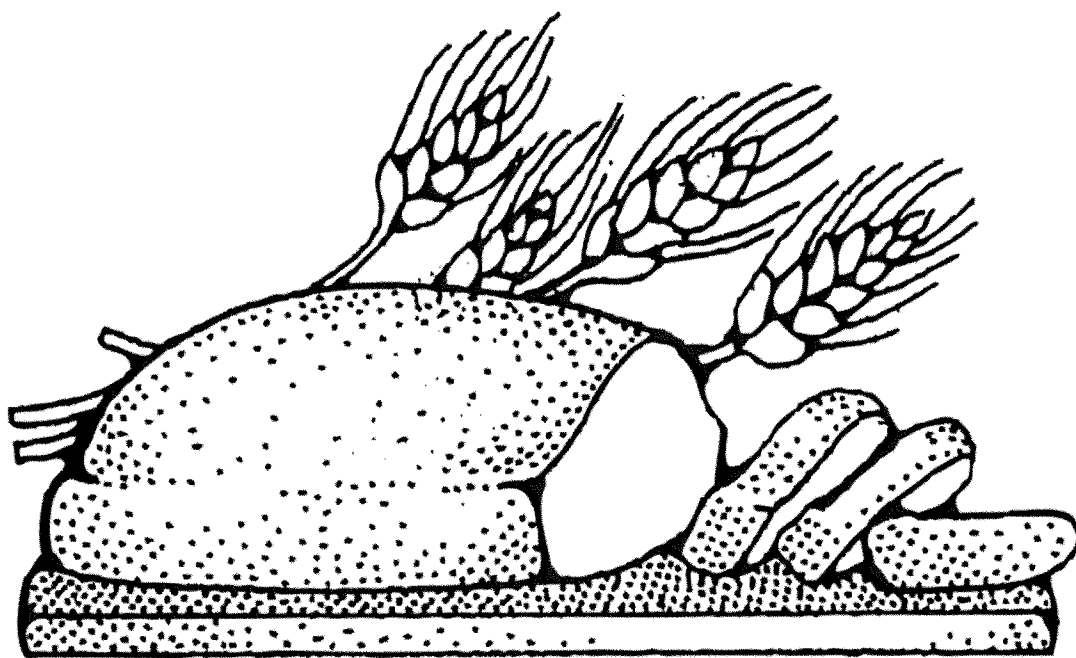


Grade 7 Cookbook

General Byng School



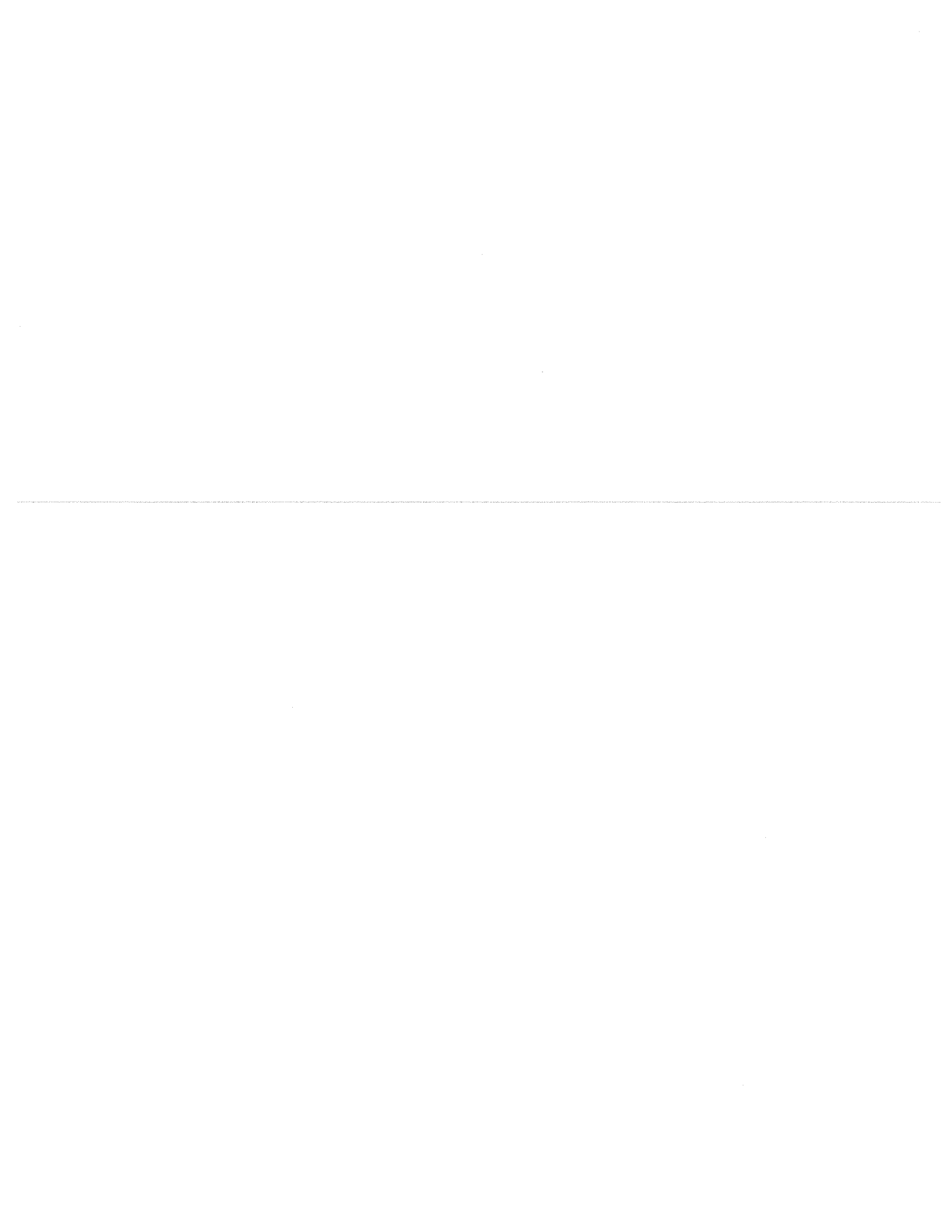
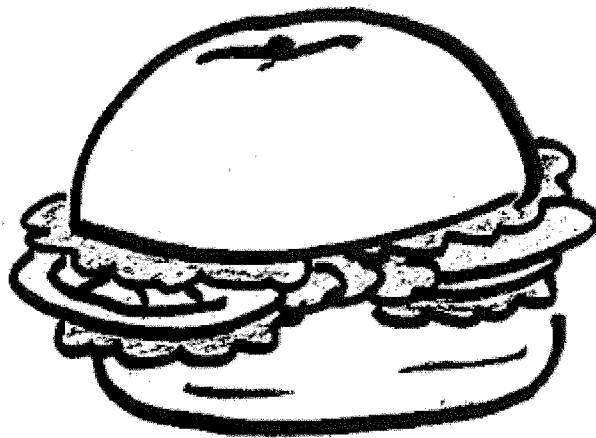
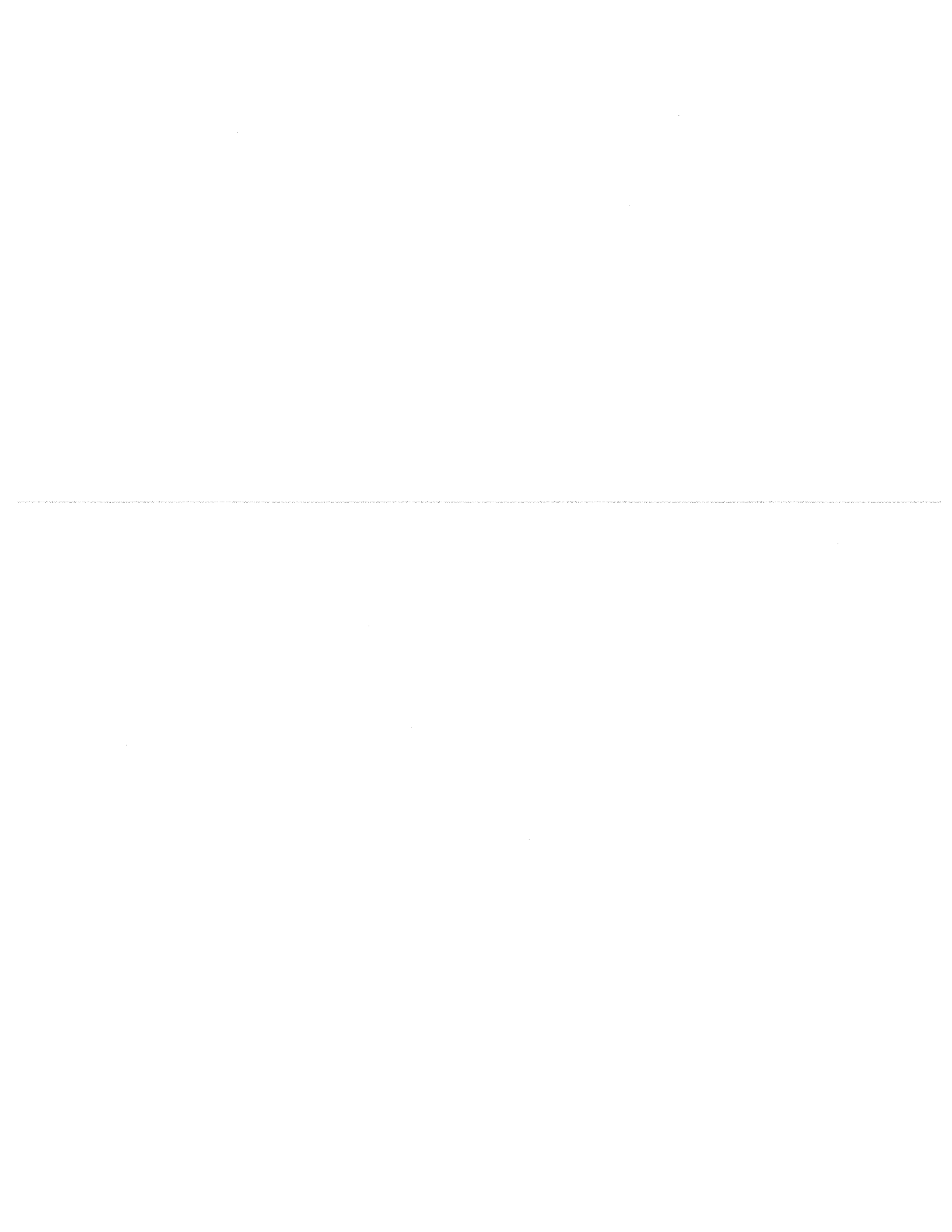


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Apple Crisp

1 apple per person

60 ml (1/4 cup) flour

5 ml (1 tsp) cinnamon

125 ml (1/2 Cup) Brown sugar, packed

125 ml (1/2 cup) Oatmeal

60 ml (1/4 cup) margarine

1. Wash hands, gather tray and tools to measure the ingredients.
2. Pre-heat oven to 375°F.
3. Grease an 8x8x2 GLASS square cake pan.
4. Wash, peel and core apples.
5. Slice apples into wedges.
6. Place sliced apples into greased cake pan.
7. In medium glass bowl mix remaining ingredients using a pastry blender to break up the margarine.
8. Sprinkle over apples.
9. Bake 25-30 minutes until tender and topping is golden brown.
10. Let cool on baking rack.

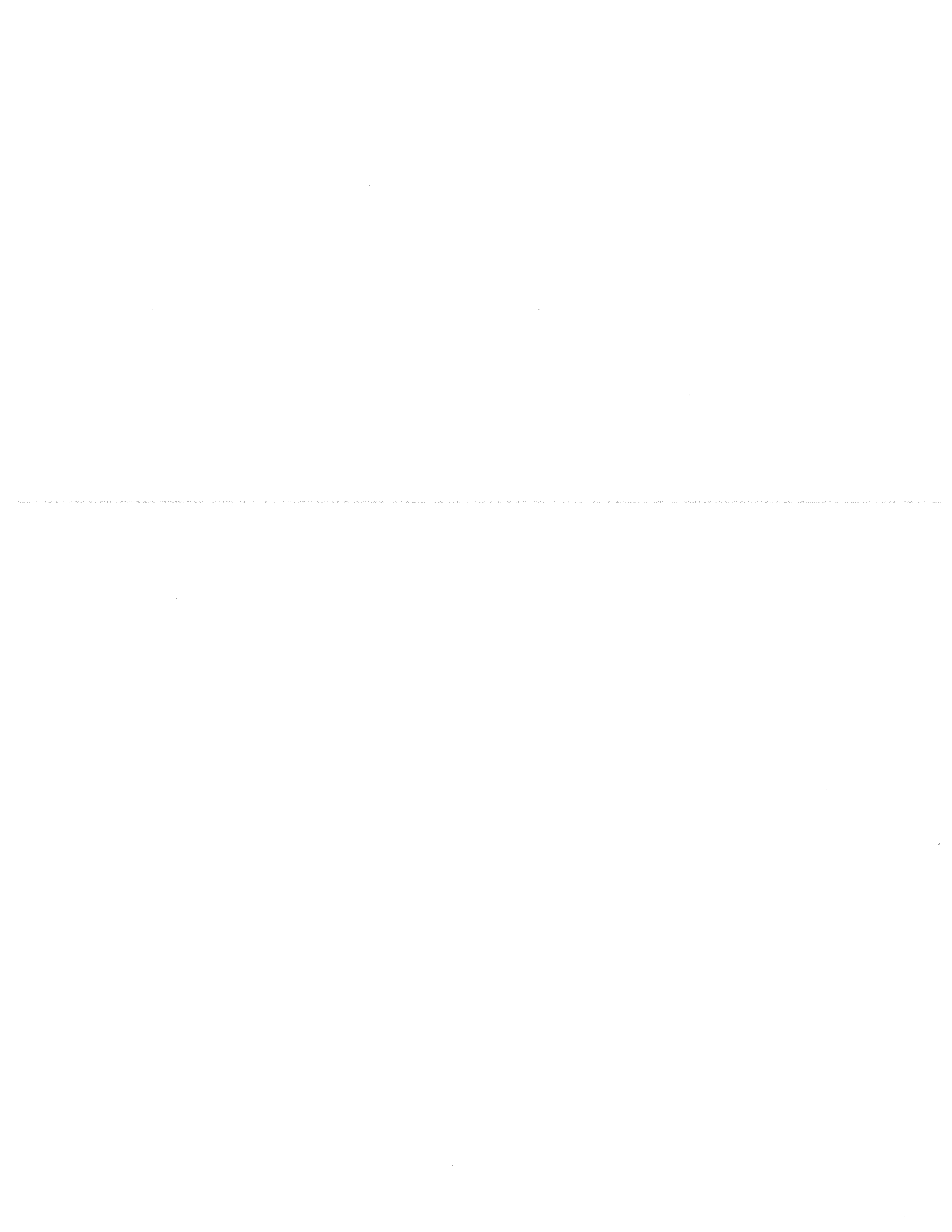
Lemonade

125 ml (1/2 cup) sugar

850 ml (approx. 3 1/2 cups) Cold Water

75 ml (1/3 cup) Lemon juice

1. Measure water into the jug.
2. Add lemon juice and sugar.
3. Add one tray of ice cubes.
4. Prepare glasses by using a lemon wedge to rim the glasses with juice and dip into sugar to coat the top. Use lemon to garnish.



CINNAMON ROLLS WITH FRUIT CUP (FOR 4)

CINNAMON ROLLS

DOUGH

- 500 mL flour (2 cups)
20 mL baking powder (4 tsp)
2 mL salt ($\frac{1}{2}$ tsp)
80L hard margarine ($\frac{1}{3}$ cup)
175 - 185 mL milk ($\frac{3}{4}$ cup)

FILLING

- 125 mL brown sugar ($\frac{1}{2}$ cup)
125 mL soft margarine ($\frac{1}{2}$ cup)
2 mL cinnamon ($\frac{1}{2}$ tsp)

1. WASH HANDS. PUT ON APRON.
2. Pre-heat oven to 400' F. Grease muffin tins.
3. Sift the dry ingredients into LARGE GLASS BOWL.
4. With pastry blender **cut in** the chilled margarine until size of small peas.
5. Slowly add milk and stir with a FORK until a soft ball forms.
6. Place dough on counter that has been coated with approx 25 mL flour.
7. Knead 10 times.
8. Flour rolling pin and roll out into a rectangle (40x25 cm.) that is 1 - 1.5 cm thick.
9. For FILLING: cream filling ingredients together in small Glass bowl (mix with a wooden spoon until soft and creamy). Spread on dough.
10. Roll up firmly, starting at longer side.
11. Cut roll into 12 equal pieces. Place into muffin tins.
12. Bake at 400' F for 12 minutes.
13. Serve in napkin lined basket (one napkin only!).

FRUIT CUP

- Use at least **4 different kinds** of fruit.
Cut into bite-sized pieces, large enough to recognize. (Do not chop up!)
Combine all fruit in MED glass bowl. Add enough fruit juice to coat apple and banana so they won't turn brown.
Chill in fridge until serving time.
Serve in individual fancy *cups!*

Mmmmmmmmm! Breakfast!

French Toast

- 2 eggs
- 100mL milk
- 5mL granulated sugar
- 2mL vanilla
- 2mL cinnamon
- 1 slice of bread for each person in the group

* pre-heat oven to 200°F (Bake at 200°F)

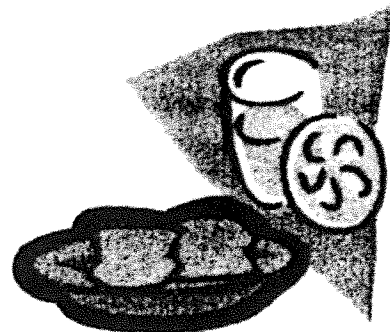
1. Break eggs into a bowl. Beat thoroughly using a wire whisk. Beat in milk, sugar, vanilla and cinnamon. Place non-stick pan on the large front element. Turn dial to 4 and let pan heat for 30-45 seconds.
2. Dip bread into egg mixture (do both sides and do not allow the bread to sit, dip, flip and remove)
3. Place dipped bread slices into a heated non-stick pan and cook until golden brown (about 3-4 minutes, check by using your plastic lifter to pick up one edge and peek underneath).
4. Once French toast has cooked on both sides, place cooked pieces in your clear, SQUARE-shaped glass baking dish. Place dish in oven to keep French toast warm until Orange Julius is made and everyone is ready to eat.

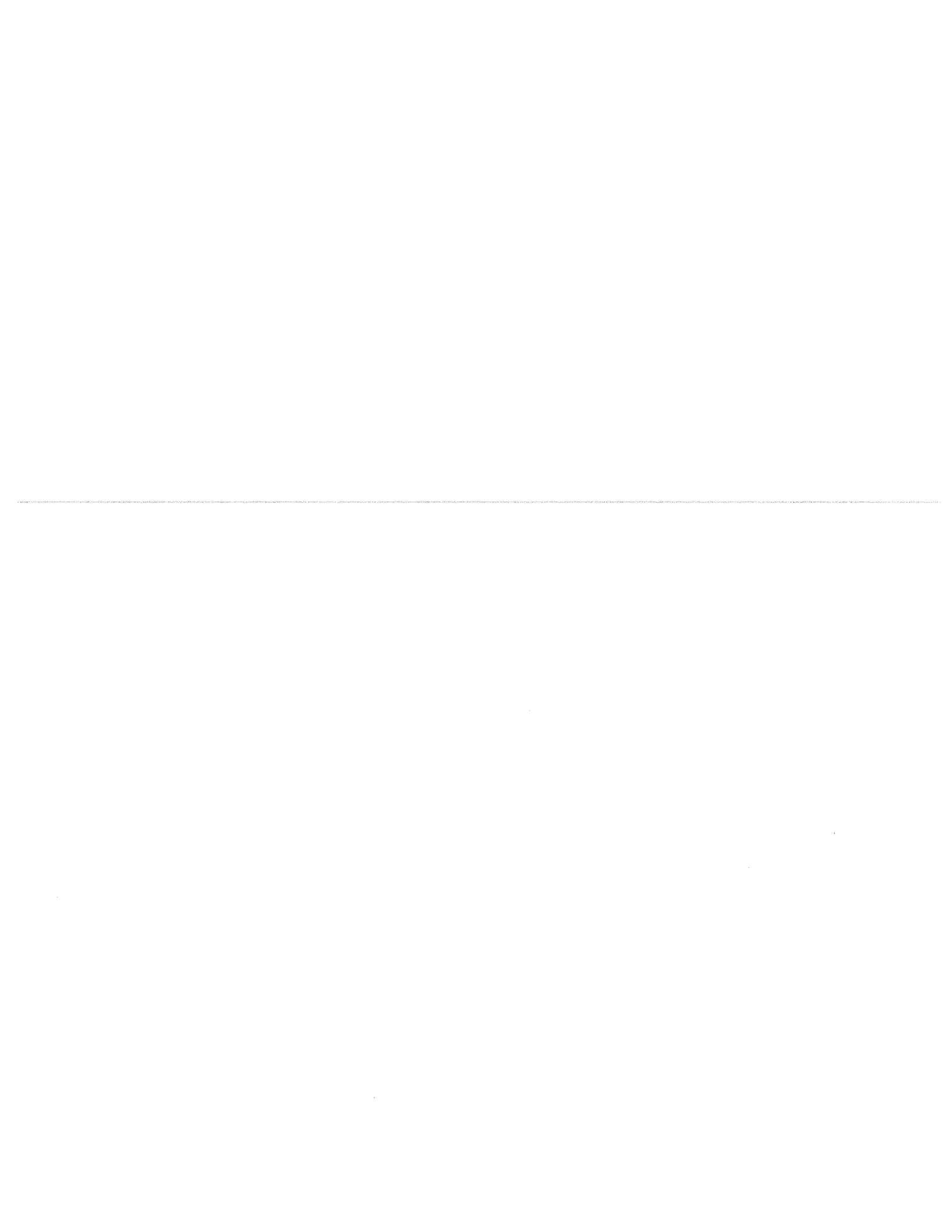
Orange Julius

(to be made at the front of the classroom, bring your empty water jug to the front and pour your Julius into it when it is done)

- 500mL prepared orange juice
- 100mL Vanilla yogurt
- 25-30mL granulated sugar
- 5mL vanilla
- 8 ice cubes

Put all five ingredients in a blender
Process until smooth
Pour an even amount into each glass





FOODS AND NUTRITION

FRUIT SALSA & CINNAMON CHIPS

CINNAMON CHIPS

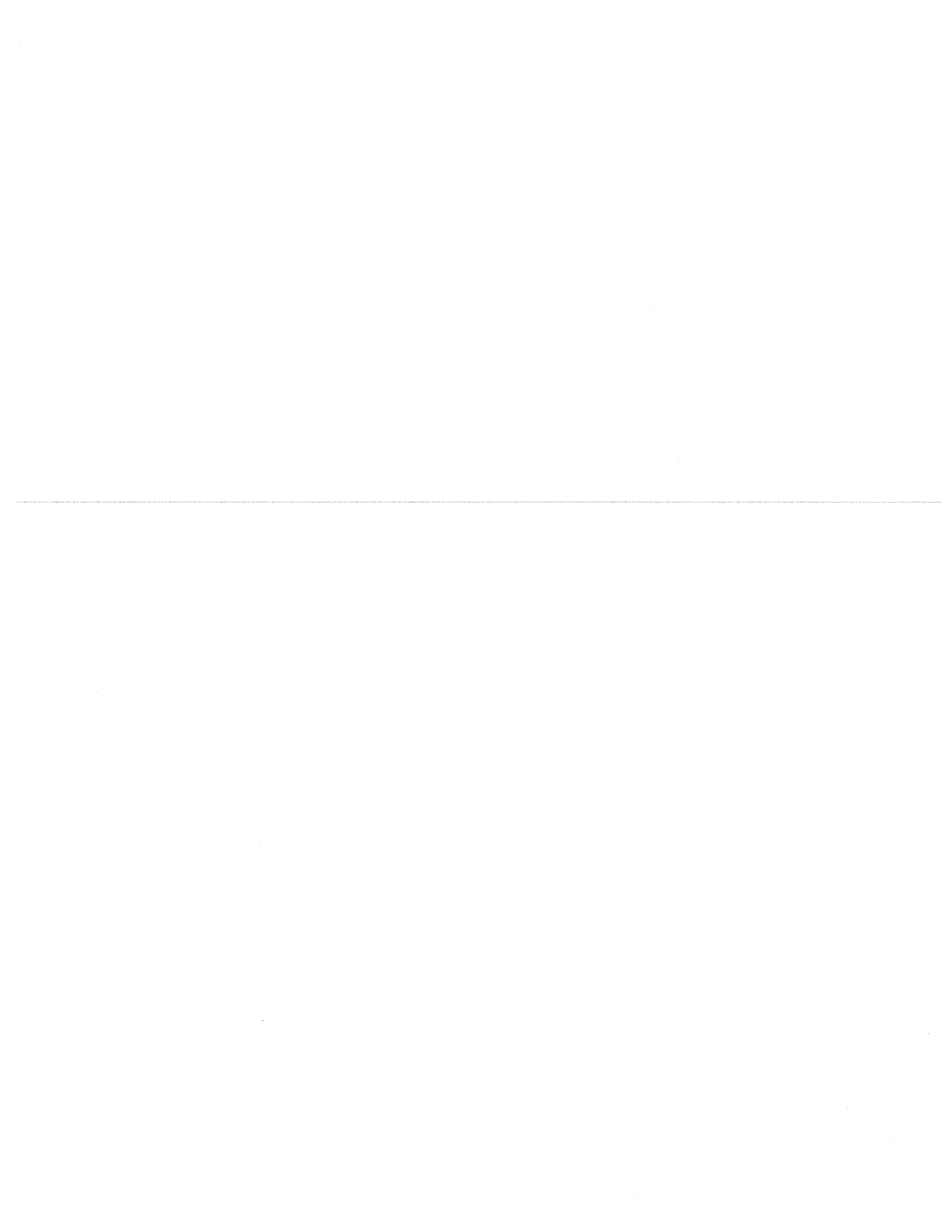
- 2 soft flour tortillas
- 15 ml granulated sugar or brown sugar
- 3 ml cinnamon

1. Preheat oven to 350° F.
2. Mix sugar and cinnamon together in a custard bowl.
3. Rinse hands under running water and rub water onto top surface of tortillas / spray with margarine spray
4. Sprinkle sugar and cinnamon mixture evenly over tortilla shells.
5. Cut tortilla into medium sized wedges. (*using a pizza wheel*)
6. Place wedges on cookie sheet.
7. Toast in oven until light golden brown. (*5-8 minutes*)
8. *Serve tortilla chips in a napkin-lined basket.*

FRUIT SALSA DIP

- 30 ml jam (any flavour)
- *Few fresh mint leaves*
- Assorted Seasonal Fruit such as:
 - Apples
 - Kiwi
 - Strawberries
 - Blueberries
 - Cantaloupe
 - Bananas
 - Oranges

1. Wash and dry all fruit.
2. Remove all unwanted parts (seeds, stems, etc.)
3. Chop fruit into tiny pieces.
4. Mix fruit together with jam.
5. Eat with cooled cinnamon chips.



Oatmeal Chocolate Chip Cookies

Ingredients

- 125 mL butter (room temperature)
- 80 mL packed brown sugar
- 30 mL white sugar
- 2 mL vanilla extract
- 180 mL all-purpose flour
- 1 mL salt
- 2 mL baking soda
- 30 mL boiling water
- 250 mL quick cooking oats
- 60 mL raisins (soaked in warm water for 5 minutes)
- 60 mL semi-sweet chocolate chips

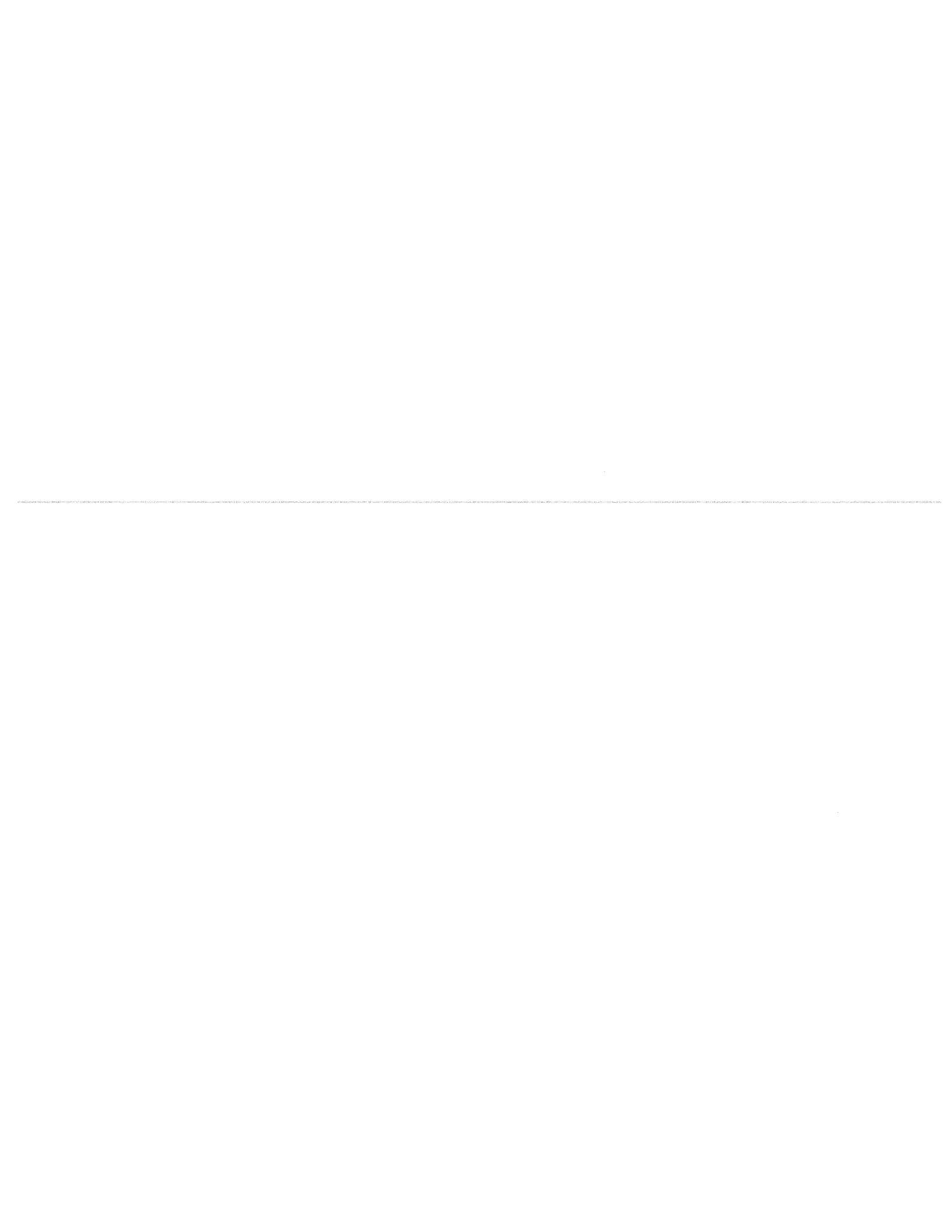
Directions

1. Using a pastry blender, cream together butter, brown sugar, white sugar, and vanilla until light and fluffy. Add flour and salt, and mix well with a wooden spoon.
2. Dissolve baking soda in boiling water, stir, and add to mixture. Stir in oats, raisins and chocolate chips and make sure the whole mixture is moist and ingredients are evenly stirred in.
3. Drop by small spoonfuls onto parchment-lined cookie sheet. Bake at 350 degrees F for 10-12 minutes. (DO NOT over-bake – you don't want the cookies to have burnt and crispy edges!)
4. Remove the cookies from the oven and let them sit for 3 minutes to cool. Once cool, remove from pan using plastic spatula and serve on a large plate.

Equipment Needed:

Pastry blender
Large metal bowl
Wooden spoon
Measuring spoons (1 mL, 2 mL)
Liquid measuring cup (glass)
Various dry measuring cups

Custard cups
Parchment paper
Cookie sheet
Plastic spatula
2 kitchen spoons
Rubber spatula



*literally means
"angry" in Italian!*

Penne Arrabbiata (means red hot)

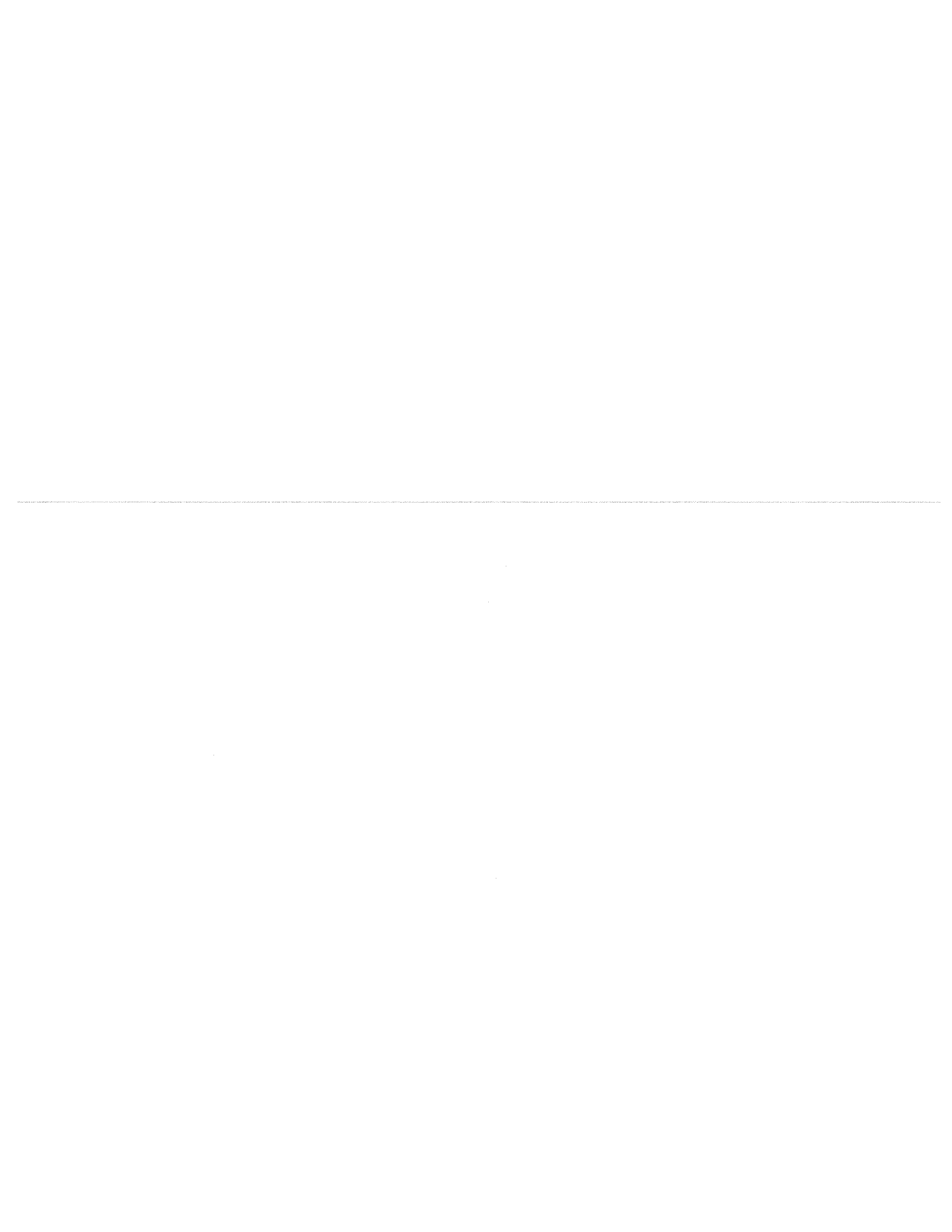
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|-----------------------------------|---|
| 5ml (1t) oil | 375 ml (1 ½ cups) -PASTA- |
| 1 clove garlic, minced | 1-2 hot red pepper flakes (this makes it hot) |
| 400 ml (1 ¾ cups) diced tomatoes | 50 ml (¼ cup) chopped fresh parsley |
| Salt and pepper to taste | 25 ml parmesan cheese |

1. Fill a large pot ¾ full of water. Salt the water "as salty as the sea". Turn the element on to max and bring the water to a full, rolling boil, Then add pasta and cook until tender but firm (al dente), stirring occasionally with a wooden spoon. (8-10 minutes) Drain in colander. Put pasta back into pot and leave on stove until the sauce is done.
2. Heat oil in small fry pan on the element set at #3-4. Add garlic and hot pepper flakes. Cook gently until fragrant, but DO NOT BURN. Use a wooden spoon. Add tomatoes, salt and pepper. Cook for 10-15 minutes until sauce is thick.
3. Pour sauce over the cooked pasta and mix gently.

VEGGIES AND SKINNY DIP
(LOW-FAT, HIGH CALCIUM)

- | | |
|--------------------------|----------------------------------|
| 2 carrots | 25 mL plain yogourt (1T+1t) |
| 1 celery stalk | 25 mL mayonnaise (1T+1t) |
| optional: broccoli trees | 25 mL low-fat sour cream (1T+1t) |
| cauliflower | 3 mL dill (1/2 t) |
| | 3 mL garlic powder (1/2 t) |

1. Peel carrot, wash celery. Slice into narrow STICKS about 3-10 cm. long.
2. Make dip by combining all ingredients in small white bowl.
3. Using rubber scraper, remove to custard cup or small fancy dish (sugar bowl).
4. To serve: *Artfully* arrange veggies on Platter with dip container. Serve with a small spoon so each person can take some dip onto their own plate.



Pizza Bites

Ingredients:

See pizza dough recipe for pizza bites base

Possible topping options:

Pepperoni, chicken, ground beef, mushrooms, peppers, pineapple, tomatoes, cheese.

Directions:

Preheat oven to 375* F. Thinly roll out the pizza dough, and use a round cookie cutter or an upside-down cup to form dough rounds.

Grease a muffin tin and press the dough rounds into the tin to form cups.

Spread sauce in each dough cup, and then sprinkle desired toppings and cheese into each cup to form pizza bites.

Bake for 15 minutes, until the dough is beginning to brown and the cheese is melted.



Basic Pizza Dough

5 mL sugar

250 mL warm water

15 mL dry active yeast

500 mL (approx.) white or whole wheat flour

2 mL salt

25 mL vegetable oil

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast into the water and let stand for ten minutes. Foam will begin to form.
2. In a separate bowl, combine flour and salt with a wooden spoon.
3. Add oil to the yeast mixture.
4. Stir in about half of the flour and mix. Continue to add flour until a sticky ball of dough forms. You may need to add more flour.
5. Flour your wooden kitchen cart lightly. Turn the ball of dough onto the cart and begin to knead until the dough is smooth and elastic. Don't be afraid to add more flour. HOWEVER, too much flour can make the dough tough! Let the dough stand for ten minutes, if time allows.
6. Dough can be stored at this point by wrapping tightly in saran wrap and placing in the fridge. Pizza dough can also be frozen for up to three weeks. If you are using the dough right away, roll and pat out the dough into a large circle. Transfer to a lightly-greased pizza pan and carefully stretch the dough to the edges of the pan.

SCONES WITH STRAWBERRY BUTTER

(Makes 12 Scones)

500 mL flour (___ cups)
30 mL sugar (___ Tbsp)
15 mL baking powder (___ Tbsp)
2 mL baking soda (___ tsp)
2 mL salt (___ tsp)

80 mL margarine (___ cup)
2 eggs
125 mL buttermilk (___ cup)
125 mL raisins (___ cup)

60 mL flour

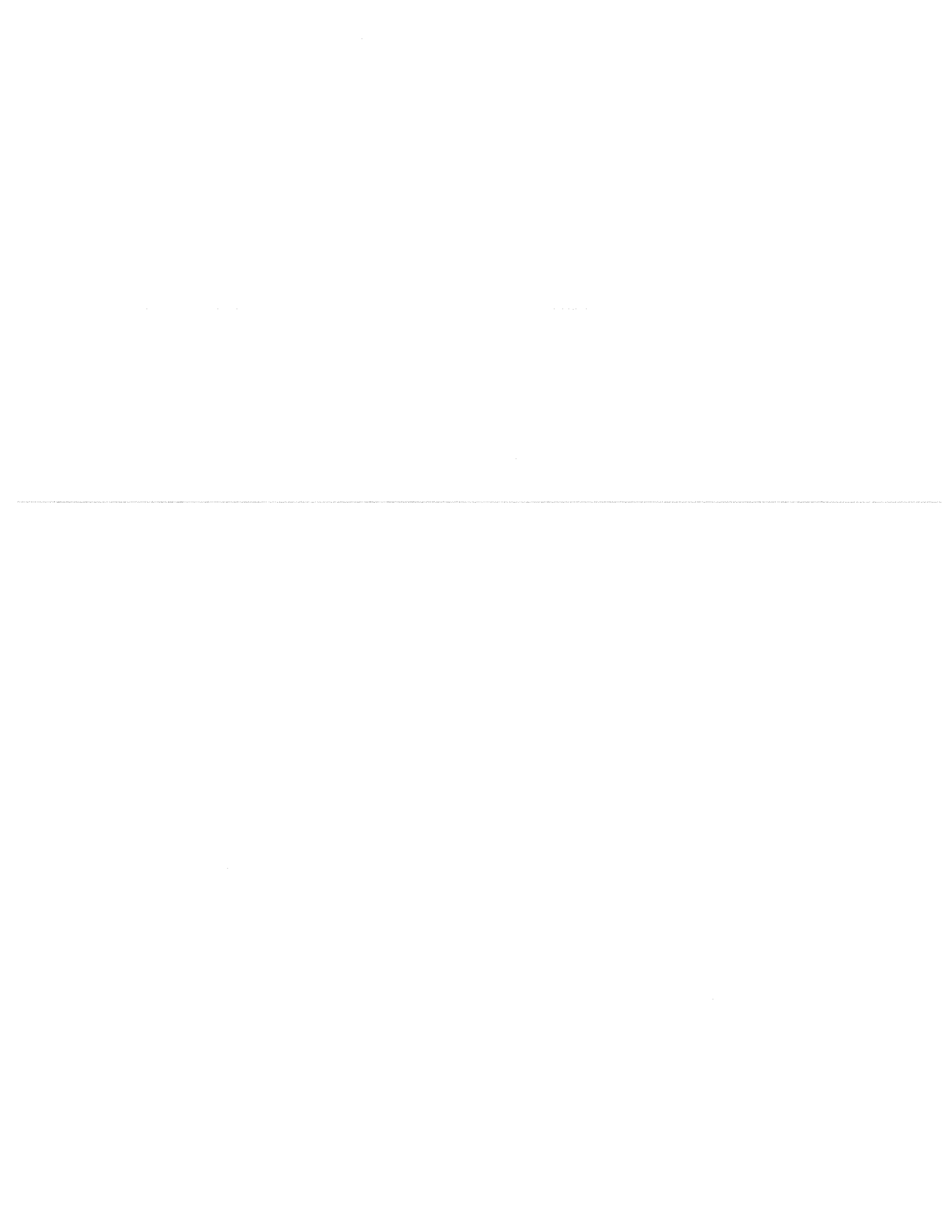
15 mL sugar

1. Wash hands. Put on apron.
2. Pre - heat oven to 425 F.
3. **Grease** a large **COOKIE SHEET**.
4. Sift dry ingredients together into a **LARGE glass** bowl.
5. **CUT-IN** margarine with a pastry blender until mixture resembles coarse crumbs.
6. In a **LARGE LIQUID MEASURING CUP**, beat together eggs and buttermilk with a fork.
7. Stir in raisins.
8. With the same fork, blend liquid ingredients with the dry mixture to form a dough in the **LARGE** bowl.
9. Measure 60 mL flour onto table (wipe it first). Turn dough onto board and knead 10 times.
10. Divide dough in half and shape into 2 rounds 2 cm. high (if dough is thicker, it will take longer to bake). Place rounds on large cookie sheet.
10. Score each round to make 6(or 8) pie shaped wedges, but **DO NOT** separate.
11. Sprinkle loaves with 10 - 15 mL sugar.
12. Bake 12 -15 minutes until lightly browned.
13. Slice at score marks into wedges.
14. Serve warm with **STRAWBERRY BUTTER**. The basket should be lined with a napkin.

STRAWBERRY BUTTER

75 mL margarine, softened
25 mL strawberry preserves

1. Wash hands. Put on apron.
2. In **small bowl** combine margarine and preserves, stirring vigorously with a spoon.
3. With a rubber spatula transfer mixture to an appropriate serving dish (custard cup, fruit nappie, fancy small bowl).



Speedy Tortellini Minestrone

olive oil	15ml
small onion, chopped	1
stalk celery, chopped	1
small carrot, chopped	1
clove garlic, minced	1
chicken stock	625ml
red kidney beans, drained	540ml
tomatoes (undrained)	398ml
cheese or meat filled tortellini	250ml
each dried basil <u>and</u> oregano	5ml
chopped spinach	375ml
Salt and pepper	

In a large, heavy saucepan, heat oil over medium-high heat (#6); sauté onion, celery, carrot and garlic until soft and fragrant, about 3 minutes.

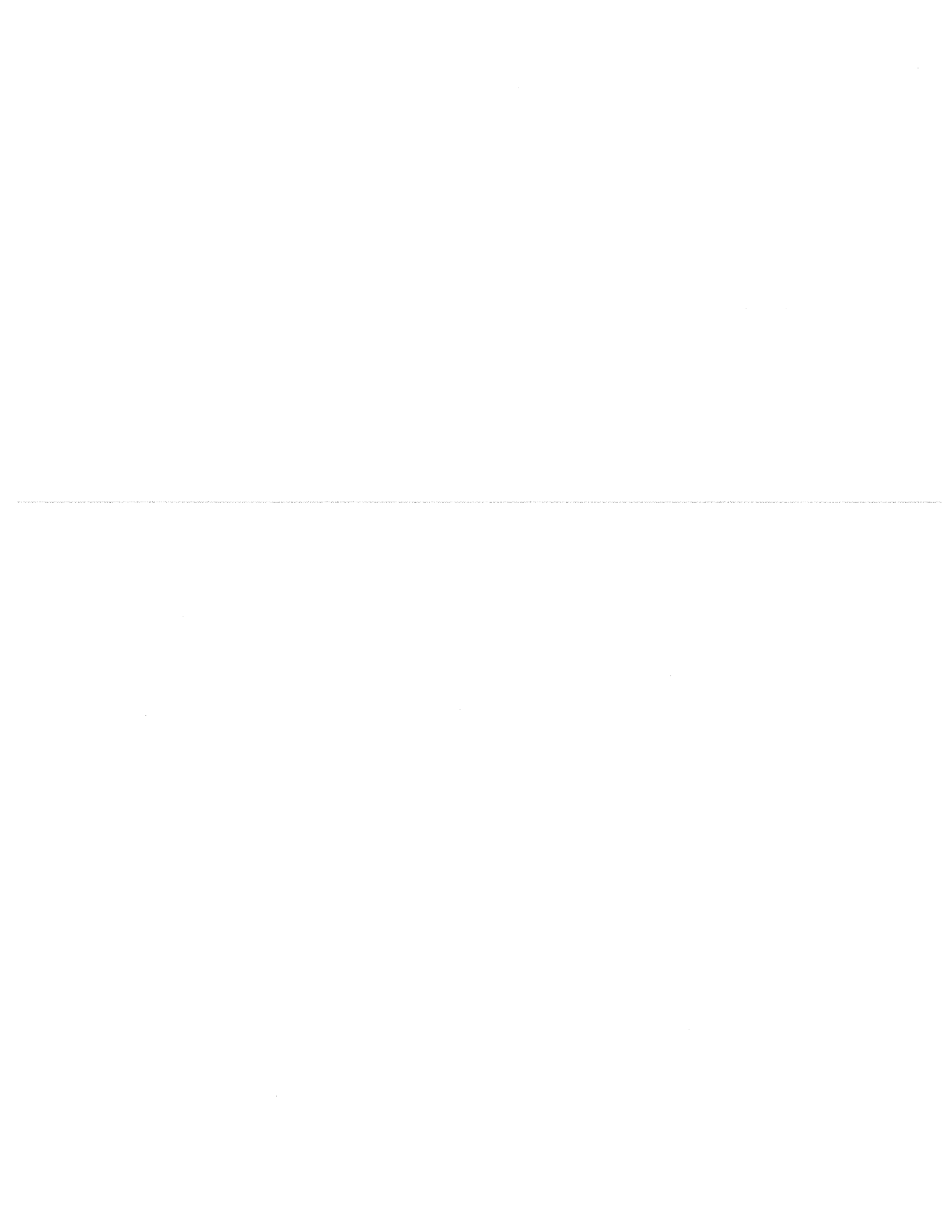
Add prepared chicken stock, kidney beans, tomatoes, tortellini, basil and oregano to the saucepan and bring to a boil. Immediately reduce the heat to #3 or #4 and simmer gently for about 15 minutes. Add spinach and cook for 5 more minutes or until pasta and vegetables are tender. Season with salt and pepper to taste.

Pour soup into serving bowls. Serves 4 or 5.

Easy Oven-Baked Garlic Toast

4 pieces of bread (1 per person in your group)
20 mL margarine (5 mL per person)
5 mL garlic powder

1. Arrange the slices of bread on a cookie sheet. Move the oven rack to the highest position in the oven before moving to step 2.
2. Turn the oven on "BROIL" to pre-heat.
3. Spread margarine onto BOTH SIDES of each piece of bread.
4. Sprinkle each piece of bread lightly with garlic powder.
5. Put the cookie sheet on the top rack of the oven for 1-2 minutes until the bread is lightly toasted (golden brown).
6. Serve in a basket lined with paper napkins.



Tacos

1 taco shell per person
35 mL or 2 $\frac{1}{2}$ Tbsp water
60 ml or $\frac{3}{4}$ Cup ground beef OR
BEAN MIXTURE

Toppings

shredded lettuce
chopped tomatoes
sliced green or red pepper
grated cheese
40-50 mL or $\frac{1}{4}$ C sour cream
40-50 mL or $\frac{1}{4}$ C prepared salsa

Homemade Taco Mix

5 ml or 1 tsp chili powder
2 ml or $\frac{1}{2}$ tsp paprika
2 ml or $\frac{1}{2}$ tsp cumin
5 ml or 1 tsp garlic powder
- f.g. cayenne

1. WASH HANDS. PUT ON APRON. PRE-HEAT OVEN TO 200°F to keep tacos warm.
2. Chop and prepare all toppings (cheese, pepper, lettuce, and tomato).
3. Brown ground beef or fry the beans in small Teflon FRYPAN for 8-9 minutes on #6, stirring and breaking up meat with wooden spoon.
4. Drain any extra fat into tin can or container at teacher's demo table. (Not in the sink!!!!)
5. Add seasoning and water. Simmer for 8-10 minutes on low (3), stirring occasionally.
6. Fill each taco shell with 2 spoons of the mixture (divide mixture equally), then place on baking sheet. Place in oven to keep warm until serving time. Serve on individual plates.
7. Set table with separate bowls of toppings and serving spoons. Place sour cream and salsa at the table as well.
8. Each person spoons on their own toppings.



