

# KID CHER KITCHEN

by barbara beery



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# LET'S GET COOKING!

## NEW CULINARY TERMS

A close-up photograph of a hand holding a donut. The donut is decorated with vibrant, multi-colored stripes in shades of yellow, pink, orange, blue, and purple. The hand holding the donut has bright pink nail polish.

**CHOUX PASTRY / PÂTE À CHOUX** is a light pastry dough containing only butter, water, flour and eggs. The pastry is used in many European and European-derived cuisines.

**CHOCOLATE GANACHE** is a sweet creamy chocolate mixture used as a filling or frosting

**SUPER FINE SUGAR** finely granulated white sugar that dissolves quickly and is used in cold drinks and baking. You can transform granulated sugar into Super Fine Sugar like this:

1. Place 1 cup of granulated sugar into a food processor or blender and whirl around 30 seconds to break down the sugar crystals into smaller ones.

2. Remember to measure the amount of sugar called for in a recipe after you have changed the granulated sugar into super fine granulated sugar.

**PÂTE SUCRÉE** (*pronounced pat-sue-cray*) is the sweet, crumbly dough that gives tarts a sturdy, tender base for custards, creams, and fruit. It has the crumbly texture of a buttery cookie and it tastes like shortbread but is able to support even the heaviest filling without falling to pieces. The most basic version contains just butter, sugar, eggs, cream, flour, and salt.

**CRÈME FRAICHE** is similar to American sour cream but has a richer flavor and is less "sour". To make your own crème fraîche, stir together equal parts heavy cream and sour cream. Allow to stand covered in the fridge overnight. Volia!



# CREAM PUFFS

## INGREDIENTS

- 1/2 cup** all-purpose flour
- 1/2 tsp** granulated sugar
- 1/4 tsp** salt
- 4 tbsp** unsalted butter, cut into pieces
- 1/2 cup** water
- 2** large eggs, beaten

## GARNISH

- + powdered sugar

1 Preheat oven to 400 degrees F and place rack in center of oven. Line a baking sheet with parchment paper and set aside until ready to use.

2 In a bowl sift or whisk together the flour, sugar and salt.

3 Place the butter and water in a heavy saucepan over medium heat until butter is completely melted. Add flour mixture all at once and cook stirring vigorously until mixture is smooth and forms a soft ball.

4 Remove from heat and cool 5 minutes. Add eggs one at a time beating well after each is added until the mixture forms a smooth paste.

5 Spoon or pipe 12 small mounds of dough onto the prepared baking sheet, spacing about 2 inches apart.

6 Bake for 15 minutes at 400 degrees F. Reduce oven temperature to 350 degrees F and continue to bake for another 30 to 35 minutes or until the shells are a light golden brown.

7 Turn the oven off. Leave puffs on baking sheet in the oven and poke a couple of small holes into each puff with a wooden skewer to allow steam to escape. Leave oven door slightly open to allow the shells completely cool and dry out for about 30 minutes.

8 Remove from oven and fill with **Vanilla Chantilly Cream** and top with **Chocolate Ganache** to serve.

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*\* Please refer to the next recipes for the cream and ganache*  
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# VANILLA CHANTILLY CREAM

## INGREDIENTS

- 2 cups** heavy whipping cream
- 2 tsps** vanilla extract
- 2 tbsp** sugar, or more to taste

*Makes 4-5 cups*

- 1 Chill whipped cream, bowl and beaters in the freezer 5 -10 minutes in freezer before whipping cream, this helps the cream whip faster and fluffier.
- 2 Remove from freezer and beat the heavy cream, sugar, and vanilla extract together on high speed until soft.

# CHOCOLATE GANACHE

## INGREDIENTS

- 1/2 cup** heavy cream
- 4 ounces** semisweet chocolate, coarsely chopped

*Makes 1 cup*

- 1 In a small saucepan, heat the cream over medium heat just until it boils. Immediately turn off the heat.
- 2 Put the chocolate in a medium bowl and pour the hot cream over the chocolate and whisk until melted and smooth. Set aside and keep warm.
- 3 The glaze can be made up to 48 hours in advance. Cover and refrigerate until ready to use, and re warm in a microwave or over hot water when ready to use

*Recipes adapted from Barbara Beery's, My First French Bakery Cookbook*

# RAINBOW BAGELS

## INGREDIENTS FOR EACH COLOR DOUGH

- 1 cup warm water, 110° F
- ¼ oz pk active dry yeast
- 1 ½ tbsp granulated sugar
- 2 ½ cups AP flour, plus more for dusting
- 1 tsp salt
- ½ tsp gel paste color
- 1 tsp vegetable oil

- 1 **To make each color dough:** Combine the water, 1 packet of yeast, and 1 1/2 tablespoons of the sugar in the bowl of a stand-up mixer fitted with a dough hook. Stir and let stand until foamy, about 5 minutes.
- 2 Gradually add 2 cups of flour, salt, and gel paste color. Mix until the mixture comes together. Add the rest of the flour slowly until it forms a stiff dough.
- 3 Turn dough out onto a lightly floured surface and knead until the dough is no longer sticky, adding flour as needed.
- 4 Grease a large bowl with 1 teaspoon of vegetable oil and place the dough into the bowl, turning to coat. Cover and let slowly proof in the refrigerator as you continue to work on each batch.
- 5 Repeat with as many colors as you want to use. When done with the final color, bring the bowls of dough out of the refrigerator and let come to room temperature for approximately 30 minutes.

- 6 Punch down the dough and reroll into balls and then flatten into 1-inch-thick rectangles. Stack the colored dough on a lightly greased baking sheet. Let dough proof for another 30 minutes, until the layers meld together.

## INGREDIENTS TO MAKE BAGELS

- 4-6 dough, above
- 12 cups boiling water

**To serve:** Allow bagels to come two room temperature before cutting in half width-wise with a serrated knife and serving with funfetti cream cheese.

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Please refer to the next recipe for the funfetti cream cheese  
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- 7 **To make bagels:** Flip the dough onto a cutting board and slice 1-inch-by-6-inch-thick strips. Twist dough to create a spiral and join the ends. Repeat with remaining dough. Place on a lightly greased surface, cover with a clean cloth, and let rise until almost double the size in a draft-free spot, approximately 20-30 minutes.
- 8 Meanwhile, preheat oven to 400°F and grease a baking sheet with oil. In a large pot, bring 12 cups of water to a boil.
- 9 In batches, boil the bagels for 30 seconds to 1 minute, turning once. Place boiled bagels onto prepared sheet pan and bake for 5 minutes. Turn bagels over and bake for an additional 12-18 minutes. They will color slightly but not brown. Remove from oven and let cool on a wire rack.

*Recipe adapted from THE BAGEL STORE in Brooklyn New York*

# “FUNFETTI” CREAM CHEESE

## INGREDIENTS

- 1 cup** cream cheese, softened
  - 1 cup** powdered sugar
  - ½ tsp** butter flavoring
  - 2 tbsp** sprinkles, plus more for garnish
- 1 With a hand mixer, whip together cream cheese and powdered sugar. Add butter flavoring and continue to mix. Gently fold in rainbow sprinkles

# CRUSTY FRENCH BAGUETTE

## INGREDIENTS

- 2 cups** very warm water
  - 1 packet** yeast
  - 1 tbsp** sugar
  - 1 ½ tsp** sea salt
  - 3-4 cups** AP flour
- 1 Line a baking pan with parchment paper and set aside until ready to use.
- 2 In a large bowl, whisk together the warm water, yeast, and sugar. Set in a draft free place (inside an oven or microwave works great) for 15 minutes.
- 3 After 15 minutes, stir in the salt and add the flour a half-cup at a time until the dough becomes soft but not sticky. Knead the dough in the bowl until a loose dough balls forms.

- 4 Remove dough from bowl and turn out on floured surface and sprinkle a little flour on top. Cut the dough into four even pieces and roll into four baguettes. Transfer baguettes to the prepared large baking pan. Snip the top of each loaf with a kitchen scissors and allow to rise another 30 minutes.
- 5 Place the baguettes in the oven and set the container of ice on the rack underneath.
- 6 Do not open your oven for 15 minutes. Bake until golden brown, 15-18 minutes
- 7 Remove from oven and baking pan and allow to cool on a wire rack for 30 minutes before cutting

*Recipe adapted from Barbara Beery's, My First French Bakery Cookbook*

# CLASSIC FRENCH MACARONS

## INGREDIENTS

- 1 cup** powdered sugar
- 3/4 cup** almond flour,
- 2** large egg whites,  
room temperature
- 1/8 tsp** cream of tartar
- 1/4 cup** superfine sugar \*

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\* Please refer to the new culinary  
terms guide at the front  
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**Make different flavors of macarons by adding the flavor addition before adding the flour in the recipe! Fruits: Strawberry, Raspberry, Cherry or Blueberry - Add one tablespoon all fruit jam or preserves (and two drops of the appropriate paste food color for the fruit chosen). Or try mint! Just add 1/4 teaspoon peppermint extract and 2 drops green food coloring!**  
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Preheat oven to 375 degrees F. Line two baking pans with parchment paper. Trace 1 inch circles 1 inch apart to use as a guideline for piping macaron dough. Turn over the drawn-on side of each parchment paper so that no pencil marks get on the macarons. Set aside until ready to use.

- 1 Pulse powdered sugar and almond flour in a food processor until combined. Sift mixture 2 times.
- 2 Whisk egg whites with a mixer on medium speed until foamy. Add cream of tartar, and whisk until soft peaks form. Reduce speed to low and add superfine sugar. Increase speed to high, and whisk until stiff peaks form, about 8 minutes.
- 3 Sift flour mixture over whites, and fold until mixture is smooth and shiny.
- 4 Transfer batter to a pastry bag fitted with a 1/2-inch plain round tip, and pipe 1 inch rounds on each designated circle, dragging the pastry tip to the side of rounds rather than forming peaks.
- 5 Tap the bottom of each sheet to release trapped air. Let stand at room temperature for 15 minutes. Reduce oven temperature to 325 degrees.
- 6 Bake 1 sheet at a time, rotating halfway through, until macarons are crisp and firm, about 10 minutes. After each batch, increase oven temperature to 375 degrees, heat for 5 minutes, then reduce to 325 degrees.
- 7 Let macarons cool on sheets for 2 to 3 minutes and transfer to cool completely on a wire rack. (If macarons stick, spray water underneath parchment on hot sheet. The steam will help release macarons.)

Go to the next page to make buttercream filling and assemble the macarons



# BUTTERCREAM FILLING

## INGREDIENTS

- 1 cup** Sugar
- unsalted butter, at
- 1 cup** room temperature, cut into pieces
- 3** Large egg whites

- 1 In the bowl of an electric mixer, whisk egg whites and sugar.  
  
Set mixer bowl over a saucepan of simmering water and heat mixture, whisking often, until it feels warm to the touch and sugar is dissolved, 3 to 5 minutes.
- 2
- 3 Transfer bowl to the mixer, and fit with the whisk attachment. Whip on high speed until mixture is stiff and shiny, 3 to 5 minutes.
- 4 Add butter, one piece at a time, and continue mixing until butter is thoroughly incorporated.

## FILL + ASSEMBLE THE MACARONS

- 1 Fill a pastry bag fitted with a ½ inch round tip or re sealable plastic bag and snip about a 1/2 inch off a bottom corner with the Buttercream.
- 2 Pipe a small round in the center of one macaron (1 teaspoon or less) and top with another macaron of similar size. Continue until all macarons are filled and assembled.
- 3 Alternately fill macarons with 1 teaspoon of all fruit jam, Nutella, peanut butter, or other filling.

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***Quelle bonne idée! The filling can be kept, covered and refrigerated, up to 1 week. Bring to room temperature before stirring and using to fill your macarons!***  
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# FRUIT TARTS

## SWEET PASTRY DOUGH

### INGREDIENTS

- 2 ½ cups** package active dry yeast
- 3 tbsp** sugar
- 1 cup** unsalted butter, chilled and cut into small pieces
- 2** large egg yolks
- ¼ cup** olive oil

- 1 In the bowl of a food processor, combine flour and sugar. Add butter, and process until mixture resembles coarse meal.
- 2 In a small bowl, lightly beat egg yolks and add ice water.  
  
With the food processor running, add the egg /water mixture in a slow, steady stream through the feed tube. Pulse until dough holds together without being wet or sticky. If dough is too dry, add more ice water, 1 tablespoon at a time.
- 3
- 4 Divide dough into two equal balls and flatten each into a flat disc, wrap in plastic and place in the refrigerator to chill one hour or longer.
- 5 Remove dough from refrigerator and roll out on a lightly floured work surface, about 1/4-inch thick.
- 6 Using the individual tart pans as you would a cookie cutter, cut out the dough for each pan.
- 7 Use your fingers to the press edges and tear off excess dough. Lightly push the dough into each tart pan with your index finger.
- 8 Place tart shells on a baking sheet and chill uncovered in the refrigerator until firm, about 30 minutes.
- 9 Preheat oven to 375 degrees. Remove the tarts from the fridge and prick the bottom of the dough all over with a fork.
- 10 Depending on the size of your tart shells, bake for 8-10 minutes or until light golden brown.
- 11 Remove from oven and cool in pans for 2-3 minutes before removing from tart pans.

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*To continue making the tarts, please turn to the next page for filling*  
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# FRUIT TARTS

*Continued from the previous page, Fruit Tart: Sweet Pastry Dough*

## PASTRY FILLING

### INGREDIENTS

- 4** large egg yolks
- ½ cup** sugar
- ¼ cup** cornstarch
- ¼ tsp** kosher salt
- 1 ½ cup** whole milk
- 1 tsp** pure vanilla extract
- 4 tbsp** unsalted butter, cut into small pieces

- 1 In a medium saucepan, whisk together the egg yolks, sugar, cornstarch, and salt.
- 2 Whisk in the milk. Cook over medium-high heat, whisking constantly, until the mixture has thickened to the consistency of creamy salad dressing, 2 to 4 minutes.
- 3 Remove from heat and whisk in the vanilla, then the butter, a few pieces at a time, until melted and smooth.
- 4 Pour into a bowl. Place a piece of parchment or wax paper directly on the surface of the pastry cream and refrigerate until completely cool, at least 2 hours and up to 2 days.

## FRUITS / LE FRUIT

assorted fresh seasonal fruits

## ASSEMBLE THE TARTS

Spoon pastry cream into each tart shell almost up to the top of the pastry crust. Top with assorted fruits and serve immediately or store in the refrigerator uncovered up to 5 hours.

# PAIN AU CHOCOLAT CINNAMON ROLLS

## INGREDIENTS

- 1 ¼ cup white sugar
- 1 ¼ cup brown sugar
- 1 tbsp cinnamon
- 2 sheets bought frozen puff pastry, thawed but cold
- 2 tbsp melted unsalted butter, cooled
- ½ cup dark chocolate chips
- 4 tbsp unsalted butter, cut into small pieces
- 1 cup powdered sugar
- 2 tbsp crème fraîche
- 2 tbsp half and half

Makes 20 -24

- 1 Preheat the oven to 400°F. Spray a 12-cup muffin pan with non-stick cooking spray. Set aside until ready to use.
- 2 In a small bowl, combine the 2 sugars and the cinnamon.
- 3 Roll out both sheets of puff pastry slightly, into two identical squares. Brush the pastry all over with the cooled melted butter.
- 4 Scatter half the cinnamon sugar all over one puff pastry square, and the other half all over the other. Do the same with the chocolate chips.
- 5 Roll the sweetened puff pastry squares up into logs, as if you were making a jelly roll. Using a serrated knife, trim just the edges off the sides of the logs. Cut each log into 6 equal sized rolls.
- 6 Into each muffin cup, place one cinnamon roll, swirl-side up. Bake for 25-30 minutes or until light golden brown. Remove from oven to cool before transferring to a serving plate.

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**TO MAKE THE GLAZE:** While rolls are baking, prepare the glaze.

- 7 Whisk together powdered sugar, crème fraîche and half and half in a bowl until smooth.
  - 8 Drizzle the glaze over warm cinnamon rolls and serve.
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*Recipe adapted from Barbara Beery's, My First French Bakery Cookbook*

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# PINK LEMONADE CUPCAKES

## VANILLA CUPCAKES

### INGREDIENTS

- 1 box** vanilla cake mix
- 3/4 cup** frozen (thawed) lemonade concentrate
- 1/2 cup** coconut oil
- 1/4 cup** milk
- 3** eggs
- electric pink gel food color
- lime green gel food color
- pink candy sprinkles

Makes 24

- 1 Preheat oven to 350°F. Place paper baking cup in each of 24 regular-size muffin cups.
- 2 Make cake batter as directed on box, using cake mix, 3/4 cup lemonade concentrate, 1/2 cup oil, milk, eggs and food color. Divide batter evenly among muffin cups.
- 3 Bake 20 to 22 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- 4 In large bowl make buttercream frosting adding 6 tablespoons lemonade concentrate and the lime green food color with electric mixer on low speed until blended. Frost cooled cupcakes. Garnish tops with pink candy sprinkles

*Recipe adapted from Betty Crocker*

# BUTTERCREAM FROSTING

## VANILLA CUPCAKES

### INGREDIENTS

- 1 cup** butter, softened
- 3-4 cup** powdered sugar, sifted
- 2 tsp** vanilla
- ~ 2-3 tbs** heavy cream, or half-and-half
- + pinch of salt**

- 1 Place softened butter into the bowl of a stand mixer that has been fitted with the paddle attachment. Turn the mixer on a medium setting and cream the butter until it is smooth and has lightened in color, about 3 minutes.
- 2 Add powdered sugar, 1/2 a cup at a time. After each cup has been incorporated, turn the mixer onto the highest speed setting and for about 10 seconds to lighten the frosting.
- 3 Add vanilla and a pinch of salt and combine until well-incorporated.
- 4 Add milk, heavy cream or half-and-half until the frosting has reached the preferred consistency. For a firmer frosting, add more powdered sugar, a 1/4 cup at a time. For a softer frosting, add more milk or cream, a tablespoon at a time.

# KID CHEF RECIPE SURVEY

There are plenty of things that chefs think about, from preparation of the dish through plating. As any great chef knows, cooking is a constant process of trying new recipes and techniques; the more you learn, the better chef you become.

Here are some questions that help every good chef become a great chef:

My favorite recipes \_\_\_\_\_

The easiest recipe was \_\_\_\_\_

Why was that the easiest?

The most difficult recipe was \_\_\_\_\_

Why was that the most difficult?

The recipe I believe that I plated best \_\_\_\_\_

The recipe I believe looked the most professional \_\_\_\_\_

\_\_\_\_\_

The recipe that had the most interesting flavor profile \_\_\_\_\_

\_\_\_\_\_

Congratulations for completing this month's recipes!





# *Congratulations Chef!*

for an outstanding completion of this month's Kid Chef Kitchen Cooking Club

Thank you for being part of our Club.

*Barbara Beery*

