



Recipe Book

Spring 2017

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A2 Foods and Nutrition I

Chicken and Vegetable Stir Fry

Kitchen Group: Sadie Yates, Cierra Clark, Michelle Humphrey, Mitzy Briscoe, Emily Burkhard

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, (cut
into bite-sized pieces)

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. Add chicken pieces to a large skillet on the stovetop and cook over high to medium-high heat until cooked through and golden brown. When the vegetables are finished cooking, add the chicken to the electric skillet.

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.



Chicken and Guacamole Tostadas with Spicy Red Rice

Kitchen Group: Jose Molina, Taylor Heinz, Micah Tobler, Allan Miner, Jaden McCumber

Chicken Tostadas

1 chicken breast, cooked and shredded
 1/4 tsp. paprika
 8 (6-inch) corn tostada shells

1. Spread the fresh guacamole over each tostada shell.
2. Top with some of the shredded chicken and then with the fresh salsa.
3. Garnish with a few sprigs of fresh cilantro.

Fresh Guacamole

1 ripe avocado, peeled and diced
 2-3 Tbsp. finely diced tomato
 1-2 Tbsp. finely minced onion

1 Tbsp. fresh lime juice
 1/4 tsp. salt
 1 small garlic clove, minced

1. Place the peeled and diced avocado in a small bowl and mash with a fork until creamy and smooth.
2. Add the tomato, onion, lime juice, salt and garlic. Stir until combined.

Fresh Salsa

1 c. finely diced tomato
 2-3 Tbsp. finely chopped onion
 1 Tbsp. fresh lime juice

1 Tbsp. seeded, minced jalapeno pepper
 1-2 Tbsp. fresh cilantro, chopped
 1/4 tsp. salt

1. Combine all of the salsa ingredients together in a bowl. Toss until combined.

Spicy Red Rice

1 Tbsp. olive oil
 1/2 c. onion, finely chopped
 1 tsp. salt
 1 c. long grain white rice

2 c. water
 1 (14.5 oz.) can diced tomatoes, drained
 1 tsp. chopped canned chipotle chilies in adobo

1. Remove the white steamer basket from the rice cooker and plug it in. Add the olive oil, onion, salt, rice and water to the rice cooker. Stir until combined.
2. Place the lid on the rice cooker and press the Cook button down.
3. When the rice is finished cooking, transfer the rice to a medium sized mixing bowl. Mix in the drained diced tomatoes and chipotle peppers. Serve warm.



Chicken and Bacon Carbonara with Fresh Pasta

Kitchen Group: Malina Bohanon, Lezly Sandoval, Nolan Robinson, Amber Steed

Chicken and Bacon Carbonara

1 lb. fresh spaghetti pasta
1/4 c. olive oil
1 chicken breast, cubed
1/4 lb. bacon, chopped
1 tsp. red pepper flakes
5-6 garlic cloves, minced

1/2 c. chicken broth
3 large egg yolks
1/2 c. Romano cheese, grated
Salt and pepper to taste
1 small bunch flat leaf parsley, for garnish

1. Fill a large pot with water and bring to a boil. Add about 2 tsp. of salt to the water to flavor the pasta as it cooks.
2. When the water is boiling, add the pasta and cook until al dente. Keep the pasta in the cooking water until ready to add to the skillet. Do not drain.
3. In a very large skillet, add the olive oil and the bacon pieces. Cook the bacon until brown and crispy. Add the red pepper flakes and garlic and cook for an additional 2-3 minutes. Remove the bacon and allow to drain on a plate with paper towels.
4. Add the cubed chicken to the skillet and cook until golden brown and no longer pink. Add the bacon pieces back into the skillet.
5. Add the chicken broth to the skillet and deglaze the pan by scraping up any chicken or bacon pieces.
6. In a medium sized mixing bowl, beat the egg yolks. Add about 1/2 c. of the pasta cooking water slowly to the egg yolks, whisking constantly. This will temper the eggs.
7. Drain the pasta and add it directly to the skillet with the bacon. Pour the egg mixture over the pasta and toss quickly to prevent the egg mixture from scrambling.
8. Remove the pasta from the heat and add the grated Romano cheese, salt and pepper and toss again.
9. Continue to toss the pasta in the sauce until the sauce thickens up. Plate the pasta and garnish with fresh parsley and extra grated Romano cheese. 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 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. Serve warm with your favorite sauce.



White Chicken Enchiladas with Sour Cream Sauce

Kitchen Group: Danielle Christensen, Payten Jensen, Luis Garcia

8-10 small flour tortillas	2 c. chicken broth
2 chicken breasts, cooked and shredded	1 c. sour cream
3 c. shredded Monterey Jack cheese	1 (4 oz.) can diced green chilies
3 Tbsp. butter	2-3 Tbsp. green onions, sliced
3 Tbsp. flour	

1. Preheat oven to 350°.
2. Spray a 9" x 13" baking pan with cooking spray and set aside.
3. In a small bowl, combine the cooked chicken and only 1 cup of the Monterey Jack cheese. Evenly distribute this mixture among the flour tortillas. Roll each tortilla and place them seam side down in the baking pan.
4. Melt the butter in a small skillet. Add the flour to the melted butter and whisk into a paste. Cook this paste for about 1 minute.
5. Whisk in the chicken broth until smooth. Remove the skillet from the heat and let cool for about 5-8 minutes.
6. Whisk the sour cream into the sauce until completely combined.
7. Pour the sauce over the rolled tortillas in the baking pan. Sprinkle the remaining cheese over the sauce.
8. Bake at 350° for 20-25 minutes, or until enchiladas are heated through and sauce is bubbly.
9. Remove from the oven and transfer to serving plates. Top with sliced green onions to garnish.





Chicken Alfredo Pizza

Kitchen Group: Sam Zohner, Cody Barnes, Carson Ortez, Isaia Siolo, Josh Sargent

Dough Ingredients:

1 1/2 c. warm water
2 Tbsp. sugar
1 Tbsp. yeast
1 tsp. salt
3 to 4 c. flour
Cornmeal for dusting

Alfredo Ingredients:

1/4 c. butter
2 Tbsp. flour
1 c. heavy whipping cream
1/2 tsp. garlic powder
1/4 tsp. salt
1/4 tsp. pepper
1/2 tsp. Italian seasoning
1/2 c. parmesan cheese, grated

Pizza Toppings:

2 chicken breasts, cooked and chopped
4 slices bacon, cooked and chopped
1/2 c. red onion, thinly sliced
2 c. mozzarella cheese, shredded

For the Dough:

1. Preheat oven to 400°.
2. Spray a large pizza pan with cooking spray and sprinkle cornmeal on the pan to evenly coat.
3. Combine the warm water (between 115°-125°F), sugar and yeast in the silver bowl of the Kitchen-Aide mixer. Cover the bowl with a towel and allow the yeast to activate.
4. When the yeast is activated, add the salt and stir together.
5. Use the dough hook attachment and add the flour slowly, 1/2 c. at a time, until a soft dough forms.
6. Roll the dough into a large circle. Transfer the dough to the cooking sheet and use your fingers to press the dough out the edges.

For the Alfredo Sauce:

7. Melt the butter in a medium saucepan. When the butter is melted, whisk in the flour until a paste forms. Cook the paste for about 1 minute.
8. Whisk in the heavy cream until the sauce is smooth. Whisk in the parmesan cheese and stir until the cheese is melted.
9. Remove from the heat and stir in garlic powder, salt, pepper and Italian seasoning.

For the Pizza Toppings:

10. Cook the chicken until no longer pink and shred or chop.
11. Cook the bacon until brown and crispy. Drain the bacon on paper towels and then chop into small pieces.
12. Slice the red onion into thin slices. Separate the pieces and set aside.

To Assemble the Pizza:

13. Spread the Alfredo sauce on top of the crust. Top with about half of the shredded cheese. Sprinkle the chopped chicken, bacon and red onion.
14. Sprinkle the remaining cheese on top of the toppings.
15. Bake the pizza for 15 to 20 minutes or until the dough is cooked through.
16. Slice into pieces and serve warm.



Sweet and Spicy Hot Wings with Homemade Ranch Dressing

Kitchen Group: Sherman Olson, Rudy Lebaron Butchereit, Shelbie Holt, Jayden Jeff, Allysa Martin

Chicken Wings:

3 lb. chicken wings or drumettes
1/2 c. flour
1 tsp. salt
1 tsp. pepper

Sweet and Spicy Sauce:

3 Tbsp. Franks Hot Sauce
4 Tbsp. water
3/4 c. brown sugar

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

1. Preheat the oven to 450°.
2. Place several layer of tin foil on a large cookie sheet and spray well with cooking spray.
3. Combine the flour, salt and pepper into a large Ziplock bag. Shake to combine and mix the ingredients.
4. Add the chicken pieces to the Ziplock bag and shake to coat the chicken in the flour mixture. Shake off any excess flour from the chicken pieces and place them on the foil-lined and sprayed cookie sheet.
5. Place the chicken in the oven and bake at 450° for 30-35 minutes, turning over halfway through the baking time.
6. Meanwhile, prepare the sauce. Combine the hot sauce, water and brown sugar in a small saucepan. Bring the sauce to a boil and boil for 1 minutes.
7. When the sauce is done, coat the cooked chicken wings in the sauce and place on a serving dish.
8. To make the ranch dressing, combine all of the dressing ingredients in a blender. Blend until smooth and combined.
9. Serve the chicken warm with the ranch dressing for dipping.



Bruschetta Stuffed Balsamic Chicken

Kitchen Group: Kylie Lemmon, Jessica Heaton, Chyanne LaFontaine, Vanessa Oliphant

3 large chicken breasts	2 Tbsp. olive oil
2 large tomatoes, diced	1/4 c. balsamic vinegar
1/3 c. fresh basil, sliced into ribbons	1/3 c. chicken broth
1 c. mozzarella cheese, shredded and divided	3 garlic cloves, minced
1/2 tsp. salt	1 tsp. Italian seasoning
1/2 tsp. pepper	

1. Preheat the oven to 350°.
2. Line a large cookie sheet with several layers of tin foil. Spray the foil with cooking spray and set aside.
3. Combine the diced tomatoes, basil and 1/2 c. of the mozzarella cheese in a small bowl and set aside.
4. Place the chicken breasts, one at a time, into a large Ziplock bag. Be sure to seal the bag well.
5. Using a rolling pin or meat mallet, pound the chicken to about 1/4-inch in thickness.
6. Season the chicken breasts with the salt and pepper.
7. Spoon the tomato/basil/cheese mixture in the center of each chicken breast. Save a small amount of the mixture for later.
8. Roll the chicken around the filling mixture, wrapping them tightly, and then secure the roll with toothpicks.
9. Heat the olive oil in a large skillet over medium high heat. Add the chicken rolls to the hot oil and cook for about 6 minutes or until lightly browned on all sides. Transfer the chicken to the foil-lined cookie sheet.
10. Prepare the balsamic sauce by combining the balsamic vinegar, chicken broth and minced garlic. Spoon the sauce over each chicken roll, reserving a small amount for a garnish.
11. Bake the chicken at 350° for 30-35 minutes.
12. Remove the chicken from the oven and sprinkle with the remaining mozzarella cheese and return to the oven for 5 more minutes, or until the cheese is melted.
13. When the chicken is cooked through, remove the toothpicks and transfer the chicken rolls to service plates. Garnish with the remaining tomato mixture and balsamic sauce. Serve warm.



A4 Foods and Nutrition I



Grilled Steak and Fresh Mozzarella Flat Bread

Kitchen Group: Baylee Dover, Alicia Garcia, Danielle Hamilton, Alma Soto, Elianna Hernandez

Pita Bread:

- 1 c. warm water
- 2 tsp. yeast
- 1/2 tsp. sugar
- 1 Tbsp. olive oil
- 2 tsp. salt
- 3 c. flour

Toppings:

- 1 lb. beef sirloin center filet
- 1 1/2 tsp. lemon pepper
- 2 c. fresh baby spinach, torn into small pieces
- 1/4 lb. fresh mozzarella, cut into small pieces
- 2 Tbsp. fresh basil, chopped
- 1 1/2 tsp. balsamic vinegar

For the Pita Bread:

1. Put the warm water (between 115° - 125°F) in the bowl of the Kitchen Aide mixer. Sprinkle the yeast and sugar on top of the water and stir to dissolve. Cover the bowl with a towel and allow the yeast to activate
2. Using the dough hook attachment, add the flour slowly, 1/2 c. at a time, until combined into a soft smooth dough. Only add flour until the dough is no longer sticky.
3. Turn the dough out onto a floured surface. Cut the dough into about 6 pieces and roll them into round pieces. Cover the dough pieces with plastic wrap and allow them to rest for about 10 minutes.
4. After the dough has rested, roll each piece into a thin circle. Keep the dough covered until right before cooking.
5. Heat the crepe pan or other non-stick skillet to about medium high heat. Place one pita dough circle on the pan and cook for about 30 seconds, or until you start to see bubbles or lumps appear. Flip the dough over and cook on the other side for about 30 seconds to 1 minute. Continue to flip the pita over and cook for 30 seconds to 1 minute per side until cooked through.
6. Remove the pitas from the heat and place on a plate covered with a paper towel. Serve warm or cool down and store in an airtight container.

For the Flat Bread Toppings:

7. Press the lemon pepper evenly onto the sirloin steak. Place the steak on a grill and cook for 12 to 15 minutes or until cooked through. Remove the steak from the grill and set aside.
8. Combine the torn spinach, mozzarella cheese and chopped basil in a medium sized mixing bowl and mix to evenly distribute.
9. Drizzle the balsamic vinegar over the spinach mixture and toss to coat.
10. Warm the pita bread and place on serving plates.
11. Slice the cooked steak into very thin slices and top the flatbread with the steak and spinach mixture alternately. Serve warm.



Homemade Spaghetti and Meatballs

Kitchen Group: Jayden McKee, Samoa Nio, Logan Ripley, Desirae Lucas

Homemade 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	1/2 pkg. spaghetti

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 spaghetti noodles into the sauce and toss to coat it. Serve warm.

Homemade Meatballs

1/2 lb. hamburger	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.



Juicy Beef Sliders with a Spicy Avocado Cream Spread

Kitchen Group: Duncan Richey, Jenifer Montoya, Sulmi Roman Chilin, Sarai Urista Montes

Hamburger Sliders:

1 lb. hamburger
2 Tbsp. Worcestershire sauce
1 tsp. paprika
1/2 tsp. salt
6 dinner rolls

Avocado Cream Spread:

2 ripe avocados, peeled and diced
Juice from 1 lemon
1 clove garlic, minced
1/4 c. cilantro
2 Tbsp. to 1/4 c. heavy whipping cream

Additional Slider Toppings:

Iceberg lettuce leaves
1 tomato, sliced thin
1 small red onion, sliced thin
6 slices cheddar cheese

1. Combine the hamburger, Worcestershire sauce, paprika and salt together in a small mixing bowl. Using your hands, combine the mixture until all ingredients are evenly distributed.
2. Form 6 small patties with your hands. Cook the patties in a large skillet, about 3 minutes per side, or until the hamburger is no longer pink.
3. To prepare the avocado cream sauce, place the diced avocado, lemon juice, minced garlic and cilantro into a small food processor. Process until well combined. Slowly add the heavy whipping cream, 1 Tbsp. at a time, until the avocado sauce reaches the creamy texture desired.
4. When the sliders are cooked, spread the avocado cream on both sides of the dinner rolls. Place a slider patty on the bottom part of the bun. Top with a slice of cheese, lettuce, tomato and red onion. Serve warm.



Tacos

Kitchen Group: Chase Robinson, Matt Powell, Erik Parrish, Frankie Urias

Tacos:

1/2 lb. hamburger
1/2 pkg. taco seasoning
1/4 c. water
6 to 8 flour tortillas

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. 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.
2. 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.
3. 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.
4. After the hamburger filling is made and the tortillas are cooked, evenly distribute the hamburger mixture over the beans on each of the tortillas.
5. Top the tacos with the topping ingredients. Eat and enjoy!



Carne Asada Tacos with Spanish Rice

Kitchen Group: Kevin Aguilar, Lucas Moore, JJ Brown, Kira Burmester, Markas Jones

Carne Asada Tacos

1 lb. flank steak	1/4 tsp. pepper
2 limes, juiced	1/4 c. olive oil
4 cloves garlic, minced	1 small jalapeno, minced
1/2 c. orange juice	2 Tbsp. white vinegar
1 c. fresh cilantro, chopped	6-8 small corn tortillas
1/2 tsp. salt	

1. Combine the lime juice, garlic, orange juice, cilantro, salt, pepper, olive oil, jalapeno and vinegar in a large Ziplock bag. Mix the ingredients together until well combined.
2. Add the flank steak to the marinade and seal tightly. Marinate in the refrigerator for at least 2 hours, or overnight.
3. Heat a grill on high heat. Remove the steak from the marinade and discard the marinade. Place the steak on the grill and grill on high heat for about 7 to 10 minutes, per side, or until cooked through.
4. Remove from the grill and allow to sit for about 10 minutes. Before serving, slice the steak into thin slices and serve warm.

Spanish Rice

1 c. long grain rice	1 small green bell pepper, chopped
1 medium onion, chopped	1 1/2 tsp. salt
2 Tbsp. vegetable oil	3/4 tsp. chili powder
2 1/2 c. water	1/8 tsp. garlic powder
1 (8 oz. can) tomato sauce	

1. Place oil in an extra large skillet and heat up over medium heat.
2. Add the uncooked rice and diced onion and cook for about 5 to 10 minutes, stirring occasionally, until rice is golden brown and the onion is tender.
3. Add the remaining ingredients: water, tomato sauce, chopped bell pepper, salt, chili powder and garlic powder. Stir together and bring to a boil.
4. Reduce the heat to a simmer, cover the skillet with a lid, and cook for 30-35 minutes, stirring often, until the rice is tender. Serve warm.



Stuffed Peppers

Kitchen Group: Josh Abbott, Ryder Dalton, Hunter Bradshaw, Regina Wright, Joshua Cannon

3 large green peppers
1/2 lb. ground beef
1/4 c. onion, chopped
1/2 can diced tomatoes
1/2 c. long grain rice

1 c. water
1 tsp. salt
1 tsp. pepper
1/2 tsp. Worcestershire sauce
1/2 c. shredded cheddar cheese

1. Preheat the oven to 350°.
2. Remove the white steamer basket from the rice cooker. Add the long grain rice and 1 c. of water to the rice cooker. Stir together, place the lid on top and press the cook button down. Allow the rice to cook.
3. Place a large pot of water on the stovetop and bring to a boil.
4. Cut off the tops and stems of the green peppers. Cut the pepper from around the stems and chop into small pieces. You will add this to the filling mixture. Throw the stems away.
5. Remove the seeds and membranes from inside the green peppers. When the water is boiling, add each of the green peppers to the water and boil for about 5 minutes. Remove from the water and drain completely on a paper towel. Place the green peppers into a small foil-lined baking dish.
6. Sprinkle the inside of the peppers with a little bit of salt.
7. Place ground beef, onion and the chopped green pepper tops in a large skillet. Cook until the hamburger is brown and cooked through, and until the vegetables are tender.
8. Remove any grease from the hamburger before moving on.
9. Add the diced tomatoes, salt, pepper and Worcestershire sauce and cooked rice to the hamburger mixture. Remove from heat.
10. Stir in half of the cheese to the hamburger mixture. Spoon the hamburger mixture evenly into the green peppers.
11. Bake at 350° for about 25-30 minutes. During the last 5 minutes of baking, sprinkle the remaining cheese on top of the peppers and return to the oven until melted.
12. Remove from the oven, transfer the peppers to serving plates, and serve warm.



B2 Foods and Nutrition I

Roasted Garlic Ricotta Pasta with Bacon

Kitchen Group: Annie Baker, Rachel Durante, Makenna Hansen, Hallie Remund, Tylie Jensen

1 bulb garlic, roasted	1/2 tsp. pepper
1 Tbsp. olive oil	1 box fusilli pasta
1/4 tsp. salt, divided	2 c. reserved pasta water
16 oz. ricotta cheese	Fresh basil, chopped, for garnish
1 lemon, zested	4 slices of bacon, cooked and chopped
1/2 tsp. red pepper flakes	

1. Preheat the oven to 350°.
2. Place the large pot of water on to boil. When the water is boiling, add the fusilli pasta. Cook until al dente.
3. Reserve 2 cups of the pasta water to use in the sauce before draining.
4. Cut the top off the entire bulb of garlic, exposing the cloves inside. Place the bulb in the center of a large square of tin foil. Drizzle the olive oil over the cut side of the garlic bulb. Sprinkle 1/8 tsp. of salt over the garlic bulb.
5. Wrap tin foil up around the garlic bulb and place in the oven to roast for 30-35 minutes. Remove from the oven and allow to cool down before handling it.
6. When the garlic is cool, squeeze out the roasted cloves into a small mixing bowl.
7. Chop the bacon and cook it in a small skillet until brown and crisp. Drain
8. Add 1/8 tsp. of salt to the garlic and mash together with a fork. Add the ricotta cheese, lemon zest, pepper and red pepper flakes and stir until combined.
9. Add the ricotta cheese mixture to a large saucepan. Add 1 cup of the reserved pasta water and whisk until smooth. Warm the cheese on medium heat. Continue to add the water in small amounts until the sauce reaches the consistency you want. Continue to cook the cheese mixture until warmed through.
10. Toss the sauce and the pasta together until evenly coated and place on serving plates.
11. Garnish each pasta dish with bacon, chopped basil and red pepper flakes. Serve warm.



Bacon, Egg and Cheese Quesadillas

Kitchen Group: Bryson Kelsch, Demetrik Salas, Laura Garcia Matias, Cassandra Murillo, Liliana Ortega

4 slices of bacon, chopped and cooked

8 (6-inch) flour tortillas

4 eggs

1/2 c. milk

1 c. shredded cheddar cheese

1. Combine the eggs and milk together in a small bowl and whisk together.
2. Pour egg mixture into a small skillet and scramble over low heat until cooked through.
3. Heat a crepe pan on medium high heat. When the pan is warm, place one of the flour tortillas in the crepe pan. Sprinkle with some of the scrambled eggs, chopped bacon and shredded cheese. Top with another of the flour tortillas.
4. Cook until the bottom tortilla is crisp and golden brown. Then, turn the entire quesadilla over and cook until the other tortilla becomes crisp and golden brown.
5. Remove from the heat and cut into wedges. Serve warm.





Teriyaki Pork Skewers with Garlic Potato Wedges

Kitchen Group: Gavin Jones, Makenzy Bowden, MaKayla Magnera, Kamryn Caldwell, Agiena Jake

Teriyaki Pork Skewers

1 lb. pork tenderloin, cut into chunks
 1 red bell pepper, cut into chunks
 1 green bell pepper, cut into chunks
 1/2 large fresh pineapple, cut into chunks
 1/2 red onion, cut into chunks
 2 Tbsp. vegetable oil, divided

1/2 tsp. salt, divided
 1/2 tsp. pepper, divided
 1/2 c. teriyaki sauce, divided
 2 Tbsp. cilantro, chopped
 Wooden skewers

1. Preheat a grill to high heat.
2. Place the chunks of pork in a small mixing bowl and toss with 1 Tbsp. vegetable oil, 1/4 tsp. salt and 1/4 tsp. pepper.
3. Place the vegetable and pineapple chunks in a separate medium mixing bowl. Toss with 1 Tbsp. vegetable oil, 1/4 tsp. salt and 1/4 tsp. pepper.
4. Thread the chunks of pork onto the wooden skewers.
5. Thread the chunks of vegetables and pineapple onto separate skewers. Do not thread the pork and vegetables on the same skewers in order to prevent cross contamination.
6. Grill the pork skewers for 10-15 minutes. Use 1/4 c. of the teriyaki sauce to baste the pork occasionally while cooking. Be sure to turn the pork skewers about every 5 minutes.
7. Throw away any of the teriyaki sauce used to baste the raw pork skewers.
8. After the pork skewers are cooked through, grill the vegetable skewers until the vegetables are soft.
9. Serve warm.

Potato Wedges with Garlic Dipping Sauce

Potato Wedges:

3 large russet potatoes, scrubbed and cut into thick wedges
 2 Tbsp. vegetable oil
 1/4 c. flour

Garlic Dipping Sauce:

1 1/2 Tbsp. cornstarch
 1 tsp. salt
 1/2 tsp. pepper
 1/2 tsp. garlic powder

1/3 c. mayonnaise
 1/4 c. sour cream
 2 tsp. minced garlic

1/4 tsp. paprika
 1/8 tsp. salt
 1/8 tsp. pepper

1. Preheat the oven to 450°.
2. Scrub and cut the potatoes into large wedges.
3. Line a large cookie sheet with several layers of tin foil. Drizzle 2 Tbsp. of vegetable oil on the tin foil and use a pastry brush to spread and coat the entire cookie sheet.
4. Place the flour, cornstarch, salt pepper and garlic powder in a large Ziplock bag. Add the potato wedges to the bag, seal it tightly, and shake the potato wedges in the mixture until evenly coated.
5. Remove the potatoes from the bag and shake off any of the loose flour mixture. Place the wedges on a cookie sheet and bake for 20 to 25 minutes, or until soft. Turn the wedges one time halfway through the baking time.
6. While the potato wedges are baking, prepare the garlic dipping sauce. Combine all of the sauce ingredients listed above in a cereal bowl. Mix together until smooth.



Pork Potstickers with Vegetable Fried Rice

Kitchen Group: Collin McCoy, Jaxyn Reher, Ariana Kirkland, Cheyann Long

Pork Potstickers

Pork Potstickers:

1 pkg. wonton wrappers
1 lb. ground pork
1 tsp. fresh ground ginger root
2 cloves garlic, minced
1 Tbsp. thinly sliced green onion

2 Tbsp. soy sauce
1 Tbsp. sesame oil
1 egg, beaten
2 1/2 c. shredded cabbage
2 Tbsp. vegetable oil

Asian Dipping Sauce:

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

3 cloves garlic, minced
1/4 tsp. ground ginger
2 tsp. sesame oil

1. To make the potstickers, combine the pork, ground ginger, minced garlic, green onions, soy sauce, sesame oil, egg and cabbage together in a medium sized mixing bowl. Stir until well mixed.
2. Place 1-2 heaping teaspoons of pork filling in the center of each wonton wrapper. Moisten the edges of the wonton wrapper with water and fold the edges over to form a triangle shape. Be sure to seal the edges together well so they don't open while cooking.
3. Set dumplings aside on a lightly floured surface until ready for cooking.
4. Heat 2 Tbsp. of vegetable oil in a large skillet over medium heat. Place a few potstickers in the skillet and cook on each side for about 2-3 minutes per side. Remove from the skillet and place on a plate covered with a paper towel to drain any excess oil.
5. To make the dipping sauce, combine all of the sauce ingredients together in a small bowl and whisk until combined. Serve the potstickers warm with the dipping sauce.

Vegetable Fried Rice

1 c. long grain rice
2 c. water
2/3 c. chopped baby carrots
1/2 c. frozen green peas

1 Tbsp. vegetable oil
1 egg
Soy sauce to taste

1. Remove the white steamer basket from the rice cooker. Combine 1 c. of rice and 2 c. of water into the rice cooker. Stir together and then place the lid on top. Press down the cook button and let the rice cook until done.
2. While the rice is cooking, wash and chop the carrots into small pieces.
3. Fill a large saucepan with water and bring it to a boil. Add the carrots to the water and boil for 5 to 10 minutes, or until soft. Add the peas into the boiling water for the last 5 minutes of the carrot cooking time. When both the carrots and peas are cooked, drain them into a colander.
4. Place 1 Tbsp. of oil in a large skillet and heat over medium heat. Add the carrots and peas to the skillet.
5. Crack the egg into a small bowl and scramble with a fork. Add the egg to a skillet and quickly scramble with the vegetables.
6. Stir in the cooked rice until the vegetables are evenly mixed in. Add soy sauce to taste and stir together. Remove from heat and serve warm.



Creamy Bacon Pasta with Bacon Wrapped Sausage Bites

Kitchen Group: Luis Hernandez Sanchez, Jared Nolazco, Amaiah Miramontes, Caitlyn Peterson

Creamy Bacon Pasta

3 c. rotini pasta, cooked	1/2 pkg. cream cheese, cubed
4 slices bacon, chopped	1/4 c. to 1/2 c. water
1 onion, chopped	1/4 tsp. pepper
1 can Italian-style diced tomatoes	1/4 c. grated parmesan cheese

1. Place a large pot of water on to boil. When the water is boiling, cook the pasta until al dente. Drain the pasta and keep warm.
2. Cut the bacon into small pieces and cook in a large skillet on medium heat until brown and crispy.
3. Remove the bacon and allow the pieces to drain on a plate with a few paper towels. Reserve the bacon fat cook the onions.
4. Add the chopped onion to the skillet and cook a few minutes more, until the onions become translucent.
5. Add the diced tomatoes, cream cheese, 1/4 c. water, pepper and grated parmesan cheese to the skillet. Cook and sauté until the cream cheese and parmesan cheese is melted. Stir frequently. Add more water to the sauce if a thinner consistency is desired.
6. Toss the pasta and the sauce together until evenly coated.
7. Garnish with cooked bacon and serve warm.

Bacon Wrapped Sausage Bites

1 pkg. kielbasa sausage, cut into 1 1/2 inch slices	1/2 c. brown sugar
8 slices of bacon, cut into thirds	Toothpicks

1. Preheat the oven to 375°.
2. Line a cookie sheet with tin foil.
3. Cut the sausage into 1 1/2 inch slices and cut the bacon into thirds.
4. Wrap one piece of the cut bacon around one piece of the sausage and secure with a toothpick.
5. Dip the sausage bite in the brown sugar on both sides. Tap off any extra loose brown sugar and place the sausage bite on the foil-lined cookie sheet.
6. Bake the sausage bites at 375° for 40 to 45 minutes.
7. Serve warm.



Homemade Maple Bacon Doughnuts

Kitchen Group: Hunter Bird, Livan Huerta, Luke Walton, River Christensen, Nathan Lewis

Doughnuts

2 c. flour	3/4 c. milk
1/4 c. sugar	1 egg
1 Tbsp. baking powder	1 tsp. vanilla
1 tsp. salt	oil for frying
1 tsp. nutmeg	5 slices of bacon, cooked and crumbled
1/4 c. vegetable oil	

1. In a medium sized mixing bowl, combine flour, sugar, baking powder, salt and nutmeg. Stir until well combined.
2. Add oil, milk, egg and vanilla and mix well.
3. Heat some oil in a large electric skillet to about 375°.
4. Drop the doughnut batter by spoonful's into the oil.
5. Fry until lightly browned on both sides, turning over once during the cooking process.
6. Drain well on a plate with paper towels.
7. Chop and cook the bacon in a large skillet until brown and crispy. Drain on a paper towel.
8. Dip the doughnuts in the maple glaze and then sprinkle with the cooked, chopped bacon.

Maple Glaze

1/4 c. butter	1 c. sifted powdered sugar
1/2 c. pure maple syrup	Optional: 1/2 tsp. maple extract

1. Melt the butter in a small saucepan. Add the maple syrup to the melted butter and cook over medium heat, whisking occasionally. Cook for about 1 minute.
2. Remove from heat and whisk in the powdered sugar until a glaze forms.
3. Optional: Add 1/2 tsp. maple extract for a stronger glaze flavor.



B3 Foods and Nutrition I

Homemade Oreo Cookies

Kitchen Group: Brock Nowatzke, Jase Mendenhall, Jackson Wamsley, Tyler Jessop

Cookies:

1 1/4 c. butter, softened
2 c. sugar
2 eggs
2 tsp. vanilla

2 c. flour
3/4 c. cocoa powder
1 tsp. baking soda
1/8 tsp. salt

Filling:

1 pkg. cream cheese, softened
1/2 c. butter, softened
3-4 c. powdered sugar
1 tsp. vanilla
Piping bag

1. Preheat the oven to 350°.
2. For the chocolate cookies, place the butter and sugar in a medium sized mixing bowl. Using a handheld electric mixer, cream together the butter and sugar.
3. Beat in the eggs, one at a time, and then beat in the vanilla.
4. In a separate mixing bowl, combine the flour, cocoa powder, baking soda and salt. Whisk together until well combined.
5. Using a mixing spoon or a rubber spatula, stir the flour mixture into the butter mixer until just blended.
6. Spray a large cookie sheet with cooking spray. Using a cookie scoop, scoop the cookies onto the cookie sheet.
7. Bake the cookies for 8 to 10 minutes, or until cooked through. Cool on the cookie sheet for 1 to 2 minutes before transferring them to a cooling rack. When the cookies are completely cool, fill them with the cream filling.
8. To make the cream filling, combine the softened cream cheese, butter and vanilla together in the silver bowl attachment of the Kitchen Aide mixer. Beat them together for about 3 minutes.
9. Slowly add the powdered sugar, about 1/2 c. at a time, until it reaches the consistency you desire.
10. Transfer the cream filling to a piping bag, cut a small opening at the end of the bag, and use that to fill the cookies.



Chocolate Cheesecake

Kitchen Group: Kobe Payzant, Colton Maycock, Daxton Edwards, Brennon Brown

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.



White Chocolate Rice Krispie Pops

Kitchen Group: Ashley Rodriguez, Jonathan Reza-Bernal, Anthony Rosales, Reed Nicholls

1/4 c. butter

6 c. mini marshmallows

6 c. Rice Krispie cereal

2 c. white chocolate

Sprinkles

Cake pop sticks

1. Place the butter and the marshmallows in a large pot over medium heat. Stir constantly while it melts until the marshmallows are completely melted.
2. Remove the pot from the heat and stir in the rice cereal with a large mixing spoon until completely combined.
3. Using a cookie scoop, scoop out one scoop of the Rice Krispies at a time and place onto a cookie sheet lined with parchment paper. (If the cookie scoop starts to get sticky, spray it with cooking spray and this will help release the Rice Krispies.)
4. Let the cereal pops sit on the parchment paper for 5-10 minutes, then with clean hands, roll and compact them into smooth balls. Place them back on the parchment paper and place a cake pop stick into the center of the cereal pop.
5. Place the white chocolate into a small glass mixing bowl. Place the bowl in the microwave and cook melt the chocolate in 30 second intervals, stirring after each interval. Be careful not to burn the chocolate.
6. When the chocolate is melted, dip the cereal pops into the chocolate, swirl to cover, and then let the excess drip off the cereal pop.
7. Sprinkle the sprinkles on the wet chocolate while it is still wet so that they will stick.
8. Plate the cereal pops on a new piece of parchment paper until the chocolate sets.



Red Velvet Cake with White Chocolate Frosting

Kitchen Group: Colton Casey, Darius Grayman, Kaden McCoy, Nicole Paystrup

Red Velvet Cake:

1 c. butter, softened
 1 1/2 c. sugar
 6 eggs
 3 c. flour
 3 Tbsp. cocoa powder
 1/4 tsp. baking soda
 1 (8 oz.) container sour cream
 2 tsp. vanilla extract
 2 (1 oz.) bottles red food coloring

White Chocolate Frosting:

8 oz. white chocolate baking chocolate
 1/2 c. boiling water
 1 c. butter, softened
 1 (32 oz.) pkg. powdered sugar
 1/8 tsp. salt

To Make the Red Velvet Cake:

1. Preheat a separate oven to 350°.
2. Place the softened butter into the bowl attachment of the Kitchen Aide mixer. Using the wire whisk attachment, beat the butter until smooth and creamy. Add the sugar and beat again until light and fluffy.
3. Add the 6 eggs, 1 at a time, beating just until blended after each addition. Whisk in the vanilla and food coloring.
4. In a small mixing bowl, combine the flour, cocoa powder and baking soda. Mix together until well combined.
5. Add one third of the flour mixture to the butter mixture in the Kitchen Aide bowl and whisk until combined.
6. Add half of the sour cream to the butter mixture and whisk until combined. Add another third of the flour mixture and whisk together.
7. Add the remaining half of the sour cream to the mixture and whisk until combined. Add the final third of the flour mixture and whisk until combined.
8. Pour the batter into the 3 greased and floured round baking pans, evenly distributing the batter between the 3 pans.
9. Bake at 350° for 20 to 25 minutes, or until a toothpick inserted in the center comes out clean. Remove the cake from the oven and allow to cool completely.

To Make the White Chocolate Frosting:

10. Chop the white baking chocolate into chunks and place in a medium mixing bowl. Pour 1/2 c. of boiling water over the chocolate and use a rubber spatula to mix together until the chocolate melts. Cool the chocolate completely.
11. Using a handheld electric mixer, add the butter to the chilled chocolate and beat on low speed until completely combined. Turn the speed up on the electric mixer and beat for 1 minute. Increase the speed again to high and beat for 2 to 3 minutes, or until fluffy.
12. Add the salt and slowly add the powdered sugar, 1/2 c. at a time, until the frosting is light and fluffy.

To Assemble the Cake:

13. Place 1 layer of the red velvet cake on a serving plate. Spread the top of the cake with some of the white chocolate frosting. Place another layer of cake on top of the frosting. Repeat until all three layers of the cake are stacked.
14. Spread the white chocolate frosting around the top and sides of the cake.
15. Slice and serve.



Banana Split Truffles

Kitchen Group: Jayde Sorenson, Breanna Hernando, Marissa Yoakum, Jose Ruiz

2 c. white chocolate chips

1/2 large ripe banana

1/3 c. heavy whipping cream

12 oz. white candy coating

4 oz. milk chocolate candy coating

2 tsp. vegetable oil

1/4 c. powdered sugar, for rolling the truffles

Sprinkles

Red M & M's

1. Place the heavy whipping cream in a small saucepan over medium heat. Heat the cream until it simmers, stirring constantly. Do not allow the cream to come to a full boil. Remove from heat.
2. Place the half of a banana in a food processor and process until the banana has liquefied.
3. Add the white chocolate chips to the banana and process until the white chocolate is in small pieces. The mixture will clump together, so stop the processor several times to scrape it down.
4. Transfer the chocolate/banana mixer to a small glass mixing bowl. Using a hand-held electric mixer, carefully pour the hot cream in a small stream down the side of the bowl while mixing with the mixer until well combined.
5. Once everything is smooth, scrape the ganache away from the sides of the bowl and down to the bottom. Cover the ganache with plastic wrap and refrigerate until firm enough to scoop and roll, about 2 hours.
6. Once the ganache is firm, coat your hands with powdered sugar and roll the ganache into small balls, dusting your hands with more powdered sugar to prevent sticking if necessary.
7. Keep the balls chilled in the refrigerator while you melt the white candy coating.
8. Place the white candy coating in a small mixing bowl. Melt the candy coating in the microwave, in 30 second intervals, stirring after each interval, until smooth.
9. Place the truffles one at a time in the white chocolate and roll with a fork to coat evenly. Lift the truffles out of the candy coating and allow the excess to drip off the fork.
10. Place the coated truffles on a cookie sheet lined with parchment paper. After all of the truffles have been coated, place the cookie sheet in the fridge to harden the candy coating.
11. Melt the milk chocolate candy coating in a cereal bowl with 2 tsp. of vegetable oil. Microwave in 20-30 second intervals until smooth, stirring after each interval.
12. Using a spoon, place a small spoonful of the milk chocolate on top of a truffle and use the tip of the spoon to nudge it off the sides in a thin stream.
13. Sprinkle the still wet chocolate with sprinkles and place a red M & M on top of each truffle.
14. Refrigerate the truffles to set the chocolate and then serve and enjoy.



Molten Chocolate Lava Cakes

Kitchen Group: Sadie Gubler, Sadie Behunin, Sierra Renstrom, Preslee Gates

8 oz. semi-sweet baking chocolate, roughly chopped
1 c. butter, cut into pieces
2 c. powdered sugar

4 whole eggs
4 egg yolks
3/4 c. flour

1. Preheat the oven to 425°.
2. Generously spray 8 small ramekins with cooking spray and place them on a cookie sheet.
3. Add the chopped chocolate and the butter pieces in a medium sized glass mixing bowl. Microwave the chocolate in 30 second intervals, stirring after each interval, until completely smooth and combined.
4. Stir in sugar until smooth.
5. Using a hand-held electric mixer, beat in the eggs and egg yolks. Beat the mixture for 1 minute.
6. Remove the electric mixer. Add the flour to the mixture and stir with a spoon until combined.
7. Evenly spoon the batter into the prepared ramekins.
8. Bake at 425° for 12-13 minutes, or until the sides are firm, but the centers are still soft (but not jiggly.)
9. Remove from the oven and let cool for 2 minutes. Then, gently loosen the cakes from the ramekins by sliding a knife around the edges of each cake. Invert the cakes onto serving plates.
10. Dust with powdered sugar or other garnish and serve immediately.





Chocolate Spheres with Mousse and White Chocolate Sauce

Kitchen Group: Lexie Leavitt, Alexa Jacobsen, Sadie Goodrich, Brinley Sullivan

Chocolate Spheres:

10 oz. semi-sweet baker's chocolate
Silicone Sphere Mold

Chocolate Mousse:

13 oz. semi-sweet baker's chocolate
2 Tbsp. butter
2 egg yolks
1 1/2 c. heavy whipping cream
2 Tbsp. sugar
1 tsp. vanilla

White Chocolate Sauce:

6 oz. white chocolate
1 1/2 c. heavy whipping cream

For the Chocolate Bowls:

1. In a small glass mixing bowl, melt the semi-sweet baker's chocolate in the microwave in 30 second intervals, stirring after each interval. Heat until completely melted and smooth.
2. Using a pastry brush, brush the melted chocolate into the silicone sphere mold. Be sure to scrape along the top to remove any chocolate drips. Place the mold into the freezer for 5 to 10 minutes.
3. Apply a second coat of chocolate to the mold, especially to the weak spots. Place in the freezer for another 5 to 10 minutes. Release the spheres from the mold when ready to serve.

For the Chocolate Mousse:

4. Chop the semi-sweet baker's chocolate into small pieces. Place them in a medium glass mixing bowl with the butter.
5. Melt the chocolate and butter in the microwave in 30 second intervals, stirring after each interval, until completely melted and smooth.
6. Whisk in the egg yolks until completely combined and allow to cool.
7. Place the heavy whipping cream in the silver bowl of the Kitchen Aide mixer. Using the wire whisk attachment, beat the whipping cream until it starts to thicken. Add the sugar and vanilla and continue to beat until stiff peaks are formed.
8. Carefully fold the stiffened whipped cream and cooled chocolate together until evenly distributed.
9. Cover and chill until ready to serve.

For the White Chocolate Sauce:

10. Chop the white chocolate and place in a small bowl.
11. Place the heavy whipping cream in a small saucepan. Bring the cream to a boil, stirring constantly and being careful not to scorch the cream.
12. Pour the hot cream over the chocolate and whisk together until the chocolate melts and the mixture is smooth. Serve warm over the spheres to melt the top and reveal the mousse inside.

