



# Recipe Book

## Fall 2016

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# A2 Foods and Nutrition I

## White Pizza with Bacon, Garlic Sauce and Herbs

Kitchen Group: Tongo Nio, Dylan Reber, Austin Turner, Jackson Jones, Addie Labrum

### Dough:

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

### Garlic Sauce and Herbs:

2 Tbsp. butter  
2 Tbsp. flour  
3/4 c. half and half  
6 garlic cloves, minced  
1/4 tsp. salt  
1/4 tsp. pepper  
2-3 slices of bacon, cooked

1/4 tsp. ground nutmeg

1/4 tsp. oregano

1 c. provolone cheese, grated

1 c. mozzarella cheese, grated

1/4 c. parmesan cheese, grated

3-4 leaves fresh basil, chopped

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. Cook the bacon until crisply. Crumble it into small pieces and set aside.
7. Melt butter in a large saucepan over medium heat. Once it is all the way melted, add the flour and whisk until a roux paste forms.
8. Cook the roux for 2-3 minutes or until golden. Very slowly pour in the half and half while whisking the entire time until the mixture thickens.
9. Add the minced garlic, salt, pepper, nutmeg and oregano to the sauce and whisk until combined.
10. Spread the sauce over the pizza dough. Sprinkle the provolone cheese, mozzarella cheese and parmesan cheese evenly on top of the pizza. Sprinkle the bacon crumbles on top of the cheese.
11. Bake the pizza at 375° for 20 to 25 minutes, or until the dough is cooked through.
12. Remove the pizza and sprinkle with the chopped basil for a garnish. Serve warm.



# Garlic Chicken and Vegetable Stir Fry

Kitchen Group: Brailen Halalilo, Nalia Lewis, Tyy Settlemyre, Heli Patel, Lexie Iverson

## Rice:

1 c. rice  
2 c. water

## Vegetables:

1 c. broccoli  
1 carrot  
1 stalk of celery  
1/4 of a large onion  
1/4 c. water chestnuts  
1/4 c. snow peas

## Chicken:

1 chicken breast  
3 Tbsp. butter  
1 tsp. garlic powder  
1/2 tsp. seasoning salt  
1/2 tsp. onion powder

## Sauce:

1 bouillon cube  
1 c. hot water  
1/4 c. soy sauce  
2 Tbsp. corn starch  
1/4 tsp. minced garlic

## Rice

1. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and 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.

## Pre-Heat Electric Skillet

3. Unplug the microwave in your kitchen unit, and plug in the electric skillet. Pre-heat the electric skillet to 375° with the lid on. Be sure that it is not touching anything around it, (like the microwave or blender). Also, be careful that you don't burn yourself.

## Vegetables

4. Wash and cut up: broccoli, carrot (remember to peel first), celery and onion into bit sized pieces. Cut the water chestnuts in half. Wash and trim snow peas. Keep your vegetables separated in bowls or custard cups. Do not combine them all together.
5. Add only the carrots and broccoli to the electric skillet and cook for about 5 minutes or until tender with the lid off. Add celery, onion, water chestnuts and snow peas and cook for an additional 10-15 minutes, or until all vegetables are tender. Add about 1/4 c. of water to the vegetables if they start to stick or burn while cooking. Stir the vegetables constantly.

## Chicken

6. Cut chicken into bite-sized pieces. Melt butter, garlic powder, seasoning salt and onion powder in a large skillet. Add the pieces of chicken and cook thoroughly until no pink remains

## Sauce

7. In a small saucepan, combine 1 c. hot water and bouillon cube and bring to a boil. Stir until bouillon cube is dissolved and then REMOVE FROM HEAT.
8. In a cereal bowl, combine soy sauce and cornstarch. Stir with a fork until completely dissolved and smooth. Add garlic to the soy sauce mixture. Slowly add the soy sauce mixture to the saucepan with the bouillon. Put the saucepan back on the heat and whisk the sauce mixture over medium low heat until it thickens and turns dark brown. Remove from heat and add sauce mixture to the vegetables and chicken and stir until all ingredients are coated.

## Putting It All Together

9. Divide the rice evenly into the take-away containers or onto paper plates. Then, evenly divide the vegetable mixture on top of the rice. Eat and enjoy.



## Sweet and Sour Chicken

Kitchen Group: Harley Hall, Cynthia De Ramono, Alison Ortiz, Leslie Ochoa, Kassidy Kirk

### 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!



## Garlic Sautéed Pasta with Chicken and Broccoli

Kitchen Group: Bonnie Beagley, Hallie King, Jayden Barney, McKena Fisher, Katherine Park

1/3 c. olive oil	2 Tbsp. red wine vinegar
2 cloves garlic, smashed	2 c. penne pasta, cooked al dente
1/4 tsp. red pepper flakes	1/4 c. parmesan cheese, grated
1/4 head broccoli, cut into florets	1 chicken breast, cooked and sliced
1/4 tsp. salt	1-2 sprigs fresh parsley, chopped (for garnish)
1/4 tsp. pepper	

1. Slice or cube the chicken breast. Cook, seasoned with salt and pepper, until no longer pink. Keep warm until needed.
2. Place a large pot of water on to boil. Once the water is boiling, add the penne pasta and cook until al dente. Drain the pasta into a colander and run under cold water to prevent the noodles from sticking. Set aside for later.
3. Place olive oil, garlic and red pepper flakes into a large skillet. Heat the ingredients over medium heat until fragrant and the garlic has turned a golden brown color.
4. Carefully remove the garlic cloves from the skillet and throw away. Add the broccoli to the skillet.
5. Toss the broccoli to coat it with remaining oil in the skillet. Season the broccoli with the salt and pepper and sauté the broccoli for about 5-8 minutes.
6. Turn the heat up to high and deglaze the pan with the red wine vinegar. (Add a few tablespoons of water if needed.)
7. When the broccoli is done, add the pasta and chicken to the skillet and toss in the garlic infused oil/vinegar mixture until heated through.
8. When you are ready to serve the pasta, sprinkle with the grated parmesan cheese and chopped parsley and serve warm.

## Parmesan Garlic Bread

4 cloves of garlic, minced	3 Tbsp. parmesan cheese, grated
2 Tbsp. butter, softened	1 loaf French bread
2 Tbsp. olive oil	

1. Move the top rack of the oven to the very top position. Preheat the oven to broil.
2. Combine minced garlic, butter and olive oil in a small bowl. Place in the microwave and cover with a paper towel. Microwave on high for 30 second to 1 minute or until melted.
3. Cut the loaf of French bread in half and place each half on a cookie sheet.
4. Brush the bread with the butter mixture. Sprinkle with the parmesan cheese.
5. Place the bread under the broiler for about 30 seconds to 1 minutes. Watch it carefully so that it does not burn.
6. Remove the bread when the cheese is melted. Cut the bread into pieces and serve warm.



## Garlicy Beef Dumplings

Kitchen Group: Sean Moncur, Victor Rubio, Ash Hull, Misael Aguilar, Olivia Holman



2-3 cups vegetable oil, for frying  
 1 lb. ground beef  
 1/2 c. onions, finely chopped  
 1/2 c. scallions, chopped  
 2 Tbsp. soy sauce  
 2 garlic cloves, minced  
 1/2 tsp. ground ginger

1 Tbsp. sesame oil  
 1 tsp. white pepper  
 1 egg (for egg wash)  
 Wonton wrappers  
 Sriracha sauce, for dipping  
 Chopped scallions, for garnish

1. Preheat a deep fryer to 350°.
2. Combine the ground beef, onions, 1/2 c. scallions, soy sauce, garlic, ginger, sesame oil and white pepper in a large bowl. Mix until evenly combined.
3. In a separate bowl, scramble the egg for the egg wash.
4. Place a small spoonful of the beef mixture in the center of a wonton wrapper.
5. Using a pastry brush, brush the egg wash around the entire edge of the wonton wrapper.
6. Carefully fold the wonton wrapper over the filling and press the edges together to seal the filling in.
7. Fry the dumplings in the hot oil until golden brown and crispy. Flip the dumplings over halfway through the cooking process.
8. Be sure that the meat mixture is completely cooked through. Serve topped with Sriracha sauce and chopped scallions.

## Asian Dipping Sauce

1/2 c. soy sauce  
 1/2 c. rice wine vinegar  
 2 Tbsp. honey

3 cloves garlic, minced  
 1/2 tsp. ground ginger  
 2 tsp. sesame oil

1. Combine all ingredients above and whisk together until combined.



## Parmesan Garlic Noodles with Chicken

Kitchen Group: Miriam Gomez, Kayla Berumen, Josey Adams, Carmen Casillas Bernal

8 oz. linguine or fettuccine

1/4 c. butter

2 Tbsp. olive oil

5 cloves garlic, minced

1/4 c. parmesan cheese, grated

1/2 tsp. salt

1Tbsp. cheddar cheese, for garnish

1 Tbsp. chopped parsley, for garnish

2 chicken breasts, cooked and cubed

1. Slice or cube the chicken breast. Cook, seasoned with salt and pepper, until no longer pink. Keep warm until needed.
2. Place a large pot of water on to boil. When the water is boiling, add the pasta and cook until al dente. Drain the pasta and rinse under cold water so that the noodles will not stick together. Set aside until later.
3. Heat the butter and olive oil in a large skillet over medium heat. Add the garlic and sauté until the garlic turns golden brown.
4. Toss the cooked noodles in the butter sauce and add salt to taste.
5. Remove the pasta from the heat and stir in the parmesan cheese. Garnish the noodles with the cheddar cheese and chopped parsley. Serve warm.

## Fried Ice Cream

4 c. vegetable oil, for frying

1 qt. vanilla ice cream

3 c. crushed cornflakes cereal

1 tsp. ground cinnamon

3 eggs whites

1. Preheat the oil in a deep fryer to 375°.
2. Scoop ice cream into 8 (1/2 c.) sized balls. Place the ice cream balls on a baking sheet and freeze until firm, about 1 hour.
3. In a shallow dish, combine the cornflakes and cinnamon. In a small bowl, beat the eggs whites until foamy.
4. Roll the frozen ice cream balls in the egg whites, then in cornflakes, covering the ice cream completely. (Repeat if necessary.)
5. Freeze the coated ice cream again until firm.
6. Using a basket or slotted spoon, fry the ice cream balls 1 or 2 at a time, for about 10-15 seconds, until golden.
7. Drain quickly on paper towels and serve immediately.



## Marinara and Sausage Meatballs with Fresh Noodles

Kitchen Group: Paola Garcia, Miriam Orozco, Nancy Aguilar, Thea Bitton, Luis Andazola

### Marinara Sauce

2 tsp. olive oil	1/2 tsp. dried basil
1/4 onion, minced	1/2 tsp. dried oregano
1 clove garlic, minced	1/2 tsp. Italian seasoning
1 (15 oz.) can crushed tomatoes	1 Tbsp. sugar
1 (6 oz.) can tomato paste	1/4 tsp. salt
1 (6.5 oz.) can tomato sauce	1/4 tsp. pepper
1/2 c. water	

1. Fill the large pot with water and put on the large burner on high. When the water is boiling, add the spaghetti to the water. Cook until al dente and then drain in a colander.
2. Reserve and set aside 2 Tbsp. of the minced onion to use in the sausage meatballs.
3. Peel the paper skin from the garlic. Use the garlic press to mince the garlic.
4. In the large saucepan, add the olive oil, onion and garlic. Sauté on medium heat until the onions are soft and translucent. Stir often with a mixing spoon to keep the onions from sticking to the bottom of the pot.
5. Add the crushed tomatoes, tomato paste, tomato sauce and water. Stir until all ingredients are smooth and well combined.
6. Stir in the basil, oregano, Italian seasoning, sugar, salt and pepper. Allow the sauce to simmer on medium heat for about 10 minutes, stirring occasionally to prevent sticking. Stir the cooked noodles into the sauce and toss to coat it. Serve warm.

### Sausage Meatballs

1/2 lb. pork sausage	1 tsp. black pepper
1/4 c. Italian bread crumbs	1 tsp. garlic powder
1/2 c. shredded mozzarella cheese	1 egg
2 Tbsp. onion, minced	

1. Preheat the oven to 375°.
2. Line a cookie sheet with a piece of tin foil.
3. Combine all ingredients listed above in a medium sized mixing bowl. Stir with a wooden spoon or with clean hands until well combined.
4. Using clean hands, use the mixture to roll and form meatballs about 1" in diameter.
5. Evenly place the meatballs on the cookie sheet.
6. Bake for 18-20 minutes or until golden brown. Be sure to check that there is no pink in the center of the meatballs before serving. Serve warm.

## Fresh Pasta

2 c. all-purpose flour

1/2 tsp. salt

3 large eggs (at room temperature)

2 Tbsp. olive oil

1 to 2 Tbsp. water (if needed)

1. Place the flour and salt into the bowl attachment of the Kitchen Aid stand mixer.
2. Use the white flat paddle to mix the flour and salt together.
3. Add the eggs and olive oil to the mixer and begin mixing on low. Continue mixing until a dough forms and pulls away from the sides of the bowl. If the dough is too dry, add water, 1 tsp. at a time, until the dough comes together.
4. Turn the dough out onto the counter and knead by hand for about 3 minutes. Add flour if it becomes too sticky. Be careful to not add too much flour.
5. Wrap the dough in plastic wrap and set aside for about 15 to 20 minutes at room temperature.
6. When ready to make the pasta, cut the dough ball into 6 equal pieces. Be sure to keep the dough covered with plastic wrap when you are not working with it.
7. Begin feeding one piece of the dough through the pasta machine rollers to flatten out the dough. (Use the instructions for the pasta machine.)
8. When the dough is thin enough, use the pasta cutter attachment to cut spaghetti or fettucine.
9. Cook the pasta in boiling water for about 3 to 5 minutes. Serve warm with your favorite sauce.

## Cheesy Garlic Bread

1/2 c. butter

1 Tbsp. garlic powder

1 Tbsp. dried parsley

1 loaf French bread

1 c. mozzarella cheese, shredded

1. Preheat the oven to 350°.
2. In a small bowl, combine butter, garlic powder and parsley. Place the bowl in the microwave with a paper towel on top to prevent splattering.
3. Microwave on high for about 30 seconds to 1 minute, or until the butter is completely melted. Stir the ingredients together until well combined.
4. Cut the loaf of French bread in half lengthwise and place on a baking sheet. Using a pastry brush, brush the butter mixture over the cut side of the French bread.
5. Place the bread in the oven and bake for about 10 minutes, or until lightly toasted. Remove the bread from the oven and sprinkle with any remaining butter mixture and the mozzarella cheese. Return the bread to the oven and bake for an additional 5 minutes, or until the cheese is melted and bubbly.
6. Remove from the oven and cut into pieces. Serve warm.



# A4 Foods and Nutrition I

## Churro Fried Ice Cream

Kitchen Group: Dylan Ekker, Bryce Statler, Camden Schendiman, Holly Schroath

3-4 c. oil, for frying

2 c. vanilla bean ice cream

1 1/2 c. snickerdoodle cookie crumbs

3/4 c. cornflake cereal crumbs

4 eggs

1/2 c. sugar

1 tsp. cinnamon

1. Preheat the oil in a deep fryer to 375°.
2. Scoop the ice cream into 1/2 c. balls. Place the ice cream balls on waxed paper on a baking sheet and cover with plastic wrap. Freeze until hard, about 2-3 hours or overnight.
3. Combine the cookie crumbs and the cereal crumbs in a small mixing bowl. Roll each ice cream ball in the cookie crumbs, applying pressure to fully coat it with the crumbs. Return the ice cream balls to the freezer and allow them to freeze for 30 minutes, or until firm again.
4. Gently beat the eggs in a medium sized bowl. Roll each of the ice cream balls in the beaten eggs, and then again in the cookie crumb/cereal mixture. Return the ice cream balls to the freezer and allow them to freeze for 30 minutes, or until firm again. Repeat this process a few more times until the ice cream balls are thoroughly covered in the crumb mixture. Be sure the ice cream balls are frozen firm before deep frying.
5. When you are ready to fry the ice cream, combine the cinnamon and sugar together and spread the mixture evenly on a plate.
6. Place the ice cream balls, one at a time, in the hot oil and fry for about 20 to 30 seconds. Remove the ice cream ball from the oil and place on the plate with the cinnamon/sugar mixture. Gently roll the ball or sprinkle the cinnamon/sugar mixture on the top of the ball to cover all sides.
7. Serve the fried ice cream immediately garnished with chocolate syrup or whipped cream.



## Cinnamon French Toast

Kitchen Group: Lucy Deland, Halli VanLehn, Geena Dolce, Maddix Kelly

### French Toast:

4 eggs  
2/3 c. milk  
1/4 c. flour  
1/4 c. sugar

1/4 tsp. salt  
3/4 tsp. cinnamon  
1 tsp. vanilla  
8 slices of bread

### Toppings:

Strawberries, sliced  
Whipped cream  
Powdered sugar  
Syrup

1. Preheat a griddle to 350°.
2. Add the eggs, milk, flour, sugar, salt, cinnamon and vanilla to a medium sized mixing bowl. Whisk together until well combined.
3. Dip the slices of bread in the egg mixture, coating both sides and place on the hot griddle. Cook for a few minutes on both sides until golden brown.
4. Serve warm, sprinkled with powdered sugar or other toppings.

## Strawberry Banana Smoothie

1 banana  
2 c. frozen strawberries

1 Tbsp. honey  
1 c. milk

1. Combine all of the ingredients above into a blender. Blend until smooth. Serve immediately.



## Apple Cinnamon Crepes with Cream Cheese Filling

Kitchen Group: Kessley Olsen, Madison Lemin, Kayla Campos



### Crepes:

3 eggs  
1/4 tsp. salt  
2 c. flour  
2 c. milk  
1/4 c. vegetable oil  
1/2 tsp. cinnamon  
1 1/2 Tbsp. milk  
8 tsp. oil, divided

### Apple Cinnamon Filling:

4 Granny Smith apples,  
peeled and diced  
1/2 c. sugar  
2 tsp. cinnamon  
2 Tbsp. water  
2 Tbsp. corn starch  
1 Tbsp. water

### Cream Cheese Filling:

2 (8 oz.) pkg. cream cheese,  
softened  
3/4 c. sugar  
2 tsp. vanilla

### For the Crepe Batter:

1. Whisk the eggs and salt together in a medium sized mixing bowl. Gradually stir in the flour and milk, adding them alternately, until fully incorporated.
2. Beat the 1/4 c. vegetable oil and 1/2 tsp. cinnamon into the flour mixture. Refrigerate batter for at least 1 hour.

### For the Apple Cinnamon Filling:

3. Mix the diced apples, 1/2 c. sugar, 2 tsp. cinnamon and 2 Tbsp. of water together in a large saucepan.
4. In a custard cup, mix the 2 Tbsp. of corn starch and 1 Tbsp. of water. Pour this over the apple mixture in the saucepan.
5. Simmer the apple mixture over medium heat, stirring often, until thickened, about 8 to 10 minutes. Keep warm until ready to serve.

### For the Cream Cheese Filling:

6. Combine the softened cream cheese, sugar and vanilla in a medium sized mixing bowl. Beat together with an electric mixer until completely combined.

### Cooking the Crepes:

7. Whisk the 1 1/2 Tbsp. of milk into the crepe batter.
8. Heat about 1 tsp. of oil in a skillet over medium heat. Pour about 1/3 c. batter into the heated oil. Tip and rotate the pan until the batter covers the entire area.
9. Cook until the edges begin to curl away from the sides of the pan, about 30 seconds. Flip the crepe and continue cooking until lightly golden on the other side, about 30 more seconds.
10. Remove the crepe from the pan, add more oil, and repeat with remaining batter.

### Assembling the Crepes:

11. Spoon the cream cheese and apple filling into the center of each crepe. Fold the crepe over the filling. Dust with powdered sugar for garnish and serve.



## Cinnamon Belgian Waffles

Kitchen Group: Josh Barton, Jayden Cochran, Roman Zarate, Clint Wright

2 egg yolks	1/2 tsp. baking soda
1 tsp. vanilla	1 1/2 tsp. sugar
1 c. buttermilk	1/4 tsp. salt
1/4 c. butter, melted	1/4 tsp. cinnamon
1 c. flour	2 egg whites
1 1/2 tsp. baking powder	

1. Preheat a waffle iron.
2. In a medium bowl, whisk together the egg yolks, vanilla, buttermilk and butter until well blended.
3. In a separate small bowl, combine the flour, baking powder, baking soda, sugar, salt and cinnamon.
4. Stir the flour mixture into the buttermilk mixture.
5. In a separate bowl, beat the egg whites with an electric mixer until foamy and stiff. Fold the egg white foam into the waffle batter.
6. Spoon the batter onto the hot waffle iron, close and cook until golden brown. Serve warm.

## Cinnamon Buttermilk Syrup

1 c. sugar	1 tsp. baking soda
1/2 c. buttermilk	1 tsp. vanilla
1/2 c. butter	1/8 tsp. cinnamon

1. Heat the sugar, buttermilk and butter in a large saucepan over medium heat until mixture starts to boil. Boil the mixture for about 5 minutes.
2. Remove the saucepan from the heat and stir in the baking soda and vanilla into buttermilk mixture. Serve warm.



## Cinnamon-Laced Coffee Cake

Kitchen Group: Jessica Claflin, Karlie Millett, Dallin Graf, Chayce Christensen

### Cinnamon/Sugar:

1/4 c. sugar  
2 tsp. cinnamon

### Batter:

3 c. flour  
3 1/2 Tbsp. baking powder  
1 tsp. salt  
2 eggs  
1 1/2 c. sugar

2/3 c. butter, melted  
1 c. milk  
1/4 c. sour cream  
2 tsp. vanilla

### Streusel Mixture:

1 c. brown sugar  
3/4 c. walnuts, chopped  
1/4 c. butter, softened  
1/4 c. flour  
2 1/2 tsp. cinnamon

### Preparing the Baking Pan:

1. Preheat the oven to 375°.
2. Spray a 9 x 13 inch baking pan with cooking spray and then sprinkle the cinnamon/sugar mixture into the bottom of the pan.

### For the Batter:

3. Mix the flour, baking powder and salt together in a small sized mixing bowl.
4. Beat the eggs in a separate medium sized bowl with an electric mixer until frothy. Add the sugar and melted butter and beat until creamy.
5. Add the milk, sour cream and vanilla to the egg mixture and beat until smooth.
6. Stir the flour mixture into the egg/milk mixture until the batter is well blended.

### For the Streusel Mixture:

7. Combine the brown sugar, walnuts, softened butter, 1/4 c. flour and cinnamon in a bowl using a pastry blender until the streusel is crumbly.

### Assembling the Coffee Cake:

8. Spread 1/2 of the batter into the prepared baking dish. Sprinkle half of the streusel mixture on top of the batter.
9. Spread the remaining 1/2 of the batter into the pan over the streusel mixture and top with the remaining half of the streusel mixture.
10. Place the baking pan in the center of the oven and bake for 15 to 20 minutes, or until a fork inserted in the center comes out clean.



## Cinnamon and Caramel Apple Cheesecake Bars

Kitchen Group: Mckinley Hubbard, Yamile Navarrete, Alyssa Telles, Liddia Jaques

### Crust:

2 c. flour  
1/2 c. brown sugar  
1 c. butter, softened

### Cheesecake Filling:

3 (8 oz.) pkg. cream cheese,  
softened  
3/4 c. sugar  
3 eggs  
1 1/2 tsp. vanilla

### Apples:

3 Granny Smith apples,  
peeled and chopped  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
2 Tbsp. sugar

### Streusel Topping:

1 c. brown sugar  
1 c. flour  
1/2 c. quick cooking oats  
1/2 c. butter, softened

### Drizzle:

1/2 c. caramel  
topping

1. Preheat an oven to 350°.

### For the Crust:

2. In a medium bowl, combine the flour and brown sugar. Cut the butter into small pieces and use the pastry blender to cut-in until the mixture is crumbly.
3. Press the crust mixture evenly into a 9 x 13 inch pan lined with heavy-duty aluminum foil.
4. Bake the crust for 15 minutes or until lightly browned.

### For the Cheesecake Filing:

5. In a large bowl, beat the cream cheese and 3/4 c. sugar with an electric mixer at medium speed until smooth. Add the eggs, one at a time, until combined. Add the vanilla and beat until smooth.
6. Pour the cheesecake mixture over the warm crust.

### For the Apples:

7. In a small bowl, stir together the chopped apples, cinnamon, nutmeg and 2 Tbsp. sugar.
8. Spoon the apple mixture over the cheesecake filling.

### For the Streusel Topping:

9. In a small bowl, combine the brown sugar, flour and quick cooking oats. Stir together until combined.
10. Cut the butter into small pieces and use a pastry blender to cut-in until the mixture is crumbly.
11. Sprinkle the streusel topping over the apples in the pan.

### Bake the Cheesecake Bars:

12. Bake the cheesecakes bars at 350° for 40-45 minutes, or until filling is set.
13. Drizzle with the caramel topping and let cool completely. Serve cold.



## **Arroz Con Leche (Mexian Rice Pudding)**

Kitchen Group: Luis Claro, Santiago Navas Perez, Jonathan Ruiz, Jeremiah Hubbard

7 c. water	1 (14 oz.) can sweetened condensed milk
1 c. long grain white rice	1 c. whole milk
1 cinnamon stick	Ground Cinnamon, for garnish
1 (12 oz.) can evaporated milk	

1. Combine the water, rice and cinnamon stick in a large pot and set over medium-high heat. Bring to a boil, uncovered, and cook until the rice is tender, (about 18 to 20 minutes.)
2. Strain out the liquid using a strainer, discard the cinnamon stick and reserve the rice.
3. Return the rice to the pot and stir in the evaporated milk, sweetened condensed milk and whole milk.
4. Continue cooking over medium-high heat until the mixture comes to a boil.
5. Reduce the heat to low and cook, uncovered, stirring constantly, until the mixture is thick, (about 20 minutes.)
6. Transfer the pudding to a serving bowl and dust the top of the pudding with ground cinnamon as a garnish and serve.



