

KID CHER KITCHEN

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LET'S GET COOKING!

CULINARY TERMS AND "HOW-TO"

ZEST – Used to add intense flavor to a dish.

Done by scraping off the outer colored part of the peel of a piece of citrus fruit.

ZESTER/ MICROPLANE - A zester (also, citrus zester or lemon zester) is a kitchen utensil for obtaining zest from lemons and other

citrus fruit. A kitchen zester is approximately four inches long, with a handle and a curved metal end, the top of which is perforated with a row of round holes with sharpened rims. To operate, the zester is pressed with moderate force against the fruit and drawn across its peel. The rims cut the zest from the pith underneath. Other tools are also sometimes called zesters because they too are able to separate the zest from a citrus fruit.



LADYFINGER COOKIES - Ladyfingers are dry, egg-based and sweet sponge biscuits roughly shaped like a large finger. They are a principal ingredient in many dessert recipes, such as trifles, charlottes and for tiramisu. They are typically soaked in a sugar syrup or liqueur, coffee or espresso for the dessert tiramisu.



STRACCIATELLA - a variety of gelato, consisting of milk-based ice cream filled with fine, irregular shavings of chocolate

ITALIAN ICE - is a sweetened frozen dessert made with fruit (often from concentrates, juices or purées) or other natural or artificial food flavorings, similar to sorbet. Italian Ice is not shaved ice that is flavored; rather, it is made by the same process by which ice cream is made: freezing the ingredients while mixing them.



OVER THE TOP BANANA POPS

INGREDIENTS

- 2 bananas, peeled and cut in half
- 4 popsicle or craft sticks
- chopped nuts, dried fruit, coconut, or sprinkles
- ½ cup crushed graham cracker, gingersnap, vanilla wafer, or chocolate cookie crumb
- Homemade Magic Shell, *recipe follows!*
+ *Go to the next page!*

- 1 Insert a Popsicle stick into cut end of each banana half. Squirt Magic Shell chocolate coating over each banana half covering completely.
- 2 Roll banana in garnish of choice. (Or you can sprinkle garnish on banana.)
- 3 Place bananas on sheet pan covered with foil. Place pan in freezer. After about 15 minutes, place a sheet of plastic wrap on top of slightly frozen bananas. Freeze for at least 1 hour more or until ready to serve

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KID CHEF KITCHEN TIP! Try strawberry yogurt with dried cranberry or dried blueberry garnish. Try chocolate yogurt with chopped nuts, coconut, or chocolate cookie crumb garnish. Try vanilla yogurt with graham cracker, gingersnap, or vanilla wafer crumbs.
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HOMEMADE MAGIC SHELL

INGREDIENTS

- 1 cup** coconut oil
- 3 cups** good quality chocolate chips or chocolate bars, broken into pieces
- ½ tsp** vanilla
- + sea salt

- 1 Melt the coconut oil over very low heat. Slowly stir in the chocolate until completely melted and blended.
- 2 Remove from heat and add vanilla a dash of sea salt.

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KID CHEF KITCHEN TIP! You can make as little or as much as you want. Simply use 1- part coconut oil to three parts chocolate.
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BAKED SNOWBALLS!

INGREDIENTS

- 4 slices** (¾ inches thick each) pound cake
- 1 ½ cup** softened ice cream
- 3** egg whites
- ½ cup** sugar
- + pinch of salt!



- 1 Using a cookie cutter or knife, trim 4 slices of pound cake to snugly fit bottoms of four ovenproof custard cups.
- 2 Divide softened ice cream among lined cups.
- 3 In a mixing bowl, beat egg whites with pinch of salt to soft peaks..
- 4 Gradually add sugar, beating until stiff and glossy; mound over ice cream.
- 5 Freeze 1 hour or up to 1 week.
- 6 To serve, preheat oven to 450 degrees. Transfer cups to a baking sheet; let sit 10 minutes. Bake until lightly browned (watch carefully), 2 to 4 minutes.

CHOCOLATE MOUSSE

Serves 4-6

INGREDIENTS

3 cups mini marshmallows

½ stick unsalted butter,
softened

9 oz. semisweet choco-
late, chopped into
small pieces

¼ cup hot water

1 Put the marshmallows, butter, chocolate and water in a heavy-based saucepan.

2 Put the saucepan on the stove, over heat, though keep it fairly gentle, to melt, stirring every now and again. Remove from the heat.

3 Meanwhile whip the cream with the vanilla until thick and then fold into the cooling chocolate mixture until you have a smooth, cohesive mixture.

4 Pour or scrape into 4 or 6 glasses or small dishes and chill until you want to eat. The sooner the better!



TOTALLY COOL TIRAMISU

Serves 10

INGREDIENTS

- 2 **tblsp** unsweetened cocoa powder, plus more for garnish
- 1 **½ cups** heavy cream
- ½ **cups** milk chocolate chips
- 1 **cup** cream cheese, room temperature
- ¾ **cup** sugar
- 24 ladyfinger cookies

- 1 In a medium bowl, mix cocoa powder with 1 ½ cups very hot water until dissolved; set cocoa mixture aside. In a small microwave-safe bowl, place ¼ cup cream and chocolate; microwave in 1-minute increments, and stir until melted. Cool to room temperature.
- 2 Transfer cooled chocolate mixture to a mixing bowl; add cream cheese and sugar. Using an electric mixer, beat until blended.
- 3 Add remaining cream; beat chocolate filling until fluffy, about 2 minutes.
- 4 Spread 1 cup chocolate filling in the bottom of a 2-quart serving dish. One at a time, dip 6 ladyfingers in cocoa mixture, then arrange in a single layer in dish; spread with 1 cup chocolate filling. Repeat with three more layers, ending with filling.
- 5 Cover tiramisù, and refrigerate at least 2 hours (or up to 2 days). Dust with cocoa powder before serving.

MIXED BERRY FROYO

INGREDIENTS

- 2 **½ cups** mixed blueberries, raspberries, strawberries, fresh or frozen
- 2/3 **cup** honey
- 1 small lemon, zested and juiced
- ¼ **tsp** salt
- 2 **cups** full-fat yogurt

- 1 In a medium saucepan, combine the berries, honey, ½ teaspoon lemon zest, 2 tablespoons lemon juice and salt. Bring the mixture to a simmer over medium heat. Reduce the heat to a gentle simmer, then cook, stirring occasionally, for 15 minutes.
- 2 Refrigerate the berry mixture until it chilled, 1-2 hours. You can speed up this process by placing it in the freezer, stirring every 10 minutes or so, for about 45 minutes.
- 3 Combine berry mixture and chilled yogurt, then freeze in your ice cream maker according to your manufacturer's instructions.
- 4 Serve immediately for a soft serve texture, or transfer the frozen yogurt to a freezer-safe container and freeze for several hours for a scoop-able consistency.

RASPBERRY ITALIAN ICE POPS

SIMPLE SYRUP

¼ cup water

½ cup sugar

- 1 In a saucepan, combine water and sugar over medium heat. Bring to a boil, reduce heat and simmer for 5 minutes, until the sugar has dissolved. Take pan off heat and cool the syrup. Any extra cooled syrup can be saved in an airtight container.

FRUIT-BASE INGREDIENTS

1 (12 oz) frozen raspberries, defrosted **2**

¼ cup chopped fresh mint leaves

1 tsbp lemon juice

3-4 tsbp simple syrup **3**

In a blender, combine the raspberries and the mint. Puree until combined. Add the lemon juice and 3 tablespoons of the simple syrup.

Blend to combine. Taste the mixture and add the remaining 1 tablespoon simple syrup if you like. Spoon the mixture into ice pop molds and place in freezer for 3 to 5 hours.



DIY SNOW CONE SYRUP!

It's so much fun to make homemade snow cone syrup! Any natural sweetener like honey, maple syrup, agave or coconut sugar will work as well as sugar. However, stevia and xylitol do not thicken properly and I would not recommend using those 2 sweeteners. Here's how to make your syrups:

- 1 Add all ingredients to a sauce pan, mash fruit as the mixture heats. Fruit can be frozen, but make sure you mash as it heats to release the flavor and color!
- 2 Boil the ingredients until mixture becomes thick and a syrup forms. Not too thick though, you're not making jam. But just a good syrup consistency (think maple syrup). You can add water if it gets too thick!
- 3 Strain (if needed) and cool! Store in the fridge for up to 1 year.

RED

CHERRY: 1 Cup Cherries, pitted + 1 Cup Sugar + 1 Cup Water

CHERRY VANILLA: 1 Cup Cherries, pitted + 1 Cup Sugar + 1 Cup Water + 2 T Vanilla Extract

CRANBERRY: 2 ½ Cups Cranberries + 1 Cup Sugar + 1 Cup Water

POMEGRANATE: 1 Cup Pomegranate Seeds + 1 Cup Sugar + 1 Cup Water + 1 tsp Lemon Juice

RASPBERRY: 1 ½ Cups Raspberries + 1 Cup Sugar + 1 Cup Water

STRAWBERRY: 1 Pound Strawberries + 1 Cup Sugar + 1 Cup Water

WATERMELON: 4 Cups Watermelon Juice + 1 Cup Sugar

ORANGE-YELLOW

LEMON: 1 Cup Lemon Juice (fresh) + 1 Cup Sugar

MANGO: 2 Mangos + ¾ Cup Sugar + 1 Cup Water + 1 tsp Homemade Vanilla Extract

ORANGE: 1 Cup Orange Juice (fresh) + 1 Cup Sugar

PEACH: 1 Cup Peaches (fresh or frozen) + 1 Cup Sugar + 1/3 Cup Water

PINEAPPLE: 1 Cup Pineapple Juice + 1 Cup Sugar

GREEN

GREEN APPLE: 2 Cups Green Apple, with Peel + ½ Cup Raw Spinach Leaves (for color) + 1 Cup Sugar + 1 Cup Water

HONEYDEW MELON: 3 Cups Honeydew Melon + ¼ Cup Raw Spinach Leaves (for color) + 1 Cup Sugar + 1 Cup Water

KIWI: 3 Cups Kiwi + ¼ Cup Raw Spinach Leaves (for color) + 1 Cup Sugar + 1 Cup Water

BLUE-PURPLE

BLUEBERRY: 4 Cups Blueberries + ¾ Cup Water + 5 T sugar + Juice from 1 Lemon

GRAPE: 2 Pounds Concord Grapes + 1 Cup Sugar + 1 Cup Water (Puree mix before straining to preserve the color)



STRACCIATELLA GELATO

Serves 6

INGREDIENTS

- 2 cups** whole milk
- 1** vanilla bean, split lengthwise
- ¾ cup** sugar
- 5** large egg yolks
- ½ cup** chilled heavy whipping cream
- 1/3 cup** semi-sweet or milk chocolate chips
- 2 tsp** vegetable oil

- 1 Place milk in a medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a simmer, whisking often. Whisk sugar, yolks, and salt in a medium bowl until well blended, about 1 minute. Gradually whisk hot milk mixture into yolk mixture. Return to saucepan; stir over medium-low heat until custard thickens and a thermometer registers 170°-175°, about 5 minutes (do not boil). Strain i
- 2 Stir chocolate and oil in a small sauce-pan over low heat until melted; let cool.
- 3 Process custard in an ice cream maker according to manufacturer's instructions. Slowly add melted chocolate during the last 30 seconds of churning (chocolate will form small chips).
- 4 Transfer to a freezer-safe container or serve immediately.

SERENDIPITY'S FROZEN HOT CHOCOLATE

Serves 4

INGREDIENTS

- 2 cup** whole milk
- 1 cup** Hot Chocolate mix *approx* (Five 1.25 -ounce 6.25 oz packets)
- 2 cup** crushed ice
- 1 cup** heavy cream
- 2 tbsp** granulated sugar
- ¼ cups** mini chocolate chips or grated chocolate

- 1 Whip cream and sugar until whipped cream. Place in fridge until ready to use.
- 2 Place milk into blender. Add hot chocolate packets and blend until combined..
- 3 Add ice and blend until ice is blended into tiny chunks. Pour evenly into 4 glasses on top of plates to catch any dripping frozen hot chocolate.
- 4 Top each glass with whipped cream and sprinkle with mini chocolate chips!

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 August's Kid Chef Kitchen Cooking Club

Thank you for being part of our Club!

Barbara Beery

