

FOODS 9

Italian Pizza

Ingredients

1/2 cup lukewarm water
1/2 tsp sugar
1½ tsp regular yeast
1/2 tsp salt
2 tbsp oil
3/4 cup sifted flour
1/2 cup sifted flour

Pizza Sauce Ingredients

½ cup crushed tomatoes
1 tbsp oil
1/2 tsp crushed oregano
1/2 tsp pepper
Few drops of Tabasco sauce

Pizza Toppings

1 cup grated mozzarella
100 g pepperoni or ham
½ cup pineapple chunks

Directions

1. Preheat the oven to 450F.
2. Measure into a bowl the lukewarm water and stir in sugar.
3. Sprinkle with yeast, and let stand for 10 minutes. Then stir well.
4. Stir in 1/2 tsp of salt, 2 tbsp oil, and 3/4 cup flour. Using a wooden spoon beat until smooth.
5. Stir in additional 1/2 cup flour.
6. Turn out dough onto a board sprinkled with 2 tbsp flour. Work in flour and knead dough until smooth and elastic. Form dough into a ball.
7. Knead lightly on a floured board and roll out into a circle about 18 inches in diameter. Place on greased pizza pan and turn edges up slightly.
8. Mix together all ingredients for the pizza sauce in a small bowl and spread over dough.
9. Add chosen toppings on top of sauce, and then sprinkle with 1 cup of grated mozzarella cheese.
10. Bake in convection oven at 450°F for 15 minutes.

Asian Chicken Noodle Soup

Ingredients

Coarse salt and ground pepper

4 ounces rice noodles

4 cups reduced-sodium chicken broth (4tsp dry stock + 4 cups water)

1 piece fresh lemongrass (3 inches), sliced lengthwise

1 cube of ginger (about 3 cm square) cut into 4 pieces

1 boneless, skinless chicken breast, thinly sliced crosswise

1 cup snow peas, trimmed and halved

2 tablespoons fresh lime juice

½ carrot, julienne

½ red pepper, julienne

Asian chile sauce (such as Sriracha), for serving (optional)

Directions

1. In a large stock pot, half full of water and 1 tbsp salt, bring to a boil. Add noodles and cook according to package instructions.
2. Drain noodles and set aside.
3. In a large stockpot, combine chicken broth, lemongrass, and ginger. Bring to a boil; reduce to a simmer, cover, and cook until fragrant, 10 minutes.
4. Remove pieces of lemon grass and ginger pieces.
5. Add chicken and snow peas, carrots and peppers and simmer until chicken is cooked through and veggies are crisp-tender, 2 to 4 minutes.
6. Remove soup from heat and stir in lime juice.
7. Season with salt and pepper. To serve, pour soup over noodles. Top with chile sauce if desired.

Magic Cookie Bars

Ingredients

¼ cup melted butter

¾ cup graham cracker crumbs (11-12 square crackers- break rectangles in half)

½ can sweetened condensed milk

½ cup chocolate chips

2/3 cup flaked coconut

½ cup chopped nuts

Directions

1. Heat oven to 350 degrees F (325 degrees for glass dish). Line a 9x9-inch baking pan with parchment paper.
2. In a plastic bag, put the graham crackers in and seal. Slowly and firmly roll a rolling pin over the crackers to crush them. Continue doing this until you achieve a fine crumb.
3. Combine graham cracker crumbs and butter. Press into bottom of prepared pan.
4. Pour sweetened condensed milk evenly over crumb mixture. Layer evenly with chocolate chips, coconut and nuts. Press down firmly with a fork.
5. Bake 20 minutes or until lightly browned. Cool in the freezer.
6. Cut into bars or diamonds. Store covered at room temperature.

Banana Chocolate Chip Muffins

Ingredients

1 1/2 cups all purpose flour

2/3 cup sugar

1 1/2 teaspoons baking powder

1/4 teaspoon salt

1 cup mashed ripe bananas (about 2 large)

1 large egg

1/2 cup unsalted butter, melted

1/4 cup milk

1 tsp vanilla

½ cup semisweet chocolate chips

Directions

1. Preheat oven to 350°F. Line twelve 1/3-cup muffin cups with paper muffin liners.
2. Mix flour, sugar, baking powder and salt in large bowl. Make a well in the dry ingredients.
3. Mix mashed bananas, vanilla, egg, melted butter and milk in medium bowl.
4. Stir banana mixture into the well of the dry ingredients just until blended (do not overmix). Stir in chocolate chips.
5. Divide batter among prepared muffin cups, filling each about 3/4 full.
6. Bake muffins until tops are pale golden and toothpick inserted into center comes out with some melted chocolate attached but no crumbs, about 32 minutes.
7. Transfer muffins to rack; cool.

Twice Baked Potatoes

Ingredients

2 large baking potatoes

4 slices bacon

1/2 cup sour cream

1/4 cup milk

2 tablespoons butter

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 cup shredded Cheddar, divided

2 green onions, sliced, divided

Directions

1. Preheat oven to 450 degrees F.
2. Wash and scrub the potatoes and carefully make a few holes in each potato using a fork, this will allow steam to escape.
3. Place the 2 potatoes on a clean piece of paper towel and put in the microwave. Cook for 4 mins on high and then flip over and cook for 2 more mins. Check to see if potato is tender. Continue cooking if needed.
4. Meanwhile, place bacon in a large skillet. Cook over medium high heat until evenly brown. Drain bacon on paper towel, coarsely chop and set aside.
5. When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; **save skins.**
6. To the potato flesh add sour cream, milk, butter, salt, pepper, 1/4 cup cheese and 1/2 the green onions. Mix by hand or with the paddle attachment of your mixer until well blended and creamy. Spoon the mixture into a pastry bag and top each with remaining cheese, green onions and bacon.
7. Bake for 10 minutes or until cheese is melted and beginning to brown.

Macaroni & Cheese with Broccoli

Ingredients

2 cups pasta
4 tbsp butter
2 tbsp onion, minced
2 tsp flour
1 & ¼ cup milk
½ cup cheddar cheese, shredded
½ tsp salt
1/8 tsp black pepper
½ tsp dry mustard
¼ tsp paprika
½ cup broccoli puree
2 tbsp bread crumbs
3 tbsp parmesan cheese, grated

Directions

1. FOR THE PASTA: Fill a large stock pot 2/3 full with water, add 1 tsp salt and bring the water to a boil. Add the pasta and cook until al dente. Drain the pasta, DO NOT RINSE. Set aside.
2. PREHEAT THE OVEN to 425F on convection. Parchment line a 9 x 9" baking pan. Set aside.
3. FOR THE BROCCOLI PUREE: Wash and chop the broccoli into equal sized pieces. Place in a ZIPLOC STEAM BAG. Carefully read the instructions on the bag to determine the cooking method. When steamed to the proper degree of doneness, place the broccoli in the blender with 2 tbsp of water and puree until smooth. Measure out ½ cup of puree and save any remainder for the next class. DO NOT THROW OUT THE ZIPLOC BAG. Wash, dry and return it.
4. TO MAKE THE CHEESE SAUCE heat the butter in a small stock pot over medium heat. Add the onion and sauté until clear. Whisk in the flour to create a thick paste. Slowly whisk in the milk to prevent lumps from forming. Bring to a simmer and cook until the mixture thickens slightly, about 5 mins. Stir occasionally to prevent the bottom from burning.
5. Add the cheddar cheese, dry spices and the broccoli puree and whisk until smooth. Add in cooked pasta and stir until coated. Transfer the pasta into the parchment lined baking dish. Sprinkle with breadcrumbs and additional cheese. Bake for 10 minutes until breadcrumbs are browned. ENJOY!