

Snow Canyon Middle School
8th Grade FACS
Exploration



RECIPE BOOK

Kitchen Equivalents

1 gal.															
1 qt.				1 qt.				1 qt.				1 qt.			
1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.	
c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.

1 c.															
1/2 c.								1/2 c.							
1/4 c.				1/4 c.				1/4 c.				1/4 c.			
1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.	
T.	T.														

1 c.																	
1/3 c.						1/3 c.						1/3 c.					
T.	T.	T.	T.	T.	1/3 T.	T.	T.	T.	T.	T.	1/3 T.	T.	T.	T.	T.	T.	1/3 T.

1 c.															
T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.
t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.

Other Important Measurements

1 Stick Butter = 1/2 cup

1/3 c. = 5 1/3 Tbsp.

8 oz. = 1 c.

2 c. = 1 pt.

Min. = Minute

Doz. = Dozen

C. = Cup

Gal. = Gallon

Tbsp. or T. = Tablespoon

Pkg. = Package

2 pt. = 1 qt.

1 qt. = 4 c.

1 lb. = 16 oz.

1/8 c. = 2 Tbsp.

Pt. = Pint

lb. or # = Pound

Hr. = Hour

tsp. or t. = Teaspoon

Oz. = Ounce

Qt. = Quart

Kitchen Unit Organization

Cupboard 1:

- ___ Tbsp./Tsp. Liquid Measuring Cup (Mini Shot-Glass Size)
- ___ 1 Cup Liquid Measuring Cup (Small)
- ___ 2 Cup Liquid Measuring Cup (Medium)
- ___ 4 Cup Liquid Measuring Cup (Large)

Staple Ingredients:

- | | |
|------------------------|-------------------------------|
| ___ 1 Flour | ___ 1 Cooking Spray |
| ___ 1 Sugar | ___ 1 Vanilla |
| ___ 1 Salt Container | ___ 1 Baking Soda |
| ___ 1 Pepper Container | ___ 1 Baking Powder |
| ___ 1 Oil | ___ 1 Set Salt/Pepper Shakers |

Drawer 2:

- ___ 4 Hot Pads (2 Squares & 2 Gloves)
- ___ 2 Cooling Racks
- ___ 2 Cutting Boards

Drawer 3:

- ___ 1 Electric Mixer
- ___ 2 Beaters

Cupboard 4:

- | | |
|-------------------------------|---------------------------------|
| ___ 1 Large Pot with Lid | ___ 1 Waffle Iron |
| ___ 1 Large Saucepan with Lid | ___ 1 Electric Skillet with Lid |
| ___ 1 Small Saucepan with Lid | ___ 1 Crepe Pan |
| ___ 1 Large Skillet with Lid | |
| ___ 1 Medium Skillet | |
| ___ 1 Small Skillet | |

Cupboard 5:

- ___ 1 Dish Soap
- ___ 1 Dish Drainer with Mat
- ___ 1 Sanitizer Spray Bottle
- ___ 2 Drain Plugs
- ___ 1 Roll of Garbage Bags
- ___ 1 Dish Scrub Brush

Cupboard 6:

- ___ 5 Large Drinking Cups
- ___ 5 Mugs
- ___ 1 Pitcher
- ___ 5 Small Plates
- ___ 5 Medium Plates
- ___ 5 Large Plates
- ___ 5 Cereal Bowls
- ___ 5 Custard Cups
- ___ 1 Extra Blender Cup and Lid

Cupboard 7:

- ___ 3 Metal Mixing Bowls
- ___ 4 Plastic Mixing Bowls
- ___ 4 Glass Mixing Bowls
- ___ 1 Colander
- ___ 1 Strainer
- ___ 1 Sifter
- ___ 1 Steamer
- ___ 1 Rice Cooker with Steamer Basket and Lid
- ___ 1 Pasta Machine

Drawer 8:

- ___ 2 Sets of Dry Measuring Cups-(Hooked Together)
(1/4 c., 1/3 c., 1/2 c., 1 c.)
- ___ 2 Sets of Measuring Spoons-(Hooked Together)
(1/8 tsp., 1/4 tsp., 1/2 tsp. 3/4 tsp., 1 tsp., 1 Tbsp.)
- ___ 2 Turners
- ___ 2 Spatulas
- ___ 2 Rubber Spatulas
- ___ 2 Mixing Spoons
- ___ 1 Whisk

Drawer 9:

- ___ 1 Pair of Tongs
- ___ 1 Egg Separator
- ___ 1 Pastry Brush
- ___ 1 Rolling Pin
- ___ 1 Vegetable Scrubber/Brush
- ___ 1 Slotted Spoon
- ___ 1 Ladle
- ___ 1 Pasta Scoop
- ___ 1 Garlic Press
- ___ 1 Cookie Scoop
- ___ 1 Funnel

Cupboard 10:

- ___ 1 Muffin Tin (6 count)
- ___ 1 Muffin Tin (12 count)
- ___ 1 Cookie Sheet
- ___ 1 Square Glass Dish
- ___ 1 Round Glass Dish
- ___ 1 Square or Rectangle Metal Pan
- ___ 1 Pizza Pan

Drawer 11:

- ___ 1 Can Opener
- ___ 1 Pizza Cutter
- ___ 1 Apple Slicer with Guard Plate
- ___ 1 Grater
- ___ 1 Pastry Blender
- ___ 1 Vegetable Peeler
- ___ 3 Biscuit Cutters-(Small, Medium and Large)
- ___ 1 Pair of Kitchen Shears
- ___ 1 Thermometer with Cover

Drawer 12:

- ___ 5 Butter Knives
- ___ 5 Salad Forks
- ___ 5 Spoons
- ___ 2 Extra Large Metal Serving Spoons
- ___ 1 Large Chopping Knife with Safety Shield
- ___ 1 Medium Serrated Knife with Safety Shield
- ___ 1 Small Paring Knife with Safety Shield

KitchenAid:

- ___ 1 Sliver Bowl
- ___ 1 Flat White Paddle Attachment
- ___ 1 Wire Whisk Attachment
- ___ 1 Dough Hook Attachment

Blender:

- ___ 1 Blender Base
- ___ 1 Blender Cup with Lid

Oven Drawer:

- ___ 1 Electric Griddle with Plug

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Chocolate Oat Chews

Ingredients:

1/2 c. butter	1 1/2 c. oats
2 c. mini marshmallows	2 c. honey nut cheerios cereal
1/2 c. brown sugar	1/2 c. M&M's chocolate candy

Directions:

1. Cut the butter into small pieces and put them in a medium glass mixing bowl with the mini marshmallows. Place the bowl in the microwave and cook until the butter and marshmallows begin to melt. Stir the mixture with a rubber spatula until smooth. Cook an additional 30 seconds to 1 minute if needed to melt the marshmallows all the way.
2. Stir the brown sugar into the marshmallow mixture. Cook this in the microwave for an additional 30 seconds and then stir again until smooth.
3. Add the oats to the marshmallow mixture and fold together until all of the oats are coated. Next, fold in the honey nut cheerios until well combined.
4. Mix in the M&M's and then spread the mixture into a greased square glass baking dish. Press the mixture flat with the back of the rubber spatula or clean hands to create bars.
5. Let cool, cut into bars and then enjoy!

Equipment You Will Need On Your Tray

-2 of the 1/2 c. dry measuring cups	-2 custard cups
-1 c. dry measuring cup	-3 cereal bowls
-1 Spatula	-1 cereal spoon

Cranberry Oat Chews

Ingredients:

1/2 c. of butter	1 ½ c. oats
1/2 c. brown sugar	1 ½ c. honey nut cheerios
1 ½ c. mini marshmallows	1/2 c. dried cranberries
1 tsp. cinnamon	

Directions:

1. Cut the butter into small pieces and put them in a medium glass mixing bowl with the mini marshmallows. Place in the microwave and cook for 1 minutes, or until the butter and marshmallows begin to melt. Stir with a spoon until smooth.
2. Stir the brown sugar and cinnamon into the marshmallow mixture. Cook this in the microwave for an additional 30 seconds and then stir again.
3. In a separate large sized mixing bowl, combine the oats, cheerios and cranberries. Pour the marshmallow mixture over the cereal mixture and then fold the ingredients together until everything is thoroughly coated.
4. Spread the mixture into a greased square glass pan and press flat to create bars, or chunk the mixture up to create chewy bite-sized pieces.
5. Let cool and then enjoy!

Equipment You Will Need On Your Tray

-1 set of Dry Measuring Cups	-3 Custard Cups
-1 Set of Measuring Spoons	-3 Cereal Bowls
-1 Spatula	-1 Cereal Spoon

Fruit Smoothies

Ingredients:

1 container fruit yogurt
1/2 c. sugar
2 c. milk

1 c. frozen fruit mix
2 c. ice cubes

Directions:

1. Put yogurt, sugar and milk in the blender. Blend for about 30 seconds to combine all ingredients.
2. Add frozen fruit and ice cubes to blender and blend for about 1 minute, or until the entire mixture is smooth and there are no large lumps.
3. Serve and enjoy!

Equipment You Will Need On Your Tray

-1 c. dry measuring cup
-2 c. (medium) liquid measuring cup
-2 cereal bowls

Monkey Pancakes

Ingredients:

1/2 c. all-purpose flour	1 c. buttermilk
1/2 c. whole wheat flour	1 egg
2 Tbsp. sugar	2 tsp. oil
1 tsp. baking powder	1/2 tsp. vanilla
3/4 tsp. baking soda	1 ripe banana
1/2 tsp. salt	

Directions:

1. Combine the all-purpose flour, whole wheat flour, sugar, baking powder, baking soda and salt into a medium sized mixing bowl.
2. In a separate bowl, combine the buttermilk, egg, oil and vanilla.
3. Pour the liquid ingredients into the dry ingredients and stir until combined.
4. In a cereal bowl, mash up the banana until it is mostly smooth. There will some chunks in it. Fold the mashed banana into the pancake batter.
5. **Check off your batter** with your teacher. It may need to be thinned down a little before you begin to make your pancakes.
6. Plug in and heat your electric skillet to about 375°. Do not spray the pan until you are about to pour in some batter.
7. **TEST THE HEAT** of the skillet by pouring a **quarter-size** circle of batter in the center of the pan. Adjust the temperature until the pancakes cook evenly and do not burn. Then, start making pancakes by pouring about 1/4 to 1/2 cup onto the skillet in a large circle.
8. Flip the pancakes when they have bubbly surfaces and are slightly dry on the edges. Cook until all of the raw batter has been cooked. Eat and enjoy!

Equipment You Will Need On Your Tray

- 1/2 c. dry measuring cup
- 1 custard cup (for egg)
- 1 spatula
- 1 c. (small) liquid measuring cup
- 1 Cereal Spoon

Orange Julius

6 oz. frozen juice (1/2 container)	1/4 c. sugar
1 c. water	1 tsp. vanilla
1 c. milk	2 c. ice

1. Combine all ingredients listed above, EXCEPT FOR THE ICE, in a blender. Blend for 2 minutes. Add ice a little bit at a time, blending between each addition.

Equipment You Will Need On Your Tray

- 1 Cereal Spoon
- 2 c. (medium) liquid measuring cup
- 1 c. dry measuring cup
- Cereal bowl (for ice)

Soft Pretzels

1 1/3 c. warm water (Between 115°F-125°F)

1 Tbsp. yeast

1 Tbsp. sugar

1/2 tsp. regular table salt

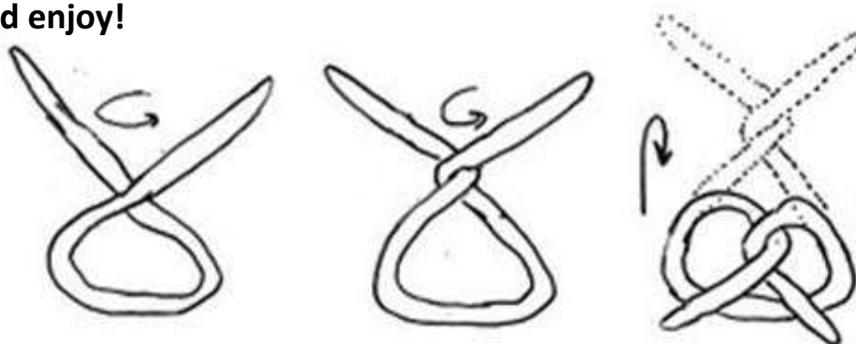
3 c. all-purpose flour

1 egg

1 Tbsp. water

1 1/2 tsp. coarse salt

1. Preheat the oven to 425°.
2. Spray a cookie sheet with cooking spray and set aside.
3. Using a thermometer, measure the temperature of 1 1/3 c. warm water to anywhere between 115°F-125°F. Pour the warm water into the bowl attachment of the KitchenAid mixer and then sprinkle the yeast and sugar over the warm water. Cover the bowl with a towel and let sit for 5 minutes. While you are waiting, prepare and measure the other ingredients.
4. After waiting 5 minutes, stir the yeast mixture with the table salt and 1 cup of the flour. Using the dough hook attachment, stir until blended. Add 2 more cups of the flour, a half cup at a time, blending after each addition. The dough should soft, but not sticky. Allow the dough hook to knead the dough for about 2 minutes. Be sure to adjust the motor speed appropriately so it doesn't burn out.
5. Sprinkle some flour over a clean and sanitized counter. Turn the dough onto the floured surface. Knead by hand until the dough is smooth and elastic. Sprinkle the dough with a little bit of flour if it becomes sticky, but do not add too much flour.
6. Cut the dough into equal pieces for the number of people in your group. Roll each section into a long skinny rope.
7. Twist the dough rope into a pretzel shape following the picture below. Place the pretzels on the greased cookie sheet.
8. In a cereal bowl, beat the egg and 1 Tbsp. of water together until smooth. Using a pastry brush, spread the egg wash over each pretzel. Then, sprinkle the coarse salt over the pretzels.
9. Bake the pretzels at 425° for about 15-20 minutes, or until golden brown.
10. Cool slightly and enjoy!



Equipment You Will Need On Your Tray

- Measuring Spoons
- 2 custard cups

Hawaiian Haystacks

Haystacks:

1/2 can cream of chicken soup
 1 c. rice
 2 c. water
 1 chicken breast
 1 tsp. vegetable oil
 1 chicken flavored bouillon cube
 1/2 c. water

Toppings: (Served Buffet Style)

Celery, chopped
 Shredded Cheddar Cheese
 Pineapple
 Shredded Coconut
 Chow Mein Noodles
 Sliced Olives
 Slivered Almonds

1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1 c. rice and 2 c. water and stir together.
2. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.
3. Using the kitchen shears, cut the chicken into bite-sized pieces. Place the oil into a skillet and add chicken. Cook the chicken until no longer pink.
4. In a saucepan, boil 1/2 cup water and the bouillon cube. Boil until the bouillon cube dissolves. Add cream of chicken soup to the saucepan. Heat the sauce on high heat until bubbles form. Add cooked chicken to the sauce, turn the heat down to low and simmer for 3 minutes.
5. Layer the rice, chicken and sauce, pineapple, cheese, celery, shredded coconut, chow mein noodles, olives and almonds. Eat and enjoy!

Equipment You Will Need On Your Tray

1 Custard Cup (for cream of chicken soup)
 Cereal Spoon
 1 c. dry measuring cup

Sweet and Sour Chicken

Chicken Mixture:

1 chicken breast
1 carrot
1/4 green bell pepper
1/4 onion
1/2 c. pineapple tidbits
1 Tbsp. oil
Salt and pepper to taste

Sauce:

1/2 c. sugar
1/4 c. ketchup
1/3 c. pineapple juice
1/4 c. white vinegar
1 Tbsp. soy sauce
1/8 tsp. garlic powder
2 Tbsp. cornstarch
1/3 c. cold water

Rice:

1 c. rice
2 c. water

1. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and water and stir together. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.
2. Using the kitchen shears, cut the chicken into bite-sized pieces. Place the 1 Tbsp. oil into a large skillet and add chicken. Cook chicken until no longer pink.
3. While chicken is cooking, wash and peel the carrot. Cut the carrot into small, thin, round pieces. Chop the bell pepper and onion into small bite sized pieces as well.
4. When chicken is cooked through, add the carrot, bell pepper, onion and pineapple tidbits to the skillet and cook for an additional 5-6 minutes, or until the carrot softens. If the chicken and vegetables start to stick, add a couple tablespoons of water to the skillet.
5. To make the sauce, combine the following ingredients in a large saucepan: sugar, ketchup, pineapple juice, vinegar, soy sauce and garlic powder. Bring to a boil while stirring constantly with a whisk.
6. In a custard cup, combine the 1/3 c. cold water and 2 Tbsp. cornstarch. When the sauce is boiling, add the cornstarch mixture to the sauce and continue whisking until the sauce thickens up. After sauce is thick, set aside.
7. When rice is finished cooking, distribute rice among serving dishes. Then, evenly distribute chicken and vegetable mixture and top each dish with the sweet and sour sauce.
8. Eat and enjoy!

Equipment You Will Need On Your Tray

1/4 c. dry measuring cup
1/2 c. dry measuring cup
1 c. dry measuring cup
Measuring Spoons
1 c. liquid measuring cup

2 c. liquid measuring cup
Spatula
4 custard cups
1 cereal bowl (for rice)

Sticky Chicken

1 chicken breast	1/4 red pepper
1/2 c. Russian salad dressing	1/2 c. white rice
1/4 c. apricot jam	1/2 c. brown rice
1/4 sweet onion	2 c. water

1. Preheat the oven to 350°.
2. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and water and stir together. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.
3. Using the kitchen shears or a sharp knife, cut the chicken into bite-sized pieces. Place the chicken in a large skillet and cook until chicken is no longer pink. If needed, add a little bit of water to keep the chicken from sticking, about 1-2 tsp.
4. While the chicken is cooking, chop the onion and red pepper into small bite-sized pieces.
5. When the chicken is cooked through, add the onion and pepper pieces to the skillet and continue cooking for about 5-6 minutes. If the chicken and vegetables start to stick, add a couple tablespoons of water to the skillet.
6. Place the chicken and vegetables in the square glass pan. In a cereal bowl, combine the Russian salad dressing and apricot jam. Stir together until well combined and then pour the mixture over the chicken and vegetables. Toss the mixture to be sure that everything is well coated.
7. Place the pan in the oven at 350° and bake for 15 minutes.
8. When the rice is done and the chicken is out of the oven, evenly distribute the rice among the serving dishes. Top the rice with the chicken mixture.
9. Eat and enjoy!

Equipment You Will Need On Your Tray

-1 c. (small) liquid measuring cup	-1/2 c. dry measuring cup
-1/4 c. dry measuring cup	-1 Cereal bowl
-1 cereal spoon	-2 custard cups
-Spatula	

Homemade Pizza

Dough:

1 Tbsp. yeast
 1 tsp. sugar
 1 c. warm water (115°-125°)
 1/4 tsp. salt
 2 Tbsp. oil
 2-3 c. flour

Toppings:

1/2 c. pizza sauce
 1/2 tsp. Italian seasoning
 15 slices of pepperoni
 2 c. (or 1 block) shredded cheese

Optional Toppings:

Pineapple, Mushrooms, Green Pepper

1. Preheat ovens to 375°.

To Make the Dough:

2. Using a thermometer, measure the temperature of 1 c. warm water to anywhere between 115°F-125°F. Pour the warm water into the bowl attachment of the KitchenAid mixer and then sprinkle the yeast and sugar over the warm water. Cover the bowl with a towel and let sit for 5 minutes. While you are waiting, prepare and measure the other ingredients.
3. After waiting 5 minutes, stir the yeast mixture and add the salt, oil and 1 cup of the flour. Using the dough hook attachment, stir until blended. Add 2 more cups of the flour, a half cup at a time, blending after each addition. The dough should soft, but not sticky. Allow the dough hook to knead the dough for about 2 minutes. Be sure to adjust the motor speed appropriately so it doesn't burn out.
4. Sprinkle some flour over a clean and sanitized counter. Turn the dough onto the floured surface. Knead by hand until the dough is smooth and elastic. Sprinkle the dough with a little bit of flour if it becomes sticky, but do not add too much flour.
5. Roll the pizza dough out into a round circle. It does not have to be perfect. Spray the round pizza pan with cooking spray and then transfer the pizza dough onto the pizza pan. Use your fingers to spread and stretch the dough to fit around the pan.

To Make the Pizza:

6. Mix the Italian seasoning into the pizza sauce. Then, spread the pizza sauce onto the dough, leaving about 1/2" all the way around the edge of the dough.
7. Layer the pepperoni, cheese and any other toppings onto the pizza.
8. Place in the middle of the oven and bake for 20-30 minutes at 375°.
9. When the crust is golden brown and crisp, remove from the oven, cut into slices and enjoy!

Equipment You Will Need On Your Tray

-Measuring spoons	-1 c. (small) liquid measuring cup
-Spatula	-1 cereal bowl
-5 Custard cups	-1 c. dry measuring cup
-1 Cereal Spoon	

Chicken Street Tacos with Homemade Corn Tortillas

Taco Filling:

1 chicken breast
 1/4 tsp. cayenne powder
 1/2 tsp. cumin
 1/2 tsp. garlic powder
 1/2 tsp. onion powder
 1/4 tsp. salt
 1/4 tsp. pepper
 3/4 c. frozen corn

Pico de Gallo:

2 Roma tomatoes
 1/4 small onion
 1 Tbsp. cilantro
 1/2 lime, juiced
 1/4 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. minced garlic

Corn Tortillas:

2 c. instant corn masa flour
 1 1/2 c. water
 2 gallon sized Ziplock bags

1. Preheat the electric skillet to 400°.

To Make the Filling:

1. Cut the chicken breast into small bite-sized pieces and place in a large skillet.
2. Mix the cayenne powder, cumin, garlic powder, onion powder, salt and pepper together in a custard cup.
3. Sprinkle the seasonings over the chicken and use a mixing spoon to coat the chicken pieces evenly.
4. Cook the chicken on medium-high heat until completely cooked through.
5. When the chicken is completely cooked, add the corn to the skillet and cook until heated through.
6. Keep the chicken mixture warm until ready to serve.

To Make the Pico de Gallo:

7. Wash and dice the Roma tomatoes into small pieces. Dice the onion and chop the cilantro until it is finely minced.
8. Combine the chopped tomatoes, diced onion, cilantro, lime juice, salt, pepper and minced garlic. Stir until all ingredients are evenly combined.

To Make the Corn Tortillas:

9. Put the corn flour and water into the bowl attachment of the Kitchen Aid mixer. Using the white flat paddle attachment, mix together the flour and water until combined. Set a timer and mix the dough for 1 minute.
10. After one minute of mixing, remove the dough from the Kitchen Aid and roll into a ball. Divide the dough into 10 to 12 small pieces and roll them into balls. Place the dough balls into one of the Ziplock bags and keep it sealed so that the dough does not dry out.
11. Cut the zip side off of the other Ziplock bag and cut down both sides. Do not cut the bag completely in half.
12. Place the cut Ziplock bag on the tortillas press and open the top half. Place one of the dough balls in the center of the tortilla press. Fold the other half of the Ziplock bag over the dough ball.
13. Press the top of the tortilla press over the dough and flatten the tortilla.
14. Carefully peel the tortilla off the Ziplock bag and place it on the warm electric skillet. Cook the tortilla for about 1 minute, or until golden brown. Then, flip the tortilla over and cook for an additional minute or until golden brown.
15. Repeat the process with all of the dough balls until all of the tortillas are cooked. Keep them on a plate under a couple of paper towels to keep them warm.

To Assemble the Tacos:

16. Fill the tortillas with the chicken mixture and top with the pico de gallo. Eat them warm and enjoy!

Equipment You Will Need On Your Tray

-1 C. Dry Measuring Cup
 -Measuring Spoons
 -2 Custard Cups
 -1 Cereal Bowl

Beef Tacos with Homemade Flour Tortillas

Tortillas:

2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
2 Tbsp. butter, softened
1/2 c. warm water

Filling:

1/2 lb. hamburger
1/2 pkg. taco seasoning
1/4 c. water

Toppings:

1/2 c. shredded cheese
1/2 c. shredded lettuce
1 small tomato, chopped
1/4 c. sour cream
1/4 c. salsa

1. Preheat the electric skillet to 400°.

To Make the Tortillas:

17. Place the 1/2 c. water into the microwave and heat for 30 seconds to 1 minute until warm.
18. Combine the flour, baking powder, salt and softened butter in the silver bowl attachment of the KitchenAid mixer.
19. Using a pastry blender, cut the butter into the flour mixture until the butter is small and crumbly.
20. Twist the silver bowl attachment securely into the base of the KitchenAid. Using the white flat paddle attachment, slowly add the warm water to the flour mixture while combining on a low speed.
21. Continue to mix until a soft dough forms. If the dough is too sticky, add small amounts of flour (about 1 Tbsp. at a time) until it is not sticky. If the dough is too dry, add small amounts of water (about 1 Tbsp. at a time) until it forms a soft dough.
22. Have the teacher CHECK OFF YOUR DOUGH before moving on.
23. Cut the dough into 8 to 10 pieces so that each group member will get two tortillas. Roll each piece into a ball and allow the dough to sit on the counter for 10 minutes. (It might be helpful to set a timer.)
24. After the dough is done resting, roll each dough ball into a thin circle with a rolling pin. You may need to sprinkle a little flour on the counter to prevent the dough from sticking.
25. Place the tortillas on the electric skillet and cook until the tortillas turn white, or about 2-3 minutes. Flip the tortillas over and the electric skillet and cook the other side for an additional 1-2 minutes.
26. After they are cooked, remove the tortillas from the electric skillet and place them on a plate. Cover them with a towel to keep them warm until serving.

To Make the Filling:

27. Cook the hamburger in a skillet over high heat, breaking the meat into small pieces as it cooks. Cook until it is no longer pink inside and out.
28. Drain off the grease from the cooked hamburger by pushing the hamburger to one side of the skillet. Then, carefully tilt the skillet so that the grease drains to one side. Using a spoon, spoon the grease into the empty refried beans can. Leave the hamburger in the skillet and keep the heat on high.
29. Add the taco seasoning and the water to the hamburger in the skillet and cook for an additional 3-4 minutes. Try to get most of the water evaporated during the cooking process.

To Assemble the Tacos:

30. After the hamburger filling is made and the tortillas are cooked, evenly distribute the hamburger mixture over the beans on each of the tortillas.
31. Top the tacos with the topping ingredients. Eat and enjoy!

Equipment You Will Need On Your Tray

-1 Custard Cup

Pacos

Dough:

1 Tbsp. yeast
 1 tsp. sugar
 1 c. warm water (115°-125°)
 1/4 tsp. salt
 2 Tbsp. oil
 2-3 c. flour

Filling:

1/2 lb. hamburger
 1/2 pkg. taco seasoning
 1/4 c. water
 1/2 c. refried beans

Toppings:

1/2 c. shredded cheese
 1/2 c. shredded lettuce
 1 small tomato, chopped
 1/4 c. sour cream
 1/4 c. salsa

1. Preheat ovens to 375°.

To Make the Dough:

2. Using a thermometer, measure the temperature of 1 c. warm water to anywhere between 115°F-125°F. Pour the warm water into the bowl attachment of the KitchenAid mixer and then sprinkle the yeast and sugar over the warm water. Cover the bowl with a towel and let sit for 5 minutes. While you are waiting, prepare and measure the other ingredients.
3. After waiting 5 minutes, stir the yeast mixture and add the salt, oil and 1 cup of the flour. Using the dough hook attachment, stir until blended. Add 2 more cups of the flour, *a half cup at a time*, blending after each addition. The dough should soft, but not sticky. Allow the dough hook to knead the dough for about 2 minutes. Be sure to adjust the motor speed appropriately so it doesn't burn out.
4. Sprinkle some flour over a clean and sanitized counter. Turn the dough onto the floured surface. Knead by hand until the dough is smooth and elastic. Sprinkle the dough with a little bit of flour if it becomes sticky, but do not add too much flour.
5. Divide the dough into equal sections for each member of your group. (For example, if you have 4 people in your group, divided the dough into 4 sections.)
6. Each person will divide their section of dough into 2 pieces. Roll out each piece of dough into a circle about 6-inches across. Be sure that the dough is not too thin. Be sure that the counter and dough is well floured so that they do not stick while you are rolling them up.

To Make the Filling:

7. Cook the hamburger in a skillet over high heat, breaking the meat into small pieces as it cooks. Cook until it is no longer pink inside and out.
8. Drain off the grease from the cooked hamburger by pushing the hamburger to one side of the skillet. Then, carefully tilt the skillet so that the grease drains to one side. Using a spoon, spoon the grease into the empty refried beans can. Leave the hamburger in the skillet and keep the heat on high.
9. Add the taco seasoning and the water to the hamburger in the skillet and cook for an additional 3-4 minutes. Try to get most of the water evaporated so that it does not leak out of your paco as it bakes in the oven.

To Assemble the Pacos:

10. After the filling is made and the dough is rolled out, spread the refried beans in the middle of each dough circle, leaving a ring of about one inch of dough from the edge of the circle. Then, evenly distribute the hamburger mixture over the beans on each dough circle.
11. Roll up the pacos so that the filling is completely enclosed. Be sure to pinch the dough together so that none of the filling leaks out while it is baking.
12. Place each paco on a greased cookie sheet with the pinched side down. Bake the pacos in the middle of your oven at 375° for 20-25 minutes, or until the bread is golden brown.
13. Remove the pacos from the oven and top them with all of the topping ingredients. Eat and enjoy!

Equipment You Will Need On Your Tray

-Spatula	-3 custard cups
-Measuring Spoons	-Cereal spoon
-1/2 c. dry measuring cup	

Snickerdoodles

Cookie Dough:

1/4 c. shortening
1/4 c. margarine
3/4 c. sugar
1 egg

1 1/2 c. flour
1 tsp. cream of tartar
1/2 tsp. baking soda
1/8 tsp. salt

Topping:

2 Tbsp. sugar
1 tsp. cinnamon

1. Preheat the oven to 400°.
2. In a mixing bowl of the KitchenAid mixer, cream together the shortening, margarine and 3/4 c. sugar until light and fluffy. Use the white flat paddle attachment.
3. Add the egg to the mixture, and beat with the KitchenAid again until smooth.
4. Add the cream of tartar, baking soda and salt to mixture and mix until combined. Add the flour to the bowl 1/2 c. at a time until all flour has been added and no dry ingredients are visible.
5. In a custard cup, combine the 1 tsp. cinnamon and 2 Tbsp. of sugar for the topping and stir until well combined.
6. WITH CLEAN HANDS roll cookie dough into balls about the size of golf balls. Then, roll the dough balls in the cinnamon/sugar mixture until evenly coated.
7. Place the cookies on a greased cookie sheet, evenly spaced and then place the cookie sheet in the oven.
8. Bake at 400° for 8 to 10 minutes.
9. After they are done baking, let the cookies cool on the cookie sheet for 2 minutes. Then, with a turner, move the cookies onto a cooling rack with a paper towel beneath them. Let the cookies cool for about 5 minutes then eat and enjoy!

Equipment You Will Need On Your Tray

-3 Custard Cups
-1/4 c. dry measuring cup
-Measuring Spoons
-Spatula
-Cereal Spoon

Creamy Chicken Pasta

1 chicken breast	1/2 tsp. salt
1 1/2 c. frozen mixed vegetables	1 c. grated cheddar cheese (or 1 block)
1/4 c. water	1 can cream of chicken soup
2 c. uncooked elbow macaroni	1/4 c. sour cream
6 c. water	salt and pepper to taste

1. Measure 6 cups of hot water into your large pot. Stir in the 1/2 tsp. of salt. Place it on the largest burner on your stove-top and bring it to a boil. When the water is boiling, slowly add the uncooked macaroni. Be sure to stir the pasta occasionally and don't allow it to boil over the side of the pot. Do **NOT** cover the pan with the lid.
2. Meanwhile, cut the chicken breast into bit sized pieces with your kitchen shears. Be sure to cut off all of the fat and throw it away. Place the chicken pieces into a large skillet and begin to cook it at medium-high heat until it is no longer pink. It should also be golden brown on the outside.
3. When the chicken is fully cooked, drain any grease or fat from the pan if necessary. Keep the chicken in the pan and keep the heat on medium-high. Add the frozen vegetables and 1/4 c. water to the chicken and continue to cook until the vegetables are heated through and no longer frozen. Most of the water should be cooked out and evaporated.
4. If your pasta has not finished cooking, keep your chicken and vegetables on low heat until the pasta is done, stirring occasionally.
5. When the pasta is cooked, drain the macaroni in a colander and return the pasta to the pot. Turn the heat to medium-low. Add the grated cheese, cream of chicken soup, sour cream and chicken/vegetable mixture. Stir everything together with a mixing spoon until well combined and until the cheese is melted.
6. Salt and pepper to taste. Then, eat and enjoy!

Equipment You Will Need On Your Tray

- Medium plate
- 1 c. dry measuring cup
- 1/2 c. dry measuring cup
- 1/4 c. dry measuring cup
- 2 cereal bowls
- Spatula
- 2 custard cups

Chicken and Broccoli Burritos

1 chicken breast	1 c. rice
1 c. milk	2 c. water
2 oz. cream cheese, cut into cubes	2 tsp. chicken bouillon granules
1/2 tsp. Dijon mustard	1/2 head broccoli, chopped
1 clove garlic, minced	6 small flour tortillas
3/4 c. cheddar cheese, grated	

1. Preheat the oven to 400°.

To Prepare the Rice:

2. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and water and stir together. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

To Prepare the Chicken:

3. Cut the chicken into bite sized pieces and cook in a large skillet until golden brown and no longer pink. Set aside.

To Prepare the Broccoli:

4. Chop the broccoli into small florets. Add 1/2 c. to 1 c. water to the bottom of the medium sized saucepan and place the steamer basket above the water. Make sure that the water does not come through the basket. Turn the heat on to high and place the broccoli in the steamer basket and then place the lid on the saucepan.

5. Be sure to check the water level throughout the cooking process. You may need to add more. Do not let the water run dry. Allow the broccoli to steam until cooked through. It will be soft and fork tender.

To Prepare the Cheese Sauce:

6. In a small saucepan, combine the milk and cream cheese. Cook on medium heat until the cream cheese is melted. Stir the mixture constantly. Add the Dijon mustard, garlic and shredded cheese. Cook until the cheese is melted and the sauce is creamy.

To Prepare the Filling:

7. In a medium sized bowl, combine the rice, broccoli, chicken and sauce. Stir the mixture together until well combined.

To Assemble the Burritos:

8. Warm up the flour tortillas in the microwave for about 30 seconds to 1 minutes.

9. Evenly distribute the filling in the center of each tortilla before rolling any of them. Roll the tortillas burrito style and place on a cookie sheet seam side down.

10. Bake for about 12 to 15 minutes. Remove from the oven and serve warm.

Equipment You Will Need On Your Tray

-1 c. liquid measuring cup	-2 Custard cups
-Measuring spoons	-1/4 c. dry measuring cup
-1 c. dry measuring cup	-2 cereal bowls

Café Rio Party Recipes

Shredded Chicken

2 lb. chicken breasts	1 1/2 tsp. ground cumin
1/2 c. zesty Italian salad dressing	1 tsp. minced garlic
1 1/2 tsp. chili powder	1/4 c. water

1. In a bowl, combine salad dressing, chili powder, cumin, garlic and water. Stir until all ingredients are combined.
2. Spray the inside of a slow cooker with cooking spray and pour the dressing mixture into the slow cooker.
3. Place the chicken in the crock pot and cook on low for 4-6 hours or on high for 3-4 hours until the chicken is no longer pink and cooked throughout.
4. Shred the chicken and mix with the juices in the slow cooker. Keep warm until ready to serve.

Black Beans

1 (16 oz.) can black beans	1/2 tsp. ground cumin
1 Tbsp. olive oil	3/4 c. tomato juice
1 tsp. minced garlic	2 Tbsp. cilantro, chopped

1. Open and drain the black beans in a colander.
2. In a large pot, sauté garlic and cumin in the olive oil for about 3-5 minutes.
3. Add the black beans, tomato juice and cilantro to the large pot. Stir until all of the ingredients are combined.
4. Heat the bean mixture through and keep warm until ready to serve.

Cilantro Rice

1 1/2 tsp. minced garlic	2 c. water
2 Tbsp. cilantro, minced	2 Tbsp. chicken bouillon granules
2 Tbsp. green chilies	1 c. rice
1/8 onion, chopped into small pieces	1 tsp. butter

1. Add garlic, cilantro, green chilies and onion to a food processor and blend until finely chopped.
2. Add water and bouillon granules to a large pot and bring to a boil. Add the cilantro mixture, rice and butter to the boiling water and then turn the heat down to about medium high heat until the mixture simmers. Cover with a lid.
3. Cook rice at a simmer, with the lid on, for about 20-30 minutes, or until the rice is soft and the water is cooked into the rice. Keep warm until ready to serve.

Cilantro Ranch

1 packet dry ranch dressing mix	1/2 bunch fresh cilantro
1 c. mayonnaise	1 tsp. minced garlic
1 c. buttermilk	Juice of 1 lime
2 tomatillos, husks removed and diced	1 small jalapeno, seeds removed (optional)

1. Add all ingredients listed above into a blender.
2. Blend on high for 1 minute, or until completely smooth.
3. Pour into dressing container. Keep cool until ready to serve.

Pico de Gallo

2 fresh tomatoes, finely diced	Juice of 1/2 lime
1/4 large white onion, finely diced	1/2 tsp. salt
2 Tbsp. cilantro, minced	1/4 tsp. pepper
1/2 tsp. minced garlic	

1. Dice the tomatoes, onions and cilantro.
2. Place all ingredients in a bowl and mix until well combined. Keep cool until ready to serve.

Salad / Lettuce

1/2 head of romaine lettuce

1. Wash and dry the leaves of the romaine lettuce.
2. Layer a few of the leaves on top of each other and using a sharp knife. Cut the lettuce into small shreds.
3. Place all of the lettuce in a large bowl and toss the pieces together.

Tortillas

2-3 medium flour tortillas
Tin foil

1. Preheat the oven to 250°.
2. Place tortillas in the microwave. Heat the tortillas for about 1 minute, flipping them half way through.
3. Wrap the tortillas in a couple layers of tin foil and place in the warm oven. Keep warm until ready to serve.

Homemade Mac and Cheese

1/2 pound (or 2 c.) macaroni noodles	1/2 tsp. pepper
1 c. whole milk	1/4 tsp. salt
1/2 pkg. (4 oz.) cream cheese	2 c. grated sharp cheddar cheese
2 Tbsp. butter	

- 1. Preheat the oven to 350°.**
- 1. In a large pot, cook pasta until al dente. When pasta is cooked, drain the liquid from the noodles in a colander, and then return the noodles to the large pot.**
- 2. In a large saucepan, combine milk, cream cheese, butter, pepper and salt. Cook over medium heat, stirring constantly, until smooth and creamy.**
- 3. Toss the pasta with the grated cheddar cheese.**
- 4. Pour the warm milk mixture over the pasta and then stir until the cheese is melted and the pasta is coated.**
- 5. Pour the noodle mixture into the square glass pan. Bake the macaroni and cheese on the middle rack of the oven for about 10-15 minutes.**
- 6. Remove from the oven. Eat and enjoy!**

Equipment You Will Need On Your Tray

- 1 c. dry measuring cup
- 2 cereal bowls
- 1 c. (small) liquid measuring cup
- 1 custard cup

Onion Petals

1 large sweet onion	1 Tbsp. seasoning salt
2 eggs	2 tsp. garlic powder
1 c. panko breadcrumbs	2 tsp. pepper
1 c. flour	1/4 tsp. cayenne pepper

1. Preheat the oven to 400°.
2. Remove the peel from the onion. Cut onion into several petals. If you are not sure how to do this, ask your teacher to show you how. Then, place all the onion petals into a bowl.
3. Combine all spices, (seasoning salt, garlic powder, pepper and cayenne pepper), together in a custard cup.
4. In a Ziplock bag, combine the flour and only HALF of the spices. Seal the bag and shake until the spices and flour are combined.
5. Place the onion petals into the Ziplock bag, seal and then shake until each of the onion petals are coated in flour.
6. In a cereal bowl, combine the panko breadcrumbs and the other half of the spices. Stir together until well combined.
7. In a separate cereal bowl, beat the eggs until well beaten.
8. Using tongs, dip the onion petals into the beaten eggs. Then, place in the breadcrumbs and toss to coat.
9. Place the breaded onion petals onto a greased cookie sheet, evenly spaced.
10. Repeat the process with the remaining onion petals.
11. Bake at 400° for 15 to 18 minutes.
12. Eat and enjoy!

Equipment You Will Need On Your Tray

- 1 c. dry measuring cup
- 1 set of measuring spoons
- 1 spatula
- 1 custard cup

Sweet Potato Fries

2 large sweet potatoes

2 Tbsp. olive oil

1 tsp. paprika

1 tsp. garlic powder

1 tsp. salt

1 tsp. pepper

1. Preheat the oven to 425°.
2. Using the vegetable brush, scrub the skins of the sweet potatoes.
3. ***Carefully*** cut the potatoes into thin slices about the size of French fries. The thinner they are, the faster they will cook. If you are not sure how to do this, ask your teacher to show you how.
4. Place the sweet potato fries on a cookie sheet and drizzle them with the olive oil.
5. Use clean hands to gently toss the fries until they are all coated in olive oil. Then, spread the fries out until they are in an even layer across the cookie sheet.
6. Combine all of the spices (paprika, garlic powder, salt and pepper), together in a custard cup. Sprinkle the spices over the fries. Be careful not to add too much of the seasoning. You might not use all of the spices.
7. Bake at 425° for 15 to 20 minutes, or until crisp.
8. Eat and enjoy!

Equipment You Will Need On Your Tray

- 1/4 c. dry measuring cup
- 1 set of measuring spoons
- 1 spatula
- 2 custard cups

Homemade Ranch Dressing

1 c. mayonnaise

1 c. buttermilk

1/2 tsp. chives

1/2 tsp. parsley

1/2 tsp. dill weed

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/4 tsp. salt

1/4 tsp. pepper

7. Combine all ingredients above in a blender and blend on high until smooth.

Equipment You Will Need On Your Tray

-1 c. dry measuring cup

-1 c. (small) liquid measuring cup

-1 custard cup

-Measuring spoons

-1 spatula