

KID CHEF KITCHEN



Learn to
become a

GREAT KID CHEF
in just seven days!

by barbara beery

Become a great Kid Chef in just seven days!



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GRADUATION

Take your skills to the next level



www.kidchefkitchen.com



Barbara Beery

Ever dreamed about being a contestant on a national television kids cooking competition? My e-book, *"How Become a Great Kid Chef in Just 7 Days"* provides you with all the resources that you need to take your cooking skills to that very level!

As the Founder of Foodie Kids Culinary Center in Austin, Texas and an author of 17 children's cookbooks, I have spent the past 30 years teaching cooking to thousands of children through year-round classes, birthday parties and summer cooking camps. Now I want to share my expertise with you so you can become a great kid chef in just 7 days!

And if you love this E-Book, please join our brand new online kids cooking club! Only members will have access to our exclusive online videos and cooking class recipes with exciting new and challenging recipes and videos every month!

Just go to www.kidchefkitchen.com and join TODAY! Our one time "Founders" club membership offer will expire soon and the pricing for an entire year's access will never be this low again.



1 KID CHEF PANTRY SUPPLIES

Every chef knows that with the right basic supplies and ingredients on hand, they will always be prepared to put together a fantastic dish or meal. When you stock your pantry with the right basics, cooking and baking will always be fun and successful!



BAKING

Flours: All-purpose, white whole wheat (As needed cake, self-rising and bread flours)

Baking powder

Baking soda

Cornstarch

Cream of tartar

Sugars - Granulated, powdered, light and dark brown

Pure vanilla and almond extracts

Old-fashioned oatmeal

Chocolate- unsweetened squares, semisweet chips, cocoa powder

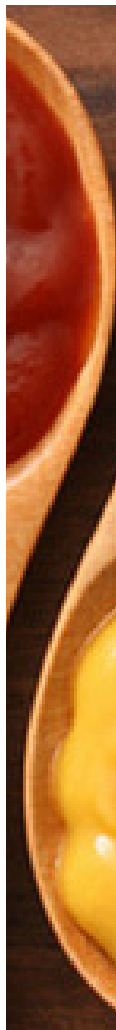
Cooking spray

Cornmeal

Dry Active Yeast

DID YOU KNOW?
Self-rising flour contains baking powder and salt.





CONDIMENTS

- Mustards; Whole Grain and Creamy Dijon
- Mayonnaise
- Ketchup
- Sriracha, Tabasco and Sambal
- Tahini
- Barbecue sauce and Hoisin sauce
- Soy or Tamari sauce
- Worcestershire sauce
- Capers
- Green Olives
- Kalamata Olives
- Maple syrup
- Honey



OILS & VINEGARS

- Olive oil, canola or any pure vegetable oil, sesame oil
- Balsamic, apple cider, red wine, white wine, rice vinegars



DRIED SPICES, HERBS & FRUITS

- Fine and finishing(flaked) Salt
- Sea Salt
- Kosher Salt
- Black Peppercorns
- Allspice, ground
- Basil
- Bay leaves
- Chili powder
- Cinnamon, ground and sticks
- Cloves, ground
- Cumin, ground
- Curry powder
- Dill weed
- Fennel seeds
- Garlic powder
- Ginger, ground
- Nutmeg, whole
- Onion powder
- Oregano
- Paprika, Hungarian sweet and smoked
- Cayenne powder
- Dried red pepper flakes
- Poppy seeds
- Rosemary
- Sage
- Sesame seeds
- Tarragon
- Thyme
- Herbs du Provence
- Italian Seasoning
- Raisins, cranberries, other dried fruits as needed



DRIED, CANNED & JARRED

- Beans; black beans, red kidney, white beans, Garbanzo beans (Chickpeas)
- San Marzano Tomatoes canned whole and/or crushed
- Canned or boxed beef, vegetable, chicken broths
- Peanut butter, smooth and crunchy
- Almond butter
- Fruit jams
- Bread crumbs; regular and Panko
- Pasta, dried: spaghetti, linguini, angel hair, fettuccine, penne, noodles
- Long -grain white rice (as needed: Arborio and Sushi Rices)
- Israeli Couscous
- Italian Farro
- Old -Fashioned Oats



2 KITCHEN EQUIPMENT

Here is a basic list of kitchen supplies. You may have many of these in your own home kitchen, but in case you don't, I have included in my store what I believe are the best products for the best prices. *Click* any item to visit the store online!

CHEF KNIFE

An 8 to 9-inch blade with a thick bolster, the metal that extends from the handle to the edge of the blade and acts as a finger guard while you're chopping. This knife should feel comfortable in your hand. Match the size of the knife to your hand.



WOODEN SPOONS



METAL TONGS

CAST IRON SQUARE GRILL PAN

This is the only pan you need to get those "Professional Chef-style" grill marks!



LARGE COLANDER

A kitchen workhorse! Heat resistant handles and may be used to strain, rinse, steam!



METAL WHISKS



COOLING RACK



GOOD, STURDY SHEET PANS



STRAINERS



LARGE NON-STICK FRYING PAN



MICRO-PLANE GRATER

VISIT OUR SHOP!



SET OF SAUCEPANS AND UTENSIL ESSENTIALS

This set is a great price and the added BONUS: This cookware goes from stovetop to oven so that you can finish off the cooking process in the oven just like real chefs!



MIXING BOWLS WITH MEASURING CUPS



BOX GRATER

Box graters are only dangerous when they slip while you are grating...this one WON'T slip...a great buy.



CAN OPENER

Cans may have very sharp edges when opened improperly. This can opener will protect your hands



KITCHEN SHEARS

You can use these to cut fresh herbs, slice thin meats and cut through soft veggies as well as cutting chicken and thinner meats.



CUT-RESISTANT KIDS GLOVES

This is a great way to learn cutting techniques and stay safe- Highly recommended!



VEGGIE PEELERS

You can't prep properly without a great veggie peeler!



ADJUSTABLE ROLLING PIN

Makes rolling out pizza dough, cookies and pie crusts a breeze.



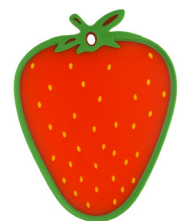
SET OF LIQUID MEASURING CUPS



SET OF DRY MEASURING CUPS



WOODEN CUTTING BOARD



SMALL PLASTIC CHOPPING BOARD

We use these for all our cooking classes and camps at both Foodie Kids locations!

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3

CULINARY TERMS



To become a great kid chef, you first need to learn the technical vocabulary of culinary arts.

ACIDULATE

To make a dish slightly sour or acidic in order to bring out other flavors, or to make the dish more tender. Usually done by adding a small amount of lemon juice or vinegar.

AL DENTE

Pasta that has been cooked tender but slightly firm, but not hard. Italian for 'to the tooth'.

BAKE

To cook in an oven. Cakes, pies and cookies are baked.

BAKE BLIND

To bake an empty pie, tart or flan shell so the pastry is partially cooked before the filling is added, or to cook completely if the filling isn't to be cooked with the shell.

BARBECUE

To cook food by grilling it over a wood or charcoal fire. Usually some sort of marinade or sauce is brushed on the item during cooking.

BASTE

To moisten food during cooking with pan drippings, sauce, or other liquid. Basting prevents food from drying out.

BATTER

A mixture of flour and liquid, sometimes with the inclusion of other ingredients. Batters vary in thickness but are generally semiliquid and thinner than doughs. Used in such preparations as cakes, quick breads, pancakes, and crepes

BEAT - To mix the food hard and fast with a spoon or beater. Beating takes out the lumps.



BLANCH - To plunge fruits or vegetables briefly in boiling water to lock in color and flavor.

BLEND - To mix two or more ingredients together.

BRAISE - To cook gently in a small amount of liquid in a covered pan.

BROWN - To partially cook the surface of meat to help remove excessive fat and to give the meat a brown color crust and flavor.

BRUSH - To spread something over the food. It might be melted butter or egg yolk. You can use a special cooking brush for this, or you can use a spoon.



CARAMELIZE - The process of browning sugar. Granulated sugar can be caramelized in a pan until it turns brown and takes on a nutty flavor. Fruit and vegetables can also be caramelized by cooking them slowly in a small amount of fat until they are brown and shiny.

CHIFFONADE - A preparation of shredded or finely cut leaf vegetables or herbs (such as basil), used as a garnish for soup.

CHILL - To keep food in the refrigerator until it gets cold.

COMBINE - To mix ingredients together.



CREAM - To beat butter or something until it is soft. Sometimes you cream butter with sugar.

CORE - Take the middle core out of a piece of fruit, usually an apple.

CREAM - Mix or beat ingredients until soft, smooth and creamy; often a solid fat (usually butter) and sugar are creamed together.



CRUMB - To coat uncooked food in a bread crumbs or other crumbs (such as cereal), before frying or baking to give it a crisp, crunchy texture.

CRUSH - Smash with a spoon or press, then chop finely.

CUBE or **DICE** - Cut into squares the same size. Dice is smaller than cube.

CUT-IN - To mix shortening into flour with two knives or with a fork. A pastry blender works best, if you have one.

DESEED - To take the seeds out of a fruit or vegetable, for example, a chilli or tomatoes.

DEVEIN - The process of removing the black thread-like tract from the back of a prawn with a small knife.

DICE - To cut food into very small squares.

DOT - To drop small pieces of food over a dish. A fruit pie may be dotted with butter. A casserole might be dotted with cheese.

DRAIN - To pour off any water or juice from the food.

DREDGE - To coat food with a dry ingredient such as flour or bread crumbs.

DRY-FRY - to cook food in a dry frying pan (usually non-stick) without any oil; this method is usually used for sausages, bacon, nuts and seeds.

DUST - Lightly coating with a powdery ingredient such as flour or confectioners' (powdered) sugar.

EGG WASH - A mixture of beaten eggs (whole eggs, yolks, or whites) and a liquid, usually milk or water, used to coat baked goods to give them a sheen.

ESSENCE - A concentrated flavoring extracted from an item, usually by infusion or distillation. Includes items such as vanilla and other extracts, concentrated stocks, and fumets.

EMULSIFY - To put two or more liquids together that do not usually mix into one another, like oil and vinegar. The process involves whisking one liquid very slowly into the other.



FLOUR - To put flour on the sides and bottom of the pan. First, you put butter on the pan, then you add flour. The flour sticks to the butter. Shake out any flour that does not stick.



FOLD - To mix two ingredients together in a careful way. First, push a rubber scraper down through the food at one side of the bowl. Then, bring the scraper across the bottom of the bowl. Bring it up and over the top at the other side of the bowl. Do this until the ingredients are mixed. Turn the bowl a little as you work.

FRY - To cook on top of the stove in hot fat.



GARNISH - To add something to a dish to make it look nice. Parsley is used to garnish dishes.

GLAZE - To give an item a shiny surface by brushing it with sauce, aspic, icing, or another apparel. For meat, to coat with sauce and then brown in an oven or salamander.

GRATE - To cut food into bits by rubbing it on a box or flat grater.

GREASE - To cover the sides and bottom of a pan with butter or shortening.

GRILL - A cooking technique in which foods are cooked by a radiant heat source placed below the food. Also, the piece of equipment on which grilling is done. Grills may be fueled by gas, electricity, charcoal, or wood.



INFUSION - Steeping an aromatic or other item in liquid to extract its flavor. Also, the liquid resulting from this process.

JULIENNE - Vegetables, potatoes, or other items cut into thin strips; 1/8 inch by 1/8 inch by 1 to 2 inches/3 mm by 3 mm by 25 to 50 mm is standard. Fine julienne is 1/16 inch by 1/16 a inch by 1 to 2 inches/ 1.5

KNEAD - To fold dough back and push it forward with your hands. You knead the dough when making bread.

MACERATE - To soak fruit in a flavored liquid mixture.

MARINATE - To soak food in a liquid before cooking. Meat may be marinated. Marinating adds flavor and tenderizes meats and poultry.

MELT - Heat slowly in a pan until the ingredient becomes a liquid.

MISE EN PLACE - Literally, "put in place." The preparation and assembly of ingredients, pans, utensils, and plates or serving pieces needed for a particular dish



MINCE - Chop very finely.

MIX - Usually with a spoon, whisk or electric mixer, until very smooth and well-blended.

PARBOIL /PARCOOK - To boil a food, usually a vegetable, until it is partially cooked.

PARE - To cut the skin off a fruit or vegetable with a small knife, to ensure you lose as little of the flesh as possible.



POACH - To cook a food by placing it in a pot of seasoned simmering liquid.

MELT - To heat a solid until it turns into a liquid. Recipes often tell you to melt butter.

MERINGUE - Egg whites beaten until they are stiff, then sweetened and possibly baked until stiff. Types include regular or common, Italian, and Swiss.



MIREPOIX - a mix of celery, carrots, and onions.

MINCE - To cut or chop food into very small, fine pieces. Cut it as small as you can.



PARE - To cut off the skin of a fruit or vegetable. You can pare apples or potatoes.

PASTRY BAG - A bag-usually made of plastic, canvas, or nylon-that can be fitted with plain or decorative tips and used to pipe out icings and pureed foods.

PIT - To take the seeds out of fruit. Cherries and peaches have pits.

REDUCE - To decrease the volume of a liquid by simmering or boiling; used to provide a thicker consistency and/or concentrated flavors.

REDUCTION - The product that results when a liquid is reduced.

ROLL OUT - To spread dough thin with a rolling pin.



RUB - A combination of spices and herbs applied to foods as a marinade or flavorful crust. Dry rubs are generally based upon spices; wet rubs (sometimes known as mops) may include most ingredients such as fresh herbs, vegetables, and fruit juice or broth if necessary to make a pasty consistency

SAUTE - To cook food in a small (usually a tablespoon or two) of fat (such as butter, olive oil or vegetable oil) in a frying pan.

SCALD - To heat milk until a skin forms on the top.

SCORE - To make narrow cuts in a diamond-shaped pattern on the surface of a food. This may be done to allow the food to absorb more flavor, to tenderize the dish or simply to decorate it

SEAR - To brown the surface of food in fat over high heat before finishing by another method (for example, braising or roasting) in order to add flavor

SEASON - To add salt, pepper, or other spices or herbs.

SHOCK or **REFRESH** - To plunge an item into, or run it under, cold water after blanching to prevent further cooking.

SHRED - To cut or tear food into long thin pieces.

SIFT - To shake flour through a sifter. Sifting makes the flour soft and fine.

SIMMER - To cook food on top of the stove at a low temperature. Do not let the food boil.

STEEP - To stand a food in water that is just below boiling point to allow the flavors to emerge.

Stew - To cook food over low heat for a long time. The food is cooked in water or another liquid.

Stir - To mix with a utensil the whole contents of a bowl or saucepan, for example, to combine ingredients completely or to keep the mixture moving so that it heats evenly as it cooks.

STIR-FRY - Food that is cooked over a high heat with a small amount of oil and is constantly tossed in the pan or wok. The food is usually cut in small pieces to ensure quick cooking.

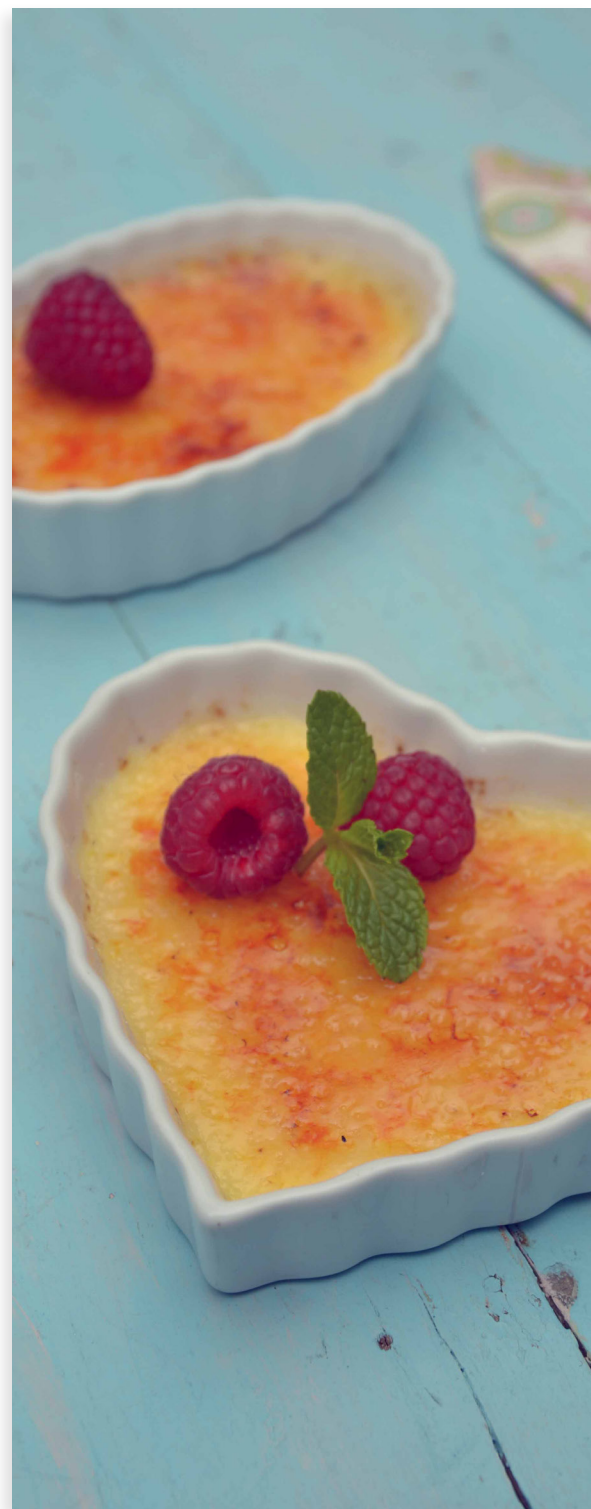
TOAST - Lightly brown in the oven or toaster.

TOSS - Mix lightly and gently.

WHIP - To beat food fast to put air into it. The air makes it bigger. Egg whites and cream are two foods that you can whip

WHISK - Using a fork, wire whisk or beater, to incorporate as much air as possible into the mixture so it is light and airy.

ZEST - The thin, brightly colored outer part of citrus rind. It contains volatile oils, making it ideal for use as a flavoring.



4 THE ELEMENTS OF A FLAVOR PROFILE

When defining a flavor profile, it is important to keep these **eight** elements in mind.

A Flavor Profile creates aromas, tastes, and after-tastes in foods



UMAMI

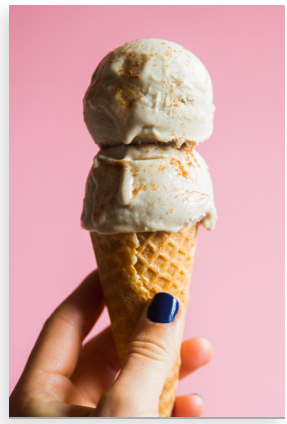
Meat, eggplant, mushrooms, beans

The degree to which glutamate is detectable in food. With no coherent definition in English, umami refers to the savoriness of a dish, using ingredients whose flavors are commonly described as earthy or meaty. This is the elusive “fifth taste” that registers on a person’s tongue.

TEMPERATURE

Fire, ice, liquid nitrogen, sous vide

Cooking, by its very definition, is the addition of heat to convert food physically and chemically in the pursuit of varying and improving the other elements of its profile. Throughout the world, cooks have harnessed heat in numerous ways in order to prepare food. Whether over open flames or through electrical induction, heat converts simple, raw ingredients into a limitless array of dishes. Conversely, chilling or freezing is the removal of heat from food. Aside from chilled dessert family of dishes, we tend to limit our use of cold for preservation and picnic salads.



SWEET

Sugar, honey, maple syrup, jaggery

The degree to which sugars are detectable in food. Sugar is by far our favorite flavor sensation. We eat entirely too much sweet food. Considering that refined sugar only entered the industrial age in the eighteenth century, it quickly became an integral part of cuisines throughout Europe. Prior to that, other means of sweetening foods were more common, including honey, palm sugar and date syrup. Sweet is the primary taste component in desserts, but is also frequently paired with sour and salty for contrasting flavors in savory dishes.

BITTER

Fenugreek, turmeric, mustard, cocoa, coffee

Bitter flavors provide counterpoints to sweet and savory foods. Bitter is more of a sensation than a flavor description. It is detectable in coffee, mustard, cocoa, olives and citrus peel. We have a funny relationship with bitter. We enjoy it with other things. Coffee with cream and sugar, mustard with meat, cocoa with sugar and fat. By itself, not so much.



SALTY

Salt, soy sauce, red miso

The degree to which sodium is detectable in food. It is the oldest known flavoring agent in the world. Salt acts to enhance flavors in food by brightening the other flavors in the dish. We all know the taste of salty. The crunchy snack food industry is built on pushing the envelope of salty food. When used properly, salt is almost a background element, only noticed if it's missing. Too much salt, and a dish can become unpalatable.

SOUR

Citrus, vinegar, acid

The degree to which acid is detectable in food. Acidity is used to temper the richness of foods that are high in fat. It's also very popular as a counterpoint to sweet flavors in numerous cuisines, as well as in sour candy. We have learned to harness and control the souring of food and convert it into foods like cheese, wine, pickles, and the like.



TEXTURE

Creamy, flaky, chewy, rich, sticky, crunchy, spongy, slimy

Also known as mouthfeel, this element is the sensory experience of food in your mouth. Eating the same thing over and over again can get boring quickly. With a variety of textures in a dish, especially contrasting ones, we can alternate between different textural sensations, enhancing the dining experience.

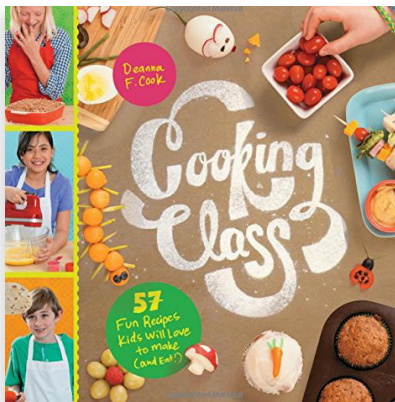
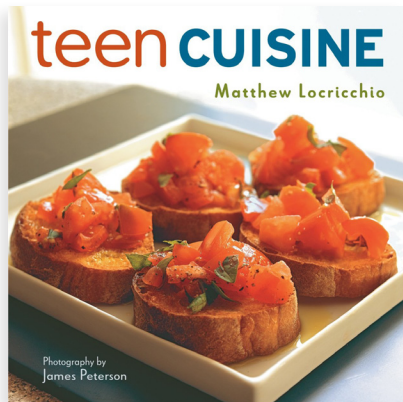
SPICY

Cinnamon, black pepper, chili peppers, ginger

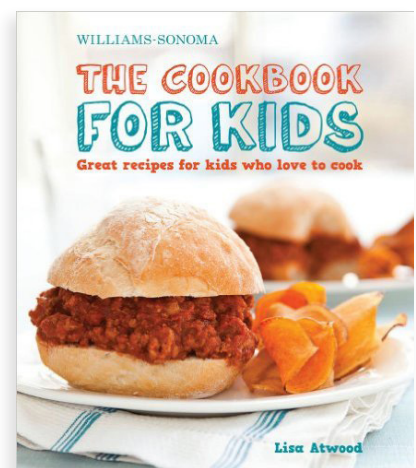
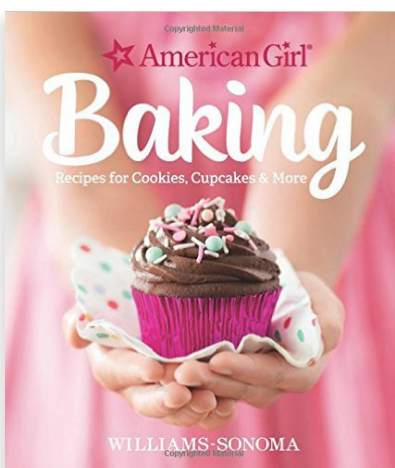
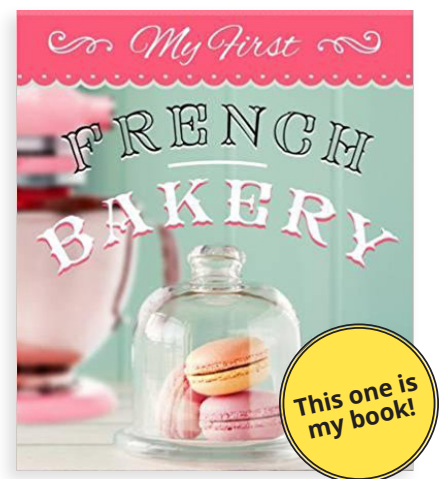
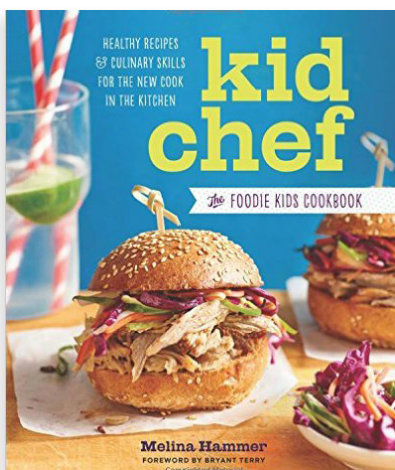
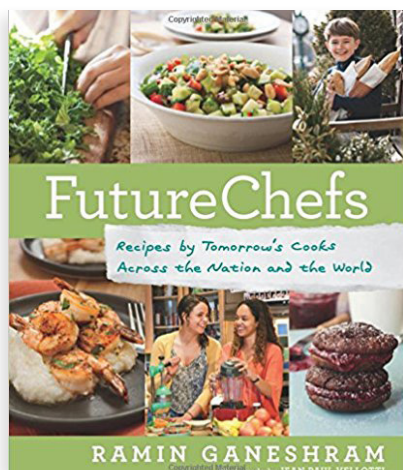
The degree to which capsaicin, piperine, or other spicy elements are detectable in food. Like salt and sugar, spicy ingredients are used to enhance the flavor of the other elements of a dish. The interaction of the spicy elements on the tongue doesn't affect the taste as much as it triggers pain nerves directly. When experienced in conjunction with taste, it has an amplifying effect. The degree of spiciness is as much a personal preference as it is a profile element.



5 RESOURCE COOKBOOKS



There are lots of kids' cookbooks in the marketplace, but I have listed these as **"Barbara's Best Books"** based upon the quality and complexity of the recipes, the simplicity of the directions and the most professional use of culinary techniques and terms.



VISIT OUR SHOP! 

6 HOW TO CHOOSE COOKING VIDEOS

There are thousands of cooking videos on YouTube...how do you choose? Here are a list of some of my own cooking videos which I'd love for you to watch! If you're hungry for more videos and recipes every month, join our **Kid Chef Kitchen Online Cooking Club** for new recipes and videos every month! Click the buttons to choose your video:

Student's
Top
Choice!



TV SEGMENTS WITH BARBARA BEERY!

Cook along with our favorite recipes we have shared on TV!

[WATCH TV VIDEOS!](#)



CUPCAKES + SWEETS

[DESSERT VIDEOS](#)



SEASONAL + HOLIDAY

[HOLIDAY VIDEOS](#)



SNACKS, LUNCHES, DINNERS

[DINNER VIDEOS](#)

KID CHEF RECIPES



7

KID CHEF RECIPES

Just how important are recipes? Ask any great chef and they will tell you that among the many tools they have at their disposal, a recipe is the most important because it communicates the ingredients and procedures that they use to make their delicious creations. I have included a few (there are hundreds more!) of the most well-loved recipes that I have taught through the past 25 years. Hungry for more?

[VISIT ALL KCK RECIPES!](#)



NY FAMOUS RAINBOW BAGELS

INGREDIENTS

2 tsp Active dry yeast

1 ½ tbsp Granulated sugar

1 ¼ cups Warm water

3 ½ cups Bread flour or high
gluten flour

1 ½ tsp Salt

+ Food dyes

1 In ½ cup of the warm water, pour in the sugar and yeast. Do not stir. Let it sit for five minutes, and then stir the yeast and sugar mixture, until it all dissolves in the water.

2 Mix the flour and salt in a large bowl. Make a well in the middle and pour in the yeast and sugar mixture.

3 Pour 1/3 cup remaining warm water into the well. Mix and stir in the rest of the water as needed. Depending on where you live, you may need to add anywhere from a couple tablespoons to about ¼ cup of water. You want a moist and firm dough after you have mixed it.

For Rainbow Bagels: At this point divide dough into 5 -6 equal portions and knead in food dye to each.

4 On a floured countertop, knead the dough for about 10 minutes until it is smooth and elastic. Try working in as much flour as possible to form a firm and stiff dough.

Continued on the next page





4 On a floured countertop, knead the dough for about 10 minutes until it is smooth and elastic. Try working in as much flour as possible to form a firm and stiff dough.

5 Lightly brush a large bowl with oil and turn the dough to coat. Cover the bowl with a damp dish towel. Let rise in a warm place for 1 hour, until the dough has doubled in size. Punch the dough down, and let it rest for another 10 minutes.

6 **For Rainbow Bagels:** Flatten each color into equal sized discs. Stack one on top of the other. Press down dough and cut into 8 equal sized strips. Form each strip into a circle bagel shape.

7 Place each on a lightly oiled cookie sheet.

8 After shaping the dough rounds and placing them on the cookie sheet, cover with a damp kitchen towel and allow to rest for 10 minutes. Meanwhile, preheat your oven to 425°F.

9 Bring a large pot of water to a boil. Reduce the heat. Use a slotted spoon or skimmer to lower the bagels into the water. Boil as many as you are comfortable with boiling. Once the bagels are in, it shouldn't take too long for them to float to the top (a couple seconds). Let them sit there for 1 minute, and then flip them over to boil for another minute. Extend the boiling times to 2 minutes each, if you'd prefer a chewier bagel (results will give you a more New York Style bagel with this option).

10 Once all the bagels have boiled (and have been topped with your choice of toppings), transfer them to a lightly oiled baking sheet.

11 Bake for 20 minutes, until golden brown.

12 Cool on a wire rack. **Enjoy!**

HOMEMADE FRESH HERB PASTA

INGREDIENTS

2 cup flour

3 eggs

1/2 tsp salt

1/2 tsp extra-virgin olive oil

1/2 cup fresh herbs such as oregano, basil, parsley etc. finely chopped



- 1 Mound the flour on a clean work surface. Hollow out the center making a well in the middle of the flour with steep sides Whisk together eggs and herbs and pour into the well.
- 2 Add salt and olive oil and slowly begin mixing until the flour begins to fall in from the sides. This will begin to form a dough ball. If the dough is too sticky, add a bit of flour. Too dry, add a teaspoon or more of water.
- 3 Knead the dough 5-7 minutes, cover and set aside to rest 20 minutes. For hand-rolled pasta: Flatten a dough piece into a thick oval disk with your hands. Flour a cookie sheet to place finished pasta.
- 4 Place the oval dough disk on a floured work surface, and sprinkle with additional flour.
- 5 Begin rolling out the dough with a floured rolling pin working from the center of the dough outwards, constantly moving the dough and lifting it to make sure it's not sticking.
- 6 Cut into strips with a knife or pastry cutter or use small cookie cutters.
- 7 Cook immediately or allow it to dry completely and store in a sealed bag frozen for up to 1 month.

FRENCH MACARONS

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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.
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- 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.)

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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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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 ¼ teaspoon peppermint extract and 2 drops green food coloring!
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BUTTERCREAM FILLING CRÈME AU BEURRE

INGREDIENTS

- 1 cup** Sugar
- 1 cup** (2 sticks) unsalted butter, at room temperature, cut into pieces
- 3** Large egg whites

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.

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.

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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Quick & Easy



CLASSIC FRENCH BREAD

INGREDIENTS

- 4 cups** Flour
- 1 tbsp** Dry Active Yeast
- 1-2 tsp** Salt
- 2 cups** Warm water
- + Oil for bowl

- 1 In a bowl, mix together the flour and the salt.

In another bowl, combine yeast, warm water, and half of the flour/salt mixture. Using your hands, mix until it forms a dough.
- 2 Then, cover with a dish cloth and let sit at room temperature for 3 hours. It should triple in size.
- 3 Gently incorporate the rest of the flour/salt, using your hands.
- 4 Place on a lightly floured surface and knead for about 10 minutes. It should be supple and elastic when you stop kneading.
- 5 Lightly oil a bowl. Place dough in bowl. Cover with a dish towel to rise for 1 hour. It should double in size.

Preheat oven to 450°F. Knead again. Then cut dough into 3 parts and form each part into a long baguette. Place on a baking sheet to rise another 20 minutes.
- 6 Place a bowl of water in the oven. Bake baguettes for about 25 minutes (maybe less). Remove the bowl of water after 15 minutes of baking.
- 7



PROVENÇAL TURKEY KEBABS WITH GRILLED LEMON

INGREDIENTS

- 1 1/4 pounds** Boneless, skinless turkey breast, cut into 3/4-inch-wide cubes
- 2** Garlic cloves, very finely chopped
- 2 tsps** Extra-virgin olive oil, divided
- 1 tsp** Kosher salt, divided
- 1 tsp** Dried lavender
- 3/4 tsp** Fennel seeds
- 3/4 tsp** Dried marjoram
- 1/2 tsp** Dried rosemary
- 1/2 tsp** Dried savory
- 1/4 tsp** Dried thyme
- 1/4 tsp** Black peppercorns, Freshly ground
- 1/2 tsp** Dijon mustard
- 1** Large medium red onion, quartered and sliced crosswise into 3/4-inch wide segments
- 1** Lemon, halved



- 1** To a large bowl, add the turkey, garlic, 1 teaspoon of the olive oil and 1/2 teaspoon of the salt. Stir to combine.
- 2** To a small bowl, add the lavender, fennel seeds, marjoram, rosemary, savory, thyme, freshly ground pepper and the remaining 1/2 teaspoon salt. Stir to combine, then turn the mixture out onto a cutting board and chop until the fennel seeds are roughly chopped (or briefly pulse in a coffee or spice grinder). Add the mustard to the bowl with the turkey, toss to combine, add the spices and stir to evenly coat.
- 3** Alternate threading turkey and onion pieces onto 6 skewers (if using wood skewers on a charcoal or gas grill, soak them in cold water for 20 minutes before threading with the turkey), adding about 5 pieces of turkey to each skewer.
- 4** Heat a grill pan over medium-high heat for 2 minutes (or heat a charcoal or gas grill to medium-high). Use the pan spray to grease the grill pan (or use tongs to dip a few paper towels into the olive oil, then grease the grill grates). Cook the skewers on all sides until the turkey is browned and cooked through, 5 to 6 minutes total. Transfer the skewers to a platter.



CONGRATULATIONS!

A BIG thank you to all of you Kid Chefs because each and every one of you have the chance to become a part of the next generation of famous chefs! As every successful chef knows, an ongoing culinary education is critical so that you have the opportunity to learn the latest food trends and gather the newest and best recipes.

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