

KID CHEER KITCHEN

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DEC 2017

WHAT'S ON THE MENU?



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LET'S GET COOKING!

Our December recipes involve lots of holiday baking, so it's very important is learn and know the basic baking definitions...Have fun baking holiday treats for your friends and family this month!

BAKE: To cook in an oven with dry heat.

BATTER: A mixture of flour, liquid, and other ingredients that is thin enough to pour.

BEAT: To thoroughly combine ingredients and incorporate air with a rapid, circular motion. This may be done with a wooden spoon, wire whisk, rotary eggbeater, electric mixer, or food processor.

BEATING BUTTER AND SUGAR: Combine the butter and sugar in a bowl. The butter should be slightly soft for the best results. Using an electric mixer on medium speed, beat the butter and sugar until creamy, about 3 minutes.

CREAM: To beat one or more ingredients, usually margarine or butter, sugar, and/or eggs, until the mixture is smooth and fluffy.

COMBINE: To stir together two or more ingredients until mixed.

COOL: To come to room temperature.

DASH: A measurement less than 1/8 teaspoon.

DUST: To sprinkle lightly with sugar, flour, or cocoa.

CRANBERRY GINGERBREAD MUFFINS

Makes 12

INGREDIENTS

- 1 cup** whole wheat flour
- 1 ¼ cup** all-purpose flour
- ½ cup** coconut palm sugar
- 2 tsp** ground ginger
- 1 tsp** baking powder
- 1 tsp** ground cinnamon
- ½ tsp** sea salt
- ½ tsp** pumpkin seeds
- 1** egg
- ¾ cup** water
- ½ cup** plain Greek yogurt
- 1/3 cup** molasses
- ¼ cup** coconut oil
- 1 cup** dried cranberries, coarsely chopped

- 1 Preheat oven to 350 degrees F. Coat muffin cups with cooking spray or use paper liners. Set aside until ready to use.
- 2 In a large bowl, combine all dry ingredients.
- 3 In a small bowl, combine the egg, water, yogurt, molasses and oil. Add dry ingredients just until moistened. Fold in cranberries.
- 4 Bake 15-20 minutes or until a toothpick inserted in muffin comes out clean. Cool for 5 minutes before removing from pan.



HO HO HO COCOA

INGREDIENTS

- 1 cups** milk, your choice
- 2 round tsp** unsweetened cocoa powder
- 1-2 Tbsp** milk to mix cocoa powder
- 1 tsp** coconut sugar or sweetener of choice
- ¼ tsp** vanilla extract
- + tiny pinch of salt

- 1 Heat milk on cook top or in microwave.
- 2 Place cocoa powder, sugar, and 1-2 tablespoons of milk, vanilla and sea salt in a small bowl and whisk until a paste forms. Whisk cocoa paste into hot milk and reheat and enjoy!
- 3 Garnish with coconut whipped cream or homemade marshmallows

CINNAMON SPICE POPCORN

INGREDIENTS

- 4-6 cups** popped corn
- 2 Tbsp** butter
- 1 Tbsp** honey
- 1 tsp** ground cinnamon
- ¼ tsp** powdered ginger
- ¼ tsp** ground nutmeg
- ½ cup** your favorite dried fruits such as dried cranberries, raisins, etc
- ½ cup** sunflower seeds

- 1 Heat butter and honey in a microwave safe bowl. Stir in the cinnamon, nutmeg and ginger. Place popped corn, dried fruits and nuts into a large bowl. Drizzle on spice blend and toss to coat.

HOLIDAY SUGAR COOKIES



Makes 24 cookies

INGREDIENTS

½ cup butter, softened

¾ cup sugar

1 egg

1 tsp vanilla

2 cup flour

½ tsp baking soda

¼ tsp salt

- 1 Preheat oven to 375 degrees. Line cookie sheets with foil and set aside until ready to use.
- 2 Cream butter in a large mixing bowl: add sugar, beating until light and fluffy. Add egg and vanilla, mixing well.
- 3 Combine flour, soda, and salt in a separate bowl. Add to creamed mixture, blending well. Dough will be very stiff.

Divide dough into thirds: roll each portion to ¼ inch thickness on lightly floured work area. Cut with cookie cutters. Place cookies 2 inches apart on prepared cookie sheets. Bake for 8 to 10 minutes or until lightly browned. Remove to wire racks to cool completely.
- 4
- 5 Frost and decorate!

PINWHEEL COOKIES

- 1 Make sugar cookie dough

Separate dough into 2 halves. Add red food coloring to one half. Add 1/2 of your cookie dough to a stand mixer and add red food coloring until your mixture reaches your desired color. You can also knead food coloring into dough until completely combined if you do not have a stand mixer. Place red cookie dough on parchment paper. Roll red cookie dough to about 1/4 inch thick rectangle. Set aside.

- 2 Place plain cookie dough on parchment paper (or wax paper). Roll plain cookie dough out to about 1/4 inch thick rectangle. Stack cookie dough sheets on top of one another with the parchment on the outside.
- 3 Remove the top parchment and roll over the dough gently with a rolling pin (to help the 2 doughs become one). Begin on one end and roll the cookie dough into a log (removing the remaining paper as you go). If dough is too soft to work with, refrigerate for 30 minutes and then try again.
- 4 Once dough is formed into a log, wrap tightly with plastic wrap and refrigerate for 1 hour.

- 5 Pour sprinkles into a cookie sheet. Unwrap dough and roll into sprinkles. Rewrap and refrigerate 3 hours to overnight.
- 6 Preheat oven to 350°F.

- 7 Slice cookies and place on cookie sheet about 1 inch apart. Bake according to your sugar cookie directions or until the cookies feel set. Allow to cool for 5 minutes on the cookie sheet and then transfer to a cooling rack to cool completely.

INGREDIENTS

- Sugar cookie recipe
- Red paste food coloring
- Red and green nonpareil sprinkles



PEPPERMINT ICE CREAM

INGREDIENTS

- 1 cup** whole milk
- ¾ cup** sugar
- 2 cups** heavy cream
- 1 Tbsp** pure peppermint extract
- 12** candy canes, crushed
- +** pinch of sea salt

- 1 Combine all ingredients (except crushed peppermint) in a large bowl. Cover and chill in the fridge 1 hour or up to 24 hours.
- 2 Process in your ice cream maker according to manufacturer's instructions. When ice cream begins to thicken, typically about 10 minutes, add crushed peppermint..



GREEN AS THE GRINCH HOLIDAY HUMMUS

INGREDIENTS

15 oz garbanzo beans/
chickpeas, drained

½ cup fresh spinach,
chopped

1 clove garlic

2-4 Tbsp olive oil

3 Tbsp lemon juice

¼ tsp kosher salt

+ Pinch of cumin

- In a food processor or blender, add all ingredients. If spinach hummus is too thick, add 1 tablespoon water until desired consistency.

Serve with tortilla chips and veggie dippers!



SWEET LITTLE SNOWBALL COOKIES

Makes about 3 dozen

INGREDIENTS

- 1 cup** butter, room temperature
- 2 cup** all purpose flour
- ¼ cup** sugar
- 1/8 tsp** salt
- 2 tsp** pure vanilla extract
- ½ cup** powdered sugar

- 1 Preheat oven to 300 degrees F. Line a cookie sheet with foil and set aside until ready to use.
- 2 Melt butter in a large microwave-safe bowl. Add flour, sugar, salt, and vanilla extract and mix until dough forms a dough ball. Remove the dough from the bowl and place on a lightly floured work area.
- 3 Form dough into tiny 1-inch balls. Place them 1 inch apart on prepared cookie sheet
- 4 Bake for 20 -25 minutes or until very slightly light golden colored. Remove from oven and cool for on a wire rack for 10 minutes before removing from cookie sheet.
- 5 Fill a bowl with powdered sugar and roll each ball into powdered sugar to coat completely and serve! May be stored covered for up to one week.



GINGERBREAD COOKIES



Makes 24 (2-inch) cookies

INGREDIENTS

- 3/4 cup** butter, softened
- 1/2 cup** brown sugar, packed
- 1** egg
- 3/4 cup** molasses
- 3 cup** flour
- 1/4 tsp** salt
- 2 tsp** ginger
- 1 tsp** cinnamon
- 1/2 tsp** cloves
- 1/2 tsp** nutmeg
- + Powdered sugar for rolling out dough
- + Assorted candies and decorating sprinkles

- 1 In a large bowl, combine butter, brown sugar, egg, and molasses.
- 2 Stir in dry ingredients and mix completely. Cover bowl and put in refrigerator for 2 to 3 hours.
- 3 Preheat oven to 350 degree F. Line cookie sheets with foil and set aside until ready to use.

Take out small portions, about 1/2 cup of the cookie dough at a time and roll into 1/4- to 1/2-inch thick-
ness. Use powdered sugar instead of flour to roll out cookie dough. It won't toughen cookies as flour
does if too much is used.
- 4
- 5 Decorate cookies using candy and sprinkles!
- 6 Bake for 8 to 12 minutes, depending on size of cookie.
- 7 Let cookies cool on cookie sheet for 5 minutes and carefully remove. Cool another 10 minutes before
using icing.

PEPPERMINT BARK

INGREDIENTS

1 pound white candy coating

1 pound chocolate candy coating

1 bag hard peppermint candies, crushed

- 1 Melt each candy coating separately in a microwave safe dish at 30 second intervals, stirring each time.
- 2 Remove from microwave and pour chocolate onto a foil or parchment lined cookie sheet.
- 3 Put this in the freezer for 5 minutes to quick chill. Remove and pour white candy coating on top.
- 4 Sprinkle crushed peppermint evenly over the entire surface and return to the freezer for 15 minutes to chill/ harden. Remove and crack into pieces.
- 5 Stores well covered for up to one week at room temperature or in the fridge.



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 December's Kid Chef Kitchen Cooking Club

Thank you for being part of our Club!

Barbara Beery

