



OATMEAL CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1/2 cup unsalted butter, at room temperature
- 1/2 cup light brown sugar, packed
- 1/4 cup granulated sugar
- 1 large egg, at room temperature
- 1 1/2 teaspoons vanilla
- 1 cup all-purpose flour
- 1/2 cup quick-cooking or old-fashioned oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon regular table salt
- 1 cup semisweet chocolate chips

DIRECTIONS

1. Arrange the two racks in the oven so that they are evenly spaced in the middle of the oven. Preheat the oven to 325°F, BAKE. Line 2 cookie sheets with parchment paper.
2. Using your electric mixer with the paddle attachment. Beat together the butter and sugars until smooth; about 5 minutes on medium should be great.
3. Add the egg and vanilla one at a time, beating well after each.
4. In a medium bowl, whisk together the flour, oats, baking powder, baking soda, and salt, and add to the butter mixture in the bowl.
5. Mix until everything is thoroughly incorporated. Scrape the bottom and sides of the bowl, and mix briefly.
6. Stir in the chocolate chips. Do not over mix at this stage.
7. Scoop the dough onto the prepared baking sheets, using the small cookie scoop. Leaving about 1 1/2" to 2" between cookies. 3 cookies across and 4 cookies down should be the perfect spacing.
8. Bake the cookies for 10-14 minutes, until they're a light golden brown, with slightly darker edges. Their middles may still look a tiny bit shiny; that's OK, they'll continue to bake as they cool on the pan. If you are baking 2 sheets at a time, you may need to rotate the cookies from one rack to the other half way through the baking time.
9. Remove the cookies from the oven, and as soon as they're set enough to handle, transfer them to racks to cool.



BAKED OMLETES

INGREDIENTS

Butter, for greasing ramekins
1 tablespoons olive oil
1/4 onion, diced
1/2 cup chopped sausage or bacon
3 large eggs
2 tbsp whole milk
1/4 teaspoon kosher salt
Freshly ground black pepper
1/4 cup red bell pepper, diced
1/2 cup grated cheese
1 tbsp dried parsley

DIRECTIONS

1. Preheat the oven to CONVECTION BAKE 425 degrees F. Lightly butter 4 ramekin baking dishes.
2. Heat the oil in a medium skillet over medium-high heat. Add the onion and cook until translucent, about 3 minutes. Add the meat and cook until brown, about 5 minutes. Set the pan aside to cool.
3. In a large bowl, whisk together the eggs, milk, salt and pepper until smooth, about 20 seconds. Add the red bell pepper, 1/2 cup of cheese and 1 tbsp of parsley. Stir in the onion mixture. Pour the batter into the 4 prepared ramekins. Bake for 15 to 20 minutes or until golden brown.



STICKY BBQ CHICKEN

INGREDIENTS

2 boneless skinless chicken thighs, small cubes
1 boneless skinless chicken breast, small cubes
½ cup flour
2 tbsp olive oil
1 cup rice

Sauce

¼ cup barbecue sauce
¼ cup cold water
2 tbsp soy sauce
2 tbsp red wine vinegar
2 tbsp liquid honey or maple syrup
1 ½ tsp chili powder
1 ½ tsp Dijon mustard
1 ½ tsp grated gingerroot
1 clove minced garlic
½ tsp ground cumin
2 tsp cornstarch

DIRECTIONS

1. In a medium saucepan add 1 cup of rice and 2 cups of cold water. Place over HIGH heat and bring to a boil with the lid off. When the rice comes to a boil, reduce heat to low and put on the lid. DO NOT STIR. Allow all of the liquid to absorb into the rice. When all of the water is gone, the rice is cooked.
2. Place the flour in a medium sized bowl. Set aside. Cut the chicken into small, equal bite sized cubes and dredge the chicken in the flour until equally coated.
3. In a large non stick skillet over medium high heat add 2 tbsp of olive oil and heat until the oil is hot. Add chicken in a single layer, cook each side until golden brown and then switch to the other side and cook until the same level of doneness is achieved. Remove from heat. Keep chicken in the skillet until the sauce is prepared.
4. Whisk together all sauce ingredients in a medium bowl. Reduce skillet heat to medium and pour sauce evenly over all the chicken that is remaining in the skillet. Turn pieces to coat both sides with sauce and cook until the sauce is thickened. Serve on cooked rice.



CHEESY GARLIC BREADSTICKS

INGREDIENTS

For the Dough:

- ½ cup very warm water
- ½ tsp sugar
- 1 ½ tsp active dry yeast
- ½ tsp salt
- 2 tbsp oil
- ¾ cup flour
- ½ cup flour

For the Topping:

- 1 tablespoon butter, melted
- 1 clove garlic, finely minced
- 1 tablespoon parmesan cheese
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/8 teaspoon dried chili flakes
- 1/2 cup mozzarella cheese, grated
- salt & pepper to taste

DIRECTIONS

1. Preheat oven to CONVECTION BAKE 425F.
2. Into a medium bowl measure the water and sugar, stir. Sprinkle the yeast on top, stir just to incorporate into the water. Let stand for 10 mins. Stir in the salt, oil and ¾ cup of flour. Using a wooden spoon beat until smooth.
3. Lightly flour a clean countertop and work in the remaining ½ cup of flour by kneading the dough until smooth and elastic. Form into a ball. Set aside.
4. Mix butter, garlic, parmesan, oregano, basil and chili flakes in a small bowl and set aside.
5. Roll the pizza dough into a circle and place onto a parchment paper lined baking sheet or pizza pan and brush with butter mixture.
6. Sprinkle cheese evenly over the dough.
7. Use a pizza cutter and cut dough into stick shapes (Lengthwise into 7 long strips and crosswise into 3 strips). Do not separate strips.
8. Bake for 10-12 minutes or until light golden brown.
9. Recut along each strip and remove from cooking sheet. Serve warm!

FOODS 9 Unit 1

CRISPY BAKED GARLIC MATCHSTICK FRIES

Ingredients

- 3-4 medium russet potatoes (scrubbed clean and dried)
- 1/4 cup oil
- 1 pinch each sea salt + black pepper
- 1 tsp garlic powder
- 3 cloves garlic (minced)

Instructions

1. Preheat oven to 450 degrees (232 C).
2. Chop potatoes into matchsticks by halving, halving once more, then cutting into wedges and then strips.
3. Line two baking sheets with parchment paper (updated from foil, which sticks more) and generously spray with nonstick spray.
4. Add fries plus a generous drizzle of oil and sea salt, pepper, and garlic powder. Toss to coat.
5. Arrange fries a single layer making sure they aren't touching too much. This will help them crisp up and cook evenly.
6. Bake for 25-35 minutes, tossing/flipping at least once to ensure even baking.
7. In the last 10 minutes of cooking, heat a small saucepan over medium heat and add 1-2 Tbsp olive oil (amount as original recipe is written // adjust if altering batch size) and the minced garlic. Sauté, stirring frequently, until just slightly brown to wake up the flavor.
8. Remove from heat and set aside.
9. When the fries are finished, remove from oven, sprinkle again with sea salt, and spoon the warm garlic on top. Toss to coat and serve immediately with your homemade sauce.

Homemade Sauce

As a group you need to create a dipping sauce for your fries. Your sauce **MUST** include at least **4 ingredients** **BUT cannot exceed ½ cup** in total ingredients.

Optional ingredients:

- Mayo
- Ketchup
- Mustard
- Garlic
- BBQ sauce
- Franks hot sauce
- Serracha
- Others – please see the table for options!

FOODS 9 - Unit 1

Pancakes ~~Recipe~~

Pancakes (yields 6)

1 cup flour
1 tbsp granulated sugar
1 tsp baking powder
¼ tsp salt
1 cup milk
1 egg
2 tbsp vegetable oil
1 tsp vanilla
1 tsp cinnamon

Directions:

1. Preheat oven to 170 F.
2. In a small bowl, whisk the egg, milk, oil and vanilla together.
3. In a medium bowl, add the dry ingredients together and mix until blended.
4. Make a well in the middle of the dry ingredients and slowly add the wet ingredients; whisk together until there are no lumps in the batter.
5. Heat a non-stick skillet on medium heat.
6. Using a ladle, scoop the batter into the heated skillet and wait until lots of tiny bubbles form on the surface of the pancake. This will indicate that it is ready to flip. Flip pancake and cook until both sides are equally golden brown.
7. Keep pancakes warm in the oven until they are all done, and everyone is ready to eat.