

**week of the  
young child**



Alternatives  
For Children



**Celebrating Cultural Diversity April 11th - April 14th 2022**



The children and families in our program reflect a great and rapidly increasing diversity of languages and cultures. Alternatives For Children follows the NAEYC guidelines that emphasize that early childhood programs are responsible for creating a welcoming environment that respects diversity, supports children's ties to their families and community, and promotes both second language acquisition and preservation of children's home languages and cultural identities.





Josh Graydon



- In a large cast-iron pot, heat oil over medium heat. Saute onion, pepper, garlic, cilantro, tomato sauce, chicken bouillon cubes, sazón, oregano, adobo and black pepper for about 2-3 minutes until vegetables begin to release aroma.
- Add the beans with its liquid and water. When the water begins to boil, add the rice, stirring occasionally to avoid from sticking to the bottom of the pot.
- Once the rice has soaked up all the water and begins to dry up, lower the heat to low. Cover and let cook for 25 minutes. Then, stir the rice carefully and cover for an additional 5 minutes.
- Serve warm with a side of your choice.



Cody Rosenhauer

### French Madeleine Cookies

\* need a madeleine cookie pan

4 eggs

1/2 tsp salt

1 cup sugar

2 cups flour

2 tbsp vanilla extract

1/4 cup unsalted butter  
-melted

1. Preheat oven to 375°

2. Beat eggs together with sugar until smooth

3. Beat in vanilla and salt

4. In small portions add flour to the mixture and blend it right until it looks mixed.

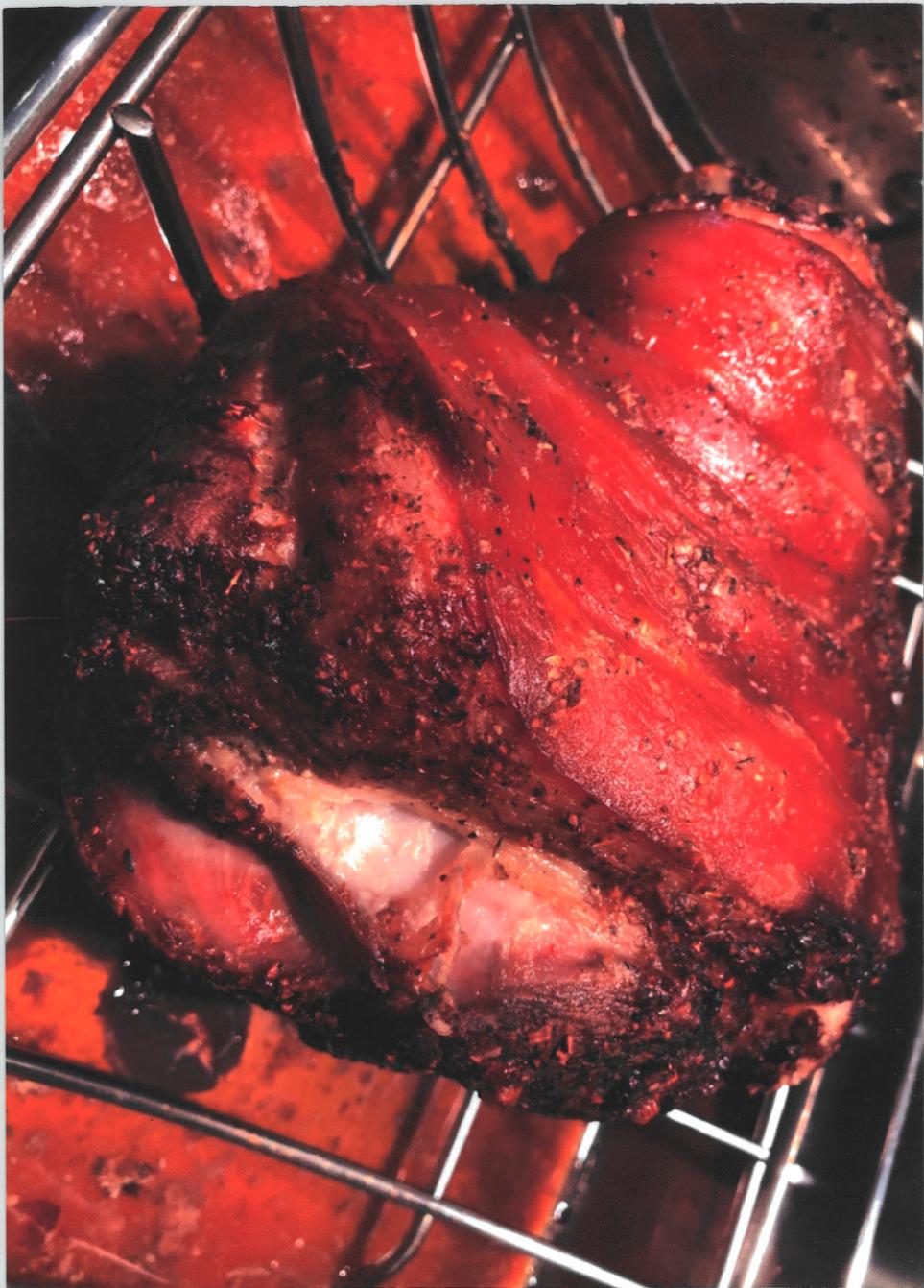


5. Gradually add butter in a steady stream and beat only until mixed.
6. Spoon batter into each pan well. No need to spread, as they will melt and spread on their own.
7. Bake 10-15 minutes, until golden brown.
8. Cool for a few minutes and remove from pan.
9. Sprinkle with powdered sugar.

Pernil - Puerto Rican Dish

Ingredients

- 1/4 cup olive oil
- 3 table spoons white vinegar
- 10 clove garlic
- 2 table spoons dried oregano
- 1 table spoon salt
- 1.5 heaspoons ground black pepper
- 5 lb pork shoulder, trim fat



Combine olive oil, vinegar, garlic, oregano, salt, and black pepper in a mortar and pestle; mash into a paste.

Make deep slits into the pork with a small knife. Stuff slits with the paste; rub any remaining paste over the pork.

Place pork in a plastic roasting bag and put in a roasting pan with a rack. Let marinate in the refrigerator, 8 to 48 hours.

Take pork out of the refrigerator, uncover, and bring to room temperature, 1 to 2 hours.

Preheat oven to 300 degrees F (150 degrees C).

Roast pork skin-side down in the preheated oven until golden brown, about 2 hours. Flip pork and continue roasting, skin-side up, until juices run clear and an instant-read thermometer inserted into the center reads at least 145 degrees F (63 degrees C), 2 to 4 hours more.



Cody Rosenhauer

### Irish Soda Bread

4 1/2 cups of flour

1/2 cup butter melted

1 1/4 cup of sugar

2 1/2 cups raisins

2 1/2 tsp baking powder

2 cups buttermilk

pinch of salt

1/2 cup heavy cream

1 tsp baking soda

1 large egg

1. Preheat oven to 350°.

2. To make 1 large loaf, use a 10-12 inch cast

iron pan or ovenproof skillet with 2 inch sides

3. Cut circle of parchment paper to line pan bottom + sides.

4. Whisk the first 5 ingredients in a large bowl until blended, add butter and raisins and stir well.
5. Add buttermilk, heavy cream and egg to the dry ingredients and stir until incorporated but do not overmix.
6. Pour mixture into pan and cook for one hour or until toothpick comes out dry.
7. Cool for a bit and then flip out of the pan, peel off parchment paper and cool on a cooling rack.



## Chicken Adobo - Filipino Dish

### Ingredients

- 2 tablespoons veggie oil
- 1 (3 lb) chicken, cut in pieces
- 1 large onion
- 2 tablespoons minced garlic
- 1/3 cup soy sauce, 1/3 cup white vinegar
- 1 tablespoon garlic powder
- 2 teaspoons black pepper
- 1 bay leaf



## **Directions**

Heat the vegetable oil in a large skillet over medium-high heat. Cook chicken pieces until golden brown on both sides, then remove. Stir in the onion and garlic; cook until they soften and brown, about 6 minutes.

Pour in vinegar and soy sauce, and season with garlic powder, black pepper, and bay leaf. Add the browned chicken, increase the heat to high, and bring to a boil. Reduce heat to medium-low, cover, and simmer until the chicken is tender and cooked through, 35 to 40 minutes.

### Jamaican Fried Plantains

1 ripe plantain

3 tablespoons of oil for frying

Salt (optional)

- Peel plantain by cutting off both ends, and cutting a slit down the side of each plantain to remove the skin
- Cut the peeled plantain diagonally into ¼ inch slices or straight across in rounds
- Coat skillet with oil
- When oil is heated, fry plantains for 1 ½ minutes on each side on medium heat
- Remove plantains from the pan and drain on a paper towel-lined plate
- Sprinkle with a dash of salt (optional)
- Enjoy as a side dish with any meal

# Ian's Family Recipe

YIELD: 10

# Arroz con Pollo (Chicken and Rice)

Arroz con pollo is classic Puerto Rican comfort food. It's a one pot wonder where the chicken is cooked in the rice making it a quick and easy dish that adults and kids love.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	45 minutes	1 hour

## Ingredients

- 1 whole chicken, cut into 8 pieces and remove skin\* or 8 skinless chicken thighs
- 1/4 cup diced salted pork
- 2 1/2 cup medium-grain rice, rinsed
- 2 large bay leaves

## Sofrito

- 1 medium onion
- 4 culantro (recao) leaves
- 1 red bell pepper
- 3 garlic cloves, chopped
- 1 tablespoon capers
- 12 Spanish olives, chopped

## Adobo (Seasoning)

- 1 1/2 tablespoon kosher salt
- 1 teaspoon ground cumin
- 2 teaspoon ground garlic powder
- 1 teaspoon ground coriander
- 2 teaspoon onion powder

## Achiote Oil

- 1 cup olive oil
- 2 1/2 tablespoons whole achiote (annato) seeds



Logan Cruz  
Class 117

# Instructions

## Achiote Oil

Heat the oil and seeds in a small saucepan over medium heat just until the seeds begin a steady bubble and oil turns a bright orange color. Remove the saucepan from the heat and let stand for a minute. Strain the oil. Store in half-pint mason jar.

## Arroz con Pollo

Combine adobo seasoning in a small bowl. Cut chicken breasts in half, sprinkle seasoning over all the chicken and toss until evenly coated, set aside.

Heat a 4-quart caldero or shallow heavy bottom pot over medium heat. Add salted pork, chicken wings and 1 tablespoon of water. Slowly render the fat from the pork and chicken wings, about 10 minutes or until pork is crispy. Transfer wings and pork to a plate.

Raise the temperature to medium-high heat. Working in batches brown chicken on all sides, about 3 minutes per side. Transfer to plate and set aside.

Add sofrito ingredients and 3 tablespoons of achiote oil to the pot. Saute sofrito until tender, 5 - 8 minutes. Add rice and pork to the pot, mix until rice is evenly coated with oil. Toast the rice, stirring for 3 minutes.

Add chicken to the rice and toss, working the chicken into the rice. Add 3 cups of water and bay leaves. Make sure that the chicken and rice are covered by the water. Bring to a boil and let the water reduce until the rice is just becoming visible. Cover with foil and lid, reduce heat to low and simmer until rice is cooked through, about 25 - 30 minutes.

Fluff rice with a fork and serve.

## Notes

Culantro can be substituted with 1/4 cup chopped cilantro. However, if you can find culantro I highly recommend using it. Culantro can be found in the produce section of many Latin & Asian supermarkets.

# Emily's Pancakes

## Ingredients

- 1  $\frac{1}{2}$  cups all-purpose flour
- 3  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp salt, or more to taste
- 1 tbsp white sugar
- 1  $\frac{1}{4}$  cup milk
- 1 egg
- 3 tbsp butter, melted

## Procedure

- In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
- Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# Emily's Macaroni and Cheese

## Ingredients

- $\frac{1}{4}$  cup milk
- 1 tbsp butter
- 1 box of Kraft Macaroni and Cheese

## Procedure

- Boil water in medium saucepan.
- Stir in macaroni and boil for 7 to 8 minutes, stir occasionally.
- Drain macaroni and return to saucepan.
- Add milk, butter and accompanying cheese packet.
- Mix well and enjoy.

Leah Charboneau

## Italian - American Meatballs

Ingredients: 1 package meat loaf mix (beef/pork/veal); 1 extra-large egg; 1 tsp granulated garlic; 1 tsp Italian spice mix; 1 tsp dried parsley; 12 oz Italian breadcrumbs; salt + pepper to taste; tomato sauce

1. Preheat oven to 350°
2. Combine ingredients <sup>(except for tomato sauce)</sup> + roll into little balls (slightly bigger than golf balls. Place on sheet pan)
3. Bake for 20 minutes
4. Simmer in tomato sauce on low heat for one hour. Turn off heat + leave on stove for two hours



## Quick and Easy Pancit



Quick, Easy and delicious! Will remind you of Island Fiestas!

By Heather Maurer

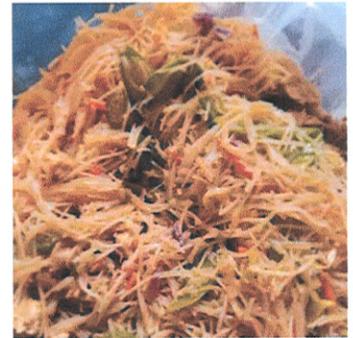
**Cook:** 20 mins

**Total:** 40 mins

**Prep:** 20 mins

**Servings:** 6

**Yield:** 6 Servings



### Ingredients

1 (12 ounce) package dried rice noodles

1 teaspoon vegetable oil

1 onion, finely diced

3 cloves garlic, minced

2 cups diced cooked chicken breast meat

1 small head cabbage, thinly sliced

4 carrot, thinly sliced

¼ cup soy sauce

2 lemons - cut into wedges, for garnish

### Directions

Place the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside.

Heat oil in a wok or large skillet over medium heat. Saute onion and garlic until soft. Stir in chicken cabbage, carrots and soy sauce. Cook until cabbage begins to soften. Toss in noodles, and cook until heated through, stirring constantly. Transfer pancit to a serving dish and garnish with quartered lemons.

### Nutrition Facts

**Per Serving:** 369 calories; protein 18.1g; carbohydrates 65.1g; fat 4.9g; cholesterol 35mg; sodium 788.6mg.

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## Jamaican Rice and Peas



This quick one-pot version of Jamaican rice and peas opts for kidney beans, with a kick from Scotch bonnet peppers and red pepper flakes.

By In the Kitchen with Ilesha

**Cook:** 30 mins

**Total:** 40 mins

**Prep:** 10 mins

**Servings:** 8

**Yield:** 8 cups



### Ingredients

- 2 cups uncooked jasmine rice
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 3 green onions, chopped
- 3 sprigs fresh thyme leaves
- 1 (28 ounce) can kidney beans, drained
- 2 cups chicken stock
- 1 (14 ounce) can coconut milk
- 1 Scotch bonnet pepper, stemmed
- 1 tablespoon salt
- 1 teaspoon brown sugar
- 1 teaspoon ground black pepper
- 1 teaspoon red pepper flakes
- ½ teaspoon ground allspice
- ½ teaspoon cayenne pepper

### Directions

Rinse rice in a fine strainer.

Heat oil in a large 5-quart saucepan over medium heat. Add garlic, green onions, and thyme; cook until wilted, about 2 minutes. Add the rice, kidney beans, stock, coconut milk, Scotch bonnet pepper, salt, sugar, black pepper, red pepper flakes, allspice, and cayenne pepper.

Bring to a boil, uncovered. Reduce heat to low and cover. Simmer until rice is tender and liquid has evaporated, about 20 minutes.

### Cook's Notes:

You can also use dried beans by soaking overnight and cooking in salt, pepper, onion, and garlic for 2 hours on low, but for sake of time I use canned or frozen.

### Tips

Substitute habanero pepper if you can't find Scotch bonnet.

### Nutrition Facts

**Per Serving:** 391 calories; protein 10.7g; carbohydrates 60.1g; fat 13g; cholesterol 1.5mg; sodium 1385.8mg.

Ryan Braumann

## Mozzarella in Carozza (Hot Antipasto)

- 6 Slice Italian bread (1/2 inch thick)
- 6 Bread-size slice Fresh Mozz 1/4" thick
- 1 Cup Flour
- 4 Eggs Whisked
- 2 Cup Bread Crumb
- 6 Cup Veg oil
- 2 Tbsp Chopped Italian Parsley
- 3 Cup Sauce

1. Trim crust on bread. Put each Mozz slice and trim to fit

2. Dredge Bread/Mozz in Flour

3. Dip in eggs and then bread crumbs  
- set aside

4. Warm Sauce in Sauce pan

5. Heat oil to 350. Fry Mozz 2 at a time, 1 min on each side or until golden

6. Spoon sauce on each mozz and sprinkle w/ Parsley

# Ayyash's Bangladeshi Spicy Noodles

## Ingredients

- 3 oz noodles with stock
- 3 cups water
- 2 tbsp oil
- 2 tbsp tomatoes, chopped
- 1 medium onion, chopped
- 1 medium capsicum, sliced
- 1 green chili pepper, chopped
- $\frac{1}{2}$  tsp black pepper
- $\frac{3}{4}$  tsp coriander powder
- salt, to taste
- 2 hot dogs (chicken franks, sliced)

## Procedure

- Boil noodles in water and after boiling drain excess water from the noodles.
- Keep the stock aside.
- Now heat oil in a pan and onion and tomato. Cook until well cooked.
- Add capsicum and green chili and cook for 1 minute.
- Now add the stock which comes from inside of the Maggie, black pepper, coriander powder and salt.
- Now mix them nicely.
- Add slice hot dogs (chicken franks) and cook them for 3 minutes.
- Now add boiled, drained noodles and cook for 6 minutes until cooked.
- Serve hot.

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# Divina's Mixed Vegetable Butter Noodles

## Ingredients

- Noodles
- Butter
- Onion
- Broccoli
- Corn
- Carrots
- Salt
- Black pepper

## Procedure

- Boil noodles/spaghetti according to package instructions.
- Stir fry all vegetables in butter. When soft, add salt and pepper.
- Add the drained noodles.
- Cook for 2 more minutes.
- Ready to serve!

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# Elijah's Eggplant Parmigiana

## Ingredients

- 1-2 eggplants
- 5 eggs
- 1-2 jars tomato sauce
- Shredded mozzarella cheese
- Bread crumbs
- Italian seasoning (optional)
- Vegetable oil

## Procedure

- Peel eggplant and then slice into thin circles.
- Beat the eggs into a bowl and in a separate bowl, pour your bread crumbs and add more as needed. Add Italian seasoning to your egg batter.
- Use a fork and dip each eggplant slice into the egg batter and dip into breadcrumbs, making sure all sides are covered. Repeat for each slice.
- Add vegetable oil over medium heat. Add eggplant in the pan and fry for 3-4 minutes, flipping halfway through.
- Preheat the oven to 350.
- Lay slices on a paper towel lined tray as they finish. This will soak up extra oil.
- Take a casserole dish or sheet pan and spread thin layer of tomato sauce on it. Lay your eggplant down and top each slice with one spoonful sauce. Sprinkle with mozzarella cheese and bake for 20-30 minutes. Serve over pasta.
- If you have leftover fried slices, they go great on a sandwich with mozzarella, spinach, and balsamic dressing!
- If you would like a dairy free version, you can substitute the cheese with Daiya mozzarella (it's vegan).

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# Amy's Classic Nigerian Jollof Rice

## Ingredients

- 1/3 cup oil (vegetable/canola/coconut, not olive oil)
- 6 medium-sized fresh plum/Roma tomatoes, chopped, OR a 400-gram tin of tomatoes
- 6 fresh, red poblano peppers (or 4 large red bell peppers), seeds discarded
- 3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
- 1/2 to 1 hot pepper, or to taste (yellow Scotch bonnets are my favourite)
- 3 tablespoons tomato paste
- 2 teaspoons (Caribbean/Jamaican-style) curry powder
- 1 teaspoon dried thyme
- 2 dried bay leaves
- 5 to 6 cups stock (vegetable, chicken, or beef) or water, divided
- 2 teaspoons unsalted butter (optional), divided
- 4 cups uncooked converted long-grain rice or golden sella basmati, rinse
- Salt, to taste
- Black and white pepper, to taste
- Extra: sliced onions, tomatoes

## Procedure

- In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions, and Scotch bonnets with 2 cups of stock, blend till smooth, about a minute or two. You should have roughly 6 cups of blended mix. Pour into a large pot/ pan and bring to the boil then turn down and let simmer, covered for 10 - 12 minutes
- In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Then add the tomato paste - stir for another 2 minutes. Add the reduced tomato-pepper-Scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till reduced by half, with the lid on. This is the stew that will define the pot.
- Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.

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- Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan—this will seal in the steam and lock in the flavour. Turn down the heat and cook on low for 30 minutes.
- Stir rice—taste and adjust as required.
- If you like, add sliced onions, fresh tomatoes and the 2nd teaspoon of butter and stir through.
- To make Party Rice, you'll need one more step. Now Party Rice is essentially Smoky Jollof Rice, traditionally cooked over an open fire. However, you can achieve the same results on the stove top. Here's how: Once the rice is cooked, turn up the heat with the lid on and leave to "burn" for 3 to 5 minutes. You'll hear the rice crackle and snap and it will smell toasted. Turn off the heat and leave with the lid on to "rest" till ready to serve. The longer the lid stays on, the smokier. Let the party begin!

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## Kingston's Blueberry Muffins

### Ingredients

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 2 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- 1 stick ( $\frac{1}{2}$  cup) unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- $1\frac{1}{2}$  teaspoons vanilla extract
- $\frac{1}{4}$  teaspoon almond extract
- $\frac{1}{2}$  cup milk
- $2\frac{1}{4}$  cups fresh blueberries
- 2 tablespoons turbinado sugar (also called raw sugar or demerara sugar)

### Procedure

- Preheat the oven to 375°F and put an oven rack in the middle position. Line a 12-cup muffin tin with paper liners. Spray the pan and the liners with non-stick cooking spray.
- In a medium bowl, whisk together the flour, baking powder and salt.
- In the bowl of an electric mixer, beat the butter and granulated sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and almond extract. (The batter may look a little grainy -- that's okay).
- Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. The batter will be very thick. Add the blueberries to the batter and fold gently with a spatula until evenly distributed. Do not overmix.
- Scoop the batter into the prepared muffin tin (an ice-cream scoop with a wire scraper works well here); they will be very full. Sprinkle the turbinado sugar evenly on top of the muffins.
- Bake for about 30 minutes, until lightly golden. Let the muffins cool in the pan for about 10 minutes. Run a knife around the edge of each muffin to free it from the pan if necessary (the blueberries can stick), then transfer the muffins to a rack to cool completely.

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# Jake's Fudgy Brownies

## Ingredients

- 8 oz good-quality chocolate, semi-sweet
- 12 tablespoons butter, melted
- 1  $\frac{1}{4}$  cups sugar
- 2 eggs
- 2 teaspoons vanilla extract
- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{4}$  cup cocoa powder
- 1 teaspoon salt

## Procedure

- Preheat the oven to 350°F (180°C). Line an 8-inch (20 cm) square baking dish with parchment paper.
- Chop the chocolate into chunks. Melt half of the chocolate in the microwave in 20-second intervals, saving the other half for later.
- In a large bowl, mix the butter and sugar with an electric hand mixer, then beat in the eggs and vanilla for 1-2 minutes, until the mixture becomes fluffy and light in color.
- Whisk in the melted chocolate (make sure it's not too hot or else the eggs will cook), then sift in the flour, cocoa powder, and salt. Fold to incorporate the dry ingredients, being careful not to overmix as this will cause the brownies to be more cake-like in texture.
- Fold in the chocolate chunks, then transfer the batter to the prepared baking dish.
- Bake for 20-25 minutes, depending on how fudgy you like your brownies, then cool completely.
- Slice, then serve with a nice cold glass of milk!
- Enjoy!

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# Samuel's Vanilla Cupcakes

## Ingredients

- 1  $\frac{1}{2}$  cups all-purpose flour
- 1  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp fine salt
- 2 large eggs
- $\frac{2}{3}$  cup of sugar
- 1  $\frac{1}{2}$  sticks of unsalted butter
- 2 tsp pure vanilla extract
- $\frac{1}{2}$  cup of milk

## Procedure

- Whisk the flour baking powder and salt together in a medium bowl.
- Beat the eggs and sugar, until light and foamy. While beating, gradually pour in the melted butter and then the vanilla.
- While mixing lowly, add half of the flour mixture, then add all the milk, followed by the remaining flour mixture.
- Divide the batter evenly in the prepared muffin tin.
- Preheat the oven to 350 degrees F, baking time 18-20 minutes (bake until a cake test inserted into the center of the cupcakes come out clean).
- Cool the cupcakes and decorate!
- Ready to eat!

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## Matheo's Koulourakia (Greek Easter Cookies)

### Ingredients

- 10.58 oz butter
- 8.82 oz orange juice
- 1 tbsp brandy
- 1 tsp vanilla extract
- 2 egg yolks
- Orange zest, of 2 oranges
- 3.53 oz milk, 3.5% fat
- 31.75 oz soft flour
- 1 pinch salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 egg yolk, diluted with 1 tbsp water

### Procedure

- Preheat the oven to 350.
- In a mixing bowl, add the butter, sugar and beat with the paddle attachment at high speed for 3-4 minutes, until fluffy. Stop the mixer and add the orange juice, brandy, vanilla extract, egg yolks, orange zest, milk 3-4 tbsps flour and salt. Beat for 1-2 minutes at low speed, until the ingredients are homogenized. Remove bowl from mixer.
- In a bowl, add the rest of the flour, baking powder, baking soda and mix. Transfer to a mixing bowl and mix with a silicone spatula until there is a soft dough. Shape the dough into cookies, 30g each, in any shape you like.
- Transfer to baking pans lined with parchment paper and brush the cookies with egg wash.
- Bake each pan separately for 20 minutes.
- Let cool and serve!

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## Katelyn's Maple Roasted Carrots

### Ingredients

- 1  $\frac{1}{2}$  pounds carrots, sliced quarter inch thick on the diagonal
- 2 tbsp melted butter
- 2 tbsp pure maple syrup
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp black pepper
- 2 tsp fresh chives (optional)

### Procedure

- Preheat oven to 400 degrees.
- Stir carrots, butter, maple syrup, salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet and roast, stirring once, until tender for 20 to 25 minutes. Sprinkle with chives, if desired.

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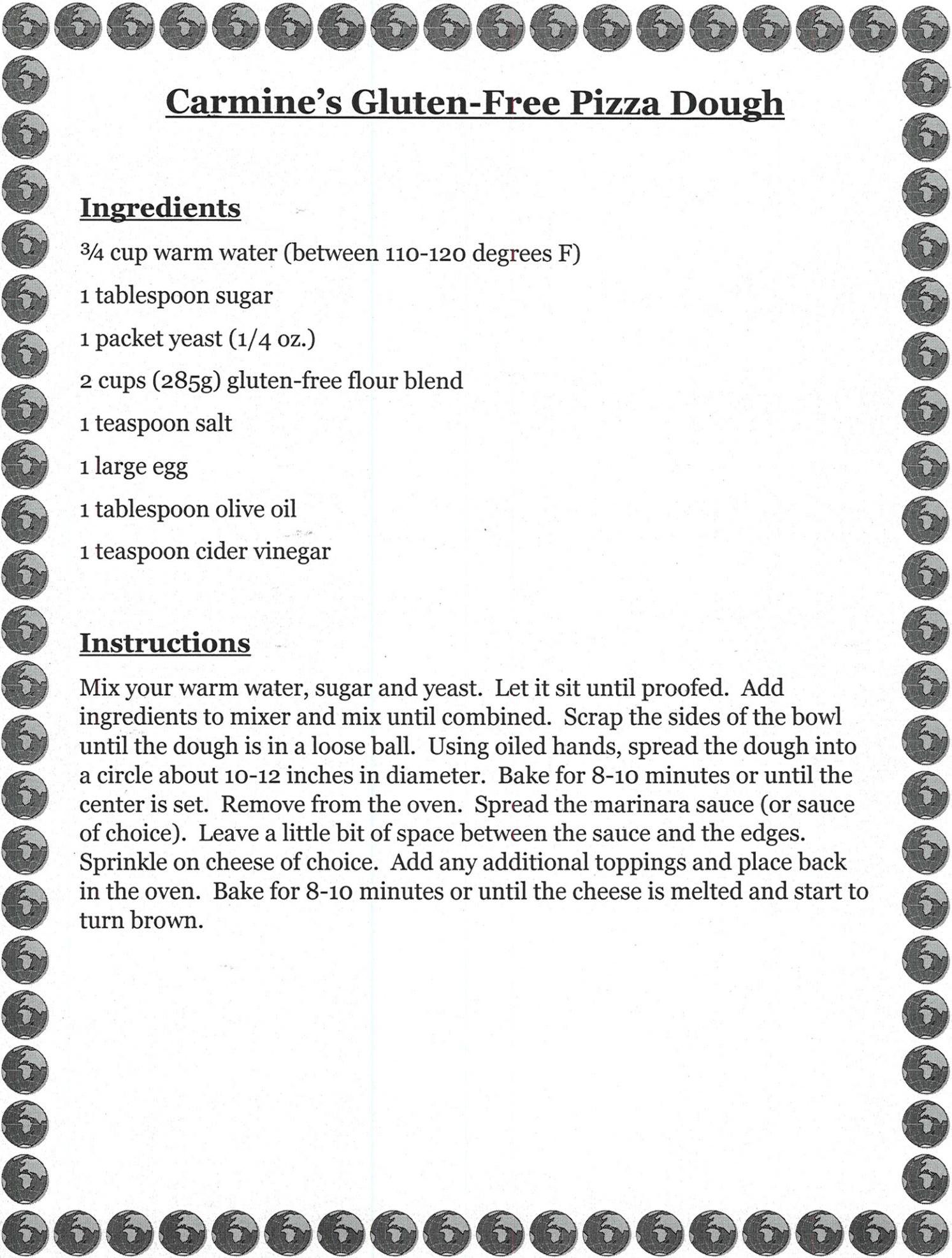
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# Class Cookbook!



Alternatives for Children 2021-2022

☺ Miss Lara, Miss Lisa, Miss Valerie ☺



# Carmine's Gluten-Free Pizza Dough

## Ingredients

¾ cup warm water (between 110-120 degrees F)

1 tablespoon sugar

1 packet yeast (1/4 oz.)

2 cups (285g) gluten-free flour blend

1 teaspoon salt

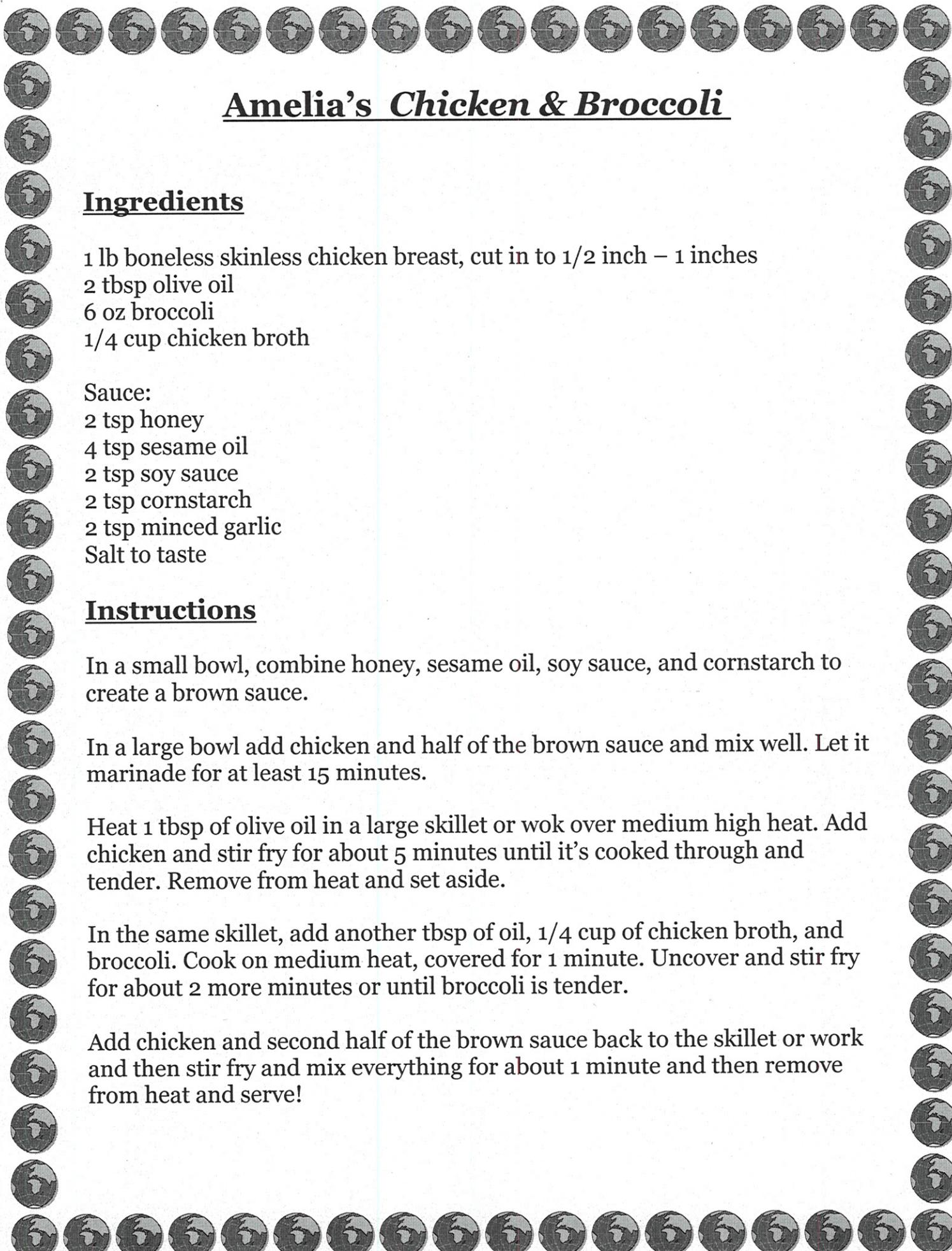
1 large egg

1 tablespoon olive oil

1 teaspoon cider vinegar

## Instructions

Mix your warm water, sugar and yeast. Let it sit until proofed. Add ingredients to mixer and mix until combined. Scrap the sides of the bowl until the dough is in a loose ball. Using oiled hands, spread the dough into a circle about 10-12 inches in diameter. Bake for 8-10 minutes or until the center is set. Remove from the oven. Spread the marinara sauce (or sauce of choice). Leave a little bit of space between the sauce and the edges. Sprinkle on cheese of choice. Add any additional toppings and place back in the oven. Bake for 8-10 minutes or until the cheese is melted and start to turn brown.



## Amelia's Chicken & Broccoli

### Ingredients

1 lb boneless skinless chicken breast, cut in to 1/2 inch – 1 inches  
2 tbsp olive oil  
6 oz broccoli  
1/4 cup chicken broth

#### Sauce:

2 tsp honey  
4 tsp sesame oil  
2 tsp soy sauce  
2 tsp cornstarch  
2 tsp minced garlic  
Salt to taste

### Instructions

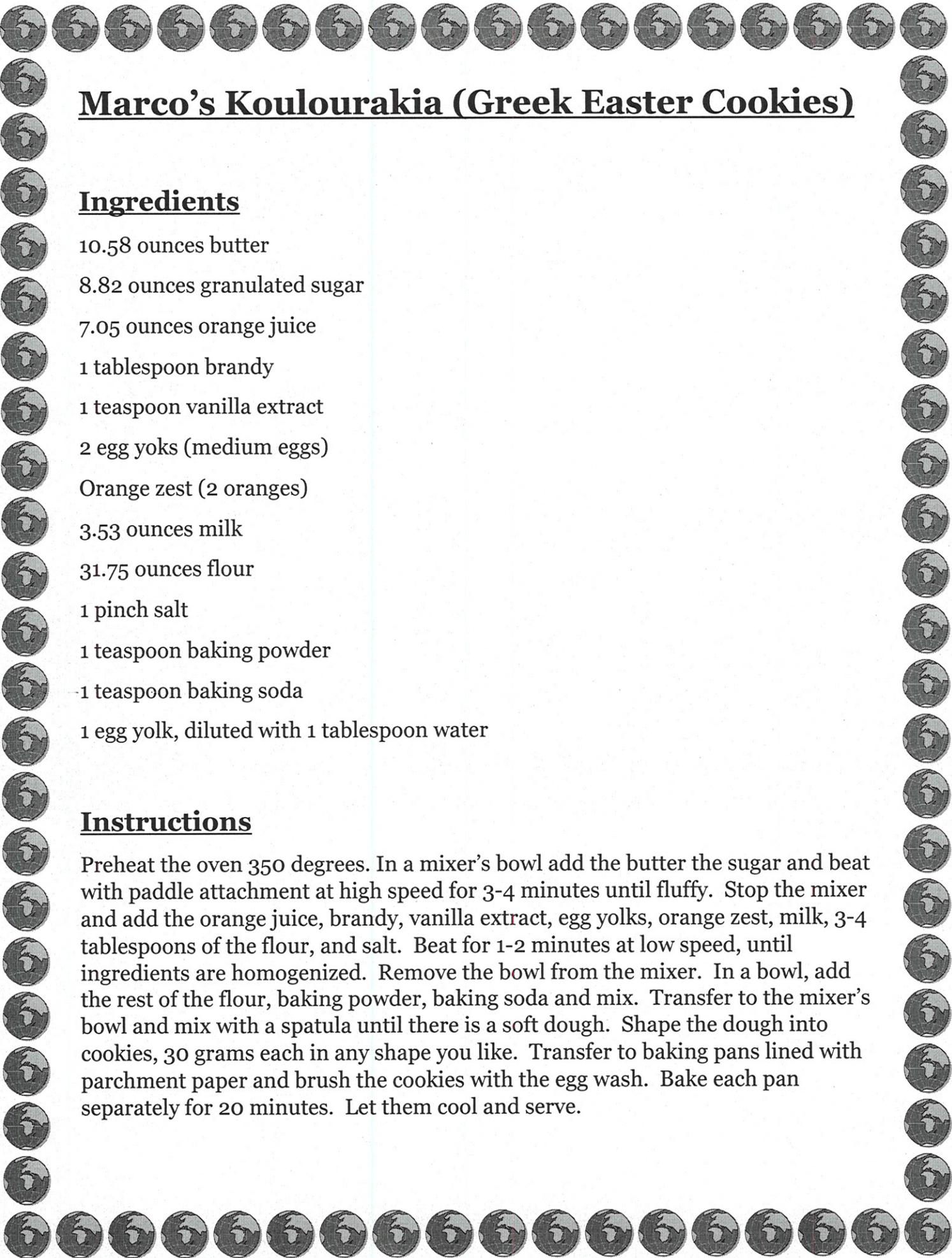
In a small bowl, combine honey, sesame oil, soy sauce, and cornstarch to create a brown sauce.

In a large bowl add chicken and half of the brown sauce and mix well. Let it marinate for at least 15 minutes.

Heat 1 tbsp of olive oil in a large skillet or wok over medium high heat. Add chicken and stir fry for about 5 minutes until it's cooked through and tender. Remove from heat and set aside.

In the same skillet, add another tbsp of oil, 1/4 cup of chicken broth, and broccoli. Cook on medium heat, covered for 1 minute. Uncover and stir fry for about 2 more minutes or until broccoli is tender.

Add chicken and second half of the brown sauce back to the skillet or work and then stir fry and mix everything for about 1 minute and then remove from heat and serve!



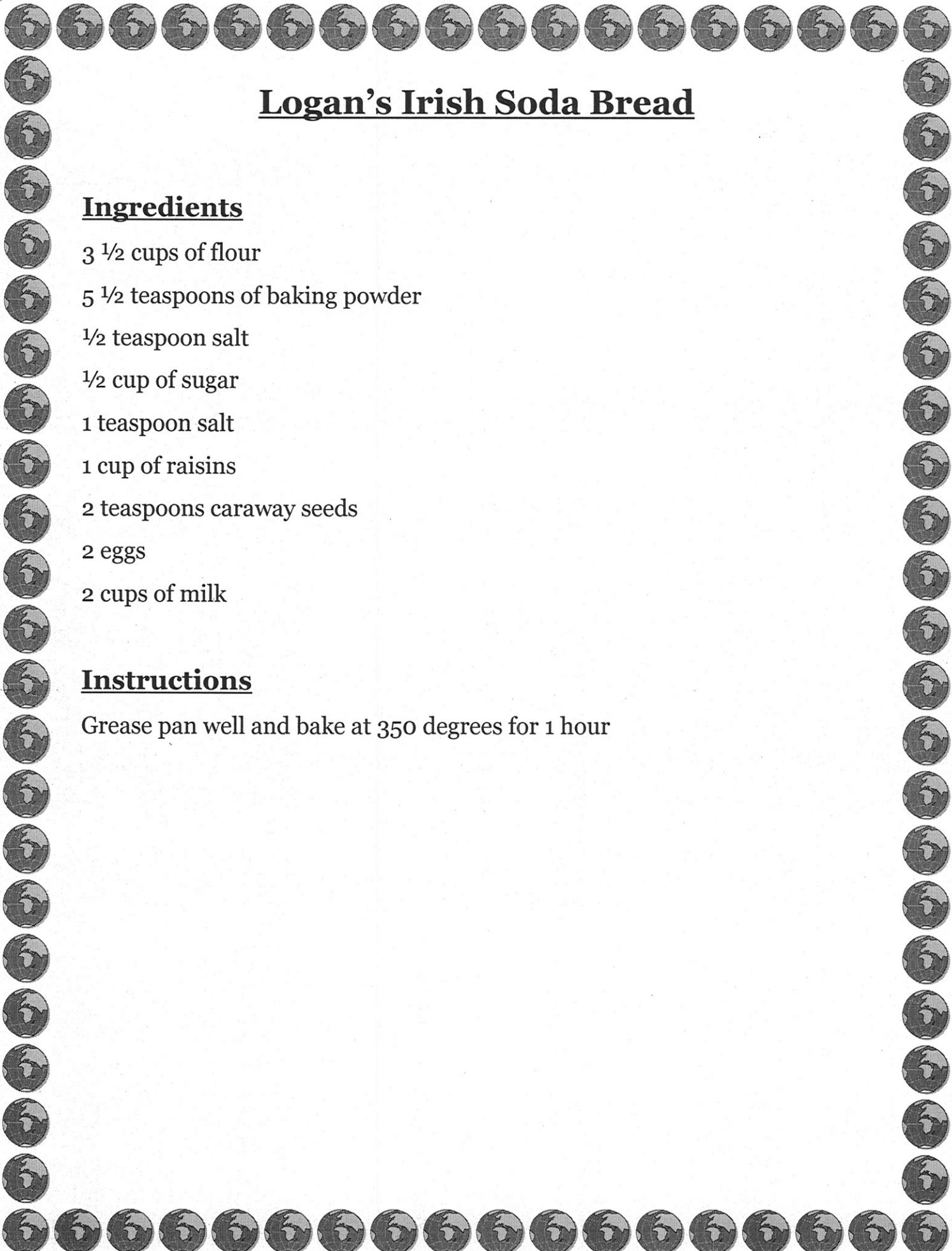
# Marco's Koulourakia (Greek Easter Cookies)

## Ingredients

- 10.58 ounces butter
- 8.82 ounces granulated sugar
- 7.05 ounces orange juice
- 1 tablespoon brandy
- 1 teaspoon vanilla extract
- 2 egg yolks (medium eggs)
- Orange zest (2 oranges)
- 3.53 ounces milk
- 31.75 ounces flour
- 1 pinch salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 egg yolk, diluted with 1 tablespoon water

## Instructions

Preheat the oven 350 degrees. In a mixer's bowl add the butter the sugar and beat with paddle attachment at high speed for 3-4 minutes until fluffy. Stop the mixer and add the orange juice, brandy, vanilla extract, egg yolks, orange zest, milk, 3-4 tablespoons of the flour, and salt. Beat for 1-2 minutes at low speed, until ingredients are homogenized. Remove the bowl from the mixer. In a bowl, add the rest of the flour, baking powder, baking soda and mix. Transfer to the mixer's bowl and mix with a spatula until there is a soft dough. Shape the dough into cookies, 30 grams each in any shape you like. Transfer to baking pans lined with parchment paper and brush the cookies with the egg wash. Bake each pan separately for 20 minutes. Let them cool and serve.



## Logan's Irish Soda Bread

### Ingredients

3 1/2 cups of flour

5 1/2 teaspoons of baking powder

1/2 teaspoon salt

1/2 cup of sugar

1 teaspoon salt

1 cup of raisins

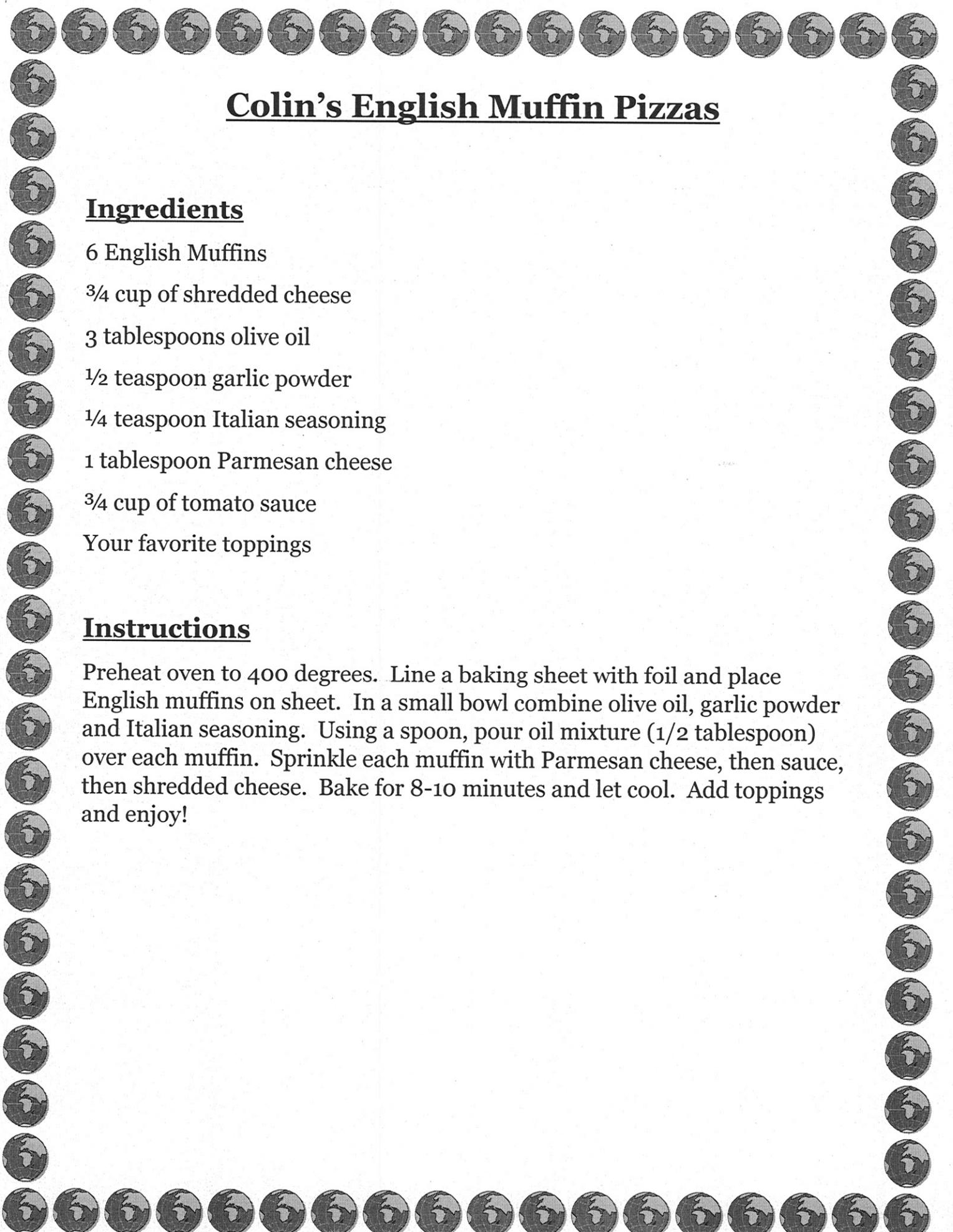
2 teaspoons caraway seeds

2 eggs

2 cups of milk

### Instructions

Grease pan well and bake at 350 degrees for 1 hour



## Colin's English Muffin Pizzas

### Ingredients

6 English Muffins

$\frac{3}{4}$  cup of shredded cheese

3 tablespoons olive oil

$\frac{1}{2}$  teaspoon garlic powder

$\frac{1}{4}$  teaspoon Italian seasoning

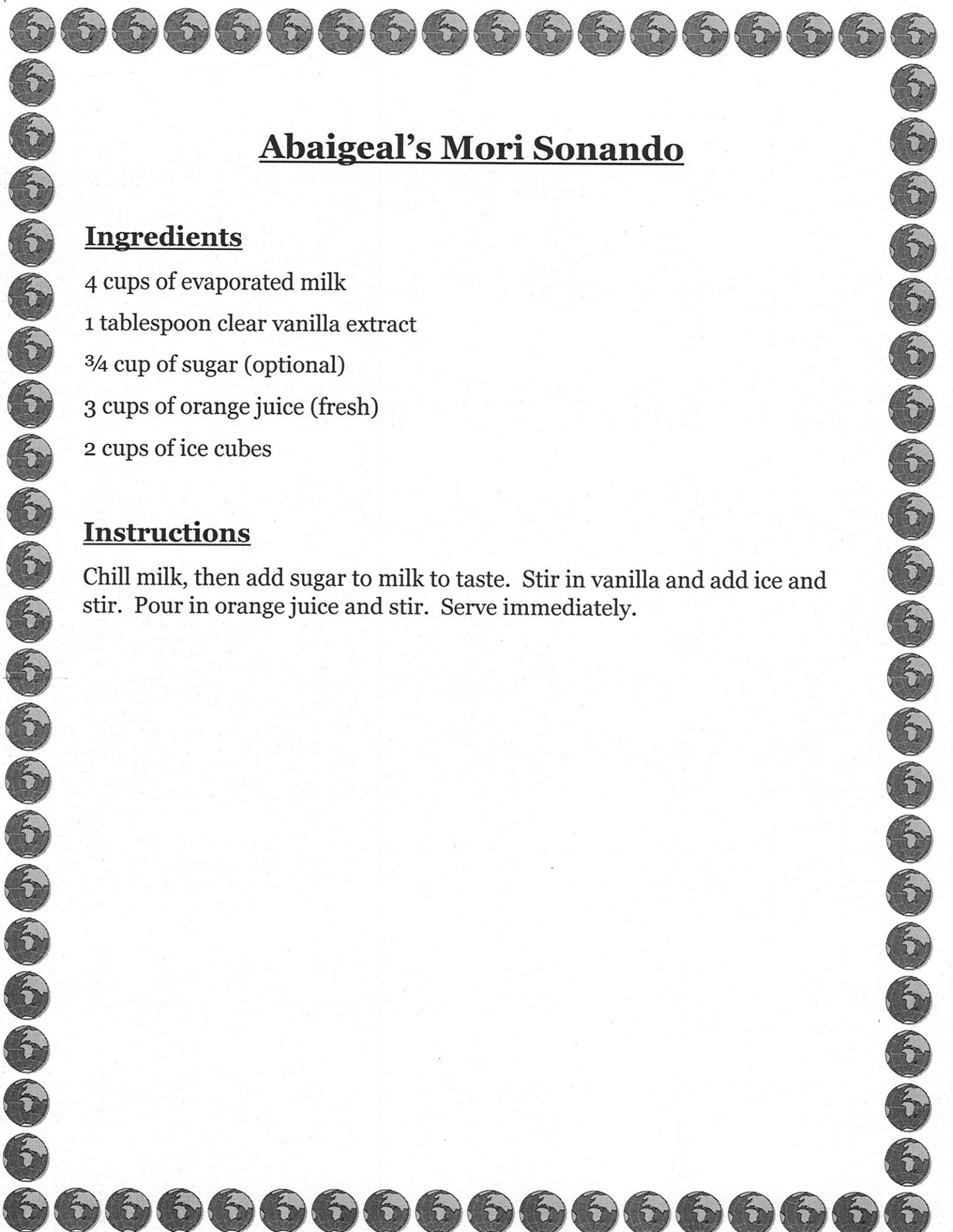
1 tablespoon Parmesan cheese

$\frac{3}{4}$  cup of tomato sauce

Your favorite toppings

### Instructions

Preheat oven to 400 degrees. Line a baking sheet with foil and place English muffins on sheet. In a small bowl combine olive oil, garlic powder and Italian seasoning. Using a spoon, pour oil mixture ( $\frac{1}{2}$  tablespoon) over each muffin. Sprinkle each muffin with Parmesan cheese, then sauce, then shredded cheese. Bake for 8-10 minutes and let cool. Add toppings and enjoy!



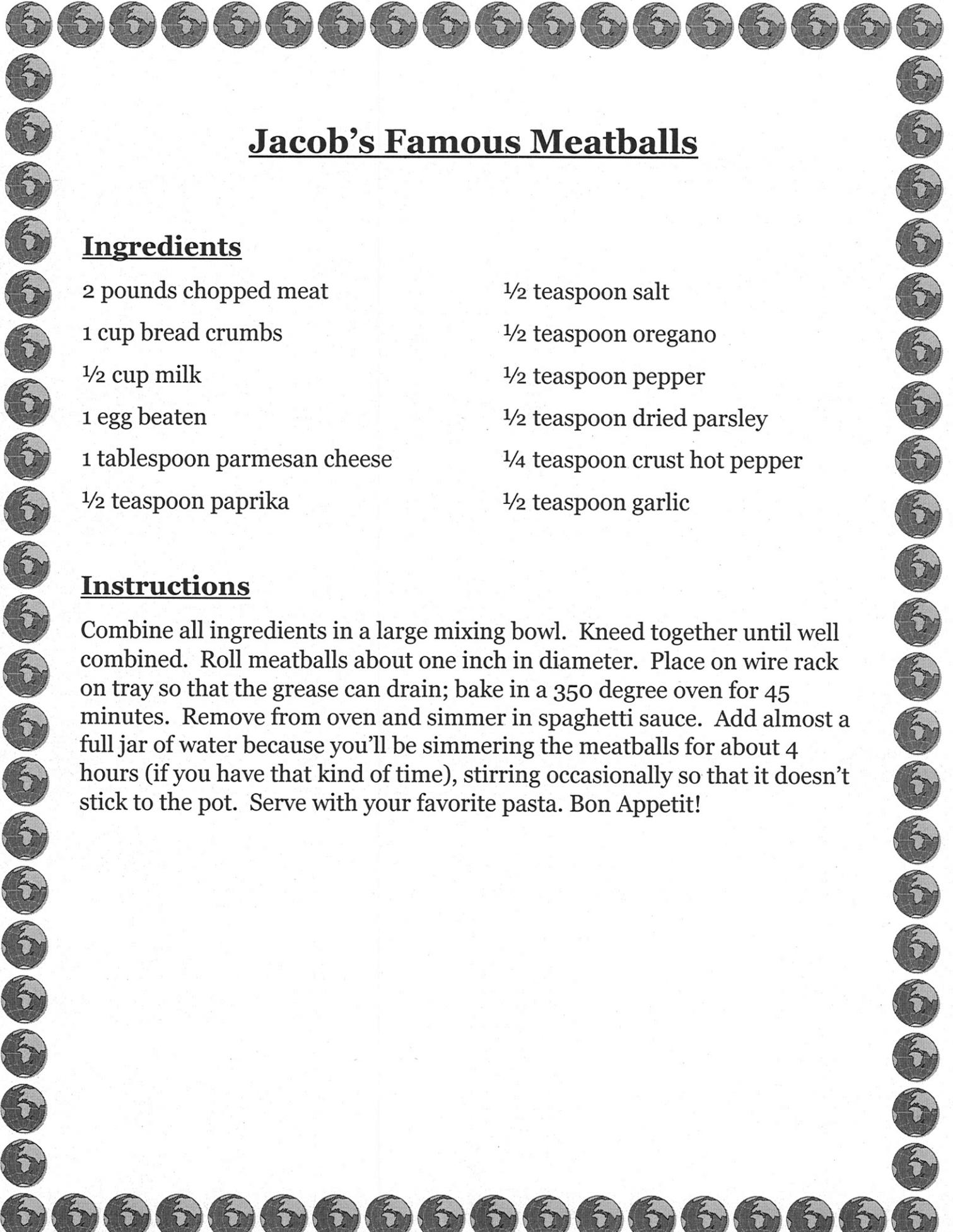
## Abaigeal's Mori Sonando

### Ingredients

- 4 cups of evaporated milk
- 1 tablespoon clear vanilla extract
- $\frac{3}{4}$  cup of sugar (optional)
- 3 cups of orange juice (fresh)
- 2 cups of ice cubes

### Instructions

Chill milk, then add sugar to milk to taste. Stir in vanilla and add ice and stir. Pour in orange juice and stir. Serve immediately.



## Jacob's Famous Meatballs

### Ingredients

2 pounds chopped meat

1 cup bread crumbs

1/2 cup milk

1 egg beaten

1 tablespoon parmesan cheese

1/2 teaspoon paprika

1/2 teaspoon salt

1/2 teaspoon oregano

1/2 teaspoon pepper

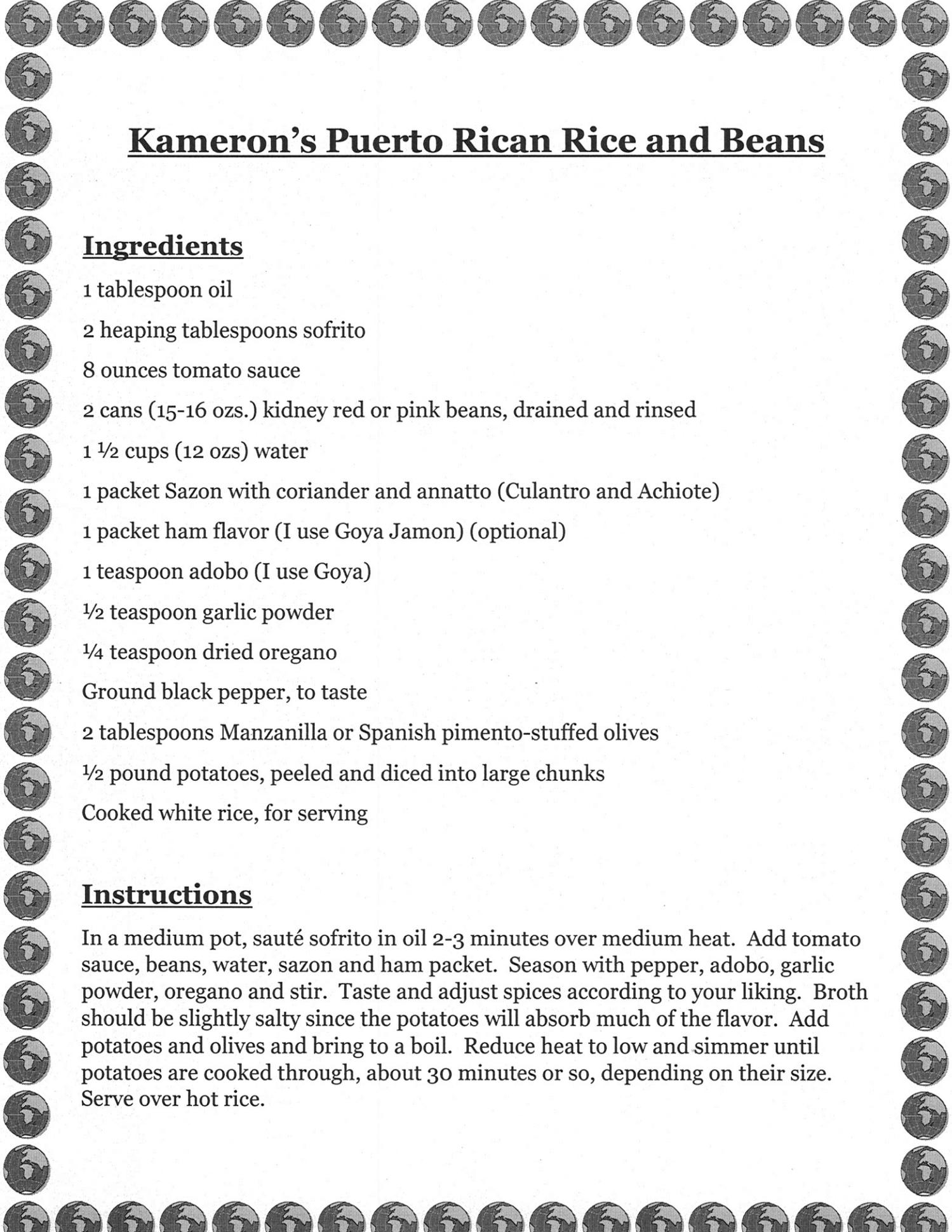
1/2 teaspoon dried parsley

1/4 teaspoon crust hot pepper

1/2 teaspoon garlic

### Instructions

Combine all ingredients in a large mixing bowl. Knead together until well combined. Roll meatballs about one inch in diameter. Place on wire rack on tray so that the grease can drain; bake in a 350 degree oven for 45 minutes. Remove from oven and simmer in spaghetti sauce. Add almost a full jar of water because you'll be simmering the meatballs for about 4 hours (if you have that kind of time), stirring occasionally so that it doesn't stick to the pot. Serve with your favorite pasta. Bon Appetit!



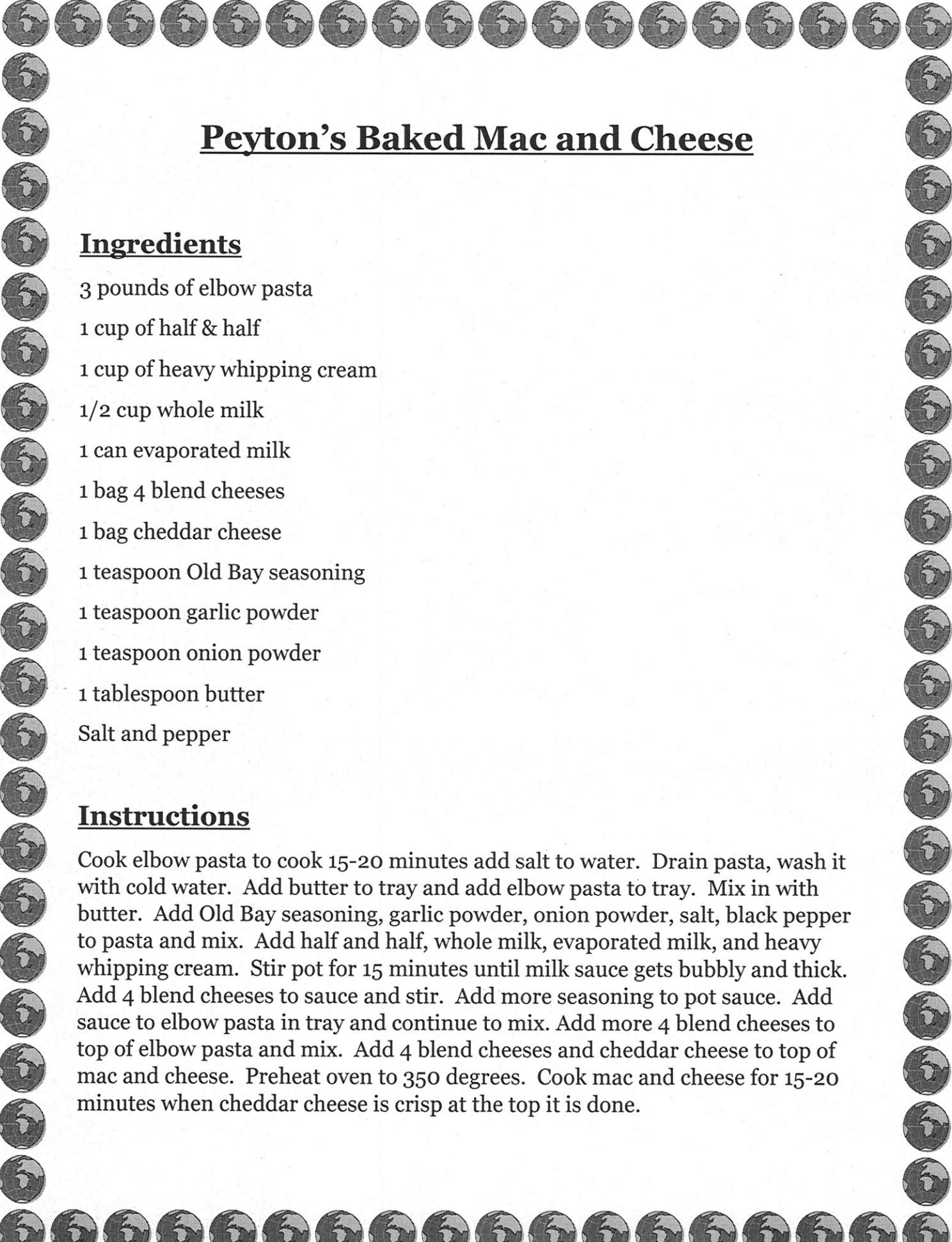
# Kameron's Puerto Rican Rice and Beans

## Ingredients

- 1 tablespoon oil
- 2 heaping tablespoons sofrito
- 8 ounces tomato sauce
- 2 cans (15-16 ozs.) kidney red or pink beans, drained and rinsed
- 1 1/2 cups (12 ozs) water
- 1 packet Sazon with coriander and annatto (Culantro and Achiote)
- 1 packet ham flavor (I use Goya Jamon) (optional)
- 1 teaspoon adobo (I use Goya)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- Ground black pepper, to taste
- 2 tablespoons Manzanilla or Spanish pimento-stuffed olives
- 1/2 pound potatoes, peeled and diced into large chunks
- Cooked white rice, for serving

## Instructions

In a medium pot, sauté sofrito in oil 2-3 minutes over medium heat. Add tomato sauce, beans, water, sazon and ham packet. Season with pepper, adobo, garlic powder, oregano and stir. Taste and adjust spices according to your liking. Broth should be slightly salty since the potatoes will absorb much of the flavor. Add potatoes and olives and bring to a boil. Reduce heat to low and simmer until potatoes are cooked through, about 30 minutes or so, depending on their size. Serve over hot rice.



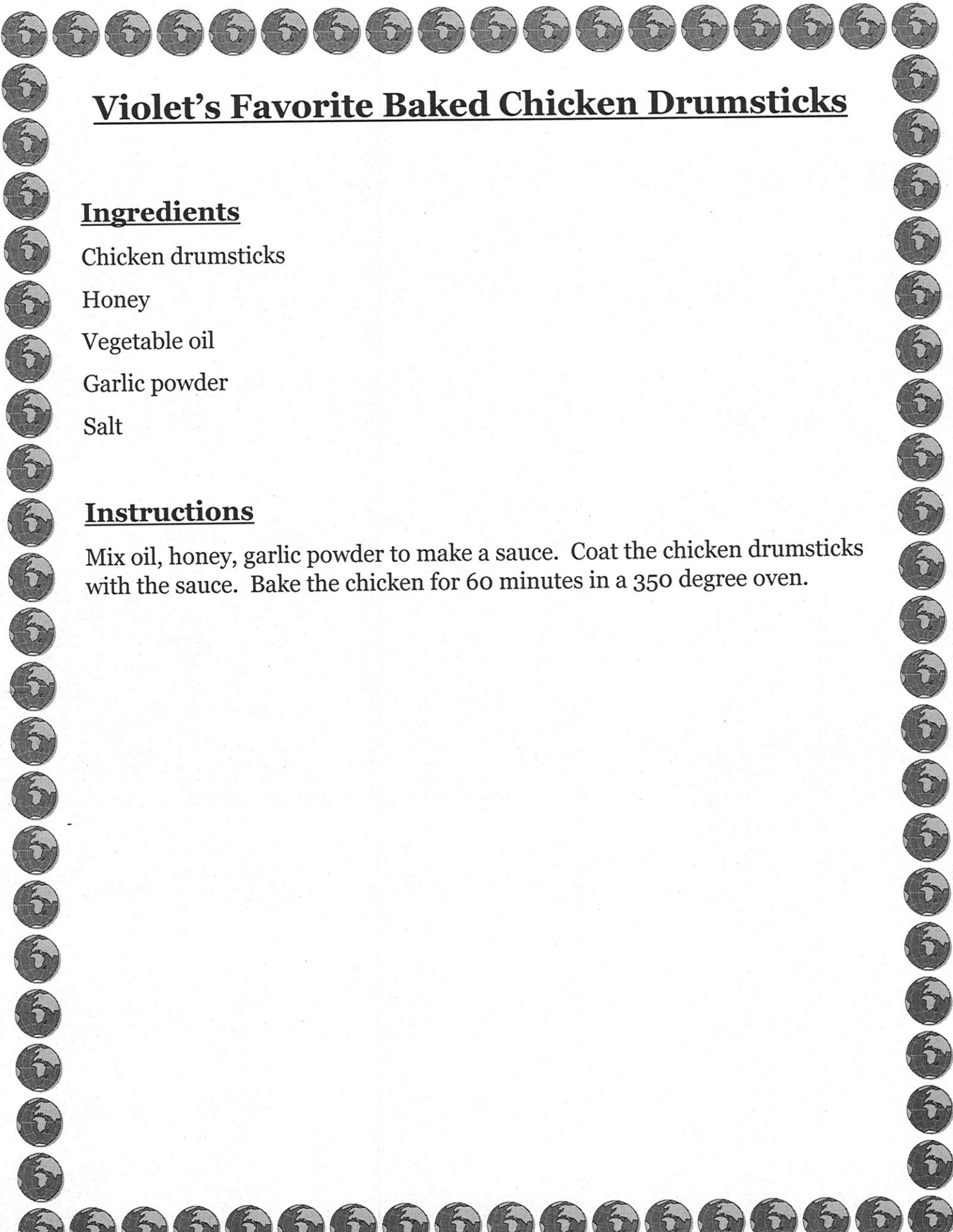
# Peyton's Baked Mac and Cheese

## Ingredients

- 3 pounds of elbow pasta
- 1 cup of half & half
- 1 cup of heavy whipping cream
- 1/2 cup whole milk
- 1 can evaporated milk
- 1 bag 4 blend cheeses
- 1 bag cheddar cheese
- 1 teaspoon Old Bay seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon butter
- Salt and pepper

## Instructions

Cook elbow pasta to cook 15-20 minutes add salt to water. Drain pasta, wash it with cold water. Add butter to tray and add elbow pasta to tray. Mix in with butter. Add Old Bay seasoning, garlic powder, onion powder, salt, black pepper to pasta and mix. Add half and half, whole milk, evaporated milk, and heavy whipping cream. Stir pot for 15 minutes until milk sauce gets bubbly and thick. Add 4 blend cheeses to sauce and stir. Add more seasoning to pot sauce. Add sauce to elbow pasta in tray and continue to mix. Add more 4 blend cheeses to top of elbow pasta and mix. Add 4 blend cheeses and cheddar cheese to top of mac and cheese. Preheat oven to 350 degrees. Cook mac and cheese for 15-20 minutes when cheddar cheese is crisp at the top it is done.



## Violet's Favorite Baked Chicken Drumsticks

### Ingredients

Chicken drumsticks

Honey

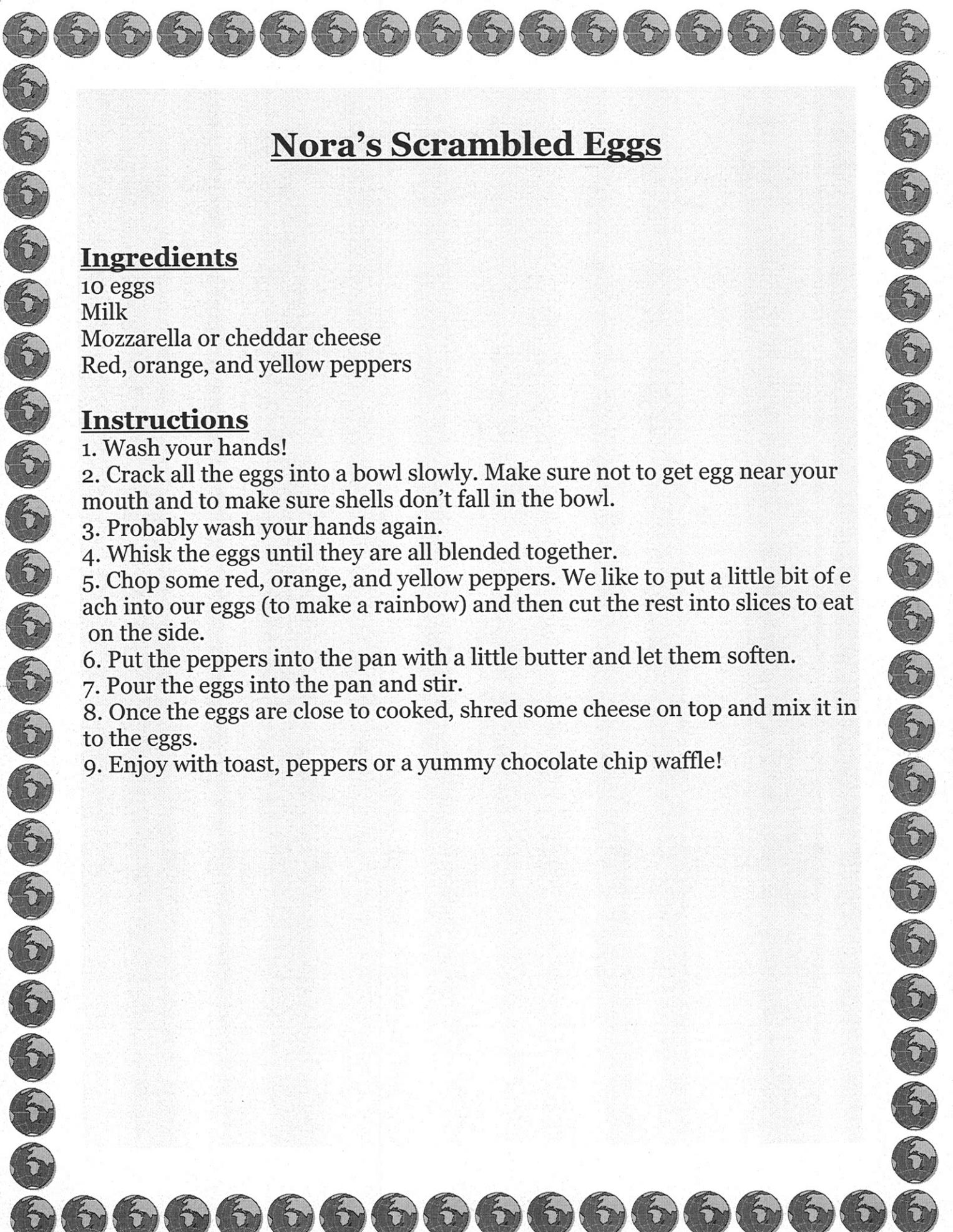
Vegetable oil

Garlic powder

Salt

### Instructions

Mix oil, honey, garlic powder to make a sauce. Coat the chicken drumsticks with the sauce. Bake the chicken for 60 minutes in a 350 degree oven.



## Nora's Scrambled Eggs

### Ingredients

10 eggs

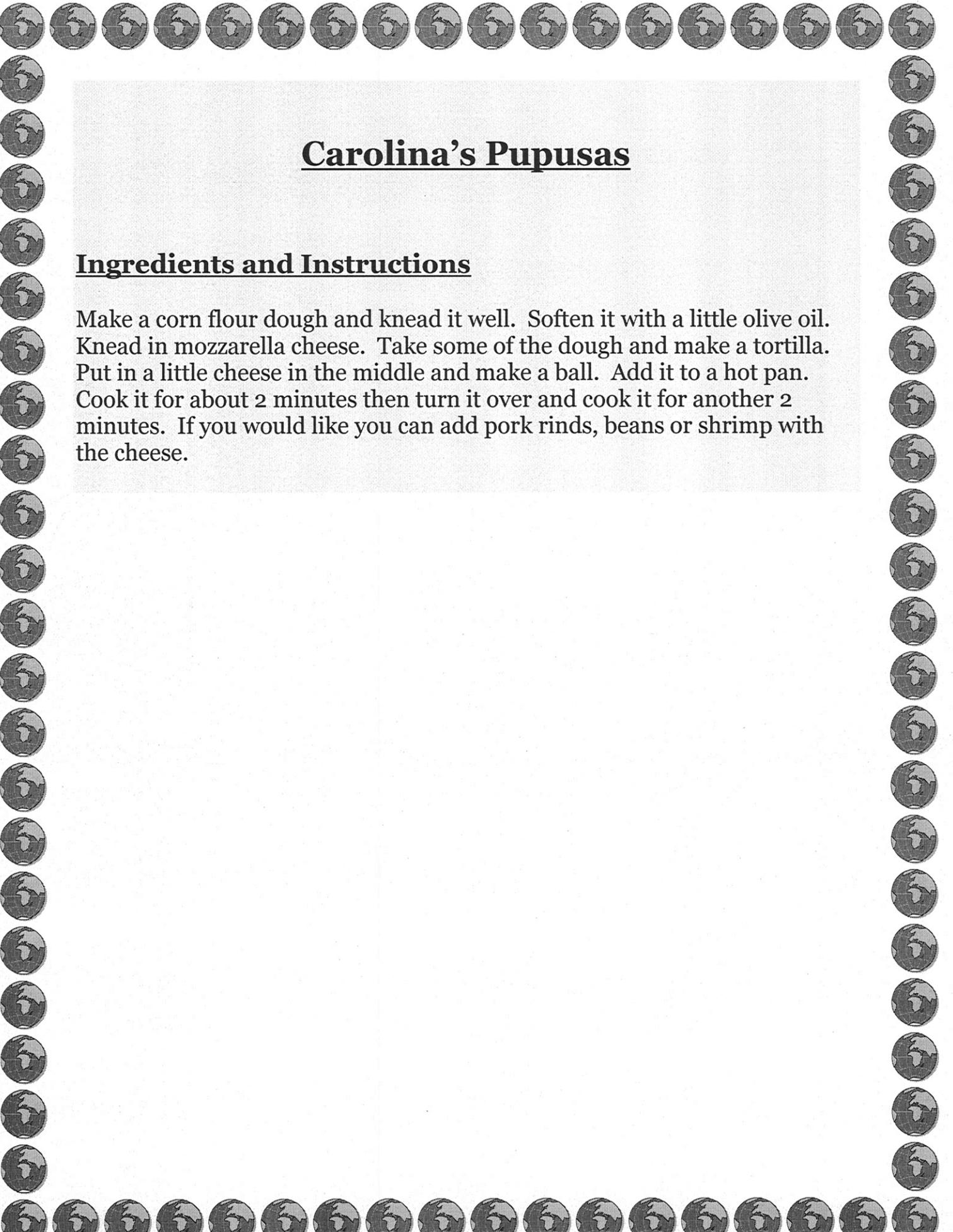
Milk

Mozzarella or cheddar cheese

Red, orange, and yellow peppers

### Instructions

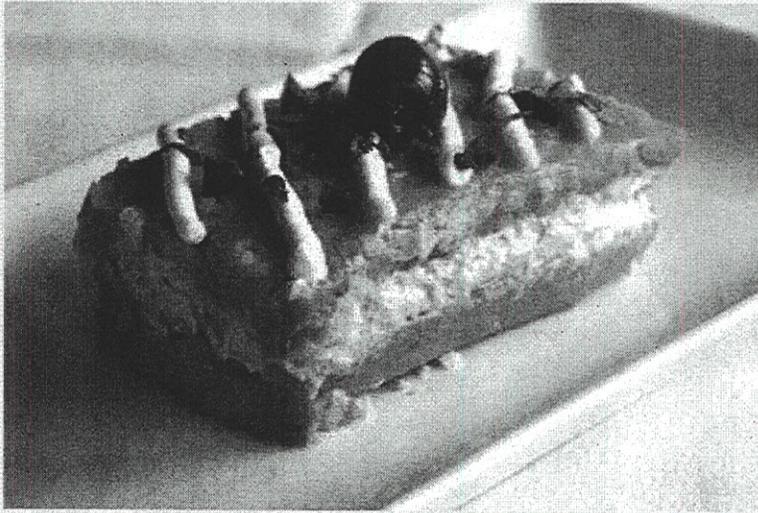
1. Wash your hands!
2. Crack all the eggs into a bowl slowly. Make sure not to get egg near your mouth and to make sure shells don't fall in the bowl.
3. Probably wash your hands again.
4. Whisk the eggs until they are all blended together.
5. Chop some red, orange, and yellow peppers. We like to put a little bit of each into our eggs (to make a rainbow) and then cut the rest into slices to eat on the side.
6. Put the peppers into the pan with a little butter and let them soften.
7. Pour the eggs into the pan and stir.
8. Once the eggs are close to cooked, shred some cheese on top and mix it in to the eggs.
9. Enjoy with toast, peppers or a yummy chocolate chip waffle!



## Carolina's Pupusas

### Ingredients and Instructions

Make a corn flour dough and knead it well. Soften it with a little olive oil. Knead in mozzarella cheese. Take some of the dough and make a tortilla. Put in a little cheese in the middle and make a ball. Add it to a hot pan. Cook it for about 2 minutes then turn it over and cook it for another 2 minutes. If you would like you can add pork rinds, beans or shrimp with the cheese.



Potatoes are almost as traditional as corn in Peru. The stuffed cause or lime cause, is a typical dish made with yellow potato as the main ingredient.

It is obtained in 2 ways: as a cause stuffed with chicken and as a cause stuffed with tuna. No matter which one you choose, both are divine, especially with mayonnaise.

The cause of Lima is like a cake. A dough is prepared with the potato that is pureed and mixed with crushed chili pepper to give it flavor.

Originally it was stuffed with meat and avocado (avocado). Now more ingredients such as Peruvian corn, mayonnaise, hard boiled egg, lettuce and black olives are added.

This dish called causa rellena is a traditional appetizer in my country, Peru.

Dylan Room#116

Dix Hills  
Room 116

# Matteo Rueda's Pierogi



## Ingredients:

- 1 1/2 lbs potatoes
- 2 tsp. olive oil
- 1/2 cup diced onion
- 3 ounces cream cheese
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 1/2 cups flour
- 1/4 cup sour cream
- 1 egg
- 2/3 cup water