

KID CHER KITCHEN

by barbara beery



NOV 2017

WHAT'S ON THE MENU?



4

Granola-topped
Sweet Potato
Casserole



5

Cinnamon
Sugar Pumpkin
Donut Holes



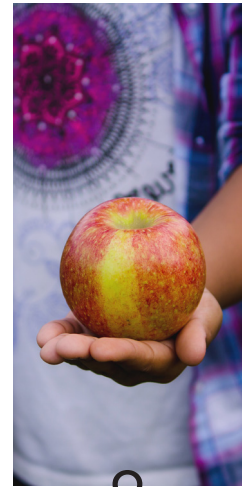
6

Pumpkin
Lasagna



7

Perfect
Pumpkin Dip



8

Roll Up Dinner
Rolls + Thanks-
giving Cran-
berry Apple
Salad



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Baked-Up Baby
Turkeys



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Soft Pumpkin
Chocolate Chip
Cookies



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Cranapple
Tortilla Tarts



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Pumpkin
Blondie In-A-
Skillet



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Perfect
Pumpkin Pops

LET'S GET COOKING!

COMMON CULINARY TERMS COMPARED

Wet Rubs VS. Marinades

Also known as spice pastes, wet rubs start as dry rubs, but a liquid is added—often water, oil, or yogurt—is added to create a thick paste. This paste is smeared on the meat, where it works in a way similar to a marinade.

Marinades are liquid seasonings—mixtures of herbs, spices, aromatic vegetables (such as garlic, onions, and peppers), and flavorful liquids (such as olive oil, lemon juice, soy sauce, vinegar, or yogurt). The essence of a marinade is its wetness: The meat acquires its flavor by means of soaking. Marinades benefit meats in ways other than adding flavor. The acids in the marinade (wine, lime juice, vinegar) tenderize the meat by breaking down muscle fibers. The oil and other liquids keep the meat moist during cooking. Thus, marinades are particularly well suited to lean, dry meats, such as chicken breasts and game.

Whipped Cream Cheese VS. Cream Cheese

Whipped cream cheese is cream that has air whipped into it to form a fluffy substance. It may or may not have sugar or flavorings added. Cream cheese is made from fermented milk which combines proteins, fats, and other solids into a slightly acidic compound. Typically, it is not good to substitute one for the other as it changes taste and consistency.

Freshly Grated Nutmeg VS. Pre-Ground Nutmeg

When a recipe calls for freshly grated nutmeg, you're good to go. If a recipe simply calls for 1 teaspoon ground nutmeg, you might want to use a dash less. Go for 3/4 teaspoon of the fresh stuff instead. Fresh nutmeg is stronger, more aromatic and more forward than the pre-ground, dusty nutmeg.

Dried Cranberries VS. Craisins®

Dried Cranberries are made by partially dehydrating fresh cranberries, a process similar to making grapes into raisins. No sugar is added. Craisins® are dried cranberries with sugar added to make them sweet.

GRANOLA-TOPPED SWEET POTATO CASSEROLE

2 Servings

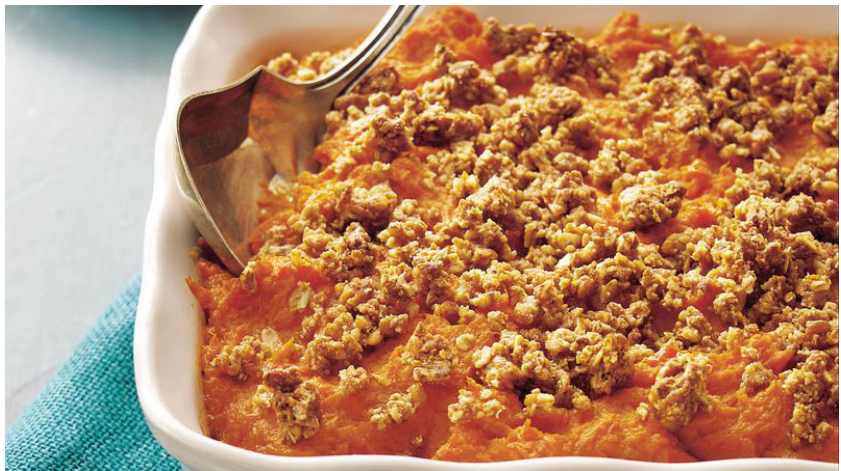
INGREDIENTS

- 1 sweet potato, cooked, peeled and mashed
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- 1 egg

TOPPING

- 1/4 cup granola
- 1/2 crushed graham cracker
- 2 tsp coconut oil

- 1 Mix together all ingredients and place in 2 custard cups or ramekins.
- 2 In a closed ziploc bag, combine granola, graham crackers and coconut oil.
- 3 Bake at 350 degrees for 25-30 minutes.



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Allspice is a dried aromatic fruit of a West Indian tree, used whole or ground as a culinary spice. The flavor of allspice is similar to cinnamon, cloves, nutmeg, and pepper and may be used to flavor desserts as well as savory dishes. Allspice is NOT a combination of all spices which most people think!
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MAKE YOUR OWN PUMPKIN PIE SPICE! Yes, you can buy it, but why not make your own! Just combine the ingredients below in a bowl and store in an airtight container. Combine: 1 Tablespoon ground cinnamon, 2 teaspoons ground ginger, 1/2 teaspoon allspice, 1/2 teaspoon ground cloves, 1/2 teaspoon ground mace, 1/2 teaspoon ground nutmeg.
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CINNAMON SUGAR PUMPKIN DONUT HOLES

Makes 6 balls (recipe can be doubled or tripled easily)

INGREDIENTS

- 3 Tbsp** whipped cream cheese
- 1 tsp** confectioner's sugar
- 4** 1-inch thick slices pumpkin bread
- 6** pumpkin mini Reese's Peanut butter cups
- ½ cup** unsalted butter, melted and slightly cooled
- ¼ cup** cinnamon sugar



1 In a small bowl whisk the cream cheese and confectioner's sugar until completely combined. Set out a second bowl with melted butter, and a third bowl of the cinnamon sugar.

2 Break the pumpkin bread into small pieces and add it to a large bowl. Add the cream cheese mixture and stir everything together with a wooden spoon. Pinch off pieces of the dough and roll it between your palms to form a large ball the size of a golf ball. Nestle a candy in the center and smooth the dough with your fingertips.

3 Place the ball in the bowl of melted butter and roll it around so it is completely coated. Then immediately dip it in the cinnamon sugar and roll it around so it is completely coated. Be generous with the rolling so there are a few coats of cinnamon-sugar on top. Serve immediately!

PUMPKIN LASAGNA

Serves 4 - 6

INGREDIENTS

- 2 Tbsp** olive oil
- 2** onions, chopped
- 2 pounds** Swiss chard, tough stems removed, leaves washed well and chopped
- 2 ¼ tsp** salt
- 1 tsp** fresh-ground black pepper
- 1 tsp** dried sage
- ½ tsp** grated nutmeg
- 3 cups** canned pumpkin puree
- 1 ½ cup** heavy cream
- 1 ½ cup** grated Parmesan
- ½ cup** milk
- 9** no-boil lasagne noodles
- 1 Tbsp** butter

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Vegan Option: replace cream and milk with coconut cream and coconut milk. Omit the cheese and butter. Gluten Free Option: use gluten free noodles.
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1 In a large nonstick frying pan, heat the oil over moderately low heat. Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Increase the heat to moderately high and add the chard, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon sage, and 1/4 teaspoon nutmeg. Cook, stirring, until the chard is wilted and no liquid remains in the pan, 5 to 10 minutes.

2 Heat the oven to 400°. In a medium bowl, mix together 2 cups of the pumpkin, 3/4 cup cream, 1/2 cup Parmesan, and the remaining 1 1/4 teaspoons salt, 1/2 teaspoon pepper, 1/2 teaspoon sage, and 1/4 teaspoon nutmeg.

3 Pour the milk into an 8-by-12-inch baking dish. Top the milk with one third of the noodles, then spread half the pumpkin mixture over the noodles. Layer half the Swiss chard over the pumpkin and top with a second layer of noodles. Repeat with another layer of pumpkin, Swiss chard, and noodles. Combine the remaining 1 cup of pumpkin and 3/4 cup of cream. Spread the mixture evenly over the top of the lasagne, sprinkle with the remaining 1 cup of Parmesan, and dot with the butter. Cover with aluminum foil and bake for 20 minutes. Uncover and bake until golden, about 15 minutes more!



PERFECT PUMPKIN DIP

Vegetarian, Gluten Free

INGREDIENTS

- 6 ounces** 1/3-less-fat cream cheese, softened
- 1/4 cup** packed brown sugar
- 1/2 cup** canned pumpkin
- 1 Tbsp** pure maple syrup
- 1/8 tsp** ground cinnamon

- 1 Combine first 3 ingredients in a medium bowl; beat with a mixer at medium speed until well combined.
- 2 Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes before serving. Serve the dip with peeled apple slices, banana slices, or cinnamon pita chips.



ROLL-UP DINNER ROLLS

INGREDIENTS

- ½ cup** butter, cut into small pieces
- ½ cup** softened butter for later use
- 1 cup** milk
- 3 Tbsp** sugar
- 1 Tbsp** yeast
- ½ tsp** salt
- 3-3 ½ cups** All-purpose flour

- 1 Heat milk and butter in microwave until butter melts and milk is warm (like bath water). Add sugar and sprinkle yeast on top, stir to blend. Allow to stand 10-15 minutes to proof.
- 2 Add salt and mix in flour ½ cup at a time into yeast mixture. Cover bowl and allow the dough rise in a warm place for about 30 minutes.
- 3 Line a cookie sheet with parchment paper and coat with a little butter.
- 4 After dough has risen, flatten dough into a large round on flour covered work area, spread with a little softened butter and cut into equal sizes wedges.
- 5 Roll up each dough slice starting at the widest end and roll into a crescent shape and place on prepared cookie sheet. Allow to rise 15-20 minutes and bake for 10-12 minutes or until golden brown. Remove from oven and serve with butter.

THANKSGIVING CRANBERRY APPLE SALAD

INGREDIENTS

- 6 cups** baby spinach
- 1** Granny Smith apple, thinly sliced
- 1/3 cup** dried cranberries
- 1/3 cup** crumbled goat cheese or any white cheese
- ¼ cup** olive oil
- ¼ cup** apple cider vinegar
- 1** lemon or orange, juiced and zested
- 1 Tbsp** honey
- 1 Tbsp** poppy seeds

- 1 To make the vinaigrette, combine olive oil, apple cider vinegar, lemon juice, lemon zest, sugar and poppy seeds in a jar. Seal with lid, shake to blend and set aside until ready to use
- 2 To assemble the salad, place spinach in a large bowl; top with apple, cranberries and goat cheese. Pour the dressing on top of the salad and gently toss to combine.

BAKED-UP BABY TURKEYS

INGREDIENTS

- 2 Cornish Game Hens, rinsed with cool water and dried off with paper towels
- 1 Tbsp Rosemary
- 1 Tbsp Thyme
- 1 Tbsp Tarragon
- 1 tsp Black Pepper
- 1 tsp Sweet Paprika
- 2 tsp Kosher Salt
- 4 Tbsp Olive Oil

GET IT TOGETHER

- 1 Roasting Pan sprayed with non-stick spray
- 1 Small Mixing Bowl
- 1 Pastry Brush

- 1 Preheat oven to 400 degrees.
- 2 Place Cornish game hens in roasting pan.
- 3 Combine the herbs, seasonings, and olive oil in small mixing bowl. Stir to blend.
- 4 Brush herb oil mixture evenly over both Cornish game hens, reserving about 2 tablespoons (divided equally) to pour inside the cavity of each hen.
- 5 Bake hens at 400 degrees for 20 minutes. Reduce heat to 300 degrees and bake for another 40 minutes, or until golden brown and juices run clear.
- 6 Remove from oven and let stand 10 minutes before cutting each hen in half to serve.

Before serving, pour remaining pan juices onto each serving, garnish with some chopped flat leaf parsley, and a small bunch of green or red grapes.



SOFT PUMPKIN CHOCOLATE CHIP COOKIES

Makes about 3 dozen

INGREDIENTS

- 2 cups** all-purpose flour
- 1 tsp** ground cinnamon
- ¼ tsp** freshly ground nutmeg
- ¼ tsp** ground allspice
- ¼ tsp** ground ginger
- ½ tsp** kosher salt
- 2 tsp** baking powder
- 1 tsp** baking soda
- 1 cup** sugar
- ½ cup** vegetable oil
- 1 cup** canned pumpkin
- 1 tsp** vanilla extract

- 1** large egg

- 1 cup** bittersweet chocolate chips

- 1 Heat the oven to 350 degrees. Line 2 baking sheets with parchment paper.

- 2 In a medium bowl, whisk together the dry ingredients and set aside.

- 3 In a large bowl, whisk together the sugar, oil, pumpkin, vanilla and egg until smooth.

- 4 Add the dry ingredients to the wet and stir until just combined, then stir in the chocolate chips. Do not over-mix.

- 5 Drop the dough by tablespoonfuls onto the parchment-lined baking sheets, leaving about an inch between the cookies. Bake for about 12 minutes, until a cake tester inserted in the center of one of the cookies comes out clean. Cool the cookies on the baking sheet on a wire rack for a few minutes, and then remove the cookies with a spatula and finish cooling the directly on the racks.

- 6 Repeat with the remainder of the batter, re-using the baking sheets once they're cool.



CRANAPPLE TORTILLA TARTS

Serves 4

INGREDIENTS

- 4** 6 inch Flour Tortillas
- 2 Tbsp** Softened Butter
Medium or Large
- 4** Red Delicious or
Gala Apples
- ½ cup** Dried Cranberries
- 2 Tbsp** Orange Juice
- 4 Tbsp** Honey
- 1 tsp** Ground Cinnamon

GET IT TOGETHER

- 1 Foil or Parchment Lined Sheet
Pan / Cookie Sheet Sprayed with
Non-Stick Spray
- 1 medium sized mixing bowl
- 1 wooden spoon or spatula

- 1 Preheat oven to 375 degrees.
- 2 Place tortillas on prepared sheet pan. Brush the top side of each tortilla with some of the softened butter.
- 3 Peel and thinly slice apples and place in the mixing bowl. Add orange juice, honey, and cinnamon. Stir to blend flavorings.
- 4 Starting on the outer edge of each tortilla, and working in a circle, place sliced apples on top of each tortilla to cover completely. Equally divide dried cranberries between the 4 tortillas, placing decoratively between the apple slices.
- 5 Bake at 375 degrees for about 10-12 minutes. Remove from oven and serve immediately or at room temperature.

Top your tortilla tart with a dusting of powdered sugar, a scoop of vanilla frozen yogurt, or a dollop of vanilla flavored yogurt. Garnish with a sprig of mint!



PUMPKIN BLONDIE IN-A-SKILLET

6-8 Servings

INGREDIENTS

- 1 cup** all-purpose flour
- 1/3 cup** brown sugar
- 1/3 cup** granulated sugar
- 2 tsp** pumpkin pie spice
- 3/4 tsp** baking powder
- 1/2 cup** unsalted butter,
(1 stick) melted
- 1/2 cup** canned pumpkin
- 1** large egg
- 1 tsp** vanilla extract
- 1/2 cup** white chocolate
chips

1 Preheat the oven to 350 degrees F. Spray a 10 inch frying pan lightly with cooking oil and set aside until ready to use.

2 In a large mixing bowl, combine the flour, both sugars, pumpkin pie spice, baking powder, and salt. Mix well. Then whisk in the melted butter, pumpkin puree, egg, and vanilla. Whisk until smooth.

3 Stir the white chocolate chips into the batter. Scoop the batter into the frying pan and smooth out the top. Bake for 25-30 minutes.

4 Remove from oven and cool for 5-10 minutes. Shake the skillet gently to loosen the edges and slide the entire skillet pumpkin blondie recipe out of the fry pan or cut into wedges and serve in the pan. Ice cream is a super good topping!



PERFECT PUMPKIN POPS

Vegan, Raw, Gluten and Dairy Free

INGREDIENTS

- 1 cup** coconut milk
- ½ cup** brown sugar
- 1 Tbsp** honey or maple syrup
- ½ tsp** pumpkin pie spice
- chocolate chips,
- 1/4 cup** your choice baking powder

- 1 Whisk together coconut milk, pumpkin, and honey or maple syrup in a bowl. Option; use a hand mixer or blender.
- 2 Pour mixture into Popsicle® molds and freeze according to manufacturer's instructions.
- 3 To garnish, melt chocolate in microwave at 30 second intervals until melted or heat over very low heat stovetop until melted.
- 4 Remove frozen pops from molds and place on a cookie sheet that has been lined with foil or parchment paper.
- 5 Drizzle melted chocolate over each pop and return to freezer a few minutes to harden chocolate. Cover and store in freezer or serve immediately!



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 November's Kid Chef Kitchen Cooking Club

Thank you for being part of our Club!

Barbara Beery

