

KID CHEF KITCHEN

JULY 2017

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CULINARY TERMS AND "HOW-TOS"!

NEW TERMS

All-purpose flour / AP flour - Finely ground and sifted meal of a blend of high-gluten hard wheat and low-gluten soft wheat, which can be used in most food recipes calling for flour. All-purpose flour comes in two basic forms – bleached and unbleached – that can be used interchangeably.

Chiffonade - A slicing technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips. This is accomplished by stacking leaves, rolling them tightly, then slicing the leaves perpendicular to the roll.

Mascarpone - Italian cream cheese coagulated by the addition of certain acidic substances such as lemon juice, vinegar, citric acid or acetic acid. Mascarpone cheese is a rich, creamy cow's milk cheese that is somewhere between butter and cream cheese in terms of both texture and flavor. Cream cheese may be substituted but not recommended.

HOW-TO

Chocolate Curls - Slightly soften a 3 to 4-inch chunk of chocolate in the microwave on medium (50% power). Using a vegetable peeler, scrape the blade lengthwise across the softened chocolate to create pretty, delicate curls. Refrigerate the curls until ready to use.

Chocolate Shavings - Use a vegetable peeler or knife to shave flat, thin shavings from a room-temperature block of chocolate.



ITALIAN HUMMUS

INGREDIENTS

- 1 can** cannellini beans, rinsed
- 2 tbsp** tomato paste
- 1 tbsp** red wine vinegar
- 2 tbsp** tahini (sesame seed paste)
- 1/2 tsp** granulated garlic or 1 clove garlic, peeled and roughly chopped
- 14 cup** extra virgin olive oil

- 1/2 tsp** salt
- big pinch** crushed red pepper
- 1 tbsp** red wine vinegar
- 2-4 tbsp** olive oil

- 1 Combine all hummus ingredients except olive oil in a food processor. Pulse and add olive oil 1 tablespoon at a time to reach a creamy consistency.
- 2 Serve in a bowl with toppings and an additional drizzle of olive oil.

TOPPINGS

- 1/3 cup** cherry Tomatoes, halved
- 1/4 cup** olives, sliced
- 2 tbsp** parmesan, grated
- 1 tbsp** basil, chiffonade *

ITALIAN STRAWBERRY MASCARPONE CUPCAKES

INGREDIENTS

- 1 cup** mascarpone cheese, room temperature
- 2** egg whites
- 1/4 cup** vegetable oil
- 1 box** white cake mix
- 1 cup** water
- 1/3 cup** frozen strawberries, thawed and drained
- 2 1/2 cup** powdered sugar

- 1 Preheat the oven to 350 degrees F. Line the mini tins with paper liners.
- 2 In a large bowl combine the mascarpone cheese, egg whites and vegetable oil. Using a hand mixer, beat the ingredients until combined and creamy.
- 3 Add the cake mix and water and mix until smooth, about 3 minutes.

CAPRESE QUICHE

- 1 Preheat oven to 350° F
- 2 Place the dough into a pie or tart pan and mold into the shape of the dish. Place the pie crust in the freezer for 10 minutes to chill.
- 3 Line the crust with parchment paper and pie weights or dried beans and bake for 15 minutes.
- 4 In a bowl, whisk together the eggs, milk and mozzarella cheese. Gently fold in the basil and cherry tomatoes.
- 5 Pour the filling into the partially baked pie crust and bake an additional for 35 minutes or until golden and cooked through (the center shouldn't jiggle).
- 6 Allow to cool 15 minutes before serving.

INGREDIENTS

- 6** large eggs
- 3/4 cup** whole milk
- 1 cup** shredded mozzarella cheese
- 1 cup** basil chiffonade *
- 1 cup** quartered cherry tomatoes
- 1/2 tsp** salt
- 1** refrigerated pie crust

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* Please refer to Culinary Terms and "How-to" section
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HOMEMADE RICOTTA

- 1 Line a colander with a quadruple layer of cheesecloth and set it over a bowl.
- 2 In a large pot over medium-high heat, whisk together all ingredients until smooth.
- 3 Bring to a simmer and heat until the mixture just begins to curdle.
- 4 Pour mixture into colander. (For a drier ricotta with bigger curds, continue to simmer 1 to 2 minutes longer until mixture completely separates.)
- 5 Stop draining when mixture begins to look like ricotta, 5 to 15 minutes, depending on how dry you like it.
- 6 Transfer to an airtight container and store for up to two weeks.

INGREDIENTS

- 1 quart** whole milk
- 1/2 cup** heavy cream
- 1/4 cup** plain whole yogurt
- 1 1/2 tsp** lemon juice
- 1/2 tsp** kosher salt

HOMEMADE HERB PASTA

INGREDIENTS

- 2 cup** cake flour
- 1 cup** all purpose flour
- 4** egg yolks
- fresh herbs such as a mix of parsley, basil and oregano
- 1/2 cup**
- 1/4 tsp** kosher salt
- 1/4 cup** extra virgin olive oil

KID CHEF KITCHEN TIP!

The pasta dough can be rolled out by hand. Cut the chilled dough into quarters and using a rolling pin, roll out the dough until 1/8- to 1/16-inch thick.

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.

4 Remove from fridge and divide into several small balls. Flatten with your hand and place in pasta maker on the widest setting (#1) followed by 2 and 3. Remove and cut into fettuccini. Place on pasta drying rack for at least 1 hour before cooking

5 Cook or allow it to dry completely (4-5 hours) and store in a sealed bag in your pantry for 2 days or pasta may be frozen for up to 1 month.

FETTUCCINE ALFREDO

INGREDIENTS

- 1 pound** fettuccine, cooked al dente and drained
- 1 cup** half and half
- 3/4 cup** butter
- 1 box** freshly grated Parmesan cheese
- salt and pepper to taste
- 1/4 cup** chopped parsley

1 Place half and half and butter in a saucepan and over low heat until the butter melts.

2 Remove from heat and stir in the cheese until melted. Season with salt and pepper and pour into a large serving bowl.

3 Pour pasta into the bowl and toss gently with the sauce. Garnish with chopped parsley and additional Parmesan cheese if desired.

CLASSIC PIZZA DOUGH

INGREDIENTS

- 1** package active dry yeast
- 1 cup** warm water (105 to 115 degrees)
- 1 tbsp** honey or agave nectar
- 1 tsp** salt
- 3-4 tbsp** olive oil
- 2 1/2 - 3 cups** AP flour *
- Grated cheeses, pepperoni, assorted toppings

- 1 Preheat oven to 425 degrees F and line a cookie sheet with foil. Spray lightly with olive oil and set aside until ready to use.
- 2 Dissolve yeast and sugar in warm water in a large bowl. Let stand for 10 minutes for bubbles to form as yeast is proofing.
- 3 Stir remaining dough ingredients into yeast mixture beating vigorously to combine all ingredients. Allow dough to rest covered with a towel about 15 minutes.
- 4 Divide dough into 8 equal pieces. Knead dough balls on a lightly floured work area and form into 8 round pizza shapes. Top with 1-2 tablespoons of homemade pizza sauce and assorted toppings.

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** Please refer to Culinary Terms and "How-to" section*
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PARMA PIZZA TOPPING

INGREDIENTS

- 8 slices** prosciutto
- 1/2 cup** parmesan, shredded
- 1 cup** mozzarella, shredded
- 4 cup** fresh arugula
- 1/4 cup** olive oil
- 1 tsp** garlic powder
- 1 tsp** Italian seasoning blend
- Sea salt and pepper to taste

- 1 In a small bowl mix olive oil and spices and spread onto each pizza crust evenly.
- 2 Top evenly with mozzarella, prosciutto and parmesan
- 3 Bake for about 10-12 min until crust is crispy.
- 4 Top evenly with arugula, more parmesan cheese and a drizzle of olive oil

MINI CROSTADAS

INGREDIENTS

- 12 tbsp** unsalted butter (1 1/2 sticks), at room temperature
- 1/2 cup** granulated sugar
- 1 tsp** vanilla extract
- 1/4 tsp** pure almond extract
- 1/4 tsp** fine salt
- 1 1/2 cup** all-purpose flour, plus more as needed
- 1/3 cup** jam (raspberry or peach)
- 1/3 cup** sliced almonds, optional

- 1 Heat the oven to 350°F and arrange a rack in the middle.

Combine the butter and sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium speed until very light and fluffy, about 3 minutes.
- 2 Add the vanilla extract, almond extract, and salt and mix just until smooth. Scrape down the bowl, add the measured flour, and mix on low speed until the dough just comes together.

Remove 1/2 cup of the dough and, using lightly floured fingertips, press it to 1/2- to 1/4-inch flat on a small plate. Cover with plastic wrap and place in the freezer. Press the remaining dough (with lightly floured fingertips) evenly into the bottom of a 10-inch spring form pan.
- 3 Spread the jam over the dough in the pan, leaving a 1-inch border. Remove the remaining dough from the freezer and crumble it evenly over the jam. Sprinkle optional almonds evenly over the top.
- 4 Bake until light golden brown, about 50 minutes. Allow to cool to room temperature before removing the pan sides. With a sharp knife, cut the crostata into 12 wedges and serve
- 5

SPARKLING ITALIAN LEMONADE

INGREDIENTS

- 2 cups** lemon juice, about 12 to 15 lemons
- 2 cups** Basil Simple Syrup, recipe follows
- 2 cups** cold or sparkling water
- + ice
- + lemon twists and fresh berries

BASIL SIMPLE SYRUP

- 1 bunch** fresh basil, washed and stemmed
- 2 cups** sugar
- 1 cup** water

- 1 In a saucepan combine basil, sugar, and water and simmer until the sugar is dissolved, 5 minutes. Cool, strain the simple syrup, and store in the refrigerator.
- 2 Mix lemon juice, Basil Simple Syrup, and water together in a pitcher. Store in the refrigerator until ready to serve. Garnish with fresh berries

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

