



Recipe Book

Fall 2017

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A2 Foods and Nutrition I

Pepper Steak Pasta (With Fresh Pasta)

Kitchen Group: Hyrum Lane, Quinten Smith, Mason LeFevre, Jace Lang, Cory Slack

Pepper Steak

1 lb. beef sirloin steak, cut into thin slices	1 pkg. (16 oz.) frozen pepper stir-fry mix
1/4 tsp. salt	2 Tbsp. tomato paste
1/2 tsp. pepper (divided in half)	1 can (14.5 oz.) fire roasted diced tomatoes
2 Tbsp. vegetable oil (divided in half)	2 Tbsp. soy sauce

1. Cut the sirloin steak into thin strips.
2. Combine the salt and 1/4 tsp. of the pepper. Sprinkle the steak strips with the salt and pepper mixture, coating on all sides.
3. Add 1 Tbsp. of vegetable oil to a large skillet and turn to medium-high heat. Add the steak strips and cook until browned.
4. Remove the steak strips from the skillet and place in a bowl. Cover with paper towels to keep warm.
5. Place the remaining 1 Tbsp. of vegetable oil in the skillet and keep it on medium-high heat.
6. Add the frozen pepper stir-fry mix and tomato paste to the skillet and cook for about 5 minutes.
7. Stir in diced tomatoes (with the juice) and soy sauce. Add the steak strips back into the skillet and reduce the mixture to low heat. Simmer for 5 minutes.
8. After the mixture has simmered for 5 minutes, drain the cooked pasta and add it to the skillet.
9. Toss the tomato/vegetable mixture together with the pasta. Sprinkle the remaining 1/4 tsp. pepper over the pasta before serving. Serve warm.

Fresh Pasta

2 c. all-purpose flour	2 Tbsp. olive oil
1/2 tsp. salt	1 to 2 Tbsp. water (if needed)
3 large eggs (at room temperature)	

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 on low.
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. Check your dough off with the teacher before moving on.
5. 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.
6. Wrap the dough in plastic wrap or put in a Ziplock bag and set aside for about 15 to 20 minutes at room temperature. Be sure the dough is sealed up tight.
7. When ready to make the pasta, cut the dough ball into 6 equal pieces. Be sure to keep the dough covered with plastic wrap or in an airtight Ziplock bag when you are not working with it or it will dry out.
8. Begin feeding one piece of the dough through the pasta machine rollers to flatten out the dough. (Follow the instructions for the pasta machine.)
9. When the dough is thin enough, use the pasta cutter attachment to cut fettuccine noodles.
10. Cook the pasta in boiling water for about 3 to 5 minutes.



Chocolate Bowls with Homemade Vanilla Ice Cream

Kitchen Group: Blakely Fairchild, Brannon Wilson, Dustin Blass, Skye Oliver

Chocolate Bowls

2 c. baker's chocolate
6-8 small balloons

Vegetable Spray
Parchment or waxed paper

1. Blow up the balloons no larger than about 6-8 inches around. Tie off the balloons and spray each with vegetable spray. This will make it easier to remove the balloons later.
2. Line a cookie sheet with parchment or waxed paper.
3. Using a small bowl, carefully melt the chocolate in the microwave being careful not to burn it. Allow the chocolate to cool down before dipping the balloons or they could pop from the heat.
4. Carefully dip the balloons, one by one, by holding the knot end at an angle. Place the balloon in the chocolate and turn the balloon slowly around until the entire bottom half is coated in chocolate.
5. Lift the balloon out of the chocolate and allow any excess chocolate to drip back into the melted chocolate.
6. Line a cookie sheet with parchment or waxed paper. Spoon 1 teaspoon of the melted chocolate onto the lined cookie sheet and use the back of a spoon to swirl it into a circle for the base of the chocolate bowl. Place the dipped balloon onto the chocolate circles and allow the chocolate bowls to set. You might want to put them in the fridge or freezer to set faster.
7. After the bowls are set, use a spatula to separate the base from the parchment/waxed paper. Place a piece of tape on the balloon near the knot and poke a hole through the tape to release the air. Be careful to allow the air out slowly or it could break the bowl. Be sure all part of the balloon are removed from the chocolate bowl.

Homemade Vanilla Ice Cream

For the Ice Cream:
1/8 tsp. salt
1 c. sugar
1 Tbsp. vanilla
3 c. milk
3 c. whipping cream

For the Mixer:
2-3 large bags of ice
2-3 c. rock salt

1. Combine all of the ice cream ingredients above and stir until sugar is dissolved.
2. Pour the mixture into the ice cream machine. Be sure to secure the lid.
3. Alternate adding ice and rock salt to the outside of the ice cream maker.
4. Plug in and turn on the ice cream maker and allow it to churn.
5. When the ice cream is done, carefully remove the ice cream canister and transfer the ice cream to a freezer safe container.
6. Serve immediately or freeze and serve when needed.



Cream Cheese Filled Crepes with Strawberry Julius

Kitchen Group: Rodrigo Ambriz Ayungua, Braydon Charlton, Shiley Mackey, Hannah Milligan, Cindy Solis Cota

Crepes

Crepe Batter:

1 c. flour
3 eggs
1/4 tsp. salt
2 Tbsp. butter, melted
1 1/3 c. milk
1 Tbsp. vanilla
1 Tbsp. sugar

Filling:

8 oz. cream cheese, softened
1/2 c. powdered sugar
1/2 c. sugar
1 tsp. vanilla
2 c. strawberries, sliced

For the Batter:

1. Combine all of the batter ingredients in a blender. Blend for 30 seconds.
2. STOP THE BLENDER and using a rubber spatula, scrape the batter down the sides of the blender.
3. Replace the lid and blend again for 30 seconds to 1 minutes until smooth and combined.
4. Heat the crepe pan on the stove over low to medium heat, (between heat setting 5 and 6). Test the heat of the pan with a quarter sized amount of batter and adjust the temperature as needed.
5. Pour about 1/2 cup of the batter into the center of the pan. Swirl the batter around the bottom of the pan until it is evenly coated.
6. Cook the crepe for about 1 to 2 minutes, or until the edges of the crepe are cooked. Using a turner, loosen the edges of the crepe and flip it over to cook the other side until cooked through. They should be golden brown in color.
7. Fill the crepe with the desired filling.

For the Filling:

8. Combine the softened cream cheese, powdered sugar and vanilla in the bowl of the KitchenAid mixer. Using the wire whisk attachment, blend the ingredients together until smooth.
9. Wash and slice the strawberries.
10. When the crepes are cooked, spread some of the cream cheese filling and fruit in the center of the crepes and roll up.
11. Eat and enjoy.

Strawberry Julius

3 c. strawberries
1/2 c. powdered sugar
2 tsp. vanilla

1 1/2 c. milk
1/2 c. ice

1. Combine all ingredients above into a blender. Blend until smooth and serve cold.



Peppermint Bark Balloon Cups with Chocolate Mousse

Kitchen Group: Jacquie Camacho, David Lopez, Cinthya Mendoza, Melanie Elizarraraz, Adriana Villa Amavizca



Chocolate Bowls

2 c. white baker's chocolate

6-8 small balloons

1 box peppermint candy canes, crushed

Vegetable Spray

Parchment or waxed paper

1. Unwrap and crush the candy canes into very small pieces. Place in a shallow dish, like a pie plate.
2. Blow up the balloons no larger than about 6-8 inches around. Tie off the balloons and spray each with vegetable spray. This will make it easier to remove the balloons later.
3. Line a cookie sheet with parchment or waxed paper.
4. Using a small bowl, carefully melt the chocolate in the microwave being careful not to burn it. Allow the chocolate to cool down before dipping the balloons or they could pop from the heat.
5. Carefully dip the balloons, one by one, by holding the knot end at an angle. Place the balloon in the chocolate and turn the balloon slowly around until the entire bottom half is coated in chocolate.
6. Lift the balloon out of the chocolate and allow any excess chocolate to drip back into the melted chocolate.
7. Roll the balloon into the crushed candy canes so that they stick to the chocolate.
8. Line a cookie sheet with parchment or waxed paper. Spoon 1 teaspoon of the melted chocolate onto the lined cookie sheet and use the back of a spoon to swirl it into a circle for the base of the chocolate bowl. Place the dipped balloon onto the chocolate circles and allow the chocolate bowls to set. You might want to put them in the fridge or freezer to set faster.
9. After the bowls are set, use a spatula to separate the base from the parchment/waxed paper. Place a piece of tape on the balloon near the knot and poke a hole through the tape to release the air. Be careful to allow the air out slowly or it could break the bowl. Be sure all part of the balloon are removed from the chocolate bowl.

Chocolate Mousse

4 large egg yolks

4 Tbsp. sugar (divided in half)

2 c. heavy whipping cream

8 oz. bittersweet chocolate, melted

1 tsp. vanilla

1. Chop the bittersweet chocolate into small chunks and place into a small, microwave-safe mixing bowl. Place the chocolate into the microwave for 30 seconds at a time, stirring after each 30 seconds, until completely melted and smooth. Set aside.
2. In a medium saucepan, whisk together the egg yolks, only 2 Tbsp. of sugar and only 3/4 c. of the heavy whipping cream.
3. Cook over medium-low heat, stirring constantly, until the mixture coats the back of a spoon. (This will take about 4-5 minutes). Do NOT let the mixture come to a boil.
4. Remove the mixture from the heat and whisk in the melted chocolate and vanilla.
5. Pour the mixture through a strainer and into a mixing bowl. Chill the custard until completely cool.
6. In a separate mixing bowl, add the remaining 1 1/4 c. heavy whipping cream and 2 Tbsp. sugar. Beat with a handheld electric mixer until stiff peaks form.
7. When the custard is completely cool, carefully fold the whipped cream into the chocolate mixture until evenly combined. Serve cool.



BBQ Cheese Burger Sliders with Caramelized Onions and Maple Bacon

Kitchen Group: Addison Lacayo, Seth Rodgers, Karlee Sawyer, Katelynn Lima

Burgers:

1 Tbsp. butter
1 lb. ground beef
2 Tbsp. bbq sauce
1 clove of garlic, minced
1 Tbsp. shallot, minced
1/2 tsp. paprika
1 tsp. salt
1 tsp. pepper

Bacon:

8 strips of bacon
2 Tbsp. maple syrup

Onions:

2 Tbsp. olive oil
2 large red onions, sliced
Salt/Pepper to taste

Other Toppings:

4 slider buns
4-6 sliced pepper jack cheese
1 c. arugula
1 large avocado, mashed
1/4 c. mayonnaise

For the Bacon:

1. Preheat oven to 350°.
2. Line a cookie sheet with tin foil. Place the bacon strips in a single layer on the lined cookie sheet.
3. Using a pastry brush, spread the maple syrup on top of the bacon.
4. Place the cookie sheet in the oven and bake for 25-30 minutes, turning halfway through, until crispy.
5. When the bacon is crispy, transfer the bacon to a plate lined with paper towels to drain excess grease.

For the Onions:

6. Carefully slice the onions into thin rings.
7. Place the olive oil in a large skillet and heat to medium-high heat. Then, add the onions to the skillet.
8. Season the onions with salt and pepper to taste. Continue to cook until soft and translucent.
9. Remove from the heat and transfer to a bowl or plate.

For the Burgers:

10. Combine the ground beef, bbq sauce, minced garlic, minced shallot, paprika, salt and pepper to a medium sized mixing bowl. Using a clean mixing spoon, or clean hands, mix all of the ingredients together until well combined.
11. Divide the burger mixture into 4 to 6 small burger patties slightly larger than the buns. Place a thumbprint in the center of each patty to help keep them from shrinking.
12. When you are ready to cook the burgers, heat the butter in a large skillet over medium-high heat. (You can use the same one that the onions were cooked in to add more flavor.)
13. Add the burgers to the skillet and cook for about 4 to 5 minutes per side, or until no longer pink.
14. When the burgers are cooked through, add a slice of cheese to the top of each burger while still in the skillet. When the cheese is melted, remove the burgers from the skillet and begin assembling them with the toppings.

To Assemble the Burgers:

15. Peel and mash the avocado in a bowl with a fork right before assembling to prevent the avocado from turning brown.
16. Spread the mashed avocado on the bottom part of the bun. Place the warm cheese topped burger on the avocado. Place the bacon, caramelized onions and arugula on top of the burger.
17. Spread some mayonnaise on the top part of the bun and then place it on top of the burger. Serve warm.



Chocolate Cheesecake

Kitchen Group: Darcy Brackett, Aubree Rodgers, Kate Wilson, Zach Howard, Andrea Ginder

Cookie Crust:

24 whole Oreo cookies
6 Tbsp. butter, melted
Pinch of salt

Chocolate Cheesecake:

4 (8 oz.) pkg. cream cheese, softened
3/4 c. sugar
1/2 c. brown sugar
1/4 c. cocoa powder
1/4 tsp. salt
4 eggs
9 oz. bittersweet chocolate, chopped and melted

Chocolate Ganache:

1 1/2 c. semi-sweet chocolate chips
3/4 c. heavy whipping cream
chocolate shavings for garnish

1. Preheat the oven to 350°. Position an oven rack in the center of the oven.
2. Place a large pot of water on to boil.

To Make the Crust:

3. Place the Oreo cookies in a large Ziplock bag and crush with a rolling pin until they turn to fine crumbs.
4. Transfer the crumbs to a medium sized mixing bowl and pour in the melted butter and salt. Stir until crumbs are completely coated and moist.
5. Spray a spring-form pan with cooking spray and press the Oreo mixture into the bottom of the pan and 1/3 of the way up the sides, packing tightly.
6. Wrap a single sheet of tin foil around the outside of the spring-form pan. Set aside.

To Make the Cheesecake:

7. Place the chopped chocolate in a cereal bowl and melt in the microwave in 30 second intervals, stirring between each interval, until completely melted and smooth.
8. Place the softened cream cheese in the bowl attachment of the Kitchen-Aide mixer. Add the sugar, brown sugar, cocoa powder and salt. Use the white flat paddle attachment to beat the ingredients together until smooth.
9. Beat in the eggs, one at a time, until completely combined.
10. Remove the bowl from the Kitchen Aide and use a rubber spatula to fold-in the melted chocolate until it is completely combined.
11. Pour the cheesecake filling into the Oreo crumb crust and smooth out with the rubber spatula.
12. Open the oven and pull out the center rack. Place a deep baking pan (large enough to hold the spring-form pan) on the rack.
13. Place the foil wrapped spring-form pan in the center of the baking pan. Pour enough boiling water into the baking pan around the cheesecake until it reaches halfway up the pan. This water bath will help prevent the cheesecake from cracking.
14. Carefully slide the oven rack back into the oven, being careful not to get any water on the cheesecake filling.
15. Bake at 350° for 60 to 75 minutes.
16. Carefully remove the cheesecake from the oven and from the water bath. Unwrap the foil from the cheesecake. Allow the cheesecake to cool and then refrigerate for at least 4 hours or overnight.

To Make the Ganache:

17. Place chocolate chips in a medium sized glass mixing bowl.
18. Place the heavy whipping cream in a small saucepan and place over medium heat. Stir the cream constantly until bubbles begin to break the surface. Remove from the heat.
19. Pour the hot cream over the chocolate chips and stir until the chocolate chips are completely melted and smooth.
20. Release the spring-form pan from around the chilled cheesecake.
21. Pour the ganache on the top of the cheesecake and spread until evened out and smooth.
22. Garnish with chocolate shavings.



Chicken & Bacon Pasta with Spinach & Tomatoes in Garlic Cream Sauce

Kitchen Group: Kess Johnson, Justice Barney, Taylan Whitehead, Tanner Truman, Claire Phelps

Fresh Pasta

2 c. all-purpose flour	2 Tbsp. olive oil
1/2 tsp. salt	1 to 2 Tbsp. water (if needed)
3 large eggs (at room temperature)	

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 on low.
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. Check your dough off with the teacher before moving on.
5. 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.
6. Wrap the dough in plastic wrap or put in a Ziplock bag and set aside for about 15 to 20 minutes at room temperature. Be sure the dough is sealed up tight.
7. When ready to make the pasta, cut the dough ball into 6 equal pieces. Be sure to keep the dough covered with plastic wrap or in an airtight Ziplock bag when you are not working with it or it will dry out.
8. Begin feeding one piece of the dough through the pasta machine rollers to flatten out the dough. (Follow the instructions for the pasta machine.)
9. When the dough is thin enough, use the pasta cutter attachment to cut fettucine noodles.
10. Cook the pasta in boiling water for about 3 to 5 minutes.

Chicken & Bacon in Garlic Cream Sauce

2 Tbsp. olive oil	5 cloves of garlic, minced
1 lb. chicken, cut into bite-sized pieces	1/4 tsp. crushed red pepper flakes
1 tsp. paprika	6 bacon strips, cooked and chopped
1 tsp. Italian seasoning	1 1/3 c. half and half
5 medium tomatoes, chopped into large pieces	1 1/3 c. parmesan cheese, shredded (for sauce)
1 c. fresh spinach	1/2 c. parmesan cheese, shredded (for garnishing)

1. Preheat the oven to 400° to cook the bacon.
2. Line a cookie sheet with tin foil. Place the bacon strips on the tin foil in a single layer and place in the preheated oven.
3. Bake the bacon for 15-20 minutes or until crispy. Remove from the oven and transfer the bacon to a plate with paper towels on it to drain the remaining grease. When the bacon has cooled, chop the bacon into medium sized pieces. Set aside.
4. Place the olive oil in the large, deep-dish skillet and heat on medium high. Add the cut chicken to the skillet.
5. Sprinkle the paprika and Italian seasoning over the chicken while it is cooking. Turn the chicken to coat all sides and continue cooking until no longer pink inside.
6. Remove the chicken from the skillet and keep warm in a separate bowl.
7. Add the chopped tomatoes, spinach, minced garlic, and red pepper flakes to the skillet used to cook the chicken and stir together.
8. Add the half and half and heat on medium-high until the half and half starts to simmer. Add 1 1/3 c. shredded parmesan cheese and mix together until the cheese melts and makes the sauce creamy. Immediately remove the sauce from the heat to keep it from burning.
9. Add the cooked chicken and half of the bacon to the sauce. Drain the pasta and toss the sauce and the pasta together.
10. Plate the pasta and garnish with the remaining bacon and shredded parmesan cheese. Salt and pepper to taste. Serve warm.



A4 Foods and Nutrition I

Turtle Tart

Kitchen Group: Zoey Pruett, Rylee Moltzen, Ra'ees Garcia, Katelynd Terry

For the Crust:

1/2 c. butter, softened
 1/4 c. brown sugar
 1/4 tsp. vanilla
 1 c. flour
 1/2 c. pecans, chopped
 1/4 tsp. salt
 2 to 3 Tbsp. water, if needed

For the Caramel Filing:

11 oz. (about 40) soft caramels
 1/3 c. heavy whipping cream

For the Chocolate Ganache:

8 oz. bittersweet chocolate, chopped
 1/2 c. heavy whipping cream
 1/4 c. pecans, chopped (for garnish)

To Make the Crust:

1. Preheat the oven to 350°.
2. Combine the softened butter and brown sugar in a medium sized mixing bowl. Using the handheld electric mixer, beat the butter and sugar together until light and fluffy. Beat in the vanilla.
3. Add the flour, salt and pecans to the mixture and beat to combine. The dough will be crumbly, but should hold together when pinched. If it doesn't, add water a little bit at a time until it holds together.
4. Spray the bottom and sides of a spring form baking pan. Press the dough evenly into the bottom and up the sides. Refrigerate the crust for 15 minute before baking.
5. Bake the crust for 15 to 18 minutes, or until golden brown. Set aside to cool.

To Make the Caramel Filing:

6. Unwrap and place the caramels in a medium sized glass mixing bowl. Add the 1/3 c. heavy whipping cream and stir to coat.
7. Place the caramels in the microwave and heat for 30 seconds to 1 minute at a time, stirring after each heating.
8. Heat the caramel/cream mixture until melted and smooth.
9. Pour the caramel filling on top of the cooked and cooled crust. Place in the refrigerator while making the ganache.

To Make the Chocolate Ganache:

10. Place the chopped bittersweet chocolate into a small glass mixing bowl.
11. Place the 1/2 c. heavy whipping cream into a small saucepan. Heat the cream over medium low heat until it comes to a boil, stirring constantly.
12. Pour the hot cream over the chocolate and let sit for 5 minutes, then stir until the chocolate is smooth.
13. Spread the ganache evenly over the chilled caramel layer. Sprinkle with the chopped pecans.
14. Refrigerate the tart for at least 2 hours before serving.



Cordon Bleu Chicken Rolls

Kitchen Group: Sara Hart, Callie Gardner, Emma Shrout, Noah Bott

Cordon Blue Chicken Rolls

4 chicken breasts	1 c. cornflakes cereal crumbs
8 slices of cooked ham	1 tsp. dried rosemary
4 sliced Swiss cheese	1 can cream of chicken soup
1 tsp. dried thyme	1/2 c. sour cream
1/2 c. melted butter	1 tsp. lemon juice

1. Preheat the oven to 400°. Line a cookie sheet with tin foil and then spray the tin foil.
2. Place the chicken breasts, one at a time, into a large Ziplock bag. Using a meat mallet, pound the chicken until it is very thin (about 1/8" to 1/4" inch in thickness).
3. Place two slices of ham on the flattened chicken breast. Place a piece of Swiss cheese on top of the ham.
4. Sprinkle the cheese/ham with a sprinkle of thyme, salt and pepper.
5. Roll up the chicken breast around the ham and cheese, tucking the ends in and around the filling. Secure the chicken roll up with toothpicks.
6. Melt the butter in a shallow pan (like a pie plate). Combine the cereal crumbs and rosemary in a separate shallow pan.
7. Roll the chicken roll in the melted butter and then in the cereal crumbs until coated. Place the chicken roll on the lined and sprayed cookie sheet.
8. Bake for about 40 minutes, or until chicken is golden brown and no longer pink.
9. To make the cream sauce, combine the cream of chicken soup, sour cream and lemon juice in a small saucepan. Heat over low heat, stirring constantly, until heated through. Pour over chicken rolls before serving.

Homemade Italian Dressing

Seasoning Mix:

1 Tbsp. garlic salt
1 Tbsp. onion powder
1 Tbsp. sugar
2 Tbsp. dried oregano
1 tsp. pepper

1/4 tsp. dried thyme
1 tsp. dried basil
1 Tbsp. dried parsley
1/4 tsp. celery salt
2 tsp. salt

Dressing:

1/4 c. white vinegar
2/3 c. canola oil
2 Tbsp. water
2 Tbsp. seasoning mix

1. Combine the vinegar, canola oil, water and 2 Tbsp. of the seasoning mix together in a salad dressing shaker. Shake rapidly until combined. Or, whisk all ingredients together in a small mixing bowl.



Strawberry Cream Cheese Danish

Kitchen Group: Gianna Cestone, LJ Howard, Hailey Graf, Krista Taylor

4 oz. (1/2 pkg.) cream cheese, softened

3 Tbsp. sugar

1 egg yolk

1 sheet puff pastry

1 egg white

1 Tbsp. water

16 strawberries, sliced thinly

3 Tbsp. strawberry jam, warmed

1. Preheat the oven to 400°. Line a cookie sheet with parchment paper.
2. Separate the egg yolk and egg white into two separate custard cups.
3. In the bowl of the KitchenAid mixer, beat the cream cheese, sugar and egg yolk until smooth.
4. Roll out the puff pastry into a square that measures about 12 x 12-inches.
5. Cut the puff pastry in half down the middle and then cut each side into 4 rectangular pieces for a total of 8 rectangles.
6. Divide the cream cheese mixture evenly between the 8 pieces of puff pastry and spread it out to within 1/4" to 1/2" from the outside edge of each piece.
7. With a fork, beat the egg white and water together in a custard cup until combined. Using a pastry brush, brush around the outer edges of the puff pastry rectangles.
8. Place the cookie sheet in the oven and bake for 15 minutes, or until golden brown. Remove from the oven and allow to cool for 20-30 minutes.
9. Top the cream cheese center with the sliced strawberries. Warm up the strawberry jam in the microwave for about 30 seconds and then spread the warm jam over the top of the strawberries.



Red Velvet Hot Chocolate Cake with Cream Cheese Frosting

Kitchen Group: Mylie Prestwich, Emma Yergensen, Brooklyn Johnson, Kenya Rowley

Red Velvet Hot Chocolate Cake

3 c. flour	2 eggs, beaten
2 tsp. salt	1 c. boiling water
1 c. oil	1 1/2 c. sugar
1 c. buttermilk	1 c. instant hot cocoa mix

1. Preheat the oven to 375°.
2. Measure the dry ingredients (flour, salt, sugar, hot cocoa mix) into a large mixing bowl. Make a well in the center of the dry ingredients and add the oil, buttermilk and beaten egg.
3. Mix together well. Then, add the boiling water and stir to combine.
4. Grease and flour two round 8-inch cake pans. Pour the batter evenly into the cake pans.
5. Bake at 375° for about 30 minutes, or until a toothpick comes out clean. Cool completely before frosting.

Red Velvet Hot Chocolate Cake

1/2 c. butter, softened	2 tsp. vanilla
8 oz. (1 pkg.) cream cheese, softened	1/2 c. milk
4 c. powdered sugar	

1. Combine the butter and cream cheese into the bowl of the KitchenAid. Beat together with the white flat paddle until smooth and combined.
2. Add the vanilla and milk and mix. Add the powdered sugar, a little bit at a time, until the frosting reaches the desired consistency.



Molten Chocolate Cakes

Kitchen Group: Ethan Harter, Tony Cantu, Oliver Garcia, Easton Schwendiman

1/2 c. butter, sliced into pieces
6 oz. bittersweet chocolate, chopped
2 eggs
2 egg yolks

1/4 c. sugar
2 Tbsp. flour
1/8 tsp. salt

1. Preheat the oven to 450°. Grease and flour 4 ramekins. Tap out the excess flour and set on a baking sheet.
2. Place the chopped chocolate and butter slices in a small glass mixing bowl. Place the bowl in the microwave and heat for 30-45 seconds at a time, stirring after each heating, until the chocolate is melted and smooth. Stir the chocolate mixture until all chocolate is melted. Allow to cool.
3. In a medium sized mixing bowl, beat the eggs, egg yolks, sugar and salt with an electric mixer at high speed until thickened and pale.
4. Fold the cooled melted chocolate into the egg mixture. Then, add the flour and stir until combined.
5. Spoon the batter into the prepared ramekins and bake for about 12 minutes, or until the sides of the cakes are firm, but the centers are soft.
6. Let the cakes cool in the ramekins for 1 minute, then cover each with an inverted dessert plate. Carefully turn each one over and let sit for 10 seconds. Then, lift the ramekin away and unmold the cake. Serve warm.

*The batter can be made in advance and refrigerated for several hours. Bring to room temperature before baking.



Milky Way Rice Krispie Treats

Kitchen Group: Nate Hill, Jackson Ence, Ryan Scott, Oliver Alvarez, Mayze Mosher

For the Rice Krispies:

6 c. rice Krispie cereal
8 c. (10 oz.) large marshmallows
5 Tbsp. butter
2 c. mini marshmallows

For the Salted Caramel Sauce:

6 Tbsp. butter, cut into pieces
1 1/2 c. brown sugar
3/4 c. heavy whipping cream
3/4 tsp. salt

For the Chocolate Ganache:

4 oz. milk chocolate chips
4 oz. semi-sweet chocolate chips
8 oz. heavy whipping cream

For the Rice Krispies:

1. Line a square baking pan with tin foil and then spray the tin foil. Set aside for later.
2. Melt the butter in a very large pot on low heat. When the butter is melted, add 8 c. large marshmallows, stirring constantly. Do not let it burn.
3. Remove the pot from the heat and stir in the mini marshmallows and rice krispie cereal.
4. Spread the rice krispie mixture into the tinfoil lined pan. Using clean hands, press the rice krispies flat. If needed, wet your hands to prevent them from sticking.

For the Salted Caramel Sauce:

5. In a small sauce pan over medium-high heat, whisk together the butter, brown sugar, heavy whipping cream and salt. Bring to a boil, then reduce heat.
6. Simmer for 5 minutes, whisking constantly. Then, remove from the heat and allow to cool for 5 minutes.
7. Pour the caramel sauce over the rice krispies and use a spatula to spread it out evenly.

For the Chocolate Ganache:

8. Place the chocolate chips and the heavy whipping cream into a small glass mixing bowl. Place the bowl in the microwave and heat for 30-45 seconds at a time, stirring between each heating. Continue to heat and stir until all of the chocolate is melted and smooth.
9. Pour the ganache over the caramel and use a spatula to spread it out evenly.
10. Allow the ganache to cool for several hours before cutting into bars.



Red Velvet Whoopie Pies

Kitchen Group: Hayden Mecham, Learsy Arce, Cam Callaway, Colin Ence

Whoopie Pies:

2 c. flour	1 c. brown sugar
3 Tbsp. cocoa powder	1 egg
1 tsp. baking soda	2/3 c. buttermilk
1/2 tsp. salt	2 tsp. vanilla
1/2 c. butter, softened	Red gel food coloring

Cream Cheese Filling:

8 oz. cream cheese, softened
 1/4 c. butter, softened
 2 c. powdered sugar
 1/2 tsp. vanilla

For the Whoopie Pies:

1. Preheat the oven to 350°. Line a cookie sheet with parchment paper and set aside.
2. Combine the flour, cocoa powder, baking soda and salt in a medium sized mixing bowl and whisk together.
3. In the bowl of the KitchenAid, beat the softened butter with the white flat paddle until smooth and creamy. Add the brown sugar and beat on medium high speed until fluffy and combined.
4. Beat in the egg, scraping down the sides of the bowl as needed.
5. Beat in the vanilla and buttermilk. The mixture might look curdled at this point, but it is okay. It will smooth out with the dry ingredients.
6. Add the dry ingredients to the wet ingredients, 1/2 c. at a time, until both are fully combined.
7. Mix in the red food coloring until the desired color is achieved.
8. Using a cookie sheet, scoop the cookies onto the prepared cookie sheet, spacing each cookie about 3 inches apart.
9. Bake the cookies for 10-12 minutes or until the centers appear set. Allow to cool completely before sandwiching.

For the Cream Cheese Filling:

10. Place the cream cheese, butter and vanilla in a medium sized mixing bowl. Using the handheld electric mixer, beat them together until smooth.
11. Slowly add in the powdered sugar until it is all combined. Add more or less to reach the desired consistency.



Chicken Sopes with Fresh Pico de Gallo

Kitchen Group: Andrea Solares, Alexa Melendres, Vanesa Sanchez, Valeria Aguilar, Giselle Mejia-Rodriguez



For the Sopes Dough:

2 c. masa harina (corn flour)
1 tsp. salt
1 1/3 c. warm water

For the Chicken:

2 chicken breasts
1 Tbsp. chicken bouillon

For the Pico de Gallo:

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

Additional Toppings:

1 c. refried beans
1 c. lettuce, shredded
1/2 c. crumbled queso fresco

For the Sopes:

1. Preheat an electric skillet to 375°
2. In the bowl of the KitchenAid, combine the masa harina (corn flour) and salt. Using the white flat paddle, stir in the water until a soft dough forms.
3. Remove the mixture from the bowl and knead the dough into a ball.
4. Divide the dough into 16 portions and shape into balls. Place the dough balls into a ziplock bag to prevent them from drying out while working with them.
5. Place a parchment circle on the bottom of the tortilla press. Place one dough circle in the center of the parchment circle. Press down slightly with your fingers and place another parchment circle on top of the dough. Fold the tortilla press over the dough and flatten.
6. Place the dough circles on the pre-heated griddle and cook for 1-2 minutes or until the bottoms are lightly set.
7. Flip the sopes over and cook for an additional 1-2 minutes. Remove from heat and quickly pinch the edges of the dough to form a small bowl shape.
8. Move to a wire rack and cover with a towel. Repeat with the remaining dough.

For the Chicken:

9. Preheat the oven to 450°.
10. Line a cookie sheet with tin foil. Place the chicken breasts on the cookie sheet and sprinkle with the chicken bouillon seasoning. Turn the chicken once and sprinkle the other side with the seasoning.
11. Bake the chicken in the oven for about 20-25 minutes, or until no longer pink, or the internal temperature reaches at least 165° with a thermometer.
12. Remove the chicken from the oven and while still warm, place in the clean bowl of the KitchenAid mixer. Attach the white flat paddle and cover the bowl with a large towel.
13. Turn on the mixer and allow the KitchenAid to shred the chicken. Once the chicken is shredded, you may add more chicken bouillon seasoning if desired.

For the Pico de Gallo:

14. Finley chop the tomatoes, onion and cilantro and combine them together in a small mixing bowl.
15. Add the minced garlic, lime juice, salt and pepper. Stir to combine.

To Assemble the Sopes:

16. Warm the refried beans in a bowl in the microwave. Spread the warm refried beans in the center of the sopes and then top with the chicken, lettuce, pico de gallo and queso fresco. Serve warm.



B4 Foods and Nutrition I

Homemade Peppermint Ice Cream with White Chocolate

Kitchen Group: Julia Tomlinson, Jara Galvin, Brielle Kelsch, Matt Limb, Ariana Rodriguez

1 c. whole milk	10-15 drops of peppermint oil OR 1 tsp. peppermint extract
2 c. heavy whipping cream	1/2 c. white chocolate chips
3/4 c. sugar	1/4 tsp. oil
1/2 tsp. vanilla extract	3/4 c. crushed candy canes

1. Combine the whole milk and sugar together in a medium sized mixing bowl. Stir until the sugar is dissolved.
2. Add the whipping cream, vanilla, peppermint oil/extract and mix well.
3. Pour the mixture into the center of the ice cream maker. Place the lid on the ice cream maker and place it in the center of the bin.
4. Add ice and rock salt in alternating layers, around the ice cream container. Place the ice cream maker in the sink or outside and turn it on.
5. Allow the ice cream to churn, adding more ice and salt as needed. The ice cream maker should stop automatically when finished.
6. While ice cream is churning, place the white chocolate chips and oil in a small glass bowl. Microwave on high heat for about 30-45 seconds at a time, stirring between each heating.
7. Melt and stir the white chocolate until smooth.
8. Place the candy cans in a Ziplock bag and use a rolling pin to crush into small pieces.
9. When the ice cream is finished, remove the ice cream container from the bin. Remove the lid and remove the ice cream churner. Scrape off as much as you can.
10. Using a large mixing spoon, stir in the crushed candy canes.
11. Place a large scoop of the ice cream into an airtight container and spread until it reaches the sides. Drizzle some of the white chocolate on top of the ice cream.
12. Then, put another layer of ice cream in the container and then another layer of the white chocolate. Continue adding ice cream and chocolate, creating layers, until both are combine.
13. Chill the ice cream for several hours before serving.

Chocolate Bowls

8 oz. semisweet baker's chocolate	Vegetable Spray
6-8 small balloons	Parchment or waxed paper

1. Blow up the balloons no larger than about 6-8 inches around. Tie off the balloons and spray each with vegetable spray. This will make it easier to remove the balloons later.
2. Line a cookie sheet with parchment or waxed paper.
3. Using a small bowl, carefully melt the chocolate in the microwave being careful not to burn it. Allow the chocolate to cool down before dipping the balloons or they could pop from the heat.
4. Carefully dip the balloons, one by one, by holding the knot end at an angle. Place the balloon in the chocolate and turn the balloon slowly around until the entire bottom half is coated in chocolate.
5. Lift the balloon out of the chocolate and allow any excess chocolate to drip back into the melted chocolate.
6. Line a cookie sheet with parchment or waxed paper. Spoon 1 teaspoon of the melted chocolate onto the lined cookie sheet and use the back of a spoon to swirl it into a circle for the base of the chocolate bowl. Place the dipped balloon onto the chocolate circles and allow the chocolate bowls to set. You might want to put them in the fridge or freezer to set faster.
7. After the bowls are set, use a spatula to separate the base from the parchment/waxed paper. Place a piece of tape on the balloon near the knot and poke a hole through the tape to release the air. Be careful to allow the air out slowly or it could break the bowl. Be sure all part of the balloon are removed from the chocolate bowl.



The Most Amazing Chocolate Cake

Kitchen Group: Tess VanLehn, Ellie Bearden, McKenna Brackett, Cristeel Pastrana, Dawson Marcotte

Chocolate Cake:

3 c. flour	4 large eggs
3 c. sugar	1 1/2 c. buttermilk
1 1/2 c. cocoa powder	1 1/2 c. warm water
1 Tbsp. baking soda	1/2 c. vegetable oil
1 1/2 tsp. baking powder	2 tsp. vanilla extract
1 1/2 tsp. salt	

Chocolate Cream Cheese Frosting:

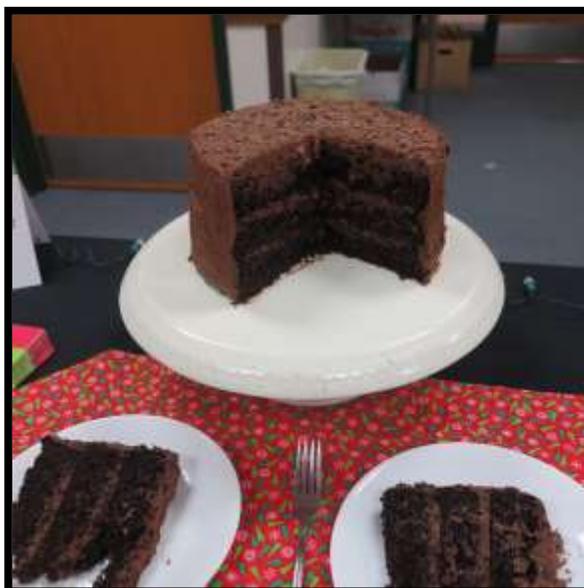
1 1/2 c. butter, softened
8 oz. (1 pkg.) cream cheese, softened
1 1/2 c. cocoa powder
1 Tbsp. vanilla
7-8 c. powdered sugar
1/4 c. milk (as needed)

For the Cake:

1. Preheat the oven to 350°. Grease and flour 3 round cake pans. Tap out the excess flour and set aside.
2. Combine the flour, sugar, cocoa powder, baking soda, baking powder and salt in the bowl of the KitchenAid mixer. Using the wire whisk, blend on low until combined.
3. Add the eggs, buttermilk, warm water, oil and vanilla to the dry ingredients. Beat on medium speed until it is smooth.
4. Evenly divide the batter between the three round baking pans.
5. Bake the cakes for 30-35 minutes or until a toothpick inserted into the center comes out clean.
6. Cool the cakes in the pans for about 15 minutes and then invert on cooling racks to cool completely.

For the Frosting:

7. Combine the butter and cream cheese in a large mixing bowl. With an electric mixer, blend together until smooth and fluffy.
8. Add the cocoa powder and vanilla and blend to combine.
9. Beat in the powdered sugar, 1 cup at a time, until the frosting reaches the desired consistency. Add the milk as needed to help smooth out the frosting and make it a spreadable consistency.



Christmas Cake Pops

Kitchen Group: Amelia Van Meter, Lizzy Maclennan, Chloe Simmons, Shariden Bitsoie, Melissa Nunez Franco

1 box German chocolate cake,
Prepared according to package
1 c. butter, softened
4 c. powdered sugar
3/4 c. cocoa powder

2 tsp. vanilla
1-2 Tbsp. milk
8 oz. white bakers chocolate
sprinkles

1. Preheat to oven to 350°.
2. Prepare the German chocolate cake according to the package directions.
3. When the cake is baked and cooled, crumble the cake into a large bowl until fine crumbs are formed.
4. To make the frosting, combine the powdered sugar and cocoa powder in a small mixing bowl until evenly mixed.
5. Place the butter and vanilla in the bowl of the KitchenAid and mix together until smooth.
6. Slowly add the powdered sugar/cocoa powder mixture to the butter, mixing on low, until creamy. Add the milk 1 tsp. at a time until the desired consistency is reached.
7. Add a large spoonful of frosting to the crumbled cake and mix together. Add more frosting until the cake sticks together when rolled into balls. You might not use all of the frosting in the cake pops.
8. When the cake mixture has reached the desired consistency, roll a small portion into a ball. Repeat until all of the cake mixture has been rolled into balls.
9. Place a stick into the center of each cake pop and then freeze for 20 minutes.
10. Line a cookie sheet with parchment paper. Then, chop up the white baker's chocolate into small pieces and place in a very small glass mixing bowl.
11. Place the white chocolate in the microwave and heat the chocolate for 30 seconds at a time, stirring between each heating.
12. When the chocolate is melted, dip one of the cake pops into the chocolate, coating the entire cake pop.
13. Lift the cake pop out of the chocolate and allow the excess to drip off. Sprinkle the cake pops with sprinkles or other decorations while the chocolate is still wet.
14. Place the cake pop back on the parchment paper and allow the chocolate to harden.



Chocolate Lava Cakes

Kitchen Group: Joana Gonzalez, Juliet Williams, Valentina Tellez Aldana, Linda Estrada, Nicole Dominguez

1 1/2 c. (3 sticks) butter, cut into slices
6 oz. bittersweet chocolate
6 oz. semisweet chocolate
3 3/4 c. powdered sugar

6 whole eggs
9 egg yolks
3 tsp. vanilla
1 1/2 c. flour

1. Preheat the oven to 425°. Spray some ramekins with baking spray and place on a baking sheet.
2. Place the butter slices, bittersweet chocolate and semisweet chocolate in a large glass bowl. Place the bowl in the microwave and heat for 30 seconds at a time, stirring between each heating, until the butter and chocolate are melted and smooth.
3. Stir in the powdered sugar until well blended.
4. Whisk in the eggs and egg yolks, then mix in the vanilla.
5. Stir in the flour.
6. Divide the mixture among the ramekins. Bake for 12-14 minutes, or until the sides are firm and the centers are soft.
7. Remove from the oven and let the lava cakes sit in the ramekins for about 1-2 minutes. Then, invert them on a plate and serve warm.



Brownies from Scratch with Homemade Ice Cream

Kitchen Group: Leticia Aguado, Brian Garcia Quezada, Brian Zelidon, Abraham Flores, Alessandra Navarrete

Brownies

3/4 c. butter, sliced

1/2 c. semisweet chocolate chips

1/2 c. cocoa powder

3/4 c. sugar

3/4 c. brown sugar

2 large eggs + 1 egg yolk

1 tsp. vanilla

1/2 tsp. salt

1 c. flour

3/4 c. semisweet chocolate chips

1. Preheat the oven to 350°. Grease and flour a 9 x 13" pan
2. Combine the butter and 1/2 c. semisweet chocolate chips in a large glass mixing bowl. Place the bowl in the microwave and heat for 30 seconds at a time, stirring between each heating, until the butter and chocolate are melted. Stir until smooth and combined.
3. Add the cocoa powder to the melted chocolate and stir until combined.
4. Add the sugar, brown sugar and stir until combined.
5. Add the eggs, egg yolk, vanilla and salt. Stir until combined.
6. Stir in the flour until combined and then add the remaining 3/4 c. semisweet chocolate chips. Stir together.
7. Pour the batter into the prepared 9 X 13" pan and spread to the sides.
8. Bake at 350° for 30-35 minutes, or until toothpick inserted into the center comes out clean.
9. Cool completely before cutting and serving.

Ice Cream

1 c. half and half

2 Tbsp. sugar

1/2 tsp. vanilla

3 c. ice

1/3 c. rock salt

1. Combine the half and half, sugar and vanilla together in a small Ziplock bag. Push out the excess air and seal.
2. Place the small bag into a large Ziplock bag with the ice and rock salt. Seal the large bag.
3. Shake the bag vigorously until the ice cream has hardened. (This make take 10 – 15 minutes.)
4. Remove the small bag from the large bag and rinse under cold water before opening. This will wash the salt off the bag. Serve immediately.



Chicken Fettuccine Alfredo

Kitchen Group: Max Hiatt, Tanis Holt, Jonathan Naylor, Landen Mooring, Grace Thurston

3/4 c. butter	1/4 c. parmesan cheese, shredded
1/2 pkg. (4 oz.) cream cheese	1 tsp. Italian seasoning
2 Tbsp. + 1 1/2 tsp. flour	1 tsp. salt (to season noodles)
1/2 c. heavy whipping cream	2 chicken breasts, cut into pieces
1 1/4 c. whole milk	Fettuccine Pasta (Boxed or from scratch)

To Cook Pasta:

1. Fill a large pot with water, about 3/4 full. Add 1 tsp. salt to the water, place pan on high heat and bring to a boil.
2. When water is boiling, slowly add pasta and cook until it reaches the al dente stage-(soft, but not soggy).
3. Turn off heat and allow noodles to sit in water until they are ready to be served.

To Cook Alfredo Sauce:

1. In a large saucepan, melt the butter over high heat. Watch this carefully! Do not let the butter burn.
2. Add the cream cheese to the butter and mix until cream cheese is somewhat melted. The mixture will look clumpy at this stage, but that is normal. The cream cheese will not fully combine with the butter.
3. Add the flour all at once. Mix with a WHISK until a paste forms. Allow the flour paste to cook for about one minute.
4. Add the 1/2 c. heavy whipping cream and whisk until smooth. Then add ONLY HALF of the milk. Save the other half of the milk to use later. Stir until smooth and allow to cook for 1 minute, or until mixture thickens slightly.
5. Add 1/4 c. grated parmesan cheese to the sauce and stir until melted. Then, add the final half of the milk until the sauce reaches the desired consistency. You might not use all of it. Add Italian seasoning and stir until everything is smooth and combined.
6. Drain the noodles, place the noodles back in the pot and then pour the Alfredo sauce over all of the noodles at once. Toss until the noodles are evenly coated.

To Cook the Chicken:

1. Cut the chicken into small chunks or thin strips. Season the chicken with salt and pepper.
2. Add 2 Tbsp. of oil to a large skillet and heat over medium high heat.
3. Add the chicken to the skillet and cook until golden brown and no longer pink.
4. Serve on top of the fettuccine sauce and noodles or stir into the sauce to coat with sauce. Keep warm until serving.

Fresh Pasta

2 c. all-purpose flour	2 Tbsp. olive oil
1/2 tsp. salt	1 to 2 Tbsp. water (if needed)
3 large eggs (at room temperature)	

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 on low.
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. Check your dough off with the teacher before moving on.
5. 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.
6. Wrap the dough in plastic wrap or put in a Ziplock bag and set aside for about 15 to 20 minutes at room temperature. Be sure the dough is sealed up tight.
7. When ready to make the pasta, cut the dough ball into 6 equal pieces. Be sure to keep the dough covered with plastic wrap or in an airtight Ziplock bag when you are not working with it or it will dry out.
8. Begin feeding one piece of the dough through the pasta machine rollers to flatten out the dough. (Follow the instructions for the pasta machine.)
9. When the dough is thin enough, use the pasta cutter attachment to cut fettuccine noodles.
10. Cook the pasta in boiling water for about 3 to 5 minutes. Serve warm with your favorite sauce.



Raspberry Cheesecake Truffles

Kitchen Group: Rozalynn Swan, Emily Ramoz Contreras, Halli Fuller, Shellsea Ramirez Fuentes, Drue Allred



For the Cheesecake Filling:

1 1/2 c. heavy whipping cream
8 oz. (1 pkg.) cream cheese, softened
1/4 c. sugar

For the Brownie:

1 c. sugar
1/3 c. cocoa powder
1/2 c. butter, melted
1/2 tsp. vanilla
1/8 tsp. salt
2 eggs, beaten
1/2 c. + 2 Tbsp. flour
1/2 c. semisweet chocolate chips

For the Garnish:

3 (6 oz.) containers of raspberries
chocolate syrup
2 Tbsp. mini chocolate chips

For the Brownies:

1. Preheat the oven to 350°. Line a square 8 x 8" square pan with tin foil. Spray the tin foil with cooking spray and set aside.
2. In a large mixing bowl, whisk the sugar and cocoa powder together.
3. Melt the butter in a cereal bowl covered with a paper towel. Then, add the melted butter, vanilla and salt to the sugar mixture. Stir well.
4. Beat the eggs in a separate container and then add to the mixture. Stir until combined.
5. Add the flour and 1/2 c. semisweet chocolate chips and mix well.
6. Using a rubber spatula, transfer the brownie batter to the foiled pan. Spread the batter out to all the corners.
7. Bake the brownies for 24-26 minutes, or until a toothpick inserted into the center comes out clean.
8. Cool completely before cutting.
9. Once cool, cut into 1 inch squares.

For the Cheesecake:

1. Beat the whipping cream, cream cheese and sugar together in the KitchenAid mixer until stiff peaks form and the mixture has thickened.

Assembling the Trifles:

1. Assemble the trifle with a layer of brownie cubes in the bottom of the trifle dishes.
2. Spoon or pipe on a layer of the cream cheese mixture, followed by a layer of fresh raspberries.
3. Repeat the process until the trifles are formed.
4. Drizzle with chocolate syrup and sprinkle with chocolate chips. Serve immediately.



Raspberry and Chocolate Mousse Cups

Kitchen Group: Darcy Jackson, Breckan Harker, Joseph Solis, Hailey Huggard, Lizzy White

Raspberry Mousse:

3 oz. raspberry gelatin powder
1 c. boiling water
1/2 c. cold water
2 c. whipped cream

Chocolate Mousse:

2 c. heavy whipping cream
4 egg yolks
3 Tbsp. sugar
8 oz. bittersweet chocolate, chopped

For the Raspberry Mousse:

1. Add 1 c. of boiling water and the raspberry gelatin powder to a medium sized mixing bowl. Stir consistently for 2 minutes until the gelatin is completely dissolved.
2. Stir in 1/2 c. cold water and set aside.
3. In a separate bowl, beat the whipped cream until stiff.
4. When the gelatin mixture has cooled to be lukewarm, stir in the whipped cream until evenly combined.
5. Place 6 cups at an angle in a muffin tin to hold the cups at an angle.
6. Carefully pour the gelatin/cream mixture into the cups until evenly distributed.
7. Keeping the glasses in position, carefully put the muffin tin in the fridge to chill for 1 hour.

For the chocolate Mousse:

1. Place only 3/4 c. of the whipping cream into a medium sized sauce pan. Heat over medium-low heat until hot, stirring constantly.
2. In a separate metal mixing bowl, combine the egg yolks, sugar and a pinch of salt. Whisk together until combined.
3. Slowly pour the hot whipping cream into the egg/sugar mixture, stirring constantly.
4. Transfer the new mixture back to the saucepan and return to medium heat. Cook, stirring constantly, until a thermometer reads 160°.
5. Pour the mixture through a mesh strainer into a clean bowl.
6. Chop the bittersweet chocolate into small pieces and place in a small glass bowl. Place in the microwave and heat for 30 seconds at a time, stirring after each heating, until it is melted and smooth.
7. Stir the melted chocolate into the custard and mix until combined.
8. Place the remaining 1 1/4 c. whipping cream into a mixing bowl and use an electric mixer to beat until stiff peaks form.
9. Combine the whipped cream and custard together.

Assembling the Mousse Cups:

1. Once the raspberry gelatin is set, carefully spoon the chocolate mousse into the cups.
2. Place a piece of saran wrap directly on top of the exposed chocolate mousse to prevent the custard from forming a skin. Chill at least 6 hours to set. Serve cold.

