox"/> whisk                     |
| <input type="checkbox"/> medium mixing bowl        | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> box grater                |  |

*Continued on next page*

Adapted and used  
with permission from  
*Emerils.com*



**Directions**

1. Preheat the oven to 350 degrees F. Grease a 9- by 13- inch baking dish with ½ tablespoon butter.
2. Heat the olive oil and the remaining 1 tablespoon butter in a large sauté pan over medium-high heat.
3. Add the onions, salt, and black pepper and cook until the onions are soft, about 5 minutes.
4. Add the garlic and cook until fragrant, about 30 seconds.
5. Add the squash and zucchini and cook until tender, stirring occasionally, about 20 minutes. Stir in the thyme and remove from the heat.
6. Using a slotted spoon, transfer the vegetables to the prepared baking dish, reserving the cooking liquid.
7. Combine the eggs and cream in a medium bowl and whisk to blend.
8. Gradually whisk the reserved cooking liquid into the egg mixture.
9. When all the cooking liquid is incorporated, pour the mixture over the vegetables in the baking dish. Using a spoon, gently shift the vegetables around so the egg mixture is evenly distributed.
10. Bake until the mixture sets, about 30 minutes.
11. Remove from oven and sprinkle first with the crackers and then with the Parmesan, and then return to the oven. Bake until golden brown, 10 to 15 minutes.
12. Serve hot or warm.

## KA-BAM KABOBS

YIELD: 6 servings

GRADE 6

My suggestion here for scaling this up in a cost-effective manner would be to add more veggies to the skewers—cubed zucchini and several different colored peppers.

### Ingredients

- 8 ounces button mushrooms
- 1 medium yellow onion, peeled
- 1 large each green, red, and yellow bell peppers (add 1 of each)
- 1 large or 2 to 3 small zucchini, sliced into ½-inch discs
- 1 ½ pounds beef sirloin, fat trimmed by the butcher or an adult
- 1 tablespoon Baby Bam
- ¼ cup Worcestershire sauce
- ¼ cup soy sauce
- 2 tablespoons balsamic vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon chopped garlic



*Contains egg*

### Tools

- |   |   |
|---|---|
| <input type="checkbox"/> knife  | <input type="checkbox"/> cutting board                              |
| <input type="checkbox"/> measuring cups and spoons  | <input type="checkbox"/> tongs                                      |
| <input type="checkbox"/> aluminum foil  | <input type="checkbox"/> baking sheet                               |
| <input type="checkbox"/> oven mitts or potholders   | <input type="checkbox"/> large glass bowl or plastic resealable bag |
| <input type="checkbox"/> bamboo skewers soaked in water for 30 minutes or metal kabob skewers |   |

### Note:

You really have to use either a glass bowl or a re-sealable plastic bag to marinate the meat. Metal will react with the marinade and give the food a funny flavor.

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 140

*Continued on next page*

**Directions**

1. Place the mushrooms in a large bowl of water. Gently turn the mushrooms in the water to remove any grit or dirt. Quickly remove and dry on a clean kitchen towel. Set aside.
2. Cut the onion in half. Cut each half into quarters, keeping the pieces together as much as possible.
3. Remove the upper  $\frac{1}{4}$  of the bell pepper. Remove the stem end, inside ribs, and seeds. Cut the pepper into quarters crosswise, then into 1-inch pieces.
4. Cut the meat into 1-inch pieces and place in a large glass bowl. Add the Baby Bam and toss to coat. Add the Worcestershire sauce, soy sauce, balsamic vinegar, vegetable oil, and garlic, and stir to combine. Cover tightly with plastic wrap and refrigerate for at least 2 hours and up to 4 hours.
5. Preheat the oven to 450 degrees F and place the oven rack in the top position.
6. Line the baking sheet with foil.
7. Remove the meat from the refrigerator. Thread one meat cube onto a skewer, followed by a mushroom, a piece of bell pepper, zucchini, and a chunk of onion. Continue threading alternating ingredients onto the skewers, until the skewer is full. Place the filled skewers on the baking sheet.
8. Transfer the baking sheet to the oven and bake the kabobs for 10 minutes for medium.
9. Remove from the oven. With an oven mitt or tongs, hold one end of the skewer. In the other hand, with a fork, push the meat and vegetables from the skewer onto a plate. Repeat with the remaining skewers, and serve hot.

**Caution**

- Always wash your hands with lots of soap and warm water after handling raw meat!
- Be careful when threading the meat onto the sharp skewers! Do not grill without adult supervision!



# ONE STOP BREAKFAST CASSEROLE

*Kitchen*

YIELD: 8 to 10 servings

GRADE 6

One stop at the breakfast casserole will keep you happy till lunchtime. Because it can be assembled the night before, it's also just right to make for a brunch or when company is coming. In the morning, all you have to do is pop it in the oven to bake!

## Ingredients

- 8 ounces breakfast sausage or bulk sausage, casing removed
- 2 large shallots, minced (about  $\frac{1}{3}$  cup)
- 1 tablespoon butter
- 12 to 16  $\frac{1}{2}$ -inch-thick slices of day-old French bread (toast lightly if fresh)
- 6 ounces shredded cheese, such as Monterey Jack, Cheddar, or Swiss (1  $\frac{1}{2}$  cups)
- 10 large eggs
- 2  $\frac{1}{2}$  cups half-and-half
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground white pepper



*Contains dairy and egg*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> medium nonstick skillet   |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> 9-inch square baking dish |
| <input type="checkbox"/> serrated bread knife      | <input type="checkbox"/> box grater                |
| <input type="checkbox"/> medium mixing bowl        | <input type="checkbox"/> whisk                     |
| <input type="checkbox"/> plastic wrap              | <input type="checkbox"/> oven mitts or pot holders |

*Continued on next page*

Adapted and used  
with permission from  
*Emerils.com*

**Directions**

1. Heat a skillet over medium heat, and—when hot, add the sausage. Cook until sausage begins to brown, breaking it into small pieces with a wooden spoon, about 4 minutes.
2. Add the shallots to the skillet and continue to cook until meat is golden brown and the shallots are soft, about 2 minutes longer.
3. Remove the skillet from the heat and set aside.
4. Butter the baking dish and line the bottom with half of the bread slices.
5. Top the bread slices with half of the sausage-shallot mixture and half of the grated cheese. Make another layer with the remaining bread, sausage, and cheese.
6. In a mixing bowl, combine the eggs, half-and-half, salt, and pepper and whisk to combine.
7. Pour the egg mixture evenly over the layered bread mixture. Cover with plastic wrap and refrigerate for at least 1 hour and up to overnight.
8. Remove the casserole from the refrigerator and allow to come to room temperature for about 20 minutes. Position rack in center of oven and preheat the oven to 325 degrees F.
9. Remove the plastic wrap and bake the casserole, uncovered, until puffed and golden brown, about 1 hour.
10. Using oven mitts or pot holders, remove the casserole from the oven and let rest for 5 minutes before serving.



# GRILLED FISH TACOS

## WITH A ROASTED CHILE AND AVOCADO SALSA

*Kitchen*

YIELD: 10 tacos

GRADE 6

This is such an easy, healthful dish. Use any mild, flaky fish that you like, mahimahi, cod, lemon fish (cobia), amberjack...the list goes on. Don't skip the salsa!

### Ingredients

- 1 Hass avocado, peeled, and pit removed
- 2 poblano chiles, roasted, peeled, and seeded
- 1 jalapeño, roasted, peeled, and seeded
- ⅓ cup plus 2 tablespoons olive oil
- 1 cup chopped onion
- ¾ cup cilantro leaves
- Juice of 1 lime
- 1 ½ teaspoons kosher salt
- 3 tablespoons water
- 1 ½ pounds amberjack fillet (or other mild, flaky fish)
- ½ teaspoon freshly ground white pepper
- 10 fresh white or yellow corn tortillas, warmed according to package directions or grilled/griddled briefly to heat through
- 5 slices ripe tomato, cut in half
- 2 limes, halved

### Tools

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> paring knife                                    | <input type="checkbox"/> chef's knife |
| <input type="checkbox"/> cutting board,                                  | <input type="checkbox"/> juicer       |
| <input type="checkbox"/> measuring cups and spoons                       | <input type="checkbox"/> blender      |
| <input type="checkbox"/> grill or grill pan                              | <input type="checkbox"/> tongs        |
| <input type="checkbox"/> fork  | <input type="checkbox"/> spoons       |
| <input type="checkbox"/> rubber gloves for handling<br>chiles (optional) |                                       |

*Continued on next page*

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**Directions**

1. In a blender, combine the avocado with the roasted poblano and jalapeño chiles, the  $\frac{1}{3}$  cup olive oil,  $\frac{1}{4}$  cup of the chopped onion,  $\frac{1}{4}$  cup of the cilantro leaves, the lime juice,  $\frac{1}{2}$  teaspoon of the kosher salt, and the water. Puree until smooth, and set aside. Taste and adjust the seasoning if necessary.
2. Preheat a grill to medium, or preheat a cast-iron grill pan over medium heat.
3. Season the amberjack with the remaining 1 teaspoon kosher salt and the white pepper. Rub the remaining 2 tablespoons olive oil over both sides of the fish, and place the fish on the grill. Grill until the fish is just cooked through and flakes easily, about 4 minutes on each side. Remove the fish from the grill, and use a fork to break it into flakes or small chunks.
4. To assemble the tacos, divide the fish evenly among the tortillas. Garnish each taco with some of the chopped onion and cilantro leaves. Place a half tomato slice over each, and drizzle with some of the avocado salsa. Squeeze some lime juice over the tacos, fold the tortilla sides together, and serve immediately.



# HOMEMADE YOGURT

Kitchen

YIELD: 1 quart

GRADE 6

## Ingredients

- 1 quart milk
- 3 heaping tablespoons commercial plain yogurt
- sugar or honey, to sweeten to taste
- 1 pint raspberries, for serving



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> large thermos   | <input type="checkbox"/> candy thermometer |
| <input type="checkbox"/> medium saucepan | <input type="checkbox"/> whisk             |
| <input type="checkbox"/> small bowl      | <input type="checkbox"/> wooden spoon      |

## Directions

### Note:

There are several yogurt-making devices, but you can easily make it at home in a large thermos bottle using a candy thermometer. Sterilize all equipment in boiling water before using.

1. Bring milk to a boil, then cool to 100 degrees F.
2. In a small bowl blend yogurt with  $\frac{1}{4}$  cup of warm milk. Whisk it back into warm milk. Pour into a pre-warmed thermos, seal, and set aside in a warm place for 7 hours.
3. Turn yogurt out into a bowl that is set in a bowl of ice water, stirring to quicken cooling. Cover and refrigerate for 4 hours, or until thickened.
4. Sweeten to taste, if desired, and serve with raspberries. Yogurt will keep for 4 to 5 days, covered and refrigerated.

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# LEMON POPPY SEED MUFFINS

## WITH RASPBERRY BUTTER

Kitchen

YIELD: 12 Muffins, 1 ½ cups of Raspberry Butter

GRADE 6

These muffins are moist and delicious, a wonderful treat for a brunch or ladies' tea. The raspberry butter is a great touch.

### Ingredients

#### For the Muffins:

- 1 ¾ cups all-purpose flour
- ¾ cup sugar, plus 1 teaspoon for sprinkling
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg, lightly beaten
- ¾ cup buttermilk
- ¼ cup fresh lemon juice
- ½ cup (1 stick) unsalted butter, melted
- 1 tablespoon poppy seeds
- 1 teaspoon lemon zest



*Contains dairy and egg*

#### For the Raspberry Butter:

- 1 (6-ounce) container fresh raspberries, picked through
- 1 teaspoon fresh lemon juice
- 3 tablespoons confectioners' sugar
- 1 ½ cups (3 sticks) unsalted butter, at room temperature
- 2 tablespoons honey
- Pinch salt



*Contains dairy*

### Tools

#### For the Muffins:

- ☐ measuring cups and spoons
- ☐ whisk
- ☐ sifter
- ☐ muffin pan
- ☐ rubber spatula
- ☐ spoon
- ☐ wire cooling rack
- ☐ zester or fine grater
- ☐ oven mitts or pot holders

#### For the Raspberry Butter:

- ☐ food processor
- ☐ fine-mesh sieve
- ☐ medium bowl
- ☐ medium saucepan
- ☐ measuring cups and spoons
- ☐ oven mitts or pot holders
- ☐ electric mixer

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**Directions****For the Muffins:**

1. Preheat oven to 350 degrees F. Lightly grease a standard 12-well muffin pan.
2. Sift together the flour, sugar, baking powder, baking soda, and salt into a large mixing bowl. In a separate bowl, whisk together the egg, buttermilk, and lemon juice.
3. Make a well in center of the flour mixture and pour the buttermilk mixture into the well. Add the melted butter and use a rubber spatula to blend with quick strokes, being careful not to overmix the batter; it should still be slightly lumpy. Gently stir in the poppy seeds and lemon zest.
4. Spoon batter into the prepared muffin pan, filling each well  $\frac{3}{4}$  full. Bake until slightly puffed and golden, 20 to 22 minutes. Lightly sprinkle sugar over the tops of the muffins, if desired.
5. Remove the muffins from the pan and cool slightly on a wire rack.
6. Serve the muffins warm, with Raspberry Butter.

**For the Raspberry Butter:**

1. Place raspberries in a food processor and pulse until completely pureed. Place raspberry puree in a fine-meshed sieve set over a medium bowl, pressing to extract all the juice from the puree. Discard the seeds and pulp.
2. Pour the strained puree into a medium saucepan and add the lemon juice and sugar. Bring mixture to a boil, and cook for 2 minutes, or until the mixture slightly thickened. Remove from the heat and cool puree completely.
3. Cream together the butter, honey, salt, and cooled puree until smooth and well blended. (This may take up to 5 minutes on high speed.) Place butter in molds or onto sheets of plastic wrap and roll into logs (or into a bowl for spreading). Refrigerate until chilled and firm.



# SEARED PORK CHOPS

WITH HOISIN BBQ SAUCE AND PINEAPPLE ASIAN SLAW

*Kitchen*

YIELD: 8 to 10 servings

GRADE 7

## Ingredients

### For the Hoisin BBQ sauce:

- ¾ cup hoisin sauce
- 1 ½ teaspoons brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 ½ teaspoons Sriracha, or other spicy chili garlic sauce



*Contains soy*

### For the Pineapple Asian Slaw:

- 1 ½ cups thinly sliced or shredded napa cabbage
- 1 ½ cups thinly sliced or shredded red cabbage
- 1 cup shredded or julienne carrot
- 1 cup mung bean sprouts
- ½ cup thinly sliced green onion
- ¼ cup chopped fresh cilantro leaves
- 2 tablespoon soy sauce
- 3 tablespoons rice vinegar
- 2 teaspoons sesame oil
- Salt to taste
- freshly ground black pepper
- 1 cup small-diced fresh pineapple



*Contains soy*

### For the Pork Chops:

- 8 to 10 bone-in pork chops
- Salt and freshly ground black pepper
- ¼ cup olive oil or peanut oil



*Contains peanuts*

*Continued on next page*

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**Tools**

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ paring knife
- ☐ large skillet
- ☐ serving platter
- ☐ meat thermometer
- ☐ mixing bowls
- ☐ chef's knife
- ☐ wooden spoons
- ☐ tongs
- ☐ oven mitts or pot holders

**Directions**

1. Prepare the Hoisin BBQ Drizzle by combining all the ingredients in a mixing bowl and whisking until smooth. Sauce may be kept in the refrigerator for up to a 1 month in a nonreactive airtight container.
2. Prepare the Pineapple Asian Slaw: In a medium mixing bowl combine the cabbages, carrot, mung bean sprouts, green onion, and cilantro. Add the soy sauce, rice vinegar, sesame oil and the salt and pepper to taste. Toss to combine and set aside briefly until ready to use. Right before serving, stir in the pineapple. The slaw can be made up to 1 day in advance, if desired. (If so, pull it out of the refrigerator to sit out at room temperature about an hour before serving.)
3. Season the pork chops lightly on both sides with the salt and pepper and heat a large skillet over medium-high heat until very hot.
4. When hot, add 2 tablespoons of the oil and cook half of the pork chops until browned on one side, 2 to 3 minutes. Turn and cook until golden around the edges on the second side and a meat thermometer inserted into the center of the chop registers 140 degrees F. Repeat with the remaining pork chops.
5. Serve the pork chops drizzled with the Hoisin BBQ Sauce with the Pineapple Asian Slaw.



# FALL QUINOA TABBOULEH

Kitchen

YIELD: 8 to 10 servings

GRADE 7

## Ingredients

- 4 cups cooked quinoa
- 1 ½ cups cored, diced apple, preferably Honey Crisp or Pink Lady
- 1 cup chopped, toasted walnuts
- 1 cup finely chopped flat leaf parsley
- ½ cup finely diced red onion
- ½ cup pomegranate seeds
- ¾ cup walnut oil
- ½ cup apple cider vinegar
- 3 tablespoons honey
- 1 teaspoon pomegranate molasses
- ½ teaspoon sumac
- Kosher salt and freshly ground pepper, to taste



*Contains tree nuts*

## Tools

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ chef's knife,
- ☐ large mixing bowl
- ☐ wooden spoon

## Directions

1. Combine the quinoa, apple, walnuts, parsley, red onion, and pomegranate seeds in a large mixing bowl and mix well.
2. In a small mixing bowl combine the walnut oil, apple cider vinegar, honey, pomegranate molasses, sumac and salt and pepper and mix well. Toss the quinoa with the dressing and let stand at room temperature for at least 20 minutes before serving. Taste and adjust the seasoning if necessary.
3. Serve at room temperature.

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## Ingredients

- 2 tablespoons olive oil
- 4 pounds pork shoulder, cut into 1 ½-inch pieces
- Emeril's Original Essence
- 2 cups chopped onions
- 2 cups peeled, seeded, and chopped plum tomatoes
- 2 tablespoons minced garlic
- Pinch of crushed red pepper, or to taste
- Pinch of cumin, or to taste
- 4 quarts pork stock
- 32 ounces canned, drained hominy
- ¼ cup chopped fresh cilantro
- Salt and pepper
- ½ cup chiffonade green leaf lettuce
- ¼ cup julienned radish
- ½ cup minced red onion
- ½ cup grated Monterey Jack cheese
- ¼ cup chiffonade fresh cilantro



*Contains dairy*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board                |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> large soup pot or dutch oven |
| <input type="checkbox"/> tongs                     | <input type="checkbox"/> wooden spoon                 |
| <input type="checkbox"/> ladle                     |   |

*Continued on next page*

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**Directions**

1. In a large soup pot or Dutch oven, heat the olive oil. Season the pork lightly with Essence. When the oil is hot, sear the meat until golden brown, about 2 minutes on each side. (Meat may also be browned in a large skillet if preferred, and then transferred to the soup pot.)
2. Add the onions and continue cooking for 2 minutes. Stir in the tomatoes, and garlic. Season the mixture with crushed red pepper and cumin.
3. Stir in the stock and bring the liquid to boil. Season the liquid lightly with salt and pepper. Reduce the heat so that the stock simmers gently and cook until the meat is nearly tender, 45 minutes to 1 hour.
4. Add the hominy and cook for 30 minutes longer, or until the meat is very tender and the stew thickens. Stir in the cilantro.
5. Spoon the soup into individual bowls and garnish each soup with the lettuce, radish, onions, cheese and cilantro.



# FIVE GRAIN SALAD

*Kitchen*

YIELD: 8 to 10 servings

GRADE 7

There are numerous health benefits to eating whole grains: they are low in fat, high in fiber, and one of nature's super foods.

## Ingredients

- 3 cups cooked wild rice
- 1 ½ cups cooked amaranth
- 1 ½ cups cooked quinoa
- 1 ½ cups cooked millet
- 1 ½ cups cooked brown Jasmati, brown basmati, or brown jasmine rice
- 2 teaspoons grated orange zest
- 1 ½ cup fresh orange segments
- 1 cup diced fennel (small dice)
- ½ cup diced radishes (small dice)
- ¾ cup extra-virgin olive oil
- ¼ cup plus 2 tablespoons freshly squeezed orange juice
- ¼ cup red wine vinegar
- 1 tablespoon chopped fresh fennel fronds
- 1 teaspoon chopped fresh dill
- 1 ½ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> box grater or rasp |
| <input type="checkbox"/> paring knife              | <input type="checkbox"/> cutting board      |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> large bowl,        |
| <input type="checkbox"/> plastic wrap              | <input type="checkbox"/> wooden spoon       |

## Directions

1. Combine all the ingredients in a large bowl.
2. Refrigerate, covered, for at least 1 hour or as long as 3 to 4 days before serving. Remove from the refrigerator and allow to come to room temperature before serving.

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# CREOLE RICE SALAD

*Kitchen*

YIELD: 8 to 10 servings

GRADE 7

## Ingredients

- 6 cups cooked long-grain rice, at room temperature
- 1 cup finely chopped yellow onions
- 1 cup finely chopped celery
- 1 cup chopped green onions
- ½ cup finely chopped bell peppers
- ½ cup sliced pimiento-stuffed green olives
- ½ cup finely chopped Picked Banana Peppers
- 2 tablespoons finely chopped parsley
- 2 tablespoons apple cider vinegar
- ¼ cup Creole or whole-grain mustard
- 1 ½ teaspoons salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon Tabasco sauce
- ½ cup extra-virgin olive oil
- 8 hard-boiled eggs, coarsely chopped



*Contains egg*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board    |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> large salad bowl |
| <input type="checkbox"/> whisk                     | <input type="checkbox"/> wooden spoon.    |

## Directions

1. Combine the rice, onion, celery, green onion, bell pepper, olives, banana peppers, and parsley in a large salad bowl and toss to mix well.
2. In a small bowl, whisk together the vinegar, mustard, salt, pepper, and Tabasco until thoroughly combined. Add the olive oil in a slow stream until completely incorporated.
3. Drizzle the dressing over the rice mixture and stir until well-combined. Taste and adjust the seasoning if necessary. Add the eggs and toss gently to combine. Refrigerate for at least 2 hours before serving.
4. Serve chilled.

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# FRIED WILD MUSHROOM SALAD

## WITH WILD MUSHROOM SALAD DRESSING

Kitchen

YIELD: 8 to 10 salad servings

GRADE 7

### Ingredients

- 1 ½ cups Wild Mushroom Salad Dressing, or as needed for dressing greens (recipe follows)
- 1 ½ cups all-purpose flour
- 4 tablespoons Emeril's Original Essence or other Creole Seasoning
- 2 cups bread crumbs
- 4 large eggs
- ¾ cup milk
- 6 cups assorted fresh wild mushrooms, such as chanterelles, morels, shiitakes, and porcinis
- 1 cup olive oil, or more as needed for frying
- 12 cups assorted greens (combine Bibb, mache, frisée, radicchio, watercress, arugula, or other salad greens)
- 1 cup, plus 2 tablespoons coarsely grated fresh Parmesan cheese
- 8 to 10 turns freshly ground black pepper



*Contains dairy and egg*

### Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board                |
| <input type="checkbox"/> three medium bowls        | <input type="checkbox"/> whisk                        |
| <input type="checkbox"/> box grater                | <input type="checkbox"/> pepper mill                  |
| <input type="checkbox"/> large baking sheet        | <input type="checkbox"/> large skillet                |
| <input type="checkbox"/> tongs                     | <input type="checkbox"/> paper towels                 |
| <input type="checkbox"/> large salad bowl          | <input type="checkbox"/> wooden spoons or salad tongs |

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**Directions**

1. Make the Wild Mushroom Salad Dressing, and set aside.
2. In a medium bowl, combine the flour and 2 tablespoons of the Essence. In another bowl, combine the bread crumbs with the remaining 2 tablespoons of Essence. In a third bowl, beat the eggs with the milk.
3. Stem the mushrooms. Working in small batches, dredge them first in the seasoned flour, then dip them in the egg wash, and then dredge them in the seasoned bread crumbs, coating each mushroom thoroughly. Transfer the breaded mushrooms to a baking sheet and repeat until all mushrooms have been breaded.
4. Heat the oil in large skillet over high heat. When the oil is hot, fry the mushrooms in batches until golden on all sides, 2 to 3 minutes. Remove them and drain on paper towels, and repeat with the remaining mushrooms.
5. Toss the greens in a salad bowl with enough of the dressing to coat. Add the fried mushrooms, and  $\frac{1}{4}$  cup of the Parmesan and toss well.
6. To serve, divide the salad evenly among 8 to 10 small plates or bowls and garnish each with 1 turn of black pepper. Sprinkle each salad with some of the remaining Parmesan.



# WILD MUSHROOM SALAD DRESSING

*Kitchen*

YIELD: 1 ½ cups

GRADE 7

## Ingredients

- ¾ cup olive oil
- ¾ cup sliced fresh wild mushrooms, such as chanterelles, shiitakes, oysters, black trumpets, or other wild mushrooms
- ¼ cup plus 2 tablespoons mayonnaise
- 3 tablespoons sherry vinegar
- 2 tablespoons minced shallots
- 1 ½ teaspoons minced garlic
- 1 ½ tablespoons freshly squeezed lemon juice
- ¾ teaspoon salt, plus more to taste
- ½ teaspoon freshly ground black pepper
- 2 tablespoons freshly grated Parmesan cheese



*Contains dairy*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> small skillet |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> blender       |
| <input type="checkbox"/> box grater                | <input type="checkbox"/> juicer        |

## Directions

1. Heat ¼ cup of the oil in a small skillet over high heat. When the oil is hot, add the mushrooms and sauté, stirring occasionally, until golden, about 3 minutes. Remove from the heat.
2. After cooling slightly, spoon the mushrooms and any remaining oil from the skillet into a blender. Add the mayonnaise, vinegar, shallots, garlic, lemon juice, salt and pepper and purée until mostly smooth.
3. With the machine running, stream in the remaining ½ cup oil and process until thoroughly blended.
4. Add the Parmesan, taste, and adjust the seasoning if necessary.
5. Serve immediately or refrigerate for up to several days. Dressing may be thinned with a bit of milk if it becomes too thick.

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# VEGETABLE FRITTATA

Kitchen

YIELD: 8 to 10 servings (or 1 (10-inch) frittata)

GRADE 7

Use any veggies you like! This is a great dish for breakfast, lunch or dinner.

## Ingredients

- 8 eggs
- 3 tablespoons heavy cream
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons butter
- 1 cup thinly sliced onions
- 1 cup thinly sliced bell peppers (yellow, red, orange, or a mix)
- 1 cup thinly sliced zucchini
- 1 cup fresh spinach
- 1 cup small-diced smoked ham
- 2 tablespoons chopped fresh herbs, such as chives, basil, thyme, parsley, or your favorite mix
- 1 cup grated Swiss cheese (about ¼ pound)
- ¼ cup grated Parmigiano-Reggiano cheese, for serving



*Contains dairy and egg*

## Tools

- |  |  |
|--|--|
| <input type="checkbox"/> medium mixing bowl          | <input type="checkbox"/> measuring cups and spoons |
| <input type="checkbox"/> cutting board               | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> box grater                  | <input type="checkbox"/> whisk                     |
| <input type="checkbox"/> 10-inch ovenproof sauté pan | <input type="checkbox"/> wooden spoon              |
| <input type="checkbox"/> heatproof rubber spatula    | <input type="checkbox"/> serving plate             |
| <input type="checkbox"/> oven mitts or pot holders   |  |

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**Directions**

1. Set a rack in the upper third of oven and preheat broiler.
2. In a medium mixing bowl, whisk eggs, cream, salt, and pepper until combined.
3. In a 10-inch ovenproof sauté pan, melt 2 tablespoons butter over medium-high heat.
4. Add onions and peppers and cook, 7 to 8 minutes, stirring as needed, until soft. Add zucchini and spinach (or other chopped fresh vegetables) and cook, 2 minutes. Add ham and cook until warmed through, 1 minute. Add remaining tablespoon butter and, when melted, add egg mixture. Sprinkle fresh herbs over eggs and top with Swiss cheese.
5. Reduce heat to medium and cook eggs, undisturbed, 3 minutes, or until surface of eggs begins to bubble and bottom starts to set.
6. Immediately place pan in oven and broil eggs until golden brown on top and sides, 3 to 4 minutes.
7. Remove pan from oven. Using a rubber spatula, loosen frittata from sides of pan.
8. Tilt pan and gently slide frittata onto a serving plate.
9. Cut into portions, garnish with Parmesan cheese, and serve hot or warm.



# STEAMED BABY CAULIFLOWER

*Kitchen*

YIELD: 10 to 12 servings

GRADE 7

## Ingredients

### For the Cauliflower:

- 2 cups water
- 2 ribs celery (with leaves), cut into several pieces
- 1 lemon, cut in half
- 1 head garlic, cut in half
- 6 pounds assorted colored baby cauliflower, such as yellow, orange, and purple

### For the Dressing:

- 2 lemons, juiced
- 1 teaspoon minced garlic
- $\frac{3}{4}$  cup extra-virgin olive oil
- Salt and pepper, to taste

## Tools

- |   |   |
|---|---|
| <input type="checkbox"/> chef's knife   | <input type="checkbox"/> cutting board                  |
| <input type="checkbox"/> juicer         | <input type="checkbox"/> measuring cups and spoons      |
| <input type="checkbox"/> large saucepan | <input type="checkbox"/> steamer basket                 |
| <input type="checkbox"/> large bowl     | <input type="checkbox"/> spoons or spatulas for tossing |

## Directions

1. Heat the water, celery, lemon, and garlic together in a saucepan that will accommodate a steamer basket and bring water to a boil.
2. Place half of the cauliflower in the steamer basket and set over the boiling water. Steam cauliflower for 5 to 7 minutes, or until fork tender. Turn cauliflower out into a large serving bowl and repeat with any remaining cauliflower.
3. While the cauliflower is steaming, combine the dressing ingredients in a small bowl. Season to taste with salt and pepper.
4. Toss the steamed cauliflower with the dressing and serve warm.

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# BLACK-EYED PEA SALAD

*Kitchen*

YIELD: 12 servings

GRADE 8

In the Deep South folks feel pretty strongly about their black-eyed peas! In fact, they love them so much that they even make a salad out of them! In a pinch, you can also make this dish with good-quality canned black-eyed peas. Just drain, measure, and replace them in the recipe.

## Ingredients

- 10 cups cooked and drained dried black-eyed peas (see **Note**)
- 8 slices crisp cooked bacon, crumbled, fat reserved separately
- 1 cup red wine vinegar
- 1 cup olive oil
- 1 cup finely chopped red onions (½ medium onion)
- 1 cup finely chopped red bell peppers
- ¼ cup plus 2 tablespoons finely chopped green onions
- ¼ cup finely chopped jalapeños
- ¼ cup finely chopped fresh parsley
- 1 tablespoon minced garlic
- 1 tablespoon Emeril's Original Essence
- 1 ½ teaspoons salt
- 1 teaspoon freshly ground black pepper

## Tools

- |   |  |
|---|--|
| <input type="checkbox"/> measuring cups and spoons      | <input type="checkbox"/> cutting board |
| <input type="checkbox"/> chef's knife                   | <input type="checkbox"/> large bowl    |
| <input type="checkbox"/> wooden spoon or rubber spatula | <input type="checkbox"/> plastic wrap  |

*Continued on next page*

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**Directions**

1. Combine the black-eyed peas, bacon, no more than  $\frac{1}{3}$  cup of the reserved bacon fat, and all the remaining ingredients in a large bowl; toss well to combine. Cover and refrigerate for at least 4 hours or preferably overnight, stirring occasionally.
2. Allow the salad to sit at room temperature for 30 minutes before serving. Toss well just before serving. Taste and adjust the seasoning if necessary.

**Note:**

To make 10 cups cooked black-eyed peas, soak 4 cups dried black-eyed peas for 4 hours or up to overnight. Drain the peas and place them in a large saucepan. Add water to cover by 2 inches and bring to a boil. Reduce the heat to a simmer and cook until just tender, 20 to 30 minutes. Drain and transfer to a bowl to cool.



# CANNELLINI BEAN SALAD

## WITH PARSLEY PESTO

*Kitchen*

YIELD: 10 to 12 servings

GRADE 8

### Ingredients

- 2 cups packed fresh parsley leaves
- 4 teaspoons minced garlic
- 4 tablespoons fresh lemon juice, or to taste
- 1  $\frac{3}{4}$  teaspoons salt
- 1 cup, plus 2 tablespoons extra virgin olive oil
- 4 (15-ounce) cans cannellini beans
- $\frac{1}{2}$  cup minced yellow onions
- $\frac{1}{2}$  teaspoon ground black pepper
- Pinch cayenne
- $\frac{2}{3}$  cup very finely grated Parmesan cheese, or crumbled goat cheese
- Toasted pita bread triangles or  $\frac{1}{2}$ -inch thick lightly toasted

French bread



*Contains dairy*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife      |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> colander          |
| <input type="checkbox"/> food processor or blender | <input type="checkbox"/> large skillet     |
| <input type="checkbox"/> wooden spoon              | <input type="checkbox"/> juicer (optional) |
| <input type="checkbox"/> grill or grill pan        | <input type="checkbox"/> serving platter   |
| <input type="checkbox"/> box grater                |  |

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**Directions**

1. In a blender or bowl of a small food processor, combine the parsley, 1 ½ teaspoons of garlic, 2 tablespoons of the lemon juice and 1 teaspoon of salt in a blender or small food processor.
2. Process on high speed for 30 seconds. Slowly drizzle in ¾ cup of the oil with the motor running and process until smooth. Adjust the seasoning to taste.
3. Place the beans in a colander and rinse under cold running water. Drain.
4. Heat the remaining 6 tablespoons of the oil in a large skillet over medium heat. Add the onions and remaining 2 ½ teaspoons of the garlic and cook until soft and fragrant, about 2 minutes. Add the drained beans, remaining 2 tablespoons of the lemon juice, remaining ¾ teaspoon salt, the black pepper and cayenne, and cook, stirring, until softened and warmed through, about 3 minutes. Taste and adjust the seasoning by adding more salt and/or lemon juice to taste.
5. Place pita bread on the grill and cook.
6. Remove the beans from the pan and transfer to a decorative bowl or platter. Sprinkle with the Parmesan cheese.
7. Drizzle some of the parsley pesto over the beans and serve with the toast for dipping.



# GALLO PINTO

*Kitchen*

YIELD: 8 to 12 servings

GRADE 8

## Ingredients

- 6 tablespoons oil
- 1 cup chopped onions
- ½ cup chopped bell peppers
- 3 cups cooked black beans (drained)
- 2 tablespoons Salsa Lizano or Worcestershire sauce
- 5 cups cooked rice
- 2 tablespoons chopped coriander (cilantro)

## Optional Ingredients

- Cooked eggs
- Bacon strips or sausage

## Tools

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ chef's knife
- ☐ large heavy saucepan
- ☐ wooden spoon

## Directions

1. Heat the oil in a large heavy saucepan over medium heat.
2. Add the onions and bell peppers and cook, stirring, for about 2 minutes.
3. Add the black beans and the sauce, and cook, stirring occasionally, or about 10 minutes.
4. Add the rice and cilantro and mix gently but thoroughly.
5. Add any additional ingredients if desired and/or serve hot as an accompaniment to fried eggs and/or pork or beef chops.

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## PITA BREAD

*Kitchen*

YIELD: 8 to 12 breads

GRADE 8

### Ingredients

- 1 tablespoon active dry yeast
- 1 teaspoon sugar
- 2 cups warm water, about 110 degrees F
- 5 to 6 cups unbleached all-purpose flour
- 2 teaspoons salt
- 3 tablespoons olive oil, or vegetable oil

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> small bowl     | <input type="checkbox"/> measuring cups and spoons |
| <input type="checkbox"/> thermometer    | <input type="checkbox"/> large bowls               |
| <input type="checkbox"/> kitchen cloths | <input type="checkbox"/> heavy baking sheet        |
| <input type="checkbox"/> rolling pin    | <input type="checkbox"/> oven mitts or pot holders |

### Directions

1. In a small bowl, dissolve the yeast and sugar in  $\frac{1}{4}$  cup of the water. Set aside until foamy, about 5 minutes.
2. Into a large bowl, sift 5 cups of the flour and the salt, and make a well in the center. Pour the yeast into the center well and mix the yeast into the flour, working in the remaining water.
3. Turn out onto a lightly floured surface and knead into a soft, pliable dough. Continue working the dough until it is smooth and shiny, 10 to 15 minutes, adding more flour as necessary. Knead 2 tablespoons of the oil into the dough and work the dough over itself into a smooth ball.

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4. Pour the remaining tablespoon of oil into a large bowl. Place the dough in the bowl, cover with a damp kitchen cloth, and let rise in a warm, draft-free spot until doubled in size, about 1 ½ hours.
5. Preheat the oven to 450 degrees F at least 30 minutes before baking. Lightly oil a heavy baking sheet.
6. Punch down the dough and lightly knead for 2 minutes.
7. Divide into 8 to 12 equal portions, depending upon your preference, and roll into balls. Flatten and roll with a rolling pin to about ¼-inch thickness. Place on a lightly floured surface, cover with a lightly floured kitchen cloth and let rise until doubled in size, 30 to 40 minutes.
8. Transfer to the prepared baking sheet and bake until puffed and golden, about 5 minutes. Turn and bake on the second side, about 4 minutes. Remove from the oven and let cool on wire racks. Repeat with the remaining dough.
9. Enjoy warm or at room temperature.

## EGG DROP SOUP

*Kitchen*

YIELD: 8 to 12 servings

GRADE 8

This soup is based on the Chinese version, but the Italians have one too! This may be one of the easiest soups to make, but just because it's quick doesn't mean it's not packed with flavor. The best part is that you can get creative with the vegetables that you add, such as snow peas or Chinese baby corn. When I'm not feeling well, this is the perfect soup to make me feel better.

### Ingredients

- 12 cups reduced-sodium chicken broth
- 12 to 16 large spinach leaves
- 1 cup green onions (about 4 small), sliced diagonally
- 8 shiitake mushrooms, stems removed, wiped clean, and thinly sliced
- 2 teaspoons soy sauce
- ¼ teaspoon ground white pepper
- 4 large eggs, lightly beaten



*Contains egg and soy*

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> measuring cups and spoons        | <input type="checkbox"/> can opener (optional)     |
| <input type="checkbox"/> cutting board                    | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> large saucepan or small stockpot | <input type="checkbox"/> fork or chopstick         |
| <input type="checkbox"/> ladle                            | <input type="checkbox"/> oven mitts or pot holders |

### Directions

1. In a large saucepan or small stockpot, bring the chicken broth to a simmer.
2. Stack the spinach leaves on top of each other and roll them up tightly. (You may need to do this in small stacks.) Thinly slice into ribbonlike strips.
3. Add the spinach, ¾ cup of the green onion, the mushrooms, soy sauce, and white pepper to the broth.
4. When the broth begins to simmer again, gradually add the beaten eggs in a slow and steady stream. Use a fork or a chopstick to stir the broth—this will shred the eggs into ribbons as they cook.
5. Cook the soup for 1 minute more and remove from the heat.
6. Ladle the soup into bowls and garnish with the remaining sliced green onion. Serve hot.

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with permission from  
*There's a Chef  
in My World!*,  
pg 70



# AFRICAN-INSPIRED SWEET POTATO PUREE

*Kitchen*

YIELD: 6 to 8 servings (or 6 cups puree)

This sweet potato puree is flavored with cane syrup, lemon, and ginger, three flavors that are used often in West African cooking. This dish is a wonderful accompaniment to roast pork or even roast chicken or turkey.

## Ingredients

- 3 pounds sweet potatoes, peeled and cut into 1-inch cubes
- ½ cup dark cane syrup or molasses
- 4 tablespoons unsalted butter, softened
- ¼ cup heavy cream
- 1 tablespoon fresh lemon juice
- 1 ¼ teaspoons ground ginger
- ¾ teaspoon lemon zest
- ½ teaspoon salt
- Pinch of ground black pepper



*Contains dairy*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> cutting board    |
| <input type="checkbox"/> chef's knife              | <input type="checkbox"/> vegetable peeler |
| <input type="checkbox"/> zester or box grater      | <input type="checkbox"/> medium saucepan  |
| <input type="checkbox"/> fork                      | <input type="checkbox"/> colander         |
| <input type="checkbox"/> food processor            | <input type="checkbox"/> wooden spoon     |
| <input type="checkbox"/> oven mitts or pot holders |   |

## Directions

1. Place the peeled, cut sweet potatoes in a medium saucepan and add enough cold water to cover by 2 inches. Bring to a boil over high heat. Reduce the heat so that the potatoes remain at a low boil, and cook until fork-tender, about 10 minutes. Drain in a colander that is placed in the sink.
2. Transfer the potatoes to the bowl of a food processor along with all of the remaining ingredients, and process until fairly smooth, 1 to 2 minutes. Return the potato puree to the saucepan and warm gently over low heat, stirring frequently, before serving.

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with permission from  
*There's a Chef  
in My World!*,  
pg 142

## Note:

If you like a chunkier consistency or if you do not have a food processor, the potatoes may be mashed with a potato masher instead.





# APRICOT WALNUT RUGELACH

*Kitchen*

YIELD: 32 cookies

These little cookies are great to eat any time of the day. They are made all over Eastern Europe and can be made with many different fillings and flavorings. You're gonna be surprised at how easy this dough is to work with.

## Ingredients

- 1 cup unsalted butter, softened
- 1 (8-ounce) package cream cheese, softened
- 2 cups all-purpose flour
- ⅓ cup confectioners' sugar
- Pinch of salt
- 1 ½ cups apricot 100% fruit spread
- ⅔ cup chopped, toasted walnuts
- 3 tablespoons coarse or granulated sugar



*Contains dairy and tree nuts*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons                         | <input type="checkbox"/> chef's knife             |
| <input type="checkbox"/> plastic wrap                                      | <input type="checkbox"/> small mixing bowl        |
| <input type="checkbox"/> rolling pin                                       | <input type="checkbox"/> spatula or spoon         |
| <input type="checkbox"/> small paring knife or pizza wheel                 | <input type="checkbox"/> two baking sheets        |
| <input type="checkbox"/> parchment paper                                   | <input type="checkbox"/> oven mitts or potholders |
| <input type="checkbox"/> standing electric mixer<br>with paddle attachment |   |

## Directions

1. Combine the softened butter and cream cheese in the bowl of a standing electric mixer fitted with a paddle attachment. Cream together on low speed for about 2 minutes, until smooth and creamy.
2. Continue mixing on low speed and gradually add the flour, sugar, and salt. Mix for 2 more minutes. Be careful here while the mixer is in motion!
3. Turn the mixer off and remove the dough mixture from the bowl, wrap with plastic wrap and refrigerate for 2 to 3 hours. (This dough can be made the day ahead.)

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with permission from  
*There's a Chef  
in My World!*,  
pg 182

*Continued on next page*

4. In a small mixing bowl, combine the apricot fruit spread and the walnuts. Set aside.
5. When the dough has chilled, divide into 4 equal portions. You will only work with one portion at a time, so keep the rest in the refrigerator until ready to use.
6. Position rack in bottom third of oven and preheat oven to 350 degrees F.
7. On a lightly floured surface, use a rolling pin to roll one part of dough into a circle, about 1/8-inch thick.
8. Using a spatula or the back of a spoon, spread one-fourth of the apricot filling onto the circle all the way to the edges. (You should have just enough for a thin layer of filling; it shouldn't be a thick coating.)
9. Using a small paring knife or a pizza wheel, cut the dough circle into 8 equal triangles.
10. Roll up each triangle, starting with the wide end, and ending with the pointed end.
11. Place rugelach pointed ends down on a parchment-lined baking sheet. (It's important to line the baking sheet or any oozing apricot filling will stick to the pan while baking.) Sprinkle a few teaspoons of coarse sugar on the tops of the rugelach if desired. Repeat with remaining dough portions and filling.
12. Bake for 12 minutes. Using oven mitts or potholders, carefully open the oven and turn the pan 180 degrees. Continue baking for 13 to 16 more minutes, until golden brown.
13. Using oven mitts or potholders, carefully remove the rugelach from the oven and cool completely on the baking sheet before serving.

**Caution**

Be careful to keep utensils and fingers away from the rotating beaters of the mixer when adding ingredients.



## BABY BAM

*Kitchen*

Yield: About  $\frac{3}{4}$  cup

Here's something to season your food the way adults do with Emeril's Original Essence. Give food another dimension by sprinkling Baby Bam onto everything, from soups and sauces to protein. If you want to take it up a notch, you can add some cayenne—start with  $\frac{1}{4}$  teaspoon and increase from there if needed.

### Ingredients:

- 3 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons dried parsley
- 2 teaspoons onion powder
- 2 teaspoons garlic powders
- 1 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- $\frac{1}{2}$  teaspoon celery salt

### Tools:

- ☐ measuring spoons
- ☐ small mixing bowl
- ☐ wooden spoon
- ☐ airtight container

### Directions

1. Place all the ingredients in a small mixing bowl and stir well to combine, using a wooden spoon.
2. Store in an airtight container for up to 3 months.

Adapted and used  
with permission from  
Emeril's children's  
cookbook series  
*There's a Chef  
in My...*



## BOILED ARTICHOKEs

*Kitchen*

YIELD: 6 to 12 servings (or 6 artichokes)

If you ask me, artichokes are one of the most overlooked vegetables. Not only are they super-delicious, but they're fun to eat and easy to prepare... what could be better than that? Yum!

### Ingredients

- 6 artichokes
- 1 lemon, halved, plus 2 ½ tablespoons lemon juice
- ¼ cup plus 1 ¼ teaspoons salt
- 2 sticks (1 cup) unsalted butter



*Contains dairy*

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> 8-quart pot  | <input type="checkbox"/> measuring cups and spoons |
| <input type="checkbox"/> cutting board  | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> kitchen scissors                                     | <input type="checkbox"/> juicer (optional)         |
| <input type="checkbox"/> slotted spoon or skimmer                             | <input type="checkbox"/> small bowl                |
| <input type="checkbox"/> colander   | <input type="checkbox"/> tongs                     |
| <input type="checkbox"/> small saucepan                                       | <input type="checkbox"/> wooden spoon              |
| <input type="checkbox"/> pot lid or baking dish to fit inside the 8-quart pot | <input type="checkbox"/> oven mitts or pot holders |

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Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 168

**Directions**

1. In a large pot, bring 3 quarts of water and ¼ cup of salt to a boil.
2. Place the artichokes on a cutting board. With a sharp chef's knife, trim the stem ends off until the bottom is flat. This way, the artichokes can sit upright. Cut the top third from each artichoke and discard.
3. With kitchen scissors, cut the pointed tip from each of the remaining outer leaves. Discard.
4. Rub the cut areas with the lemon halves.
5. Squeeze any remaining juice from the lemon halves and add the juice to the boiling water along with the juiced lemon halves themselves.
6. Using a slotted spoon or skimmer, carefully add the artichokes to the boiling water. Top with a heavy pot lid or heat-proof baking dish that will fit inside the pot, so that the weight will keep the artichokes submerged in the water. This is a bit tricky. Be sure to have an adult help with this.
7. Lower the heat and cook at a slow boil until the artichokes are tender, about 20 to 30 minutes. With oven mitts or pot holders, carefully remove the lid or weighted dish from the top of the artichokes.
8. With a slotted spoon or skimmer, and with a small bowl or dish held underneath to catch the hot water, carefully transfer the artichokes to a colander set in a sink. With tongs, turn each artichoke upside down and place in the colander. Let drain, inverted, until cool enough to handle.
9. To make the lemon-butter sauce, melt the butter over medium heat in a small saucepan.
10. Add the remaining 2 ½ tablespoons lemon juice and the remaining 1 ¼ teaspoons of salt, and stir to combine.
11. Remove the lemon-butter sauce from the heat and transfer to small dipping bowls to serve with the artichokes.
12. Serve the artichokes either warm or cold.



## CAPRESE SALAD

Kitchen

YIELD: 6 to 10 servings

This super-simple, classic Italian salad pairs three of Italy's favorite ingredients ripe tomatoes, fresh Mozzarella cheese, and sweet basil. A simple balsamic vinaigrette is the perfect dressing—and this is the perfect moment to use a top-quality extra-virgin olive oil if you happen to have a bottle on hand. Serve this refreshing salad at your next family summertime cookout!

### Ingredients

- 1 ½ pounds vine-ripened tomatoes
- ¾ pound fresh mozzarella, in whey
- ½ cup packed fresh basil leaves
- ¼ cup plus 2 tablespoons extra virgin olive oil
- ¼ cup plus 2 tablespoons balsamic vinegar
- 1 ½ teaspoons sugar
- salt and fresh cracked black pepper to taste



*Contains dairy*

### Tools

- ☐ cutting board
- ☐ chef's knife
- ☐ blender
- ☐ whisk
- ☐ serrated knife
- ☐ large plate or platter
- ☐ small mixing bowl

*Continued on next page*

Adapted and used  
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in My World!*,  
pg 60

**Directions**

1. Using a sharp serrated knife, slice the tomatoes about ½-inch thick, horizontally. Discard the very tops and the bottoms.
2. Using a sharp knife, slice the mozzarella into ¼-inch slices.
3. On a large plate or serving platter, arrange the tomato and cheese slices in an alternating, shingled pattern.
4. Place the basil leaves in a blender with the extra virgin olive oil, and puree until smooth, about 15 seconds.
5. Drizzle the basil oil evenly over the tomatoes and mozzarella. In a small mixing bowl, combine the balsamic vinegar and the sugar and whisk to combine. When the sugar is completely dissolved, pour the vinegar over the tomatoes and mozzarella.
6. Garnish the plate with fresh basil leaves and sprinkle with salt and fresh cracked black pepper to taste. Serve immediately.



## CORN OFF THE COB PUDDING

Kitchen

YIELD: 6 servings (or 10 tasting portions)

This traditional Southern side dish makes a wonderful addition to a holiday menu. It goes with any type of pork but is especially at home next to baked ham. You can cook it in either a casserole or a soufflé dish—but keep in mind that a deep dish will need to cook a little longer than a shallow dish. The secret to intense corn flavor is adding a little honey to wake up the sweetness in the corn. Mmmm.

### Ingredients

- 1 ½ teaspoons unsalted butter
- ⅓ cup honey
- 6 ears fresh corn, husked and silk removed
- 3 large eggs
- 1 cup heavy cream
- ½ cup milk
- ½ teaspoon ground white pepper
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- ⅛ teaspoon cayenne (optional)
- ¼ cup grated yellow onions



*Contains dairy and egg*

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> one 8-inch casserole or 2-quart soufflé dish | <input type="checkbox"/> one 6-quart pot           |
| <input type="checkbox"/> medium mixing bowl                           | <input type="checkbox"/> tongs                     |
| <input type="checkbox"/> whisk  | <input type="checkbox"/> large mixing bowl         |
| <input type="checkbox"/> cutting board                                | <input type="checkbox"/> chef's knife              |
| <input type="checkbox"/> oven mitts or potholders                     | <input type="checkbox"/> measuring cups and spoons |

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pg 158



**Directions**

1. Position a rack in center of oven and preheat the oven to 350 degrees F.
2. Butter a casserole or soufflé dish with the butter and set aside.
3. In a large pot, bring the water and honey to a boil over high heat.  
Add the corn and cook for 3 minutes. Remove the pot from the heat.
4. With tongs, carefully remove the corn from the water and transfer to a medium bowl. Let sit until cool enough to handle, about 5 minutes.
5. In a large bowl, whisk together the eggs, cream, milk, white pepper, salt, nutmeg, and cayenne pepper, if desired.
6. One at a time, hold the corn in one hand and stand it on the thicker end so that it is “standing up” on the cutting board.
7. Hold a large chef’s knife in the other hand and with a downward motion, cut the kernels from the cob. Turn the cob with every cut so that you get all of the kernels. To get even more goodness, you can also scrape the corn cobs with the back side of the chef’s knife or with a spoon—this will release some of the milk from the corn.  
Add any accumulated juices to the cut kernels. Discard the cobs.
8. Add the corn kernels and onion to the egg mixture, stirring well to combine, and pour into the prepared baking dish.
9. Bake until firm in the center and golden brown on top, 40 to 50 minutes.
10. Using oven mitts or pot holders, remove the baking dish from the oven and let sit for 10 minutes before serving. This is best if served hot.



# FILL-'ER UP FOCACCIA

## WITH ROASTED VEGGIES

Kitchen

YIELD: 10 Sandwiches

These sandwiches are big enough for the heartiest of appetites—put them in plastic wrap and bring them on picnics for a perfect “al fresco” lunchtime treat. You’ll have a new favorite sandwich, for sure!

### Ingredients

- 10 red bell peppers
- 10 pieces of focaccia bread, roughly 4- by 4 inches each, or one focaccia, cut into 10 portions
- 1 cup plus 2 tablespoons extra-virgin olive oil
- 8 tablespoons balsamic vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 ¼ pounds fresh mozzarella, Queso Blanco, or Provolone, cut into ¼-inch slices
- 5 cups baby spinach, cleaned and patted dry



*Contains dairy*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> two large sheet pans                    | <input type="checkbox"/> one large mixing bowl |
| <input type="checkbox"/> measuring cups and spoons               | <input type="checkbox"/> chef's knife          |
| <input type="checkbox"/> electric mixer fitted with a dough hook | <input type="checkbox"/> cutting board         |

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Adapted and used  
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*There's a Chef  
in My Family!*,  
pg 84

**Directions**

1. Preheat the oven to 450 degrees F. Brush the peppers with 1 tablespoon of the olive oil. Put on the ungreased sheet pan and roast for 1 hour.
2. Using oven mitts or pot holders, remove the peppers from the oven and place them in a large mixing bowl. Cover with plastic wrap and let them steam until cooled, about 30 to 40 minutes.
3. When cool, peel the skin from the peppers. Cut or tear open the peppers so that they lay flat, and remove the seeds, but try to keep each pepper in one piece. Set aside.
4. To make the sandwiches, slice each piece of focaccia in ½ horizontally.
5. Separate the 20 pieces into 10 “top” pieces and 10 “bottom” pieces.
6. In a small mixing bowl, combine the remaining 1 cup of olive oil, balsamic vinegar, salt and pepper. Whisk to blend. Spread one tablespoon of this mixture on the cut side of each piece of bread.
7. Divide the mozzarella slices evenly among the bottom halves, then top each half with 1 bell pepper and ½ cup of the spinach. Drizzle the remaining olive oil mixture over the spinach, and then place the top half of the bread over the spinach. Slice the sandwiches in half diagonally to serve.



## FRESH BERRY TOPPING

*Kitchen*

YIELD: 4 cups

This is a wonderfully simple strawberry topping that is super-easy to prepare. If you like, feel free to substitute part of the strawberries with other berries—blueberries, blackberries or raspberries would all be great additions. Make it your own!

### Ingredients

- 2 pounds fresh strawberries, washed and hulled
- 1 cup sugar
- ½ cup fresh-squeezed orange juice
- 2 teaspoons orange zest

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> paring knife              |
| <input type="checkbox"/> medium mixing bowl        | <input type="checkbox"/> measuring cups and spoons |
| <input type="checkbox"/> zester or box grater      | <input type="checkbox"/> juicer (optional)         |
| <input type="checkbox"/> small saucepan            | <input type="checkbox"/> wooden spoon              |
| <input type="checkbox"/> oven mitts or pot holders |  |

### Directions

1. Slice strawberries into ¼-inch slices and place in a mixing bowl.
2. In a saucepan combine the sugar, orange juice, and orange zest and bring to a boil over medium heat. Stir with a wooden spoon to dissolve sugar.
3. Once syrup is at a rolling boil remove from the heat and pour over the sliced strawberries. Let sit while cooking waffles.
4. Serve over waffles.



### Caution

Be really careful with boiling syrup—it's very sticky and can really burn if you get it on your skin.

### Note:

This recipe specifies using Fresh Berry Topping for waffles, but you can use the topping on just about anything you like!

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## FRUIT GALETTE

YIELD: 6 to 8 servings (or 1 fruit galette)

In France, a galette can be any of a number of flat, disk-shaped cakes, pies, or tarts, either savory or sweet. My version here is a great fruit tart for beginning cooks: You make a simple piecrust and roll it out, then fill it with fresh, ripe fruit, and bake the tart without a pie pan for a rustic, country feel. If your pastry happens to break or tear while you're working with it, don't worry—simply moisten the tear with a bit of water and pinch it back together.

### Ingredients

#### For the Crust:

- 1 ½ cups plus 2 tablespoons all purpose flour, plus more for rolling out dough
- 3 tablespoons sugar
- ½ teaspoon salt
- 8 tablespoons cold unsalted butter, cut into ½-inch pieces
- 2 tablespoons cold vegetable shortening
- 3 tablespoons ice water



*Contains dairy*

#### For the Fruit Filling:

- 3 cups thinly sliced peaches
- 1 cup mixed berries, such as blackberries and cherries, rinsed well and picked over
- ½ cup plus 1 tablespoon sugar
- 2 tablespoons cornstarch
- 1 teaspoon lemon juice

### Tools

- |   |   |
|---|---|
| <input type="checkbox"/> measuring cups and spoons              | <input type="checkbox"/> paring knife                         |
| <input type="checkbox"/> large mixing bowl                      | <input type="checkbox"/> plastic wrap                         |
| <input type="checkbox"/> rolling pin                            | <input type="checkbox"/> parchment paper                      |
| <input type="checkbox"/> rimmed baking sheet                    | <input type="checkbox"/> pastry brush                         |
| <input type="checkbox"/> 2 metal spatulas (optional)            | <input type="checkbox"/> oven mitts or pot holders            |
| <input type="checkbox"/> wire rack                              | <input type="checkbox"/> large mixing bowl, juicer (optional) |
| <input type="checkbox"/> pastry cutter or two knives (optional) |   |

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with permission from  
*There's a Chef  
in My World!*,  
pg 196

*Continued on next page*

**Directions**

1. Combine the flour, sugar, and salt in a large mixing bowl. Add the butter and shortening and, using a pastry cutter, two knives, or your fingers, work the butter and shortening into the flour until the mixture resembles coarse crumbs.
2. Add the water, one tablespoon at a time, working it just until the pastry comes together. Form the dough into a disk and wrap in plastic wrap. Refrigerate for at least one hour and up to overnight.
3. When you are ready to bake the galette, position rack in center of oven and preheat the oven to 425 degrees F. Remove the pie dough from the refrigerator and allow to warm up slightly.
4. On a lightly floured work surface, use a lightly floured rolling pin to roll the pastry to a thickness of about ⅛-inch. Sprinkle a bit more flour if necessary so that the pastry does not stick to the rolling pin or the work surface.
5. Carefully roll the pastry onto the rolling pin and transfer to a parchment-lined rimmed baking sheet. Refrigerate while you prepare the fruit.
6. Combine the peaches, berries, ½ cup of the sugar, cornstarch and lemon juice in a mixing bowl and toss gently to combine.
7. Remove the pastry from the refrigerator and place the fruit in the center of the crust, leaving a 4-inch border. Gently fold the edges of the crust up and over the fruit so that the pastry forms a sort of bowl. Brush the top edges of the crust with a little water and sprinkle with the remaining tablespoon of sugar.
8. Bake for 20 minutes, until the crust is set and lightly golden around the edges. Reduce the heat to 375 degrees F and continue to bake until the crust is golden brown and the fruit is bubbly inside, about 20 minutes longer.
9. Using oven mitts or pot holders, transfer the baking sheet to a wire rack and allow to cool slightly before carefully transferring the galette to a serving plate. (Two metal spatulas work well for this.) Serve warm with vanilla ice cream, crème fraiche, or sweetened whipped cream, if desired.



# GARDEN PITA POCKETS

## WITH EGG SALAD

*Kitchen*

YIELD: 10 to 12 servings

This pita pocket, stuffed with deliciously creamy egg salad and sliced avocados, is surprisingly crunchy because it's topped with crispy sunflower seeds. Talk about something to wake up tired taste buds! Make a personal statement by choosing some of your other favorite things to go on top: alfalfa sprouts would be my choice, but maybe you'd like some grated cheese, a sliced tomato, some crumbled crispy bacon... the possibilities are endless!

### Ingredients

#### For the Egg Salad:

- 12 large eggs
- ½ cup mayonnaise
- ½ teaspoon salt
- ½ teaspoon paprika



*Contains egg*

#### For the Pita Pockets:

- 6 pita bread rounds, about 6-inches in diameter
- ½ cup Creamy Herb Dressing, recipe follows, or mayonnaise or bottled ranch dressing
- 2 avocados
- 3 cups Egg Salad
- ¼ cup shelled sunflower seeds



*Contains egg*

### Optional Ingredients

- chopped, seeded tomatoes
- peeled cucumber slices
- lettuce leaves
- minced red onion
- alfalfa sprouts
- grated cheese, such as Monterey jack, Muenster or Havarti

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 98

*Continued on next page*

**Tools**

- ☐ measuring cups and spoons
- ☐ timer
- ☐ knife
- ☐ fork
- ☐ oven mitts or potholders
- ☐ 3- to 4-quart saucepan
- ☐ cutting board
- ☐ medium mixing bowl
- ☐ baking sheet

**Directions****For the Egg Salad:**

1. Place the eggs right out of the refrigerator into a large saucepan.
2. Add cold water until the water is 1 inch higher than the eggs and bring to a boil over medium-high heat.
3. Once the water comes to a boil, reduce the heat to medium-low, set a kitchen timer for 10 minutes, and cook the eggs at a low boil for exactly 10 minutes.
4. Remove the saucepan from the heat, place it in the sink, drain the hot water, and run cold water over the eggs (still in the saucepan) until they are cool enough to handle.
5. Peel the eggs.
6. Place the eggs on a cutting board. Cut each egg in half, then chop into ½-inch pieces.
7. Place in a medium mixing bowl and add the remaining ingredients, mashing with a fork to blend.
8. Serve immediately in sandwiches, or tightly cover and refrigerate for up to 2 days.

**Caution**

Be careful draining the hot water with the eggs—steam can burn you!

*Continued on next page*



**For the Pita Pockets:**

- 1.** Preheat a toaster oven, (or regular oven with rack set in the middle) to 350 degrees F.
- 2.** Heat the pitas on a baking sheet until just warm and soft, about 3 minutes. Using oven mitts or pot holders, remove the baking sheet from the oven.
- 3.** Cut each pita round in half and spread 2 teaspoons of Creamy Herb Dressing (or mayonnaise or ranch dressing) inside each half.
- 4.** Cut each avocado into quarters lengthwise, peel and discard the pit.
- 5.** Cut each avocado quarter into 4 slices and place 3 slices inside each pita half.
- 6.** Spoon about ¼ cup of the Egg Salad into each pita half and sprinkle with 1 teaspoon of sunflower seeds.
- 7.** Add the optional ingredients, if desired, and serve.



## GREEN BEAN STIR FRY

Kitchen

YIELD: 8 to 12 servings

This super-quick Chinese veggie side dish will go great with lots of things. These green beans are so good, even a picky eater might change his or her mind after trying one. Make sure you have all your ingredients ready to go before you begin, because it really doesn't take long to make these beans, thanks to this Asian cooking technique!

### Ingredients

- 2 pounds fresh green beans, washed and ends trimmed
- 2 tablespoons toasted sesame oil
- 2 tablespoons minced garlic
- 1 tablespoon minced fresh ginger
- ¼ cup sliced green onions (white part only)
- 1 cup julienned red bell pepper (about 1/2 medium pepper)
- 3 tablespoons soy sauce
- 2 teaspoons oyster sauce
- 4 teaspoons teriyaki sauce, store-bought or homemade (recipe follows)
- ½ teaspoon salt



*Contains soy*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons                 | <input type="checkbox"/> cutting board                         |
| <input type="checkbox"/> chef's knife                              | <input type="checkbox"/> large stockpot                        |
| <input type="checkbox"/> large mixing bowl                         | <input type="checkbox"/> tongs or slotted spoon                |
| <input type="checkbox"/> colander                                  | <input type="checkbox"/> large 12- to 14-inch nonstick skillet |
| <input type="checkbox"/> wooden spoon                              | <input type="checkbox"/> oven mitts or pot holders             |
| <input type="checkbox"/> clean, dry kitchen towels or paper towels |  |

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 134

**Directions**

1. Fill a large stockpot with salted water and bring to a boil over high heat.
2. Prepare a large mixing bowl by filling it with ice water.
3. Cook green beans in boiling water for 2 ½ to 3 minutes, until crisp-tender.
4. Using tongs or a slotted spoon, remove the green beans from the boiling water and place immediately into the bowl of ice water, to stop the cooking process.
5. When beans are cooled, drain and place on clean, dry kitchen towels or paper towels. Pat the beans dry, making sure there is no water on the beans before continuing.
6. Heat the sesame oil in a large nonstick skillet over medium-high heat. Carefully add the green beans and cook, stirring constantly, for 1 to 2 minutes.
7. Add the garlic, ginger, and green onions, and cook, stirring, an additional 30 seconds to 1 minute, being careful not to burn the garlic.
8. Stir in the red bell pepper, soy sauce, oyster sauce, teriyaki sauce, and salt. Stir to heat through, about 1 to 2 minutes longer. Serve immediately.

**Note:**

You will need a large 12- to 14-inch skillet for this dish. If your skillet is smaller, you can divide the ingredients in half and do this in two separate batches



# HOMEMADE TERIYAKI SAUCE

*Kitchen*

YIELD: 1 cup

## Ingredients

- ½ cup light soy sauce
- ¼ cup mirin sauce
- 2 tablespoons sugar
- 2 tablespoons peanut oil
- ½ teaspoon sesame oil
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced green onion, white part only



*Contains peanuts and soy*

## Tools

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ chef's knife
- ☐ blender
- ☐ airtight container

## Directions

1. Place all of the ingredients in a blender and process on low for 1 minute, until the ingredients are well incorporated.
2. Use immediately or store in an airtight container in the refrigerator for up to 3 days.

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 99



## HOT AND HEARTY MINESTRONE

*Kitchen*

YIELD: 2 quarts

This is one of my all-time favorite soups to make! It's one of those "feel-good" foods, and a pot of this simmering on the stovetop on a dreary day can revive just about anyone! Adding a piece of cheese rind while the soup is simmering is an authentic Italian trick that adds flavor, richness and body. Try it!

### Ingredients

- 1 tablespoon olive oil
- 2 slices bacon or pancetta
- 1 large leek, white and light green parts only, split in half and rinsed well under running water, thinly sliced
- 1 ½ cups chopped yellow onion
- 6 cups reduced-sodium chicken broth
- 4 cups water
- 1 (28-ounce) can whole tomatoes, drained and chopped
- 2 carrots chopped, about ¾ cup
- 2 ribs celery, chopped, about ¾ cup
- ½ cup Great Northern beans, soaked overnight or 1 (15-ounce) can white beans, drained and rinsed
- 1 Parmesan cheese rind, about 5 by 2-inches
- 1 teaspoon dried basil leaves
- ¼ teaspoon crushed red pepper
- 1 medium zucchini, cubed, about 1 ¼ cups
- 2 medium new potatoes, scrubbed and cubed (6 ounces or 1 ¼ cups cubed)
- 1 teaspoon Baby Bam
- 1 teaspoon salt
- 2 cups packed fresh spinach leaves, coarsely chopped

*Continued on next page*

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 78

**Tools**

- ☐ large (6-quart) saucepan
- ☐ chef's knife
- ☐ fork or tongs
- ☐ can opener (optional)
- ☐ ladle
- ☐ cutting board
- ☐ measuring cups and spoons
- ☐ wooden spoon
- ☐ slotted spoon

**Directions**

1. In a large saucepan, heat the olive oil over medium-high heat. Add the bacon and fry until soft, using a fork or tongs to turn, about 2 minutes.
2. Add the leek and onion, and sauté until soft, about 4 minutes.
3. Add the chicken broth, water, tomatoes, carrots, celery, soaked beans, cheese rind, basil, and crushed red pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 minutes.
4. Add the zucchini, potatoes, Baby Bam and salt. Return to a simmer and cook for 1 hour. If your soup gets too thick before serving, you may need to add a bit more water or chicken broth.
5. Add the spinach (and canned beans, if using) and cook for 15 minutes.
6. Remove the cheese rind with a slotted spoon and serve.

**Note:**

For a heartier Minestrone, try adding about 1 cup of cubed French or Italian bread to the soup pot just before serving. Or, do like the Italians do and add  $\frac{1}{4}$  cup of small, dried pasta to the pot when you add the spinach. Ditalini or another such small pasta shape works best.

## MEXICAN CORNBREAD

*Kitchen*

YIELD: 8 to 10 servings or 1 (9-inch cornbread)

I've added the flavors of Mexico to this quick bread. If you like a little more spice, try adding Pepper Jack cheese in place of the Monterey Jack. Cornbread is best eaten hot, but I have to say that I enjoy eating it cool as an afternoon snack as well.

### Ingredients

- 2 tablespoons unsalted butter
- 1 ½ cups chopped yellow onion (about 1 medium onion)
- 1 teaspoon minced garlic (about 2 cloves)
- 1 small red bell pepper, seeded and chopped (about ¾ cup)
- 1 jalapeño, seeded and finely chopped
- 1 cup fresh or frozen corn kernels
- 1 ¼ teaspoons salt
- ¼ cup vegetable oil or bacon grease
- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 2 teaspoons baking powder
- ½ teaspoon sugar
- ¾ cup grated Monterey Jack cheese
- 2 large eggs
- 1 cup buttermilk



*Contains dairy and egg*

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> measuring cups and spoons                                  | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> chef's knife   | <input type="checkbox"/> rubber gloves             |
| <input type="checkbox"/> box grater   | <input type="checkbox"/> large nonstick skillet    |
| <input type="checkbox"/> wooden spoon   | <input type="checkbox"/> medium mixing bowl        |
| <input type="checkbox"/> whisk  | <input type="checkbox"/> oven mitts or pot holders |
| <input type="checkbox"/> cast-iron skillet, 9-inch or other heavy ovenproof skillet |  |

Adapted and used  
with permission from  
*There's a Chef  
in My World!*,  
pg 154

*Continued on next page*

**Directions**

1. Position rack in center of oven and preheat the oven to 400 degrees F.
2. Melt the butter in a large nonstick skillet over medium heat. Add onion, garlic, red bell pepper, jalapeño, and corn. Cook, stirring occasionally, for 10 minutes, until the vegetables are softened. Add ¼ teaspoon of the salt to the vegetables. Remove from the heat and cool.
3. Pour 2 tablespoons of the oil or bacon grease into a 9-inch cast-iron skillet. Place the skillet in the preheated oven for 10 minutes.
4. In a medium mixing bowl, stir together the flour, cornmeal, baking powder, sugar, and the remaining 1 teaspoon of salt.
5. Add the cheese, cooled vegetables, eggs, buttermilk, and remaining 2 tablespoons of oil or bacon grease to the flour mixture. Whisk until just combined—do not overmix.
6. Using oven mitts or pot holders, carefully remove the hot skillet from the oven. Carefully pour the cornmeal batter into the hot skillet, making sure that the hot grease does not splash out.
7. Using oven mitts or pot holders, return the skillet to the oven. Bake for 25 to 30 minutes, until golden brown and cooked through.
8. Using oven mitts or pot holders, remove the cornbread from the oven and allow to sit for a few minutes before cutting into wedges and serving.

**Caution**

Always handle jalapeno peppers with rubber gloves and be careful not to touch your eyes or skin.





## QUICK AND CREAMY HERB DRESSING

*Kitchen*

YIELD: 1 ½ cups

### Ingredients

- ½ cup buttermilk
- ½ cup sour cream
- ¼ cup mayonnaise
- ¼ cup minced green onions (tops only)
- 1 tablespoon minced fresh parsley
- ⅛ teaspoon ground black pepper
- ¾ teaspoon salt
- 1 teaspoon minced garlic
- 2 teaspoons fresh lemon juice
- ½ teaspoon Baby Bam



*Contains dairy and egg*

### Tools

- |   |   |
|---|---|
| <input type="checkbox"/> measuring cups and spoons      | <input type="checkbox"/> cutting board      |
| <input type="checkbox"/> knife, garlic press (optional) | <input type="checkbox"/> large mixing bowl  |
| <input type="checkbox"/> wire whisk                     | <input type="checkbox"/> airtight container |

### Directions

1. Place all the ingredients in a large mixing bowl.
2. Whisk until smooth.
3. Serve immediately over salad or pour into a container, cover tightly, and refrigerate until needed, up to 1 week.

Adapted and used  
with permission from  
Emeril's children's  
cookbook series  
*There's a Chef  
in My...*



## QUICK AND CRUNCHY SLAW

*Kitchen*

YIELD: 8 to 10 servings (or 5 cups)

### Ingredients

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- ½ cup minced yellow onion
- ½ cup mayonnaise
- ¼ cup finely chopped green onion (tops only)
- 2 tablespoons Creole mustard, or other whole-grain spicy mustard
- 2 teaspoons honey
- 1 teaspoon Baby Bam
- ½ teaspoon salt
- ¼ teaspoon ground black pepper



*Contains egg*

### Tools

- ☐ measuring cups and spoons
- ☐ cutting board
- ☐ knife
- ☐ large bowl
- ☐ large spoon or rubber spatula

### Directions

1. Combine all the ingredients in a large bowl.
2. Stir well with a large spoon or rubber spatula to mix.
3. Cover and refrigerate for 1 hour before serving, or keep refrigerated for up to 1 day.

Adapted and used  
with permission from  
*Emerils.com*



# REAL WHIPPED CREAM

*Kitchen*

YIELD: 2 cups

## Ingredients

- 1 cup heavy cream, well chilled
- 3 tablespoons confectioners sugar
- ½ teaspoon vanilla extract



*Contains dairy*

## Tools

- ☐ large metal or glass mixing bowl
- ☐ measuring cups and spoons
- ☐ plastic wrap (optional)
- ☐ oven mitts or pot holders
- ☐ electric mixer  
(handheld or standing)

## Directions

1. Place a mixing bowl and the beaters from your electric mixer in the freezer or refrigerator until well chilled, about 15 minutes.
2. Combine the heavy cream, confectioners sugar, and vanilla extract in the mixing bowl.
3. With an electric mixer on low speed, begin beating the cream, gradually increasing the speed to high as cream thickens. (Do this slowly, or the cream will splatter all over!)
4. Beat until the cream forms soft peaks. Test to see if it is ready by turning off the mixer and lifting the beaters out of the cream. If the cream makes soft peaks that topple over slightly, then it's done. Be careful not to overwhip, or the cream will separate and begin to taste like butter.
5. Serve immediately or cover with plastic wrap and refrigerate for up to 2 hours.

Adapted and used  
with permission from  
*There's a Chef  
in My Soup!*,  
pg 235



## SPINACH DIP

Kitchen

YIELD: 10 to 12 servings (or 5 cups)

Without a doubt, this is my favorite way to eat spinach. It gets all creamy and cheesy and, oh, don't make me talk about it! It's a serious food-of-love thing. I like to eat it with crispy tortilla chips, but hey, just about anything would taste great dipped in this stuff, especially homemade bagel chips.

### Ingredients

- 3 pounds fresh spinach, stems removed and washed (or 2 (10-ounce) packages frozen chopped spinach, thawed, drained and squeezed dry)
- 4 tablespoons butter
- 2 tablespoons finely chopped yellow onion
- 1 tablespoon minced garlic
- ¼ cup all-purpose flour
- 2 cups heavy cream
- ½ cup milk
- 1 cup finely grated Parmesan cheese
- 2 teaspoons fresh lemon juice
- 2 teaspoons Baby Bam
- ½ teaspoon salt
- 6 tablespoons sour cream
- ½ cup grated Monterey Jack or pecorino Romano cheese
- Tortilla chips or other chips of choice, for dipping



*Contains dairy*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> 6 quart saucepan  |
| <input type="checkbox"/> oven mitts or pot holders | <input type="checkbox"/> colander          |
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> chef's knife      |
| <input type="checkbox"/> medium saucepan           | <input type="checkbox"/> wooden spoon      |
| <input type="checkbox"/> whisk                     | <input type="checkbox"/> juicer (optional) |
| <input type="checkbox"/> box grater                |  |

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 110

*Continued on next page*

**Directions**

1. If using fresh spinach, bring a large saucepan filled  $\frac{2}{3}$  full with water to a rolling boil.
2. Add the spinach and cook for 1 to 2 minutes, or just until spinach wilts and water returns to a boil. Remove from heat and strain in a colander set in the sink. Rinse under cold running water until cool.
3. If using frozen spinach, skip steps 1 and 2. Let spinach thaw and drain in a colander set in the sink.
4. Using your hands, squeeze the spinach to remove as much liquid as possible. You should have about 3 cups of spinach.
5. Place spinach on a cutting board and chop finely. Set aside.
6. In a medium heavy saucepan, melt the butter over medium-high heat. Add the onions and cook until soft, about 3 minutes. Add the garlic and cook until fragrant, 1 to 2 minutes. Do not allow to brown.
7. Add the flour and stir to combine. Cook, stirring constantly, until mixture is a light blond color, about 1 to 2 minutes.
8. Whisk in the heavy cream and milk, little by little, until the mixture is smooth. Continue to cook until the mixture comes to a boil and thickens, about 2 minutes.
9. Reduce the heat to medium-low and simmer for 3 to 4 minutes.
10. Add the Parmesan cheese, lemon juice, Baby Bam, and salt and stir to combine well.
11. Remove from the heat. Add the sour cream, chopped spinach, and Monterey Jack or pecorino Romano cheese and stir until the cheese is melted.
12. Serve immediately, with tortilla chips or other dipping chips of choice.



# TOTALLY-FROM-SCRATCH BISCUITS

*Kitchen*

YIELD: 8 (3-inch) biscuits

My friends! These biscuits are truly the real deal! Made totally from scratch, these will make you stop and think next time you consider using store-bought biscuits. Cake flour makes them extra tender, and heavy cream makes them super moist and delicious. Remember to go easy when mixing the dough or your biscuits will be tough and chewy instead of light and airy.

## Ingredients

- 1 ¼ cups self-rising flour
- ¾ cup cake flour
- 1 tablespoon sugar
- ¾ teaspoon baking powder
- ½ teaspoon salt
- ⅛ teaspoon baking soda
- 4 tablespoons (½ stick) cold unsalted butter,  
plus 2 tablespoons melted butter
- 1 ¼ cups heavy cream
- ¼ cup all-purpose flour



*Contains dairy*

## Tools

- |  |   |
|--|---|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> medium mixing bowl                 |
| <input type="checkbox"/> sifter                    | <input type="checkbox"/> pastry cutter (optional)           |
| <input type="checkbox"/> rubber spatula (optional) | <input type="checkbox"/> cookie cutter, 3-inch (or smaller) |
| <input type="checkbox"/> baking sheet              | <input type="checkbox"/> small saucepan                     |
| <input type="checkbox"/> pastry brush              | <input type="checkbox"/> oven mitts or pot holders          |

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Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 30

**Directions**

1. Position rack in center of oven and preheat the oven to 475 degrees F.
2. Sift the self-rising flour, cake flour, sugar, baking powder, salt, and baking soda into a medium mixing bowl.
3. Using your fingers or a pastry cutter, work the cold butter into the flour until there are no butter pieces larger than a pea.
4. Add the heavy cream to the flour mixture and, using your hands or a rubber spatula, stir just until the cream and flour come together to form a dough. Do not overmix!
5. Sprinkle some of the all-purpose flour on a flat surface and place the dough on top of the flour. Using your hands, press the dough into a ½-inch thick disk about 8 inches in diameter.
6. Using a biscuit cutter dipped in flour, cut the dough into circles. Be sure to press straight downward when cutting the dough; a twisting motion will prevent the dough from rising. If you don't have a cutter, you can also use the rim of a sturdy glass or bowl. You can gather the scraps of dough and re-form them to make more biscuits. Simply gather the scrap pieces together and press them to re-form into a ½-inch thick disk, then cut as many additional biscuits as possible from the re-formed dough.
7. Place the biscuits on a small baking sheet and use a pastry brush to brush the tops with the melted butter.
8. Bake in the oven for 8 to 12 minutes, or until golden brown.
9. Using oven mitts or pot holders, remove the biscuits from the oven and allow to cool briefly and serve while still warm.



## VERY STRAWBERRY SHORTCAKES

*Kitchen*

YIELD: 8 to 10 servings

Perhaps the most all-American dessert, this cake makes a wonderful end to a summer day spent in the sun or for a Fourth of July celebration. It's a good one to make together with family or friends—just make sure you whip the cream immediately before serving, so that it stays nice and fluffy.

### Ingredients

- 2 pounds fresh strawberries, washed, patted dry, hulled, and quartered
- ½ cup plus 1 tablespoon sugar
- 2 tablespoons water
- 1 teaspoon grated orange zest
- 1 recipe totally-from-scratch biscuits, baked with the exception noted in step 4
- 2 cups real whipped cream



*Contains dairy*

### Tools

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> large mixing bowl         | <input type="checkbox"/> box grater   |
| <input type="checkbox"/> cutting board             | <input type="checkbox"/> paring knife |
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> plastic wrap |
| <input type="checkbox"/> oven mitts or pot holders | <input type="checkbox"/> wire racks   |
| <input type="checkbox"/> forks (optional)          |                                       |

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*There's a Chef  
in My Family!*,  
pg 190





You macerate fruit mostly by mixing it with sugar—a chemical reaction causes the berries to give up their good juices.

### Directions

1. Position rack in center of oven and preheat the oven to 475 degrees F.
2. Macerate the strawberries by combining the strawberries, ½ cup of the sugar, water, and orange zest in a large bowl. Stir well to combine.
3. Cover with plastic wrap and refrigerate until the strawberries have softened and given up their juices and mixture is chilled, about 1 hour.
4. While the strawberries are chilling, make the Totally-from-Scratch Biscuits with the following exception: In step 7, after brushing the tops of the biscuits with butter, sprinkle the tops with the remaining 1 tablespoon of sugar before baking. Bake as instructed.
5. When the biscuits are done, using oven mitts or pot holders, remove them from the oven and transfer to wire racks to cool. The shortcakes can be served warm or at room temperature.
6. To assemble the shortcakes: Using a knife or fork, split the biscuits in half horizontally and place the bottom halves onto serving plates.
7. Spoon some of the macerated strawberries onto each bottom half. Top each serving with about 3 tablespoons of Real Whipped Cream. Lean a biscuit top against each bottom and serve.

## VERY VEGGIE LASAGNA

*Kitchen*

YIELD: 10 servings

We used almost a full box of lasagna noodles to make this lasagna. You might need more or less, depending on the size of your pan and how closely you space the noodles. We used a lot of different vegetables and had fun choosing what was freshest at the market. You can leave some of these veggies out, add others, or use more of what your family likes best. Just make sure you have 12 total cups of vegetables for the sauce. Lots of ingredients means that everybody can help out.

### Ingredients

- 2 (15-ounce) containers ricotta cheese
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh parsley
- 4 teaspoons extra virgin olive oil
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- ¼ cup olive oil
- 3 cups sliced mushrooms
- 1 ¼ cups finely chopped yellow onions
- 1 tablespoon Emeril's Italian Essence, or dried Italian seasoning
- 2 teaspoons minced garlic
- 1 head broccoli, cut into florets (about 2 cups)
- 2 carrots, peeled and coarsely chopped (about 2 cups)
- 1 ½ cups coarsely chopped red bell pepper
- 1 ½ cups coarsely chopped yellow bell pepper
- 1 ½ cups coarsely chopped green bell pepper
- 1 ½ cups coarsely chopped yellow squash
- 1 ½ cups coarsely chopped zucchini
- 2 (28-ounce) cans whole peeled tomatoes, undrained
- 2 tablespoons tomato paste
- 2 tablespoons sugar
- 12 to 15 large uncooked lasagna noodles
- 5 cups grated Mozzarella cheese (about 1 ¼ pounds)
- ½ cup grated Parmesan cheese

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 114



*Contains dairy*

*Continued on next page*

**Tools**

- ☐ measuring cups and spoons
- ☐ chef's knife
- ☐ medium mixing bowl
- ☐ 6-quart pot
- ☐ large mixing bowl
- ☐ rubber spatula
- ☐ aluminum foil
- ☐ vegetable peeler
- ☐ cutting board
- ☐ wooden spoon
- ☐ can opener
- ☐ 10- by 14-inch roasting pan
- ☐ box grater
- ☐ oven mitts or pot holders

**Directions**

1. Position a rack in center of oven and preheat the oven to 375 degrees F.
2. In a medium bowl, combine the ricotta cheese, basil, thyme, parsley, extra virgin olive oil, 1 teaspoon of the salt and ½ teaspoon of the black pepper. Stir to combine and set aside.
3. In a large pot, heat the olive oil over medium-high heat. Add the mushrooms, onion, and Italian Essence and cook, stirring, until the onions are soft and the mushrooms are wilted and have released their juices, about 5 minutes.
4. Add the garlic and cook, stirring, for 1 minute.
5. Add all the remaining vegetables except the tomatoes, and cook, stirring, until they start to soften, about 10 minutes.
6. In a large bowl, using your fingers, crush the tomatoes into pieces.
7. Add the crushed tomatoes, tomato paste, and sugar to the pot, and cook, stirring, until thick and most of the liquid has evaporated, about 15 minutes.
8. Add the remaining teaspoon of salt and remaining ½ teaspoon of pepper, and stir well.
9. Remove the pot from the heat.
10. Spread 3 cups of the tomato-vegetable sauce evenly over the bottom of a large roasting pan. Arrange one layer of lasagna noodles on top, being careful not to overlap.

*Continued on next page*

11. Spoon 1 cup of the ricotta cheese mixture over the noodles, spreading evenly with a rubber spatula.
12. Sprinkle 1 cup of the mozzarella cheese evenly over the ricotta.
13. Repeat the layering with the remaining ingredients, for a total of 3 complete layers, ending with the remaining 2 cups of mozzarella cheese on top.
14. Sprinkle the Parmesan cheese over the mozzarella cheese.
15. Cover the pan tightly with aluminum foil and bake for 1 ½ hours.
16. Using oven mitts or pot holders, carefully remove the pan from the oven and remove the foil. Do not remove the foil with bare fingers.
17. Using oven mitts or pot holders, return the pan to the oven and bake the lasagna until golden brown and bubbly, about 15 minutes.
18. Using oven mitts or pot holders, remove the lasagna from the oven and let cool for 10 minutes before serving.

**Caution**

Hey, be extra careful with this dish. When all assembled, it's very heavy and very hot and bubbly from cooking so long. An adult should be in the kitchen to help.

## YES-YOU-CAN BAGELS

YIELD: 12 bagels

Don't let the number of steps in this recipe fool you—bagels are very easy to make at home. Just be sure to follow the instructions on kneading and resting the dough, and you will end up with 12 big, super-light bagels! If the dough is too thick for you to mix and knead by hand, a standing electric mixer fitted with a dough hook will help you out. You'll never go back to store-bought bagels again!

### Ingredients

- 2 cups warm water (110 degrees F on an instant-read thermometer)
- 4 tablespoons sugar
- 2 (¼-ounce) packets active dry yeast
- 5 to 6 cups all-purpose flour
- 2 teaspoons salt
- 2 teaspoons vegetable oil
- 2 tablespoons yellow cornmeal
- 1 large egg yolk beaten with 1 tablespoon water



*Contains egg*

### Optional toppings:

- ½ cup lightly sautéed minced yellow onions (about 2 teaspoons per bagel)
- 2 tablespoons poppy seeds (about ½ teaspoon per bagel)
- 2 tablespoons sesame seeds (about ½ teaspoon per bagel)
- 1 tablespoon kosher salt (about ¼ teaspoon per bagel)

### Tools

- |   |  |
|---|--|
| <input type="checkbox"/> two large mixing bowls   | <input type="checkbox"/> measuring cups and spoons     |
| <input type="checkbox"/> standing electric mixer fitted with a dough hook (optional)      | <input type="checkbox"/> measuring cups and spoons     |
| <input type="checkbox"/> wooden spoon   | <input type="checkbox"/> instant-read thermometer      |
| <input type="checkbox"/> pastry cutter or knife for cutting dough                         | <input type="checkbox"/> kitchen towel or plastic wrap |
| <input type="checkbox"/> paper towels   | <input type="checkbox"/> large baking sheet            |
| <input type="checkbox"/> potholders or oven mitts   | <input type="checkbox"/> slotted spoon or skimmer      |
| <input type="checkbox"/> large heavy pot, preferably at least 10 to 12 inches in diameter | <input type="checkbox"/> small bowl                    |
|   | <input type="checkbox"/> pastry brush                  |
|   | <input type="checkbox"/> wire cooling rack             |
|   | <input type="checkbox"/> fork                          |

Adapted and used  
with permission from  
*There's a Chef  
in My Family!*,  
pg 50

*Continued on next page*

**Directions**

1. In a large bowl combine the water, 3 tablespoons of the sugar, and yeast. Stir and let stand until foamy, about 5 minutes.
2. Gradually add 4 cups of the flour and the salt to the mixture and stir well with a wooden spoon until the mixture comes together.
3. Add 1 to 1 ½ cups of the remaining flour, ½ cup at a time, until a stiff dough is formed. If dough is too stiff to mix with a spoon, transfer it to a standing electric mixer fitted with a dough hook and knead the dough.
4. Turn dough out onto a lightly floured surface and knead with your hands until smooth and no longer sticky, about 5 minutes. If dough seems sticky, add a bit of the remaining flour until it is no longer so. This should be a very stiff and heavy dough.
5. Lightly oil a large bowl with 1 teaspoon of the vegetable oil and place the dough in the bowl, turning to coat. Cover the bowl with a damp clean kitchen towel or plastic wrap and set aside to rise in a warm, draft-free area until dough has almost doubled, about 1 hour.
6. Remove the dough from the bowl and punch dough down with your fist.
7. Divide the dough into 12 equal pieces, and form each piece of dough into a ball. Stick your finger through the middle of the dough to make a hole. Using your fingers, smooth the top and sides of the dough, and pull the sides gently apart to enlarge the hole and make a circle about 3 to 3 ½-inches in diameter. Repeat with the remaining pieces of dough.
8. Place the bagels on a lightly floured surface, cover with a clean damp kitchen towel and set aside to rest in a warm, draft-free area until risen but not doubled, about 15 to 20 minutes.
9. Position rack in center of oven and preheat the oven to 400 degrees F. Lightly grease a baking sheet with the remaining teaspoon of vegetable oil and sprinkle lightly with the cornmeal.

*Continued on next page*

10. In a large, heavy pot, bring 12 cups of water to a boil with the remaining tablespoon of sugar.
11. Carefully lower the bagels into the boiling water in batches, leaving enough room for them to expand as they cook (usually 3 or 4 per batch, depending on the size of your pot). Cook for 5 minutes, turning once midway through the cooking time using a slotted spoon.
12. Using a slotted spoon or skimmer, remove the boiled bagels and set aside to drain on paper towels.
13. Transfer bagels to the prepared baking sheet with the slotted spoon and brush each with the beaten egg mixture. Sprinkle with the optional toppings, if desired, and bake until golden brown and crusty, 25 to 30 minutes.
14. With oven mitts or pot holders, remove the baking sheet from the oven and transfer to a wire rack to cool.

**Caution**

Be extra careful when adding and removing bagels to and from the boiling water!



## ZUCCHINI BREAD

Kitchen

YIELD: 8 to 10 servings (or 1 to 2 loaves)

I bet many of you might be saying to yourselves, “Self, is he really making bread with zucchini?” The answer is YES! If you’ve never tried it before, this is going to make you look at zucchini in a whole new way. “Bread” is really more like a very moist spice cake. Bake some for after-school treats or lunch-box snacks!

### Ingredients

- 1 ½ teaspoons unsalted butter
- 3 large eggs
- ¾ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 ½ cups granulated sugar
- 2 ½ cups grated zucchini, or yellow squash
- 2 ½ cup all-purpose flour
- ¾ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup chopped pecans or walnuts



*Contains dairy, egg and tree nuts*

### Tools

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cups and spoons | <input type="checkbox"/> two medium mixing bowls   |
| <input type="checkbox"/> sifter                    | <input type="checkbox"/> cutting board             |
| <input type="checkbox"/> chef’s knife              | <input type="checkbox"/> box grater                |
| <input type="checkbox"/> whisk                     | <input type="checkbox"/> one 6- by 9-inch loaf pan |
| <input type="checkbox"/> rubber spatula            | <input type="checkbox"/> oven mitts or potholders  |

*Continued on next page*

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*There’s a Chef  
in My Family!*,  
pg 58



**Directions**

1. Preheat the oven to 350 degrees F.
2. Grease a large loaf pan (9- by 6-inches) with the butter. Set aside.
3. In a large bowl, whisk the eggs until yellow and frothy.
4. Add the vegetable oil, vanilla extract and sugar and whisk to combine.
5. Add the squash and mix well.
6. Into a medium bowl, sift together the flour, salt, cinnamon, baking soda, and baking powder.
7. Add the dry ingredients to the wet ingredients and, using a spatula, mix until just blended, being careful not to overmix. Fold in the nuts.
8. Turn into the prepared loaf pan and bake until risen and golden brown, and a cake tester inserted into the middle comes out clean, about 1 ½ hours.
9. Remove from the oven and let cool in the pan for 10 minutes. Turn out onto a wire rack, setting right side up, to cool completely before cutting.

**Note:**

Alternately, the bread may be baked in two small loaf pans, decreasing the cooking time to about 1 hour.