

KID CHER KITCHEN

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LET'S GET COOKING!

A HOW -TO: TOASTING NUTS AND SEEDS

OVEN-TOASTING

1. Preheat oven to 350 degrees F.
2. Toast nuts BEFORE chopping them into smaller pieces.
3. Place nuts or seeds in a single layer in an ungreased shallow pan or RIMMED baking sheet such as a cookie sheet or jelly roll pan. (DO NOT use a baking sheet without sides. You may have nuts or seeds all over the oven if you accidentally tip the sheet when removing it from the oven.)
4. Bake 5 to 10 minutes or until they are GOLDEN brown. A toasted nut or seed may look more GOLDEN than BROWN. They will continue to brown slightly after they're removed from the oven. Stir once or twice or shake the pan during toasting to aid in even browning.
5. Remove from pan to cool.
6. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.

STOVE-TOP TOASTING

1. Stove-top toasting works well for small batches of nuts or seeds. With this method, the parts of the nuts or seeds touching the skillet may become darkest, unlike the oven method where they become more of an overall golden color.
2. Toast nuts BEFORE chopping them into smaller pieces.
3. Heat nuts or seeds in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they're golden brown and they give off a rich, toasty fragrance. Watch them closely when using this method as it's easy to burn them.
4. Stir or toss nuts or seeds frequently for even toasting.
5. Remove from pan to cool.
6. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.

NOTE: The first time you try toasting nuts or seeds, it's better to err on the side of under-toasting than over-toasting. As they toast, you'll notice a change in their fragrance as well as their color.

5-MINUTE PUMPKIN CHIA COCONUT GRANOLA

Serves 4-6

INGREDIENTS

- 1 cup rolled oats
- 1 Tbsp Chia seeds
- 1 tsp pumpkin pie spice
- 2 Tbsp butter
- 2 Tbsp maple syrup
- 1 Tbsp pumpkin puree
- ¼ cup coconut
- ¼ cup pumpkin seeds

1 Mix first three ingredients together in a bowl. Set aside until ready to use.

2 In a skillet on medium heat, stir together butter, maple syrup and pumpkin puree. Melt and blend well. Add prepped dry ingredients to the skillet. Toast over medium heat, stirring constantly for 4-5 minutes.

3 Remove from skillet and spread in a single layer on a cookie sheet to cool. Once cooled add coconut and pumpkin seeds.

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MAKE YOUR OWN PUMPKIN

PIE SPICE! Combine: 3 Tablespoons Ground Cinnamon, 2 teaspoons Ground Ginger, 2 teaspoons Nutmeg, 1-1/2 teaspoon Ground Allspice, 1-1/2 teaspoon Ground Cloves... Mix all ingredients and store in an airtight jar for up to 6 months.
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GHOSTLY GOOD BANANA POPS

INGREDIENTS

Frozen bananas-on-a-stick

Apples, Halos, strawberries

Good quality chocolate or chocolate chips

Organic coconut oil

1 Combine 3 parts chocolate and 1 part coconut oil in a microwave safe dish. Microwave for 15 seconds stirring well after heating. Heat a few more seconds if needed but do NOT over heat or chocolate will burn and clump.

2 Dip your fruits into chocolate or drizzle it over the fruits—either way this is delicious and addicting.

NOTE- if you use frozen fruits this will create a hard chocolate shell almost instantly---a “healthy” magic shell type coating!



BLACK AND ORANGE PASTA

Serves 4 - 6

INGREDIENTS

- 2 pounds** butternut squash, peeled, seeded, and cut into 3/4-inch chunks
- 2** orange bell peppers, cut into 1-inch pieces
- 4 cloves** garlic, thinly sliced
- ½ tsp** hot red pepper flakes
- ¼ cup** extra-virgin olive oil
- 1 pound** black linguine or spaghetti
- ½ cup** pitted Kalamata olives, chopped

1 Preheat oven to 425°F with rack in middle.

2 Toss squash and bell peppers with garlic, thyme, red pepper flakes, oil, and 1/2 teaspoon each of salt and pepper in a 17- by 11-inch 4-sided sheet pan. Roast, stirring once, until vegetables are just tender and browned in spots, 25 to 35 minutes.

3 While vegetables finish roasting, cook linguine in a pasta pot of well-salted boiling water until al dente. Reserve 1/2 cup cooking water, then drain pasta and return to pot.

Remove sheet pan from oven and pour reserved water over vegetables, stirring to loosen

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DID YOU KNOW? Black pasta is made with squid ink and is used to color classic fresh egg pasta and give it a silky black hue. But while it may smell strong, the resulting noodles are relatively neutral in flavor. It's traditional to pair them with seafood, but they'll taste good with any sauce or added ingredients.
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HAPPY HALLOWEEN HUMMUS

Vegetarian, Gluten Free

INGREDIENTS

- 2 Tbsp** fresh lemon juice
- 1 tsp** ground cumin
- 1 tsp** olive oil
- 3/4 tsp** sea salt
- 1/8 tsp** ground red pepper
- 1 (15 oz) can** organic caned pumpkin pure
- 1 clove** garlic, peeled and chopped
- 2 Tbsp** tahini
- 2 Tbsp** fresh flat-leaf parsley, chopped

1 Place all in ingredients except parsley in a food processor, and process until smooth. Add parsley; pulse until blended. Spoon hummus into a serving bowl and garnish with toasted pumpkin seeds if desired.

KID CHEF KITCHEN TIP! Tahini is a thick paste-like sauce made from sesame seeds, with a little bit of oil mixed in to make it the right consistency, and usually nothing else. Tahini is a ground sesame seed paste, similar to peanut butter in texture. It is a creamy, oily, and smooth nut butter rich in calcium. Tahini is a common ingredient in many vegetarian and vegan recipes (particularly in salad dressings and homemade hummus), and is often used in Middle Eastern cooking.



HAPPY HALLOWEEN TRICK OR TREAT MIX

Gluten, Dairy, and Nut Free!

Makes ~ 20 servings/10 cups

INGREDIENTS

- 8 cups** organic popped popcorn
- organic butter or
- 1/3 cups** dairy butter substitute, cubed
- 1/3 cup** pure maple syrup or honey
- 1/2 tsp** ground cinnamon
- 2 cups** Koala Crisp Cereal*
- 1/2 -3/4 cup** dried cherries (or your favorite dried fruits)

- 1 Preheat oven to 325 degrees F
- 2 Line a large sheet pan with parchment paper or Silpat liner and place popcorn in a large bowl. Set both aside until ready to use.
- 3 In a small microwave safe bowl, melt butter. Add honey and cinnamon and microwave until warm. Stir well and pour over popcorn. Toss to coat.
- 4 Add the cereal and cherries to the coated popcorn and toss to blend. Pour onto prepared sheet pan and bake for about 15 minutes stirring once or twice while baking to ensure even crispness.
- 5 Remove from oven and cool 5 minutes before removing from pan. Place in an airtight container when completely cooled.

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** Koala Crisp organic gluten free cereal may be purchased at Whole Foods or on amazon.com*
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HAPPY HALLOWEEN HOMEMADE TORTILLA CHIPS

INGREDIENTS

- Corn tortillas
- Sea Salt

- 1 Preheat oven to 400 degrees F and line a baking sheet with foil or parchment paper. Set aside until ready to use.
- 2 Cut out tortillas with Halloween themed cookies cutters. Brush with olive oil and sprinkle with sea salt to taste. Please on prepared baking sheet and bake 8-12 minutes or until chips are starting to get crisp and slightly golden brown at the edges.
- 3 Remove from oven and cool 5 minutes before serving with dips or salsas.

VANILLA MINT ACTIVATED CHARCOAL ICE CREAM

Makes about 1 quart

INGREDIENTS

- 2 cups heavy cream
- 1 cup milk
- 2/3 cup sugar
- ¼ cup activated charcoal
- 1 ½ tsp vanilla extract
- 1 ½ tsp peppermint extract
- + pinch pink sea salt

- 1 In a small saucepan, combine heavy cream, milk and sugar. Bring to a simmer, stirring to dissolve the sugar.
- 2 When sugar has dissolved, remove from heat and whisk in activated charcoal, small pinch of pink sea salt, vanilla extract and peppermint extract.
- 3 Transfer to a bowl or large measuring cup, cover with plastic wrap and refrigerate until cold.
- 4 When mixture is cold, pour into your ice cream maker and freeze as directed. Freeze churned ice cream for at least an hour before scooping to firm it up.

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DID YOU KNOW? Activated charcoal is an amazingly useful substance, able to both be ingested and used topically on your skin or teeth. In other words, it serves both the inner and outer body. It's fun and basically tasteless when used in foods like our Haunted Halloween Black Ice Cream...I can't wait for you to make it!
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JACK O LANTERN PANCAKES

Makes approximately 1 quart

INGREDIENTS

- 1 3/4 cups almond milk
- 1 cup pumpkin puree
- 1 egg
- 2 Tbsp coconut oil
- 1 cup All Purpose flour
- 1 cup whole wheat flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp pumpkin spice mix
- 1/2 tsp sea salt

- 1 In a large bowl, combine the milk, pumpkin puree, egg and oil.
- 2 In another large bowl, stir the flour, brown sugar, baking powder, baking soda, pumpkin spice mix and salt until well blended.
- 3 While stirring, slowly add the flour mixture into the pumpkin mixture until blended; try not to over mix the batter. As soon as you see large clumps of flour disappear, stop stirring.
- 4 Heat a lightly oiled griddle or frying pan over medium high heat. Add about a 1/4 cup of batter for one pancake onto the griddle. Brown on both sides and serve hot with warm maple syrup and butter.

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DID YOU KNOW? Coconut sugar is also called Coconut Palm Sugar. It is a natural sugar made from sap, which is the sugary circulating fluid of the coconut plant. It is often confused with Palm Sugar, which is similar but made from a different type of palm tree. Coconut sugar is made in a natural two-step process: A cut is made on the flower of the coconut palm and the liquid sap is collected into containers. The sap is placed under heat until most of the water has evaporated. It may be used in place of light brown sugar if desired.
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PERFECT PUMPKIN FROYO

Makes 10-14 depending on size of Popsicle molds

INGREDIENTS

- 4 cups** vanilla or honey Greek yogurt
- 2 Tbsp** pure maple syrup
- 1 ½-2 cups** fresh pumpkin puree, cooled or 1 can of pure pumpkin
- 1 tsp** vanilla extract
- 1 tsp** pumpkin pie spice
- ½ tsp** ground cinnamon
- + pinch of salt

GREEK YOGURT VS REGULAR

YOGURT? Greek yogurt is one of those foods that contradicts the saying “if it tastes good, it must be bad for you.” The yogurt is heavily strained to remove liquid whey and lactose, leaving behind a tangy, creamy product. Plain Greek yogurt has double the protein, half the carbs and half the sodium of the regular variety. Because Greek yogurt contains less water, it should NOT be substituted for regular yogurt in a recipe.

1 In a blender combine yogurt, maple syrup, pumpkin puree, vanilla extract, salt and spices until smooth and creamy.

2 Evenly divide mixture between Popsicle molds. Secure lids, insert sticks and place in freezer for at least 6 hours or overnight.

KCK TIPS! Let kids choose their favorite yogurt combinations with the pumpkin puree. Some tasty choices are lemon, blueberry and strawberry. When kids help make food choices, they are more likely to eat what they have chosen!

4 For an extra crunchy treat, remove Popsicles from molds and thaw slightly for 1- 2 minutes. Place 1 cup toasted pumpkin seeds or toasted chopped pecans or walnuts onto a plate and coat each side of Popsicle with chopped nuts. Place on cookie sheet, cover and return to freezer until ready to serve.



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 October's Kid Chef Kitchen Cooking Club

Thank you for being part of our Club!

Barbara Beery

