

KID CHEF KITCHEN

SEPTEMBER 2017

TODAY'S MENU!

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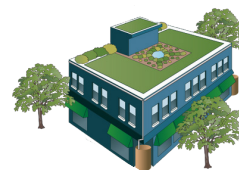
LET'S GET COOKING!

GREEN CUISINE

CULINARY TERMS

CARBON FOOTPRINT - Measurement of carbon dioxide and other greenhouse gases discharged into the environment by activities, goods or services.

CLEAN ENERGY - Also known as renewable or "green" energy, clean energy comes from naturally accessible sources such as wind, sunshine and water.



GREEN ROOF - The use of a growing medium to transform a building's roof into a garden or grasslands.

HUNDRED MILE DIET - Eating seasonal food from within a 100-mile radius of your home. Made popular by Vancouver authors Alisa Smith and J.B. MacKinnon.

NON-RENEWABLE RESOURCES - Natural resources that are finite or can be used up to the point that it is economically impractical to obtain any more of them e.g., fossil fuels, coal, crude oil and metal ores.

RECYCLABLE - Items made from a pure material that can be converted into a different form or product for a new use.



RENEWABLE RESOURCE - A resource that can renew itself or be renewed at a rate comparable to or faster than its rate of consumption or destruction.

SUSTAINABILITY - Defined by the World Commission on Environment and Development as development that "meets the needs of the present without compromising the ability of future generations to meet their own needs." This broad definition can also apply to products or services.

SMART ENERGY - Energy that is more cost-effective and less damaging to the environment.



ZA'ATAR - A Middle Eastern mixture of herbs and spices typically containing thyme, marjoram and / or oregano along with sumac, sesame seeds and salt.



COMMUNITY GARDEN SOUP POTS

Serves 4-6

INGREDIENTS

- 2 tbsp** olive oil
- organic leeks or
- 1 cup** spring onions, white part only
- 2 tbsp** finely minced garlic
- ½ tsp** sea or Kosher salt
- organic carrots,
- 1 cup** peeled and chopped into rounds
- 1 cup** organic potatoes, cut into large cubes
- 1 ear** organic fresh corn, kernels removed
- ½ tsp** freshly ground black pepper
- ½ cup, packed** chopped fresh parsley leaves
- ½ cup** organic frozen peas
- loaf crusty artisan
- ½ loaf** bread, cut or torn into 1 -2 inch cubes
- 1 cup** Monterey Jack cheese, cubed

- 1 Heat olive oil in large cook pot over medium-low heat for 1 minute. Lower the heat to medium low.

- 2 Add the leeks, garlic, and salt. Stir occasionally for about 5 minutes. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.

- 3 Add the stock, tomatoes, corn kernels, and pepper. Increase heat and bring to simmer, then lower heat, cover, and cook about 30 minutes or until all veggies are fork tender.

- 4 Remove pot from heat and stir in parsley and frozen peas.

- 5 Press 2-3 bread cubes into the bottom of each pot. Place each pot on small saucer and carefully ladle soup onto each pot. Top with 2-4 cubes of cheese.

SAVE THE PLANET PESTO

Makes about 2 cups

INGREDIENTS

- 10 oz** frozen organic peas
- 2 cloves** organic garlic, peeled
- ½ cup** organic pine nuts
- ½ cup** organic Parmesan cheese, shredded
- ½ tsp** all natural sea salt
- ½ tsp** organic ground pepper
- 1/3 cup** extra virgin organic olive oil
- ½ tsp** freshly ground black pepper

- 1 Cook peas on cook top or in a microwave safe dish according to package directions. Drain well.
- 2 With food processor running, drop in garlic and finely chop. Turn off motor and add peas, pine nuts, cheese, salt, and pepper and process until finely chopped.
- 3 With motor running, slowly add oil, blending until incorporated.
- 4 Serve pesto on pasta, toasted bread slices topped with fresh chopped tomatoes and basil, or mix into mayonnaise and use as a sandwich spread.

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KID-FRIENDLY GREEN CUISINE TIP! All salts are not created equal. Let's "sea" what you know about salt!

1. Unrefined Sea Salt is a better source of nutrients than mined rock salt. True or False?

2. Organic salt cannot be "organically grown", as it is a mineral, not a plant. True or False? *Check your answers below!*

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1. True, Unrefined natural sea salt is much higher in essential minerals because it has been living in the ocean for millions of years!
 2. True, "Certified Organic" means that the salt is extracted from a nature reserve without risk of pollution, and is harvested strictly by hand without purifying the salt.

WARM FROM THE SUN TOMATO SAUCE

Makes 4 cups

INGREDIENTS

- 1 clove** organic garlic, peeled
- 2 pounds** organic tomatoes, cored and chopped
- 2 tbsp** fresh organic lemon juice
- 1 tsp** sea salt
- 1 tsp** unrefined organic sugar
- ½ tsp** organic black pepper, freshly ground
- 1 tbsp** fresh organic basil, chopped

- 1 Mince garlic and mash to a paste with a pinch of salt using a large heavy knife.
- 2 Stir together chopped tomatoes, garlic paste, lemon juice, salt, sugar, and pepper in a large mixing bowl.
- 3 Pour tomato mixture into a medium saucepan and heat over low heat until just warmed about 5- 7 minutes.

Serve with pasta or as a pizza sauce!

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KID-FRIENDLY GREEN CUISINE TIP! Many kids (and grown-ups) would love to cook homemade foods, but just don't know how to begin. Share what you know and begin a cooking club with your friends and their families. Buying foods in bulk is a great way to save waste on extra packaging and families can share what is purchased for the recipes made. Homemade goodies like jams, sauces, and pickles also make great gifts with hand- decorated jar labels.
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HOMEMADE CORNBREAD IN RECYCLED CANS

Makes 10 - 12

For this recipe, you will need 10-12 recycled cans (approximately 5-ounce size), washed and dried.

INGREDIENTS

- 1 cup** natural organic flour
- 1 cup** stone ground organic cornmeal
- 2/3 cup** Turbinado sugar
- 1/2 tsp** kosher salt
- 3 tsp** baking powder
- 1** free range brown egg
- 1 cup** milk
- 1/3 cup** organic canola oil

- 1 Preheat oven to 400 degrees F. Generously spray the inside of each can with cooking spray and sprinkle about 1/4 teaspoon cornmeal inside each can to coat the bottom and lower portion of the sides of each can. Place cans on sheet pan and set aside.
- 2 In a large bowl, combine flour, cornmeal, sugar, salt and baking powder with a whisk. 3. Stir in egg, milk and Canola oil until well combined.
- 3 Pour batter into prepared cans, filling 3/4 full. Bake in preheated oven for 15 -20 minutes, or until a toothpick inserted into the center comes out clean.
- 4 Remove from oven and cool on wire rack for 5 minutes. Serve in cans or remove before serving.

VEGGIE NACHOS

INGREDIENTS

- 3** bell peppers, seeded and cut into triangles
- 1/4 cup** light sour cream
- 1 tsp** lime juice
- 1** persian cucumber, diced
- 1/2 cup** cherry tomatoes, quartered
- 1/2** avocado, pitted
- 3 tbsp** grated Mexican blend cheese

- 1 Place the bell pepper "chips" on a plate.
- 2 Whisk the sour cream and lime juice in a small bowl.
- 3 Drizzle the bell pepper "chips" with sour cream sauce and the remaining ingredients to form veggie nachos.

FARM STAND FRUIT SALSA

Serves 4 - 6

INGREDIENTS

- organic apples (any
2 type), peeled and cut
into chunks
- organic apricots,
5 pitted and cut into
chunks
- organic plums,
2 peeled, pitted and
cut into chunks
- 3 tbsp** local organic honey
- ½ tsp** vanilla

- 1 Place apples, apricots, plums, and honey in saucepan.
- 2 Cover and cook over medium heat for 15 minutes. Mixture should simmer, but not boil.
- 3 Remove from heat, add vanilla and cool 10 minutes. Crush fruits lightly with a potato masher or fork.
- 4 Serve immediately or store in a covered container in the refrigerator for up to one week.

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KID-FRIENDLY GREEN CUISINE TIP! Organic food is produced by farmers who use renewable resources to help the quality of our planet. Their products are grown, raised, or manufactured with only natural ingredients. A product can only be labeled “organic,” after the farm where the food is grown is inspected to make sure the farmer is following all the rules necessary to meet USDA organic standards. The next time you are in the grocery store, look for the certified USDA Organic label.
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BERRY JAM

FRESH FROM THE VINE

Makes 2 pint-sized mason jars

INGREDIENTS

- 1 cup of each** fresh organic raspberries, blackberries, strawberries, and blueberries
- 3-3 ½ cups** unrefined organic sugar
- 1/8 tsp** sea salt
- 2 tbsp** organic lemon juice

- 1 Place berries in a large mixing bowl, sprinkle with sugar, and mash with a potato masher.
- 2 Pour mashed berries into a medium saucepan and heat over medium-low heat until juices form.
- 3 Increase heat to high and bring to a boil. Stir occasionally and boil about 15 minutes until mixture begins to thicken. Lower heat and simmer gently for five minutes.
- 4 Remove from heat and let cool for 10 minutes. Ladle jam into each jar and seal with lid. Cool for 1 hour before placing in the refrigerator. May be kept refrigerated for up to 2 weeks.

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KID-FRIENDLY GREEN CUISINE FACTS: Sweeten-up your day! Organic sweeteners have the added benefit of being grown and processed in a way that is not only healthier for us but for the environment as well. When it comes to choosing sugar, there is no doubt that unrefined raw sugar is the best choice. It contains minerals and nutrients that are stripped from refined white sugar and regular brown sugar when they are processed.
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HOMEMADE HUMMUS

INGREDIENTS

- 15 ½ oz (1 can)** chickpeas, rinsed and drained
- ½ cup** tahini
- 3 tbsp** fresh lemon juice
- 1 clove** garlic, finely grated
- ¾ tsp** kosher salt (or more)
- ¼ tsp** ground cumin
- 3 tbsp +** olive oil, plus more for drizzling
- + black pepper to taste
- + za'atar and/or sesame seeds (for serving)

Makes about 2 cups

- 1 Process chickpeas, tahini, lemon juice, garlic, salt, pepper, cumin, and 2 Tbsp water in a food processor until smooth, about 1 minute (or you can use a blender).
- 2 With the motor running, stream in 3 Tbsp oil, then continue to process until hummus is very light and creamy, about 1 minute longer.
- 3 Taste and season with salt. Garnish to serve!

PINK HUMMUS!

INGREDIENTS

- 1** red beet, scrubbed
- 15 ½ oz (1 can)** chickpeas, rinsed and drained
- 1/3 cup** tahini
- ¼ cup** fresh lemon juice
- ¼ cup** ricotta or goat cheese
- 1 clove** garlic, finely grated
- 1 tsp** kosher salt (or more)
- ¼ tsp** ground coriander
- + ground black pepper
- + Mint leaves, poppy seeds, and olive oil (for serving)

- 1 Preheat oven to 425°. Wrap beet tightly in foil and place on a foil-lined rimmed baking sheet. Roast until the tines of a fork slide easily into the center of beet, 60–70 minutes. Let sit until cool enough to handle.
- 2 Meanwhile, process chickpeas, tahini, lemon juice, ricotta, garlic, salt, pepper, and coriander in a food processor until smooth.
- 3 Using a paper towel, rub beet to remove skin (it should slip off easily and any staining to your hands will be temporary). Trim root end and cut beet into 8 pieces; add to food processor. Process until mixture is smooth, about 2 minutes. Taste and season with salt, if needed.

POLAR BEAR PICKLES

Makes 4 pint-size jars

INGREDIENTS

- local organic pickling
- 6-8** cucumbers or 2 large cucumbers
- 1 bunch** fresh organic dill, rinsed and dried
- 1 tbsp** black peppercorns OR coarsely ground black pepper
- 4 cups** apple cider vinegar
- 4 tbsp** kosher salt
- 2 tbsp** dill seed
- 4 cloves** peeled garlic
- pint sized mason
- 4** jars and lids, washed and dried

- 1 In saucepan, combine apple cider, kosher salt, dill seed, and garlic cloves. Cook on medium-high heat until mixture begins to boil. Lower heat to medium-low and simmer 8 to 10 minutes. Remove liquid from heat and allow it to cool while preparing cucumbers. (This liquid is called the brine.)
- 2 On a cutting board, slice unpeeled cucumbers in ½-inch slices and place in bowl.
- 3 Cut off stems of dill. Pull apart or cut entire fresh bunch of dill into 2 to 3-inch long sprigs. Add fresh dill and black peppercorns to cucumbers in bowl. With your hands, toss ingredients to blend seasonings and herbs.
- 4 Divide cucumber mixture evenly among 4 pint-sized jars and ladle the brine equally into each jar.
- 5 Secure jars with lids. Ready. Set. Shake! Take each sealed jar and shake it to mix up brine and seasonings.
- 6 Place pickles in refrigerator and don't open and taste for 4 days. On day 5, open and crunch a bunch! These will keep for 3 weeks in the refrigerator.

VINE RIPE VEGGIE QUESO

Makes approximately 1 quart

INGREDIENTS

- 1 tbsp** organic unbleached flour
- 1 tbsp** organic unsalted butter
- 2 cups** organic heavy cream
- 1 cup** organic Monterey jack cheese, shredded
- ½ cup** organic mild cheddar cheese, shredded
- ¼ tsp** sea salt
- 1** organic tomato, diced
- 1** Jalapeño or Serrano chili pepper, diced
- ½ cup** organic red bell pepper, diced
- 1 cup** organic zucchini, coarsely chopped
- ½ cup** organic fresh corn, cut from the cob

1 In a medium saucepan over low heat, add butter and slowly melt. Stir-in flour until mixture is free of lumps.

2 Add heavy cream and whisk to combine. Stirring constantly, allow it to heat up until thicken, about five minutes. Add cheese, and whisk vigorously until completely melted.

3 Stir-in salt, diced tomato, chili pepper, diced red bell pepper, and zucchini or broccoli. Cook for 1 minute and transfer to a serving dish.

4 Serve warm with seasonal organic veggie dippers or organic baked tortilla chips.

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KID-FRIENDLY GREEN CUISINE TIP! You can change-up this delicious dip by using different seasonal vegetables. During the summer months, gardens produce plenty of squashes, tomatoes, bell peppers, and corn. Winter crops produce broccoli, spinach, carrots, and other root veggies. Mix and match these different seasonal veggies and create an assortment of easy cheesy queso!
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LOCAL BEE HONEY BUTTER

Makes approximately 1 pound of honey butter

INGREDIENTS

- 1 pound** unsalted butter, cut into chunks
- ¼ cup** local organic honey
- ½ tsp** organic ground cinnamon
- ½ tsp** Fair Trade vanilla
- ½ tsp** vanilla

- 1 Place butter into a food processor and blend about 1 minute.
- 2 Add honey, cinnamon, and vanilla and beat until well combined, about 2-3 minutes.
- 3 Remove butter from bowl and spoon onto unbleached parchment paper or waxed paper in a horizontal line shape. Roll into a log and refrigerate for 1 hour.
- 4 Slice sections of honey butter as needed. May be stored wrapped in the refrigerator for 2 weeks or frozen for up to 1 month.

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KID-FRIENDLY GREEN CUISINE TIP! “Bee” sure to choose local honey for all your recipes! Honey from a local beekeeper is produced with minimal stress for honey bees - good news for you and the honeybees. Local honey tastes better and makes healthy eats because it contains small amounts of vitamins, minerals, and antioxidants - No other sweetener can make that claim. It’s also a great choice for replacing (those not so healthy) refined sugars.
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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 _____

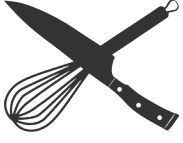
Why was that the most difficult?

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 September's Kid Chef Kitchen Cooking Club

Thank you for being part of our Club!

Barbara Beery

