

Grade 8 Cookbook

General Byng School

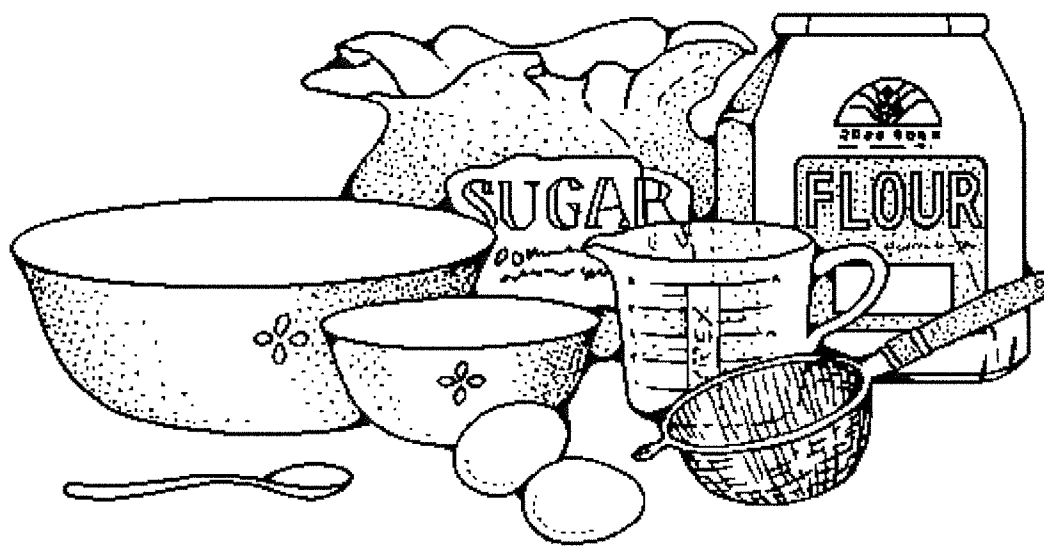
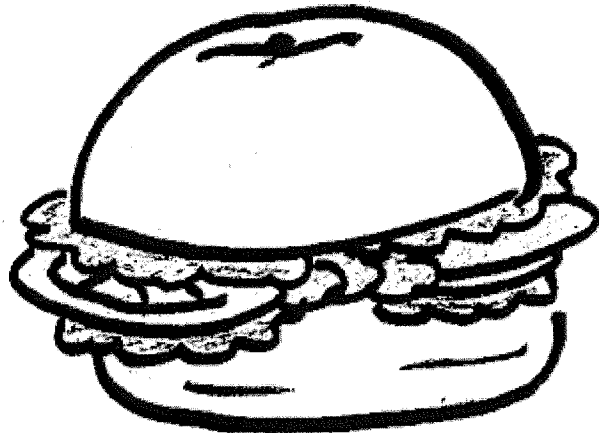


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BAKED APPLES and BROWNIES (for 4)

APPLES

1 large apple per person	2-3 mL cinnamon
60 mL brown sugar	30 mL margarine
30 mL raisins	50-60 mL water

1. Wash hands. Put on apron.
2. Wash apples thoroughly. Be sure to pick off label!
3. Core apples. Peel skin about 2 cm. from top.
4. In small cereal bowl, combine sugar, raisins and cinnamon.
5. Fill apples. Arrange apples in a circle in glass casserole dish. Dot with 5 mL butter; sprinkle with water. Sprinkle extra filling over apples.
6. Cook, covered, in Microwave oven at HIGH setting for 4-6 minutes.
7. Let STAND 5 minutes.
8. Serve warm, spooning sauce over apples. Serve in Fruit Nappies.

"DEATH BY CHOCOLATE" (BROWNIES)

125 mL margarine	2 mL baking powder
250 mL brown sugar	1 mL salt
2 eggs	50 mL cocoa
175 mL flour	2 mL vanilla

1. Preheat oven to 375°F. Grease square baking pan.
2. In LARGE glass bowl, beat together the margarine and brown sugar with electric mixer.
3. Add eggs and vanilla. Continue to beat well.
4. In MEDIUM glass bowl, sift together dry ingredients.
5. Using a spoon, stir dry ingredients into the creamed mixture.
6. Spread into a greased pan and bake for 12-15 minutes.

TOPPING (an easy alternative to icing)

While cake is still in the oven, mix together in SMALL glass bowl:

- 125 mL chocolate chips
- 175 mL mini marshmallows

While cake is still hot, sprinkle mixture over the top; cover with a large lid or plate, and let stand for 5-7 minutes till melted.

Cut brownies in pan into at least 8 pieces. Remove carefully from pan using a metal spatula. Serve from a large plate (NOT FROM THE PAN).

BLAST FROM THE PASTA (for 4)

375 ml fussili, macaroni, rotini or other pasta (1 ½ C)

200 g lean ground beef (8oz)	5 ml dried oregano (1t)
1/4 green pepper, diced	3 ml chili powder (1/2t)
1/4 onion , diced	3 ml paprika (1/2t)
1/2 tin(125 ml) cream of mushroom soup, undiluted (1/2 C)	
1/4 tin(60 ml) cream of tomato soup (1/4 c)	a pinch of red pepper flakes
250 mL diced tomatoes (1C)	

Optional: finely chopped parsley 10 mL parmesan cheese(2t)

1. Fill **LARGE POT** with water and set on **MAX** until it comes to a full rolling boil. Add pasta and cook uncovered until it is "AL DENTE" (cooked but not mushy). Each pasta has its suggested "cook time" (5-7 minutes for fussili)
2. In **LARGE FRYPAN** set at #4-5, brown ground beef and cook until no longer pink. Break up any large pieces using a wooden spoon.
3. Add green pepper and onion. Cook for 3-4 minutes.
4. Stir in tomatoes and their liquid and both soups. Stir until mixture is well blended.
5. Add all remaining spices and drained pasta. Reduce heat to low (#1) and simmer for 15 minutes (set timer), stirring occasionally.
6. To serve: Spoon onto plates in the kitchen. Garnish with chopped parsley and parmesan cheese IN THE KITCHEN. Carry to table to serve. Serve hot!

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 dillweed (1/2 t)
	3 mL garlic powder (1/2 t)
	1/2 green onion, very finely chopped

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.

DUTCH APPLE CAKE (FOR 4 OR 5)

250 mL flour (1 cup)	125 mL sugar (1/2 cup)
7 mL baking powder (1 ½ tsp)	2 mL vanilla (1/2 tsp)
1 mL salt (1/4 tsp)	1 egg
50 mL margarine or butter (1/4 cup)	100 mL milk

TOPPING

2 apples
15 mL sugar (1 Tbsp)
5 mL cinnamon (1 tsp)

1. Preheat oven to 350° F. Wash hands. Put on apron. Grease square GLASS pan.
2. Sift flour, baking powder and salt into MEDIUM glass bowl.
3. Using electric mixer, cream margarine until lighter in colour in LARGE glass bowl. Add sugar gradually.
4. Add vanilla. Add egg and beat until the creamed mixture is light and fluffy. Put away the electric mixer.
5. Using wooden spoon, add flour mixture and milk alternately to the creamed mixture, ½ at a time ending with milk.
6. **STIR** after each addition until the batter is smooth. Pour batter into cake pan. Use rubber spatula to get all the batter out.
7. Peel and core apples. Cut into wedges. Place in rows (or design) on the batter, pressing the sharp edges in slightly. You will overlap them slightly.
8. Stir together cinnamon and sugar. Sprinkle mixture over apples.
9. Bake at 350 for 30-35 minutes. Serve with brown sugar sauce!

To serve: Set table with forks and luncheon plates. Serve sauce from cream pitcher. Have knife, egg turner spatula, spoon and sunflower trivet available.

BROWN SUGAR SAUCE

125 mL brown sugar (1/2 cup)	2 mL vanilla (1/2 tsp)
25 mL flour (2 Tbsp)	15 mL butter or margarine (1 Tbsp)
250 mL boiling water (1 cup)	

1. Fill LARGE glass measure with 250 mL water. Heat at HIGH in microwave for 2:30 minutes until boiling.
2. In SMALL pot, mix the flour and sugar thoroughly with **wooden spoon**.
3. Add the **boiling water**. Cook over MEDIUM heat (#4-5) until there is no taste of raw starch **STIRRING CONSTANTLY**. (10-12 minutes). Turn to MIN and stir **occasionally**.
4. Remove from heat. Add vanilla and butter. Stir. Serve warm in gravy boat or creamer! (If there are left-overs this makes a great sundae topping over ice cream.)

MACARONI AND CHEESE

CHEESE SAUCE

30 mL Margarine	(2 Tbsp)
30 mL Flour	(2 Tbsp)
f.g. Salt and Pepper	
5 mL Dill	(1 tsp)
5 mL Basil	(1 tsp)
250 mL Milk	(1 cup)
250 mL Cheddar cheese, grated	(1 cup)

1. Melt margarine in a small saucepan on low heat (#3).
2. Add flour and seasonings. Whisk together until smooth. It will resemble a paste until the milk is added.
3. Add milk a little at a time. Keep whisking as you add all the milk so that the mixture doesn't have any lumps!
4. Increase heat to medium (#4 or #5), continue stirring the sauce until it is thick and smooth.
5. Add grated cheese, stirring until melted.

MACARONI

375 mL macaroni (1½ cups)

1. Fill large saucepan about ¾ full of water. Add salt. Bring to a boil (on high!).
2. Add macaroni. Stir with a wooden spoon to prevent clumping and sticking. Cook until macaroni is just barely cooked – “al dente”.
3. Drain using a colander. Return to cooking pot that is still warm and add cheese sauce. Stir.

BUTTERED CRUMBS

60 mL Bread crumbs	(¼ cup)
15 mL Margarine	(1 Tbsp)
15 mL Parmesan cheese	(1 Tbsp)

1. Melt margarine in a microwave safe bowl. Add crumbs and parmesan cheese until mixed together thoroughly.

TO ASSEMBLE CASSEROLE:

1. Preheat oven to **400°F** (200°C).
2. Grease a casserole dish with PAM. Fill with macaroni and cheese sauce.
3. Sprinkle with buttered crumbs.
4. Brown in **HOT** oven, **uncovered** for 6-8 minutes.

PANCAKES, SYRUP AND SAUSAGES

PANCAKES

Dry Ingredients

375 mL Flour
7 mL Baking Powder
1 mL Salt
50 mL Sugar
5 mL Baking Soda

Liquid Ingredients

400 mL Buttermilk
1 Egg
50 mL Oil

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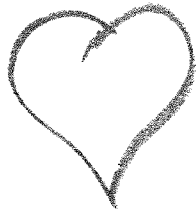
1. Wash hands. Put on apron.
2. Sift dry ingredients into LARGE GLASS bowl.
3. Combine liquid ingredients in LARGE glass liquid measure. Mix with a fork.
4. Add LIQUID ingredients to DRY INGREDIENTS and mix with wooden spoon until just moistened. The batter should be somewhat LUMPY.
5. Turn element to #4. Melt approximately 5 or 10 mL margarine in frypan (obtain this from teacher's demo table). When heated, drop about 50 mL batter in three spots in pan (this is to make three small pancakes).
6. Turn when bubbles appear (and holes stay around the edges) on top surface. Cook on other side until golden brown. You DO NOT pat down with the spatula — you want FLUFFY pancakes!
7. You may need to add a tiny bit more margarine for each new batch of pancakes. You will keep pancakes warming in oven set at 200' until all are done.

SAUSAGES

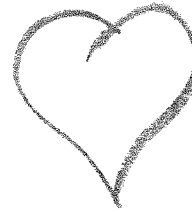
1. Place 1 **sausage** per person in small teflon FRYING PAN (in stove drawer).
2. Add water to almost cover sausages.
3. Turn element to #7. When bubbles appear, turn element to #3 and simmer sausages for 10 minutes (use stove timer) until cooked through (all the same colour).
4. Drain off water. Return pan to element set on MEDIUM (#4) and brown the sausages. When done, turn off element and keep warm until serving time in frypan which is left on the warm (turned off) element.

TURKEY BACON

1. Obtain 1 piece of turkey bacon per student from the demo table.
2. Using a small Teflon frying pan, cook bacon at #4.
3. The bacon will pop and crackle so be careful! Turn down the element to #3 if you need to.
4. The bacon is cooked when it is slightly browned (about 5-7 minutes).
5. Take bacon out of the pan using tongs, and place on a paper towel-covered plate. Place the bacon in the oven at 200°F to keep warm until pancakes are ready to be served.



Soft Pizza Pretzels



Ingredients

10 mL quick yeast
200 mL WARM water
2 mL salt
10 mL sugar
250 mL flour
+ 125 mL additional flour

grated cheese
Pizza Sauce (see below)
parchment paper

Directions

1. Preheat oven to 425°F.
2. Place parchment paper on cookie sheet.
3. Measure warm water into a large glass mixing bowl.
4. Sprinkle in yeast, sugar, and salt. Stir with a fork.
5. Add 125 mL flour and mix thoroughly with a fork.
6. Add another 125 mL flour to make a soft dough. Use your hands to mix the ball of dough and pick up all of the loose flour at the bottom of the bowl.
7. Lightly flour a CLEAN wooden cart with the remaining 125 mL flour. Knead the dough until it is smooth. (Do not mix in TOO MUCH flour or else the dough will become hard and tough!)
8. Divide dough into 3 or 4 equal parts (depending on the # of group members). Each student will roll out their own piece of dough into the shape of a heart pretzel.
9. Lay pretzels on cookie sheet and brush with pizza sauce. Sprinkle the grated cheese on top.
10. Bake at 425°F for 12-15 minutes.

Pizza Sauce

50 mL tomato sauce	2 mL oregano
1 mL salt	1 mL garlic powder
5 mL canola oil	2 drops sriracha sauce

Stacked Enchilada Bake

- 1/2 lb. ground beef or 1 cup mixed beans
- 1/4 onion, chopped
- 1/2 C (125 mL) salsa
- 1 tsp. (5 mL) cumin
- 1/2 tsp. (2 mL) chilli powder
- 1 C (250 mL) shredded cheese
- 3 six-inch tortillas
- 1/4 C (60 mL) sour cream (to garnish)

Pre-heat oven to 350°F.

1. In a non-stick skillet, brown ground beef or stir fry beans and onion on medium heat (#6). When ground beef is completely brown (no pink should be visible!), reduce heat (#3) and add salsa, spices and 1/2 of the grated cheese. Heat until cheese melts.
2. In a glass pie plate, place 1 six-inch tortilla. Top with 1/3 of the meat mixture and spread it out with a rubber spatula. Add the second tortilla, top with the another 1/3 of the meat mixture. Finish with the third tortilla, the rest of the meat mixture and then sprinkle with the rest of the shredded cheese.
3. Bake on the top rack for 8-12 minutes (until cheese is all melted and bubbling).
4. Remove from oven, cut into wedge-shaped pieces and serve using a plastic spatula.
5. Leave the sour cream in the custard cup and put it on the table for everyone to serve themselves.
6. Top with a spoonful of sour cream (optional).

Try this recipe with ...

FIZZY Fruit Punch

- | | |
|-----------------------------------|-------------------|
| 1/2 orange, sliced | 3 Tbsp. sugar |
| 1 apple, sliced | Ice cubes |
| 3-4 maraschino cherries | 500 mL soda water |
| 750 mL grape juice or berry punch | |

Stir all ingredients together. Let sit for 10-15 minutes to let the flavours blend, and serve.

Vegetable Stir-Fry and Noodles

Noodles: 2 cups Chow Mein Noodles
 4 cups Water

1. Bring water to a boil on high heat in a medium saucepan.
2. Once water is boiling, put the noodles into the water and boil for 2-3 minutes.

Vegetable Stir-Fry

1 carrot
1 stalk of celery
½ green pepper
1 c. broccoli
15 ml oil
¼ onion

Sauce:
125 ml water
5 ml vegetable soup base
5ml soya sauce
10 ml corn starch
2 ml sugar
salt and pepper to taste

METHOD

1. Wash and peel carrot. Wash celery. Slice carrot and celery diagonally.
2. Chop onion. Wash pepper and slice.
3. In a liquid measuring cup, mix together the ingredients for the sauce. Set aside.
4. Put oil in a frying pan and heat up on medium-high heat.
5. Add sliced carrots and cook until slightly tender. Keep stirring so they don't brown.
6. Add the celery, onions, and green pepper. Cook a few minutes longer, stirring constantly.
7. Pour the sauce over the vegetables and cook until vegetables are heated through and the sauce is thickened.
8. Serve over hot noodles.