

The Food Project Presents...

SPROUTING



CHEFS:

A Cookbook

From the 2021 North Shore Root Crew

LET'S GET COOKING

Welcome! We are The Food Project's North Shore Root Crew. Root Crew is a group of young people and adults working together to learn about, advocate for, and work towards an equitable and just food system in our local communities. We come from all over the North Shore and Greater Boston areas of Massachusetts, and we bring a wide range of experiences and opinions to the table. This cookbook was produced by the NS Academic Year Root Crew, 2020-2021.

WHO THIS IS FOR

This cookbook is a collection of recipes that are near and dear to our hearts. We highlight family recipes and dishes that remind us of childhood or highlight wonderful restaurants in the North Shore. This book is for anyone and everyone who's interested in cooking, but it's meant to be especially accessible for younger folks and beginners. Each section includes a difficulty level, so you can figure out what's best for you to make before you commit to making it.

TFP'S MISSION

The Food Project's mission is to create a thoughtful and productive community of youth and adults from diverse backgrounds who work together to build a sustainable food system. Our community produces healthy food for residents of the city and suburbs, provides youth leadership opportunities, and inspires and supports others to create change in their own communities.

OUR HOPES

We hope this cookbook teaches people to view food differently, and that folks will get to try new types of food and cooking techniques. We hope young people will become active leaders and we dream of a day when everyone can access fresh, local, healthy, affordable food.

HOW TO STAY INVOLVED

For any young people who want to stay involved, every Summer we accept applications to Seed Crew for 14-17 year olds! We also welcome volunteers at our farms, of any age.

You can also find us at:

@TheFoodProject on Twitter

@the_food_project on Instagram

@TheFoodProject on Facebook

Or our website <https://thefoodproject.org/>



The Food Project

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GLOSSARY

Aioli: Mayonnaise seasoned with garlic.

Caramelized: Cooked to develop the signature brown color of caramel.

Chopped: Something that is cut up.

Confectioner's Sugar: A type of powdered sugar.

Confit: A cooking technique where you dip food in fat and cook it over low heat for a long time.

Devein: The process of removing the dark vein from shrimp.

Dice: cut into small cubes.

Food processor: an electric kitchen appliance used for chopping, mixing, or pureeing foods.

Frother: A utensil which froths a liquid by stirring air into it.

Garnish: When you decorate food/a decoration on food.

Mince: Cut up or ground into very small pieces.

Miso: Paste made from fermented soybeans and barley or rice malt, used in Japanese cooking.

Peel: Wooden paddle used to dish pizza/loaves of bread/pastries. Also can mean the outside of fruits. Sometimes we eat peels, sometimes not. To peel something means you remove the peel.

Pulp: The part of a fruit or vegetable that is left after the liquid has been squeezed from it.

Puree: Fruit or vegetables, crushed or liquidized until they're smooth and creamy. To purée something means turning it into a purée.

Rolled Oats: Created when oat groats are steamed and then rolled into flakes.

Russet: Reddish brown color.

Sauté: Fried quickly in a little hot fat.

Skillet: A frying pan.

Simmer: A state or temperature just below boiling point.

Strainer: A tool that has holes punched in it or crossed wires, to separate liquids from solids.

Tahini: A Middle Eastern paste or sauce made from ground sesame seeds.

To Taste: Adding an amount you choose based on what you think tastes the best.

Vermicelli: Pasta made in long slender threads.

GENERAL COOKING AND FOOD SAFETY

Finding Your Way Around the Cookbook

This cookbook is broken into 6 sections— Beverages, Snacks/Light Meals, Breakfast, Lunch, Dinner, and Dessert. Each group is together, so all the beverages are with other beverages.

We rank recipes by difficulty, using a pepper system. 1 pepper means they are the easiest. 2 peppers are medium difficulty, and 3 peppers are the toughest to do. The comparisons work best between categories. That means a 3-pepper snack may be simpler than a 2-pepper dinner.

The recipes have safety markers at the beginning.

Watch Out, Young Cooks!

Always ask a trusted adult (like a parent or guardian) before cooking something. They might want to help, or they could need the kitchen at the same time that you're using it. Know what you can and can't do. For example, some objects are too heavy to lift, and you may not know how to use every tool.

Grownups: If you're in the kitchen with young cooks, remember not to grab at them or yell unless they're in real danger. Cooking should be enjoyable! You'll be impressed with what they can cook if you let them try.

General Cooking and Food Safety

- Wash your hands before and after handling food.
- Wear aprons, in case food falls down or splatters onto you.
- Tie back long hair, and remove long sleeves or dangly jewelry.
- Stay clean while you cook. You don't want your food to make someone sick! Cleanup is easier if you're tidy while you cook instead of leaving it all until the end. If there's nothing to do, like if a dish is in the oven, you can clean up in that time.
- If you have allergies or a restriction on what you can eat, be aware. Read the ingredients lists for any allergy warnings.
- If you rub your eyes after touching foods like onions, citrus, or spicy peppers, it will hurt a lot. Wash your hands after you work with those foods.
- Some foods, like meat or beans, need to be cooked in order to be safe. Always ask an adult before you eat any part of your recipe, and follow the recommended cooking times.
- Wash your cutting boards thoroughly. If you cut something like raw meat, and then use the same board after without washing, it might make people sick.
- It's a good idea to read the whole recipe before you start to cook. That way, you know what ingredients you need and what you'll have to do.

HOW TO BE SAFE WITH SPECIFIC TOOLS

Sharp Things

- Make sure to keep your fingers away from sharp edges.
- Be careful where you put sharp things. If they go in a tub of water, someone could get cut because they don't see the blade.
- Keep it pointed away from yourself so it won't hurt you if it slips. Ask a grownup if you're not sure that you're cutting something right.
- For small ingredients, put the tip of the knife on the cutting board. Then you can lower the handle end to cut cleanly.
- For larger ingredients, lift the whole blade up.
- The toughest ingredients may need 2 hands, one on the back of the blade and one on the handle.
- Keep your cutting board and hands dry so they don't slip.
- Using a knife that's too dull can be more dangerous than a sharp one. You have to push harder and might lose control.
- If you hand someone a knife or something sharp, give them the handle first.
- Always know where your fingertips are, if you're slicing something.
- if you put a knife in a dish rack, put the blade down so you can pick it up by the handle.

Graters

- Don't let your hands get too close to the blades. They can be as sharp as knives.

Knives

- When you cut something, cut away from you. Be sure that blades are pointing away from you when you set something down.

Blender

- Do not place things in the blender while the motor is running
- Never place your hand in the blender unless it is unplugged
- Make sure the lid is on, tightly
- Turn it off before you unplug it
- Stay near the blender while it is on

Food Processor

- Make sure the parts are assembled properly (blade, cover, etc) or the machine might not start
- Never turn it on unless the top is in tightly.
- Use extra caution when removing and cleaning the blade piece.

Steam

- Stand to the side when opening a steamer. The steam that rises up will be very hot. Open it from the back end, if possible.
- Do not reach into the pot while it is in the process of steaming.
- Wear heat proof gloves that resist moisture. Use long utensils when moving things within the steamer.
- Be careful of steam. It's hard to tell how hot it is by looking, but it can still burn you.

Pots on Stovetop

- You can't tell if something is hot by looking at it. Put the back of your hand up close, without touching it. Try to feel if there's heat coming off. If there isn't, it's cool enough to touch.
- If you leave a spoon or something else with a handle in a hot pot, it will get hot. This is especially dangerous for metal handles. Stir your food, then take the handle out in-between.

Hot things

- Be cautious around boiling water and steam. It could burn someone, even if it doesn't look very hot. If you uncover something very hot, tilt the cover toward yourself. The steam will rise out of the end that is further away from you.
- When frying foods in oil, keep a safe distance from the pot and have a lid with you. Do not fry wet foods, it will spray hot oil! Also make sure to keep track of the temperature of your oil. Refer to an adult when and how to dispose of oil.
- Make sure to stay in the kitchen while your food is cooking, especially if there is heat involved.
- If you have a fire extinguisher in the house, make sure you know where it is.
- You can't tell how hot something is by looking at it. Hold the back of your hand 1 inch away from the surface and feel for heat coming off before you grab anything.
- Keep your hands and arms away from open flames or sources of heat.
- Use dry oven mitts to touch hot things. Wet ones won't protect you.
- Pans and pots will stay hot after being heated.



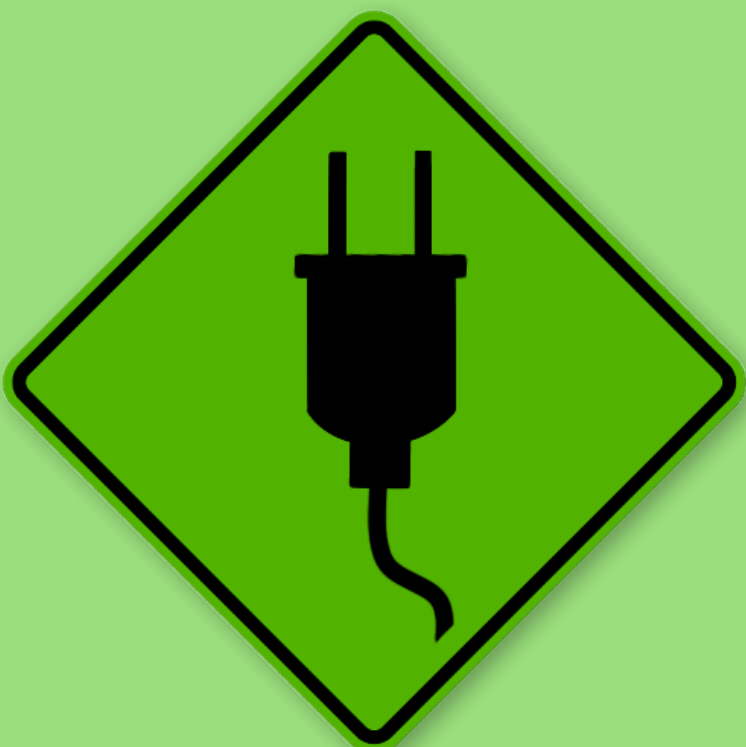
Stove top/Hot oven



Hot Objects



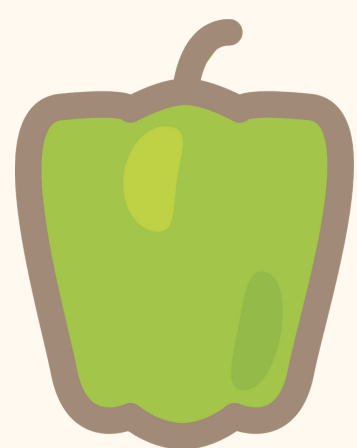
Sharp Objects



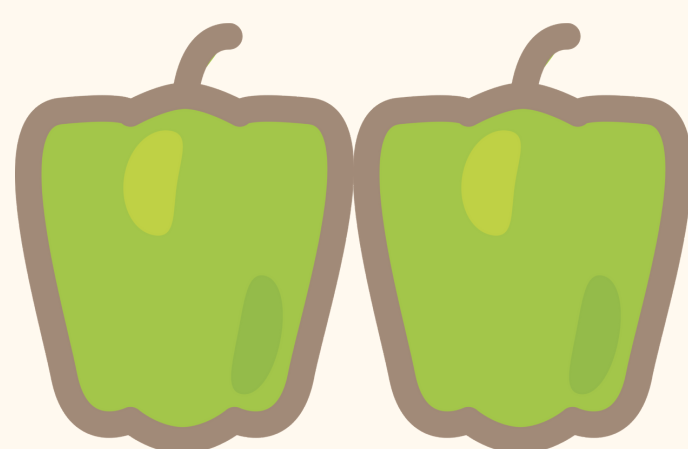
Electrical Tools

IMPORTANT NOTE: Make sure to
clean off all produce/food before
working with it!

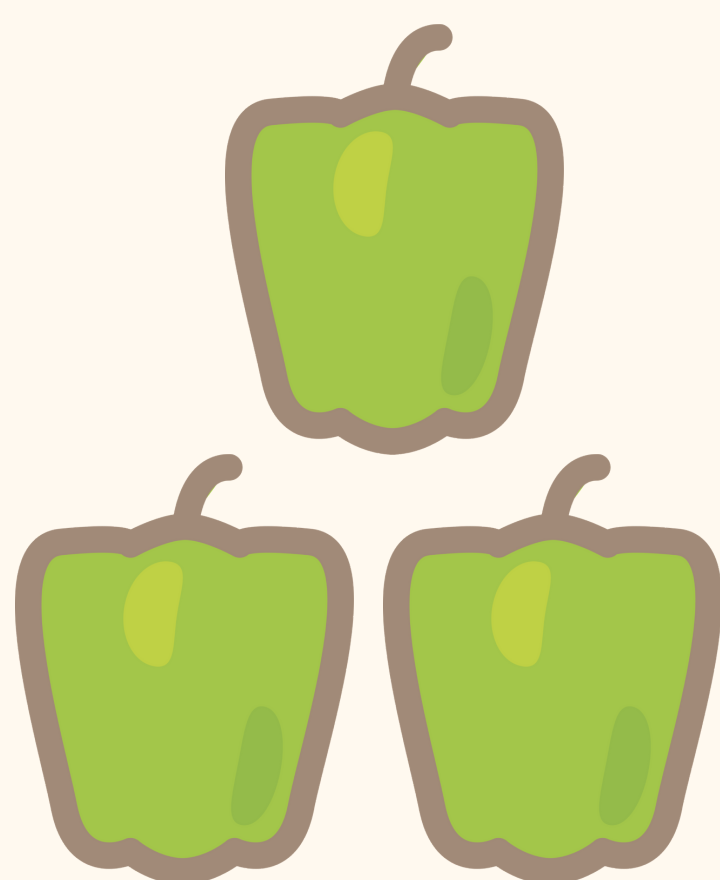
LEVELS



Level 1



Level 2



Level 3

DRINKS



SOBIA



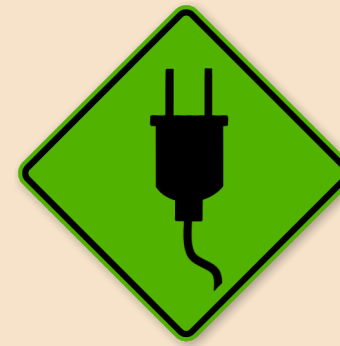
Prep time: 8 hours

Cook time: 15
minutes

Serving size: 6



**A traditional Egyptian
drink made from rice,
milk, coconut milk and
sugar.**



Ingredients:

- $\frac{1}{2}$ cup Rice
- 2 cups Water
- 2 cups Coconut Milk
- 3 cups whole Milk
- $\frac{1}{2}$ cup Sugar
- 1 teaspoon Vanilla Extract

Materials:

- Blender
- Strainer

Directions:

1. Grind the rice into a powder using the blender. Blending small amounts of rice at a time can be helpful depending on the amount of rice you plan on using.

2. Soak the powdered rice in water overnight for approximately 12 hours.
3. Once those 12 hours have passed, strain the water into a separate container. The rice powder can be soaked again and reused if you wish to make more.
4. Add. your coconut milk, whole milk, sugar, and vanilla extract into a blender and mix.
5. Serve with ice or put it in the fridge to chill and enjoy!

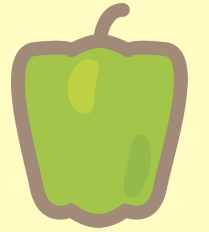


VEITNAMESS COFFEE



Prep time: 5- 8 minutes

Serving size: 1



This coffee reminds
me a little bit of
home



Ingredients:

- Coffee powder
- Sweetened condensed milk
- any type of milk of your liking
- water
- ice.

Materials:

- pot
- cup
- spoon

Directions:

1. In one pot boil 3 oz of water
2. While waiting until it boils, you can put coffee powder in one cup
3. When the water is finishing boiling pour water in the cup with the coffee power inside

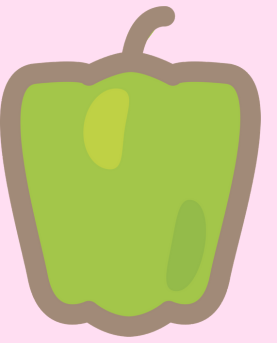
4. Stir until satisfied
5. Pour a teaspoon of sweetened condensed milk and stir
6. Add two tablespoon of milk
7. Add Ice
8. WOOP WOOP you finished

INSTANT BOBA THAI TEA

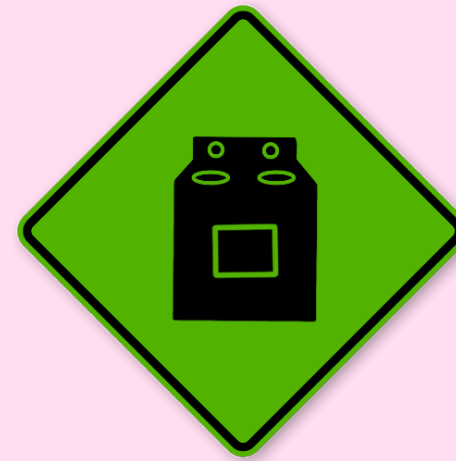
Prep time: 10 minutes

Cooking time: 15- 30minutes

Serving size: One



I love drinking these on a hot summer day! I highly recommend it.



Ingredients :

- Milk
- pre-made tapioca pearls
- boiling water
- ice
- Thai tea mix

Materials:

- Two Bowls
- A pot

Directions:

1. In two separate pots boil half a cup of water
2. In one cup pour two packets of Thai tea mix
3. After the water is boiled pour an estimated amount of tapioca pearls of your liking and wait five minutes in one of the pots
4. Pour the boiled water from your other pot into a Thai tea mix filled cup
5. Mix for thirty seconds
6. After five minutes past remove the tapioca pearls from the water
7. Put the tapioca pearls in the tea
8. Add two teaspoons of milk
9. Add ice then stir
10. VULA you are finished!!



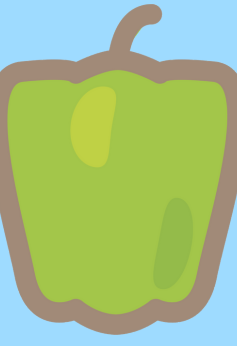
HORCHATA



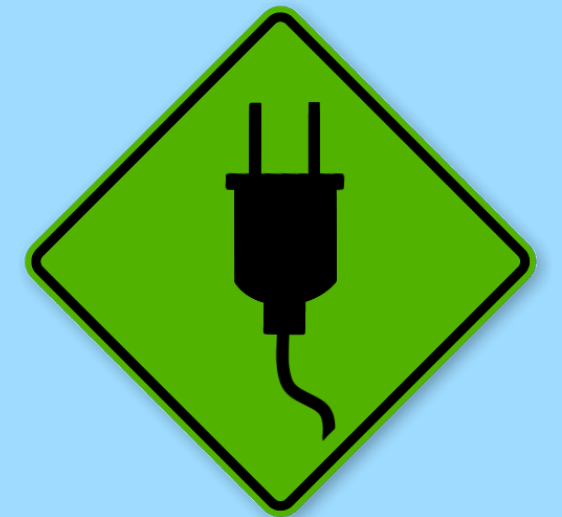
Prep time: Overnight

Cook time: 10 minutes

Serving size: One whole
pint, 8 cups



A traditional Spanish agua fresca. A drink perfect for summer!



Ingredients :

- 1 chocolate tablet of Abuelita
- 1 cup of rice
- 2 tbs of vanilla extract
- 1 evaporated milk
- 1 condensed milk
- 1 cinnamon stick
- 1 tbsp of powder cinnamon
- About 2 liters of water (depending on how big your pitcher is)
- Ice

Materials:

- A pitcher
- Blender
- Small bowl
- Large bowl
- Sifter
- Whisk
- Measuring cups
- Measuring spoons

Prep time (overnight):

- Put the cup of rice and cinnamon stick in a small bowl and add about 2 cups of water. Cover the bowl and refrigerate it overnight so the rice can soften.

Directions:

1. Add the rice, cinnamon stick, and water from last night into a blender along with the 1 tablet of Abuelita chocolate. Mix that for about 3-4 minutes until it is completely blended.
2. Hold a sifter over a bowl and begin to pour out your mixture into it. This is to separate any cinnamon stick that is still in big chunks from it.
3. Add your evaporated milk into the bowl and mix with a whisk.
4. Add your condensed milk and mix.
5. Add 2 tbsp of vanilla extract
6. You can add the simple syrup to taste until you are satisfied with it.
7. Fill a large pitcher about $\frac{1}{4}$ of the way full with ice, then pour your mixture into it. Add the rest of your water until your pitcher is full and stir it together.
8. Add one tbsp of powdered cinnamon at the top and your horchata is all done!

SUNRISE SUNSET SMOOTHIE



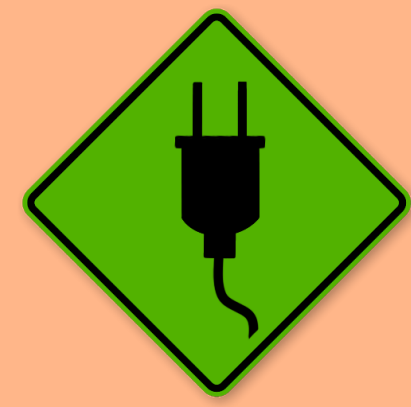
Total Time:

10minutes

Serving size: 2



This is my go to smoothie at the Tropical Smoothie Cafe and is great with a light snack because it is very filling. Enjoy!



Ingredients:

- 1 cup mango (frozen)
- $\frac{1}{2}$ cup strawberries (frozen)
- $\frac{1}{2}$ cup pineapple (frozen)
- $\frac{1}{4}$ orange juice
- $\frac{1}{4}$ cup Turbinado sugar
- $\frac{1}{2}$ cup water
- 3 cups ice

Materials:

- Blender
- Bowl
- Measuring cups

tropicalCAFE[®]
SMOOTHIE
eat better.  feel better.

Directions:

1. Measure and put all frozen fruit in a microwave safe bowl. Microwave for 30 seconds to 1 minute.
2. Put all microwaved fruit into the blender.
3. Add orange juice, sugar, water and ice to the blender.
4. Cover the blender and blend for 4-5 minutes.

Cheers!



tropicalCAFE[®]
SMOOTHIE

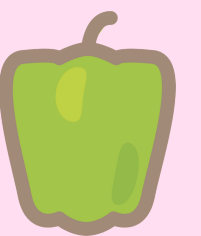
eat better.  feel better.

POTTED STRAWBERRY DRINK

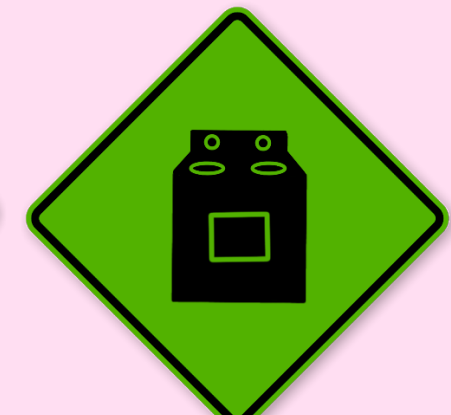


Total time: 10 minutes

Serving size: 1 drink



Sweetly flavored milk,
perfect to have along



Ingredients:

- 1 cup strawberries
- 1-2 tbsp sugar
- 60ml water
- Milk of choice
- Cream (Whisk heavy cream +sugar to taste)
- Oreos
- Ice
- Mint leaf
- Sliced strawberry

Materials:

- Saucepan
- Measuring spoons
- A glass
- Strainer
- Small bowl
- 1 small ziploc bag

Directions:

1. Cut 1 cup of strawberries and add them into a sauce pan along with 1-2 tbsp of sugar and 60ml of water.
2. Bring to a boil and once everything is well combined turn off the heat and let this strawberry syrup cool.
3. Add ice in a glass, then the strawberry syrup(strained) and milk and mix.
4. Add your cream to the top of the drink.
5. Next you're going to crush some Oreos by putting only the cookie part of Oreos into a ziploc bag and you can crush them with a rolling pin or your hands.
6. To top off the drink spread the crushed Oreos on top of the cream, plant the mint leaf, and add the sliced strawberry.



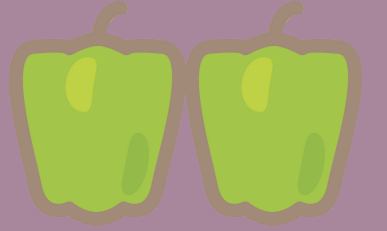
BLACKBERRY SMOOTHIE



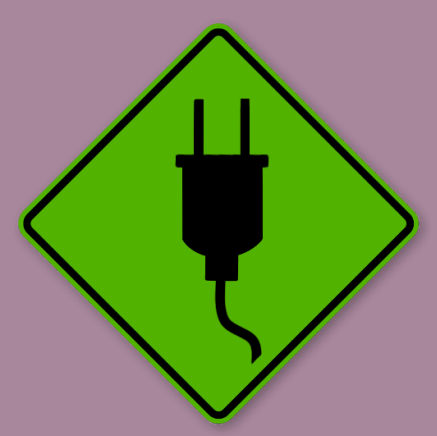
Prep time: 8 min

Cook time: 15 min

Serving size: 8



A refreshing Costa Rican beverage made from blackberries



Ingredients:

- Blackberries
- sugar
- water
- powdered milk

Materials:

- Blender
- Strainer

Directions:

1. Wash your 2 cups of blackberries
2. Submerge them in three cups of water and put them in the fridge to sit overnight
3. When ready, take the blackberry juice mixture and $\frac{1}{2}$ cups of sugar and put them in a blender
4. Blend for 1-2 minutes until smooth.

5. Place your strainer over a pitcher and pour the mixture over it, using a spoon to press the blackberry pulp through the strainer.
6. Once pulp is no longer able to get through, pour a liter of water over the strainer to push more pulp through until only the seeds remain
7. Discard the seeds
8. Pour the rest of the water into the pitcher.
9. Stir $\frac{1}{2}$ cup of powdered milk into the blackberry juice.
10. enjoy!

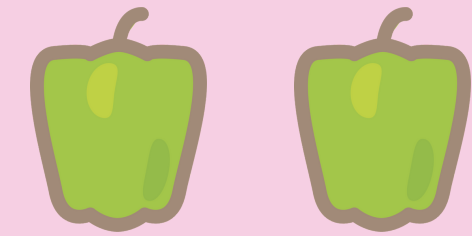


WATERMELON LEMONADE

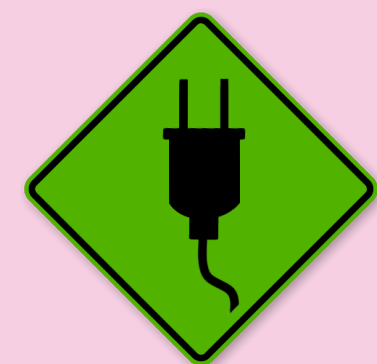


Total Time: 15
minutes

Serving size: 6



If you like your drink more sweet you can half or completely replace the lemon juice. If you like your drink more sour then you can continue with just lemons.



Ingredients:

- 6 cups chopped watermelon (seedless)
- 4 lemons or $\frac{3}{4}$ cup lemon juice
- 4 cups cold water
- $\frac{1}{3}$ cup sugar or to taste

Directions:

1. Cut watermelon into cubes and measure out into 6 cups. Add to blender and blend for 30 seconds..
2. Cut lemons in half. Hold half with one hand and place fork in the middle of the cut lemon. Twist the fork and squeeze the lemon to get all of the juice.
3. Add squeezed lemon juice, water and sugar to blender.
4. Cover the blender and blend for 2 minutes. Enjoy!

Materials:

- Blender
- Knife
- Cutting board
- Measuring cups
- Fork

SNACKS



TZATZIKI



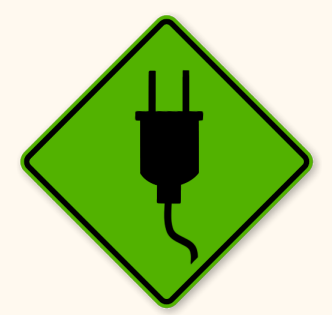
Prep time: 5-10 minutes

Cook time: 20 minutes

Serving size: 3 cups worth



Great for veggie dip or
as a salad dressing.



Ingredients:

- garlic
- Greek yogurt (plain)
- peeled cucumber
- olive oil
- white vinegar
- salt
- black pepper

Materials:

- Cheese grater/knife for dicing
- Strainer
- Thin cloth (clean)
- Bowl
- Teaspoon for measuring
- Saran/plastic wrap

Directions:

1. Cut fresh, peeled cucumber into slices and grate in food processor, or alternatively, dice cucumber into very small, fine pieces
2. Place grated cucumber into a colander lined with a thin, clean cloth. Remove the cloth, now containing the cucumber, and wring out the water. Let the cucumber sit while preparing the next step

3. Grate garlic similar to the cucumber and place in a bowl. Add a teaspoon of vinegar, a teaspoon of olive oil and a pinch of salt, and mix.
4. Next, place the cucumber, the garlic mix, add greek yogurt to taste, add a pinch of either white or black pepper, and mix it all thoroughly.
5. For best taste, wrap in cling wrap and place in refrigerator for a couple of hours



Cool dish for
a hot day!

QUICK-PICKLING GUIDE



Prep time: 45 minutes

Total time: 3 days

Serving size: varies



Pickling is a wonderful way to use produce that is on the edge of going bad. You could pickle anything from green beans to cauliflower, carrots to beets, or even fruit in the sweet brine.



Ingredients:

Cucumbers or other veggies to be pickled

Sweet Pickling Liquid:

- 1 cup sugar
- 2 cups vinegar
- $\frac{1}{2}$ tsp salt

Briny Dill Pickling Liquid:

- 1 cups vinegar
- 1 cup water
- 1 tsp salt
- 1 Tbsp. fresh dill or 1 tsp dry dill

Materials:

- knife
- cutting board
- jars
- measuring cups, teaspoons etc

It depends how small your vegetables are and how many you put in each jar, but you can generally use 1 cup liquid for every 1 cup vegetables.

Directions:

1. Don't forget to wash your hands!
2. Optionally, cut your vegetables into smaller pieces.
3. Fill your jars with the produce to be pickled.
4. Combine the pickling liquid ingredients and stir until solid things like the sugar and salt are dissolved into it.
5. Carefully pour the liquid into the jars that have the vegetables inside. Fill the jars.
6. Once it's in the fridge, you can enjoy after a few days. Small-cut pieces will be ready within a week, and the biggest veggies might take up to a month to completely soak in the flavor.
7. It's also good to turn over the jar every so often (maybe once a week) to make sure every part of the veggies get the flavor.

BAKED FRENCH FRIES



Total time: 30-40 minutes

Serving size: 1-2



Perfect snack for children, and is a great side for lunch as well



Ingredients:

- potatoes
- salt
- oil
- onion powder
- garlic powder

Materials:

- knife
- oven
- baking sheet
- baking tray
- pot
- spatula

Directions:

1. Wash potatoes
2. Slice them into $\frac{1}{4}$ -inch-wide sticks.
3. Coat a baking sheet with olive oil to protect against potato stick-age.
4. Soak the potatoes in hot water for five minutes in a pot
5. Drain and dry the potatoes. Toss them with the remaining oil and spices until coated (salt, garlic powder, and onion

powder) or however you like, then place them on the baking sheet in a single layer.

6. Bake at 450 degrees F for 15 to 20 minutes. Use a spatula to flip the fries, and move them into a single layer. Bake for an additional 5 to 10 minutes, or until they're as crispy as you like. Sprinkle with some extra salt to taste.

7. DIG IN!!



MOZZARELLA STICKS



Total time: 1 hour 15 minutes

Serving size: 1-2



A good go to late
night snack!



Ingredients:

- cheese sticks
- bread crumbs
- flour
- milk
- eggs
- additional seasonings if pleased

Materials:

- bowl
- pot or skillet
- paper towels
- cooking clippers

Directions:

1. Whisk eggs and milk together.
2. Coat each piece of cheese with flour, then dip in egg and then roll in bread crumbs.
3. Dip in egg and crumbs again.
4. Freeze for one hour before frying.

5. Heat oil in a skillet/pot to 350°F and cook sticks for about a minute on each side, or until golden and before cheese starts to leak.

6. Drain on paper towels.

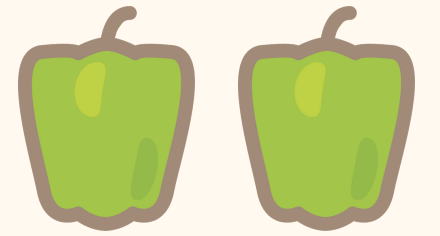
YUMMMM!!



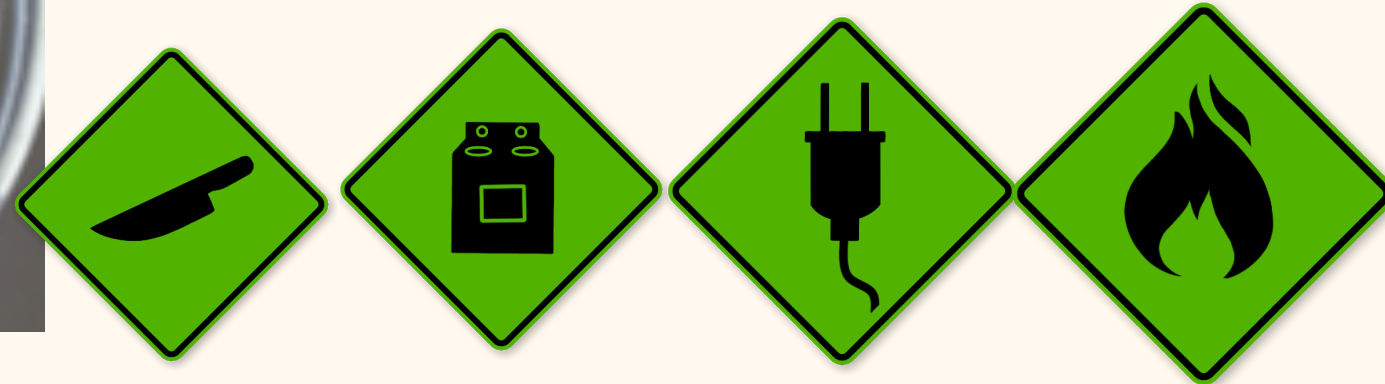
HUMMUS



Total time: 45 minutes



Enjoyed best with cut-up vegetables such as carrots and cucumbers, or pita bread.



Ingredients:

- Can of chickpeas (150z), rinsed and drained
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ cup of lemon juice (or juice of $\frac{1}{2}$ large lemon or a whole small one)
- $\frac{1}{3}$ to $\frac{1}{2}$ cup tahini (more tahini = more sesame flavor)
- Roughly chopped clove of garlic -or- garlic paste equivalent -or- $\frac{1}{8}$ teaspoon of garlic powder
- Pinch of salt, to taste
- Tablespoon of olive oil
- $\frac{1}{2}$ teaspoon of ground cumin (optional)
- 2-5 tablespoons of cold water (add as you need it for texture)
- Dash of paprika (optional)

Materials:

- Food processor or high-speed blender
- Can opener
- Measuring cups and spoons
- Strainer / colander
- Lemon juicer (optional)
- Knife or garlic chopper
- Medium saucepan

Directions:

1. Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas with several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine-mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).

2. Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic, and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.

3. Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.

4. While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale, and creamy. (If your tahini was extra-thick, to begin with, you might need to add 1 to 2 tablespoons more ice water.)

5. Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.

6. Taste, and adjust as necessary—I almost always add another $\frac{1}{4}$ teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.

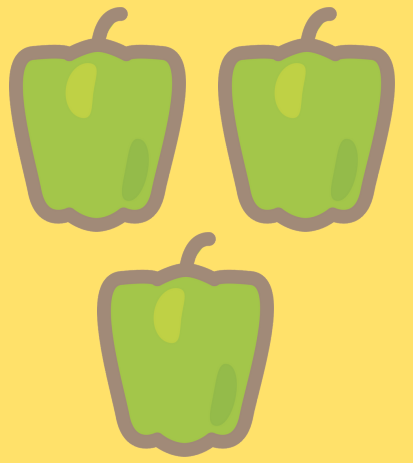
7. Scrape the hummus into a serving bowl or platter, and use a spoon to create nice swooshes on top. Top with garnishes of your choice, and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

HONEYCOMBS CARROT HUMMUS

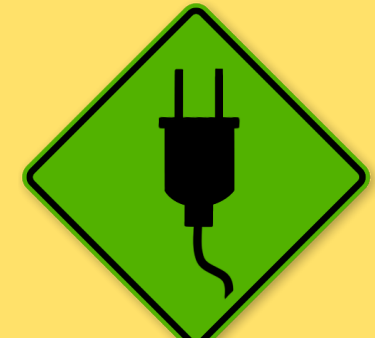
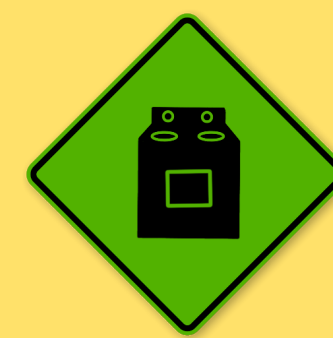


Prep time: 25 minutes

Cook time: 1.5 hours



This is a fun Hummus recipe from Honeycomb Bakery that is on the more difficult side.



Ingredients:

- Carrots, peeled
- 1T miso
- Olive oil (to coat)
- Garlic Cloves
- 2T Lemon juice
- 1/3 cup toasted walnuts
- 1T Za'atar spice (you can substitute cumin at 1 tsp)
- 2 ea confit garlic
- 2T garlic oil
- 2-3 T or as needed hot water
- Salt and pepper to taste

Materials:

- cooking sheet
- blender/food processor

Directions:

1. Roast the carrots at 450 for about 30 mins or until darkly caramelized
2. Make Garlic confit by covering garlic cloves with olive oil and heating on low for 1 hour until the garlic is golden brown.
3. Add all ingredients to the food processor/blender and blend!



SPICY BAKED SWEET POTATO FRIES

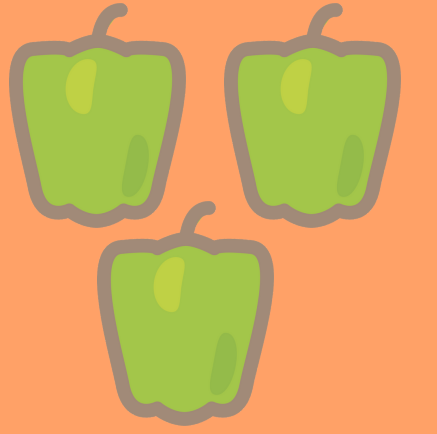


Prep time: 15 minutes

Cook time: 15 minutes

Total time 30 minutes

Serving size: 6



Potatoes could be made into many dishes such as, baked potato, mashed, potato salad, potato soup, even these delicious homemade fries!



Ingredients:

- 2 Tablespoons olive oil
- 2 Tablespoons maple syrup
- $\frac{1}{4}$ Teaspoon cayenne pepper
- 3 Large sweet potato, peeled and cut into $\frac{1}{4}$ - inch slices
- Add salt and pepper for seasoning(add any more you think would be good)

Materials:

- Brush for seasoning
- Pan/basket for potato fries
- Small bowl
- Spoon for mixing

Directions:

1. Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
2. Stir together olive oil, maple syrup, and cayenne pepper in a small bowl. Brush the sweet potato slices with the maple mixture and place onto the prepared baking sheet. Sprinkle with salt and pepper.
3. Bake in preheated oven for 8 minutes, then turn the potato slices over, brush with any remaining maple mixture, and continue baking until tender in the middle, and crispy on the edges, about 7 minutes more.

Dig in for a
spicy special!



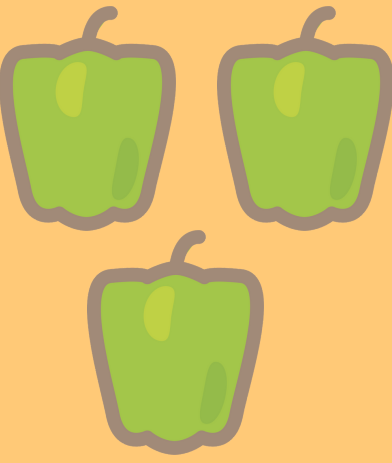
POTATO SKINS



Prep time: 15 minutes

Cook time: 1 1/2 - 2hours

Serving size: 1 per person



A great snack and
perfect for parties!



Ingredients:

- 6 small to medium sized russet baking potatoes (total 3 pounds)
 - Extra virgin olive oil
 - Kosher salt
 - Freshly ground pepper
 - 6 strips of bacon
 - 4 ounces grated cheddar cheese
 - 1/2 cup sour cream
 - 2 green onions, thinly sliced, including the greens of the onions
- (These amounts may vary depending on how many you wish to make)

Materials:

- Large straight edge knife (for chopping onions)
- frying pan
- spoon
- roasting/broiler pan

Directions:

1. Make sure the potatoes are clean, then rub in olive oil and proceed to bake in 400 degree oven for about 1 hour. Recommend piercing potato each potato a couple of times with a fork or a sharp knife (alternatively, you can use a microwave by rubbing olive oil onto each potato, piercing with a fork or knife, and microwaving for 5 minutes per potato.)

2. While potatoes are cooking, cook bacon strips in a frying pan on medium low heat for 10 to 15 minutes, or until crisp. Drain on paper towels. Let cool, then break into small pieces

3. Once done baking, remove the potatoes from the oven and let cool enough to handle. Cut in half horizontally. Use a spoon to carefully scoop out the insides, reserving the scooped potatoes for another use, leaving about 1/4 of an inch of potato on the skin.

4. Increase the heat to 450 degrees, rub olive oil on skins, sprinkle with salt, and place potato skins on baking rack in a roasting pan. (Note: using a cookie sheet will cause the sheet to warp. Instead use a roasting pan or a broiler pan which can take the heat.) Bake for about 10 minutes on each side

5. Arrange the potato skins skin-side down on the roasting pan or rack. Sprinkle the insides with black pepper, your taste of cheese, and bacon bits. Return to the oven. Broil for an additional 2 minutes, or until the cheese is bubbly, and carefully remove them from the oven

6. Top with your choice of diced green onions and sour cream, then serve

BREAKFAST



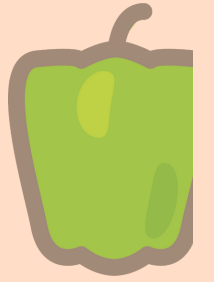
BREAKFAST SANDWICH



Total time: 10

-15 minutes

Serving size: 1



Based on Shubie's
egg sandwich!



Ingredients:

- Bread (English muffin, bagel, croissant, etc)
- Large egg
- $\frac{1}{4}$ or $\frac{1}{2}$ an avocado
- Sriracha aioli (mayo and sriracha) -or- just sriracha - or ketchup (your choice!)
- Oil or cooking spray

Materials:

- Small fry pan
- Toaster

Directions:

1. Heat a small fry pan over medium heat.
2. Toast your bread of choice.
3. Cook egg in your preferred method (over easy, over medium, etc), at least until egg white is no longer runny or translucent

4. Mash avocado on $\frac{1}{2}$ of the toasted bread, add a sauce of choice (sriracha aioli, etc), and then add fried egg)

5. Sprinkle salt and pepper on the egg, add second $\frac{1}{2}$ of bread on top and cut the sandwich in half



YOGURT AND FRUIT PARFAIT



Total Time:

Under 5 minute

Serving size: 1



A quick and easy recipe
with fresh fruit, yogurt,
and granola that is great
to start any morning!

Ingredients:

- $\frac{2}{3}$ cups vanilla nonfat yogurt
- $\frac{2}{3}$ strawberries, blackberries, raspberries or blueberries
- $\frac{2}{3}$ cup granola

Materials:

- A glass
- Measuring cup
- A medium bowl

Directions:

1. Pour your fruit variety into a medium bowl and wash them so they are clean.
2. Layer $\frac{1}{3}$ cup vanilla yogurt into the bottom of the glass.
3. Layer with $\frac{1}{3}$ cup of fruits on top of that
4. Layer again with $\frac{1}{3}$ cup of granola
5. Repeat process again until the glass is filled to the top.

FRENCH TOAST STICKS



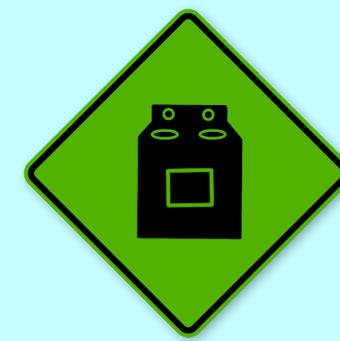
Prep time: 15
minutes

Cook time: 10-15
minutes

Serving size: 2



Make sure to brush your
teeth after this sweet
treat! No syrup needed
either!



Ingredients:

- Texas Toast
- 1/3 cup Oak milk(any version of milk is fine, I just use Oat milk) or
- 1/3 heavy cream
- Two eggs
- 1 tsp Vanilla
- 2 tsp of brown sugar
- Butter or cooking spray
- 1/2 cup sugar
- 1/2 cup Cinnamon
- Strawberries (optional)

Materials:

- Cutting Board
- Knife
- 2 Medium-sized bowls
- Forks
- A medium-sized frying pan

Directions:

1. Place your bread onto the cutting board and slice the bread into 3. And set aside.
2. Take a medium-sized bowl to make your egg wash. Add the eggs, heavy cream, cinnamon, and vanilla into your bowl and whisk with a fork until the eggs are fully incorporated.
3. Make your cinnamon sugar mixture by mixing the cinnamon and sugar in your medium-sized bowl and set aside.
4. To make the french toast stick, take each breadstick, dip it into the egg wash for about 4 seconds on each side, and place in the pan that should be on medium heat.
5. Cook each french toast on each side for about 3 minutes or until golden brown.
6. Once you are done cooking your french toast sticks, immediately add it to your cinnamon sugar mix until it is fully coated with it
7. Put it on a plate and eat with fresh strawberries

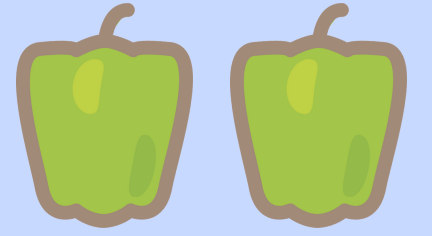
BERRY/CHOCOLATE CHIP MUFFINS



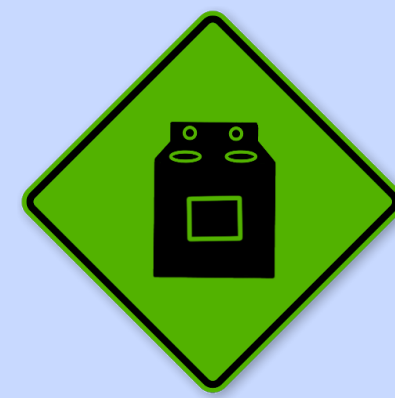
Prep time: 30 minutes

Cook time: 25 minutes

Serving size: 10



A hearty breakfast
to warm you up!



Ingredients:

- 1 cup milk
- 1 cup old fashioned rolled oats
- 1 and $\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup unsalted butter, melted and slightly cooled
- $\frac{1}{2}$ cup honey
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- 1 cup fresh blueberries (any berry of your choice)

Materials:

- Measuring cup
- Measuring spoons
- Medium-sized bowl
- Large bowl
- Whisk
- Wooden spoon
- Oven



Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Mix milk and oats and let it sit for twenty minutes (this is very important!)
3. Line your muffin tin with paper liners (or grease with cooking spray)
4. Whisk together baking soda, flour, cinnamon, and salt until well combined in a large bowl. (When measuring flour, use the spoon and level method. This means spoon flour into your one cup measuring cup and leveling it so that it's flat to the top of the measuring cup. This produces the best results).
5. In a medium-sized bowl, whisk together melted butter and honey. While stirring, add the egg and vanilla extract.
6. Pour wet batter into the dry batter and combine. Add soaked oat combination, and stir until just combined.
7. Fold in blueberries, and separate batter evenly into the prepared muffin tins.
8. Bake at 425 for five minutes then 350 degrees for twenty minutes, or until a toothpick can be inserted and taken out cleanly from the center of a muffin.
9. Allow muffins to cool for eight minutes, and enjoy!
(Muffins taste great topped with butter!)

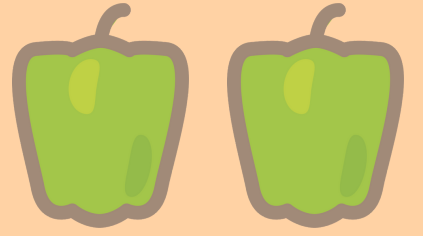
FRITTATA WITH ROASTED TOMATOES



Prep time: 15 minutes

Cook time: 25 minutes

Serving size: 4



This simple breakfast is a great way to use a variety of vegetables in your house. Just remember that the pan has to be oven safe!



Ingredients:

- 2 Tbsp unsalted butter
- 8 large eggs
- $\frac{3}{4}$ cup milk
- 1 tsp Dijon mustard
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{3}{4}$ cup of cheese (cheddar, feta, etc.)
- 2-3 cups of desired veggies (for example, Broccoli, onion mushrooms peppers or Peppers onions broccoli tomatoes)

Materials:

- Oven proof skillet
- Whisk
- Big Bowl



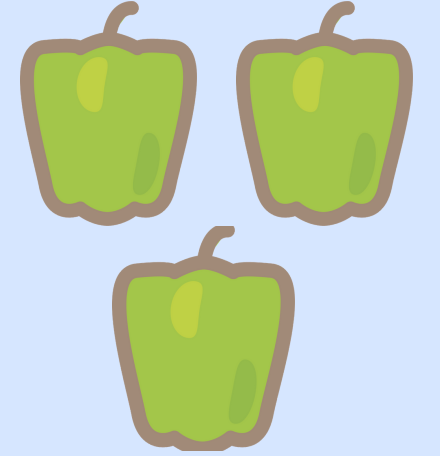
Directions:

1. Preheat the oven to 400. Melt butter in a 12-in nonstick ovenproof skillet over medium heat. Add all vegetables and saute, stirring occasionally, until crisp tender, about 10 minutes
2. Whisk eggs with milk, mustard, salt and pepper in a big bowl. Pour egg mixture over vegetables in skillet, redistribute vegetables if necessary, sprinkle cheese over the frittata mixture. Cook **WITHOUT** stirring until mixtures firms up around edges, about 3 minutes.
3. Place skillet in oven and bake until Frittata center is set, 10-12 minutes.
4. Serve hot or at room temperature.

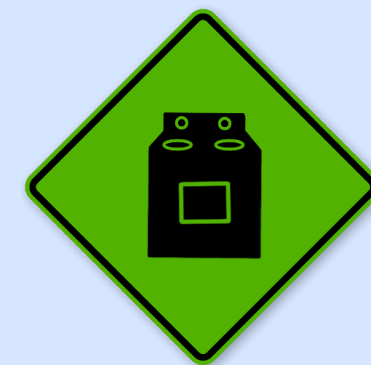
EGG,POTATOO,BACON BAKE



Prep time: 20 minutes
Cook time: 40 minutes
Serving size: 10



This recipe serves 10 people so it works great for the morning of holidays and can even be used as a dinner dish!



Ingredients:

- 1lb bacon
- 1 yellow onion diced
- 1 red bell pepper seeds removed, diced small
- 3 cloves garlic, minced
- 12 large eggs
- 1 cup milk
- 3 cups peeled potatoes, diced small (frozen works fine; they don't need to be thawed or cooked)
- 2 cups shredded cheddar cheese
- 2 green onions, chopped
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon cayenne pepper (optional)

Materials:

- 9x13 in baking dish
- Large mixing bowl
- Measuring cup
- Measuring spoons
- Mixing spoon
- Whisk
- Skillet or pan
- Cutting board
- Large cutting knife
- Garlic press or small cutting knife

Directions:

1. Heat oven to 400°F and use cooking spray to grease a 9x13 inch baking dish. Set aside.
2. Line a cookie tray with foil and lay out raw bacon stripes side by side on the foil. When oven is hot, put the tray in for 20-25 minutes or until bacon is crispy. When crispy, move bacon onto paper towels. Let it cool then dice bacon and set aside. Reduce oven temperature to 350°F.
3. While bacon is cooking, put 1 tablespoon of olive oil in a large skillet or pan over medium heat. Add diced yellow onion and bell pepper and cook until tender. Add minced garlic and cook for two minutes. After two minutes take skillet off heat and set aside.
4. In a large bowl, beat the eggs and whisk in the milk. Stir in the cooked vegetables, potatoes, shredded cheese, green onions, and bacon. Season with salt, pepper, thyme and cayenne pepper.
5. Pour the mixture into the prepared baking dish and baked at 350°F for 40 minutes or until eggs are firm and top is slightly golden brown. Remove from oven and let stand for 10 minutes. Cut into squares and serve. Enjoy!

LUNCH



MAYRICE



Prep time: 15 minutes

Cook time: 1 hour

Serving size: 6



This is a recipe my dad made, based off Amanda's Stick of Butter Rice on The Chunky Chef blog. It's a delicious and simple side dish. Just watch out for the hot oven!



Ingredients:

- 2 cups uncooked white rice
- 1 10 oz can french onion soup
- 2 Tbsp cooking oil
- Pepper to taste

Materials:

- Oven
- 9 inch x 13 inch glass cooking dish
- Can opener
- Spoon, fork
- Measuring cups, teaspoons etc

Directions:

1. Don't forget to wash your hands!
2. Preheat the oven to 425 degrees.
3. Combine the rice, soup, and 3 cans worth of water to the tray.

If you pour out the soup first, then fill the can with water, it can wash out the inside and get any soup that stuck to the sides. Be careful of the sharp inside of the can!

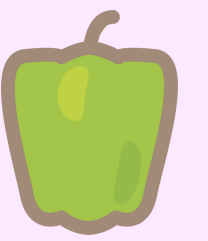


4. Add the oil and mix the ingredients evenly.
5. Optionally, add pepper to the top.
6. Cover the dish in aluminum foil, tightly. The steam will cook the rice. Bake for 30 minutes, and be careful with the hot oven.
7. Uncover the dish, being careful to lift the aluminum foil away from you so the steam that rises up doesn't touch you.
8. Bake for 30 minutes more.
9. Once it's cooled, enjoy!

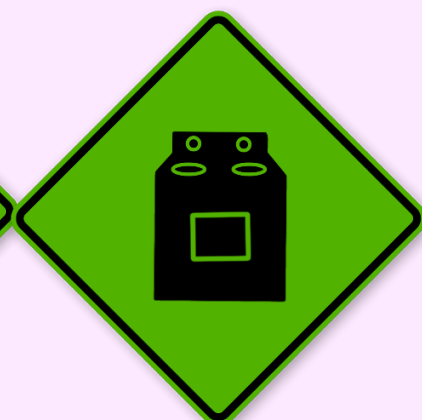
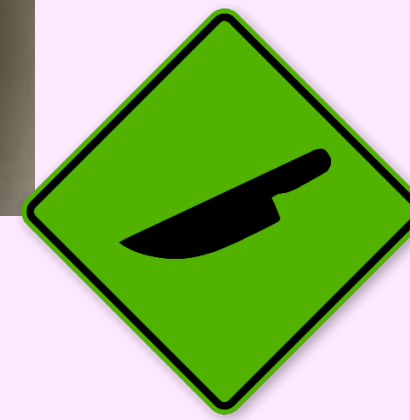
CHICKEN BURRITOS



Prep time: 15 minutes
assembly time: 5 minutes
Serving size: 4



My favorite lunch
for otherwise boring
days.



Ingredients:

- 2 large, boneless, skinless chicken breast, cubed
- 2 Packets of taco seasoning or homemade taco seasoning (included below)
- 15 oz black beans, 1 can, drained and rinsed
- 1 white onion, diced
- 2 cloves garlic
- 16 oz medium chunky salsa, 1 jar
- 1 cup brown rice, cooked
- 15 oz canned corn
- 1 tablespoon olive oil
- 1 bundle green onion, sliced, for garnish
- 4 Avacado (optional)
- Cheese (to taste)
- 4 Tortillas
- salt, to taste
- black pepper, to taste

Materials:

- large skillet
- stove
- spoons
- knife

Directions:

1. Heat the oil in a large skillet over medium-high heat.
2. Toss in the onion with a pinch of salt and sauté until the onions have softened, about 3 minutes.
3. Move the onions to the sides of the pan to create an open space in the middle. Add the cubed chicken into the center of the pan, season with salt, taco seasoning, and pepper, and sauté until the chicken has cooked almost all the way through.
4. Add the garlic and mix until fragrant, about 30 seconds.
5. Pour over salsa, black beans, corn, and rice, and mix until everything in the pan is evenly combined.
6. Let the mixture simmer for 5 minutes or until the chicken is cooked through.
7. Warm tortillas in the microwave, about thirty seconds
8. Assemble burritos with avocado and cheese.
9. Enjoy!

TACO SEASONING

Ingredients:

- 2 tablespoons chile powder
- 1 $\frac{1}{2}$ teaspoons ground cumin
- 1 teaspoon kosher salt, or to taste
- 1 teaspoon black pepper, to taste
- 1 teaspoon cornstarch
- 1 teaspoon smoked paprika (or substitute hot or sweet paprika)
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon crushed red-pepper flakes, or to taste

Materials:

- Bowl
- spoon

Directions:

1. Assemble all spices and mix thoroughly
2. Save or use!

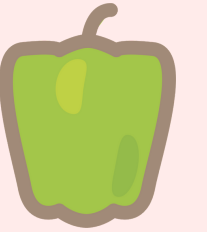
PIZZA



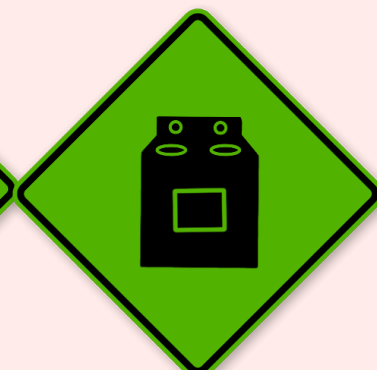
Prep time: 25 minutes

Cook time: 20 minutes

Serving size: 12 in pizza



Use this recipe for
a quick and easy,
classic, homemade
pizza



Ingredients:

- 1 Ready-made 12 in. pizza crust
- 1 cup of tomato/pizza sauce
- 1 cup of mozzarella or your taste of cheese
- $\frac{1}{2}$ teaspoon of dried basil
- Salt and pepper

Materials:

- Kitchen brush
- peeler
- knife for spreading

Directions:

1. Position oven rack in center of oven and preheat to 400 degrees
2. With a kitchen brush, cover pizza crust with thin layer of olive/vegetable oil

3. Spread sauce evenly over pizza crust in a thickness of your taste
4. Spread grated cheese on top of sauce to a thickness of your taste
5. Once oven is finished preheating, place pizza directly on center of oven rack and bake for 20 minutes or until cheese is melted and bubbly
6. Carefully remove from the oven using either a peel, or a fork to slide it onto a plate.

be creative and add
your vegetable
combinations!



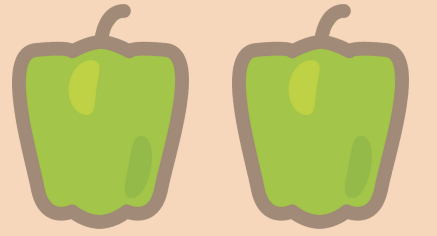
PASTELITOS



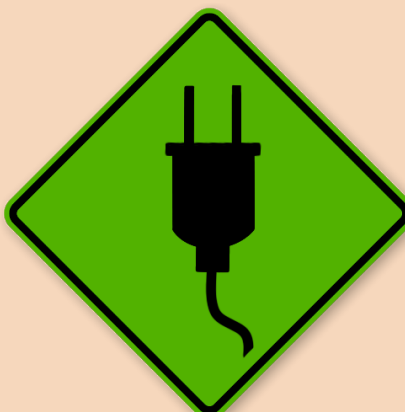
Prep time: 45 minutes

Cook time: 15 minutes

Serving size: 25



You could make this dish with chicken, beef, or ham and cheese.



Ingredients:

Chicken

- 1lb of chicken
- garlic,
- sea salt,
- oregano ,
- sazón,
- a little oil

Ham and Cheese

- 1/2 lb ham
- 1/2 lb cheese

Beef

- 1 lb of hamburger beef

Materials:

- large bowl
- Knife
- Tongs
- Medium size pot

Directions for Fillings:

Chicken

1. Season chicken with garlic, sea salt, oregano , sazón, and a little oil
2. Cook chicken in pan on stove until cooked (completely white)
3. after it's cooked shred it into shredded chicken
4. Chop olives and add to chicken pot.
5. If you want you could use 4 boiled eggs, take the yolk out- chop up the eggs then put the chopped up egg whites in chicken pot

Beef

1. Cook hamburger meat on stove till brown, then drain until brown

Ham + Cheese

1. cut up ham and cheese

Directions for assembly:

1. Get you pastelito disc at your local spanish store
2. Cut the disc down the center and then you have two halves
3. Dip your finger in water and put a little water on the edges
4. Fold one side over the other and take a fork and start pressing down on the edges lightly to make an indent
5. Do this until you have a single opening at the top to put your meat and after you put it in and make all your pastelitos
6. Fry them on the stove until golden brown.

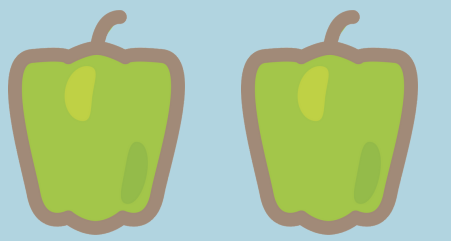
BILT WRAP



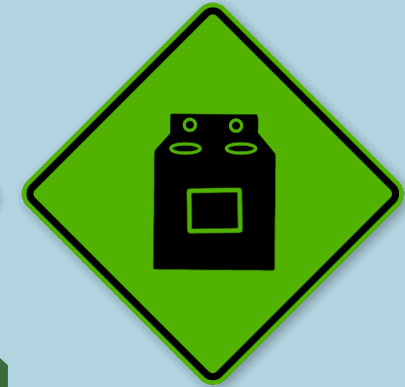
Prep time: 15 minutes

Cook time: 10 minutes

Serving size: 2



This has always been my favorite sandwich to order during my summer road trips and is also a great simple lunch for school.



Ingredients:

- 2 tablespoons mayonnaise
- 1 tomato
- 4 leaves Romaine lettuce
- 6 slices of bacon
- 2 flatbreads or flour tortillas

Materials:

- Knife
- Cutting board
- Frying pan

Directions:

1. Put slices of bacon in a frying pan over a medium heat. Set a timer for 5-7 minutes and then turn the bacon over for another 5-7 minutes.
2. While the bacon is cooking, wash and slice a tomato. Set aside.

3. Wash the lettuce leaves and pat dry.
4. Lay out the flatbread and spread with 1 tablespoon of mayonnaise on each flatbread.
5. When bacon is cooked, put 3 slices of bacon on the edge of the flatbread.
6. Top with tomato and lettuce.
7. Tightly roll up the flatbread, slice in half and enjoy!

This is one of my
favorite ways to use
tomatos and lettuce!
So simple and so
delicious!



STUFFED SWEET POTATOES



Prep time: 50 minutes

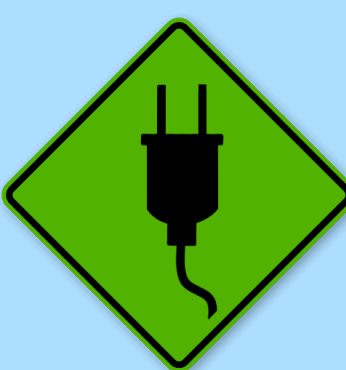
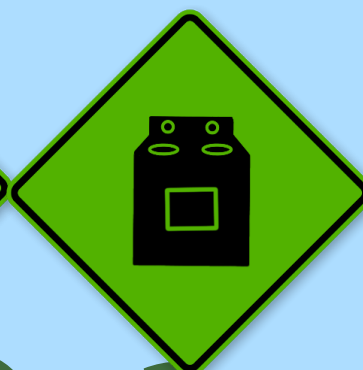
Cook time: 30 minutes

Serving size: 1



Optionally, you can include $\frac{1}{4}$ cup chopped tomato as well.

Your space for filling will depend on the size of the sweet potatoes and how much is scooped out.



Ingredients:

- 4 medium-large sweet potatoes
- 2 teaspoons/4 cloves minced garlic
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ cup chopped bell peppers
- 1 cup cheese
- 1 medium egg
- 16 oz/1 $\frac{1}{2}$ cups black beans
- Salt + Pepper

Materials:

- Knife
- Cutting board
- Microwave
- Plate to microwave on
- Oven
- Tray to bake on
- Spoon, fork
- Potato masher
- Separate bowl for mixing ingredients in
- Brush to scrub potatoes with
- Measuring cups, teaspoons etc

Directions:

1. Don't forget to wash your hands!
2. Wash the sweet potatoes under water. Scrub with the brush.
3. Cut off the tough, inedible ends and prick the skins with a fork. This is to let out steam when they're cooking.
4. Microwave them on high, turning them over every 3 minutes. After 9-12 minutes, or when skewers go through easily, take them out. Times will vary depending on the size of potatoes and your individual microwave. Don't be afraid to take smaller ones out sooner and leave bigger ones in longer.
5. This is a good time to preheat the oven to 400 degrees Fahrenheit
6. You can also use the time while they're in the microwave to prepare the rest of the filling. Mince your 4 cloves garlic and chop up the peppers and onions ($\frac{1}{4}$ cup each).
7. Cut the sweet potatoes in half.

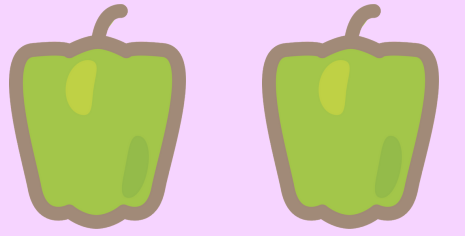
MAC AND CHEESE



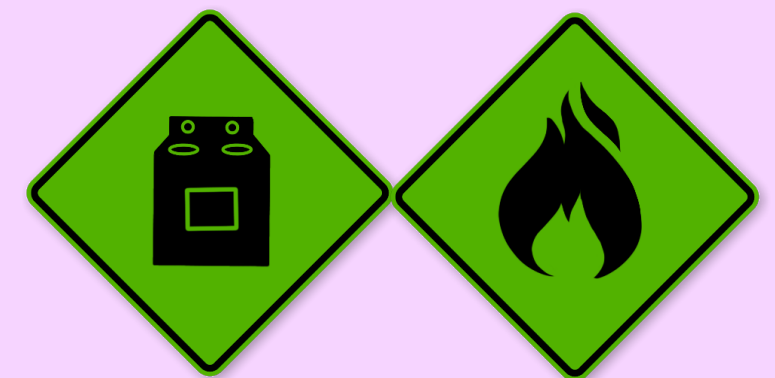
Prep time: 5 minutes

Cook time: 25 minutes

Serving size:



A recipe from the
Hargroves which quickly
became a family favorite!



Ingredients:

- 14 oz of dry elbow macaroni
- Salt
- 3 ½ tbsp butter
- 3 ½ tbsp flour
- 2 ⅓ cups of lowfat milk
- ½ tsp dry/ground mustard
- ¼ tsp garlic powder
- ⅛ tsp cayenne pepper
- 1 tbsp paprika
- 3-4 oz cream cheese
diced into small pieces
- 8-10 oz sharp cheddar
cheese, shredded
- 1 cup chicken stock

Materials:

- Large pot
- Strainer
- Saucepan
- Whisk
- Cheese Grater

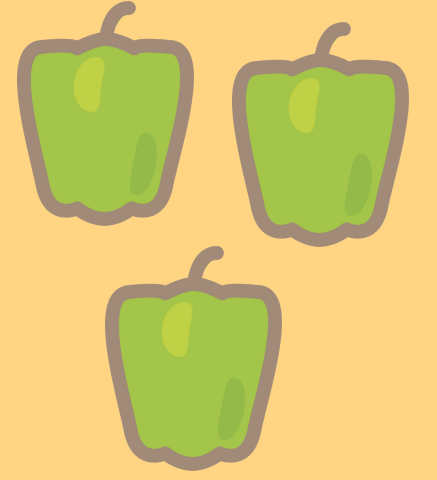
Directions:

1. Bring a large pot of salted water to boil, boil pasta to al dente (until they are barely soft) according to package instructions. At that point, drain pasta over sink.
2. While pasta is cooking, in a large, separate saucepan (4 quart) or medium pot melt butter over medium heat then add flour, cook 1 minute whisking constantly
3. While whisking slowly pour in milk and chicken broth, add in mustard, garlic powder, paprika, cayenne pepper, and a pinch of black pepper. Increase heat slightly, then bring mixture to a gentle simmer whisking constantly
4. Reduce heat to low and add in cream cheese and whisk until melted
5. Remove saucepan from heat and add in the shredded cheeses half at a time, and whisk to melt while returning to warm heat as needed to melt fully
6. Season sauce with salt to taste
7. Toss pasta with cheese sauce and serve when ready.

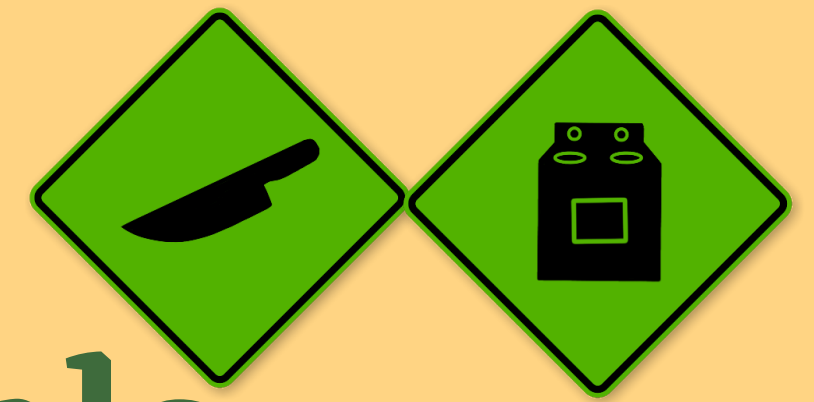
TAQUITOS



Time: 1 hour
Serving size: 4



Made with tortillas and shredded chicken then paired with a spicy salsa, these taquitos can be enjoyed with family, friends, or simply be a treat for yourself.



Ingredients:

- 4 Soft Corn Tortillas
- 2 Cups Cooked Chicken and Shredded
- $\frac{1}{4}$ cup sliced Onion
- $\frac{1}{4}$ Garlic Powder
- A stick of celery
- $\frac{1}{4}$ Goya Adobo Seasoning

Materials:

- Toothpicks
- Deep Pot
- Vegetable Oil for frying
- Knife
- Microwave
- Blender

Directions:

1. You're first going to want to start with your chicken. What you're going to do is boil it.
2. Put it in a pot of water and season it with garlic powder, adobo seasoning, and chicken broth.

3. Use your knife slice up your onion and put it into the pot along with your stick of celery
4. Let it sit and boil for about 30 minutes.
5. Once your chicken is cooked, you're going to want to shred it up into pieces, which can be done by hand.
6. Next you want to warm up your tortillas in the microwave for at least 2 minutes to get them soft enough to wrap.
7. Once they're out, begin to place the shredded chicken on them and prepare to roll them up.
8. Once you have some rolled up, you're going to want to submerge them in oil to fry. Use the toothpicks and pierce through the side of the taquito. Pierce them with 3 toothpicks on both ends and in the middle. This helps them stay together but is also convenient for frying, as you can stick two together and fry them at the same time.
9. Let them fry in the oil till they turn a golden color and are crispy.
10. Take them out of the oil carefully

11. Remove toothpicks from them
12. Serve with salsa as well as lettuce, cheese, avocado, or anything of your choice. With your taquitos, it's a matter of preference
13. Enjoy!

SALSA RECIPE

Ingredients:

- 8 garlic cloves
- 10oz can of green tomatoes
- 8 dried chili peppers
- 2 tablespoons of salt
- 1 Tablespoon vegetable oil

Materials:

- Blender
- Frying pan

Directions:

1. Put dried chili peppers in an oiled pan and fry for 10 seconds.
2. Add to blender with garlic gloves, green tomatoes, and salt
3. Blend for 3 minutes or until smooth
4. taste for whether it needs more salt, if so add more to taste
5. enjoy with Taquitos

DINNER



JERK SHRIMP



Prep time: 15 minutes

Cook time: 10 minutes

Serving size: 2-4

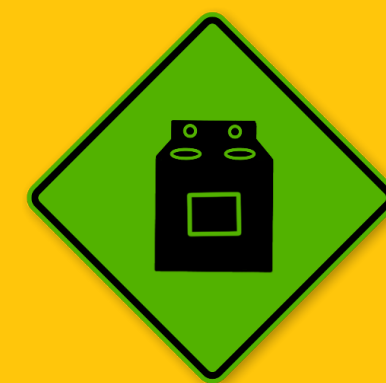


I personally ate my jerk shrimp with yellow rice and fried plantain! The shrimp can be used for tacos, or for salads! -

personal note

Ingredients:

- One bag of shrimp (any size, fresh or precooked)
- Black Pepper (used pepper grinder)
- Pink Salt (used salt grinder
- 2 tsp Paprika
- 2 tsp Old Bay
- 3 tsp Jerk Seasoning (dry)
- 1 tbs Jerk Seasoning (wet)



Materials:

- Large bowl
- Spoon
- Medium-sized frying pan
- Fork

Directions:

1. To clean your shrimp, start by deveining the shrimp and remove the tails. If the shrimp is precooked, you will only need to remove the tails. Place the shrimp in a large bowl. Rinse the shrimp with clean water and pat dry with a paper towel.
2. Seasoning your shrimp with the suggestions above or eyeball it. Eyeballing it allows you to play around with your taste level! I eyeballed the seasoning and I love my jerk spicy so I added a little cayenne pepper to mine. Once all the seasonings are in your bowl, mix with your spoon until all the shrimp are evenly coated with seasoning.
3. Place shrimp in your pan at medium heat. Shrimp is quick so cook so pay attention! If the shrimp is fresh, once it turns pink on each side you will know the shrimp is fully cooked. If the shrimp is precooked, frying each side for about three minutes should be fine to fully heat it up.
4. Once the shrimp is fully cooked, remove from heat and prepare to serve!



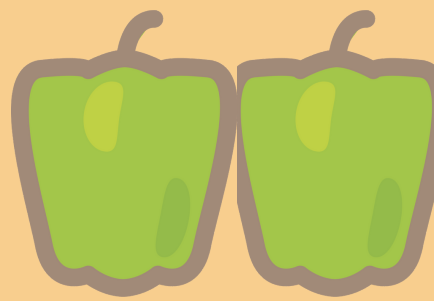
SUMMER ROLLS



Prep time: 30 minutes

Cook time: 15 minutes

Serving size: 12 rolls



This dinner is always refreshing and surprisingly filling. Feel free to mix and match what vegetables you think might be best in this dish. It's super versatile!

Ingredients:

Rolls

- 1/2 cup peanut butter natural, unsweetened
- 2 tablespoons low sodium soy sauce use tamari or coconut aminos for gluten-free
- 1 tablespoon rice vinegar
- 2 tablespoons brown sugar
- 2 teaspoons sriracha more or less to taste
- 1 tablespoon fish sauce
- 3 garlic cloves pressed or grated
- 2-4 tablespoons warm water

Sauce

- 1 chocolate tablet of Abuelita
- 1/2 cup peanut butter natural, unsweetened
- 2 tablespoons low sodium soy sauce use tamari or coconut aminos for gluten free
- 1 tablespoon rice vinegar
- 2 tablespoons brown sugar
- 2 teaspoons sriracha more or less to taste
- 1 tablespoon fish sauce
- 3 garlic cloves pressed or grated
- 2-4 tablespoons warm water

Materials:

- Cutting Board
- Knives
- colander
- pot
- bowl



Directions:

1. Bring a large pot of water to a boil. Once boiling, turn the heat off. Add your rice vermicelli and let soak in the hot water for five minutes. After five minutes, strain in a colander and rinse with cold water.
2. Bring another pot of water to a boil. Place the shrimp in the boiling water for 2-3 minutes until they become a warm pink color. Drain the water and remove the shells.
3. Submerge a sheet of rice paper into a bowl of warm water for about 5 seconds, ensuring that the whole sheet becomes wet. Place the wet rice paper onto a clean, flat surface.
4. Spread your spinach, cabbage, noodles, carrots, Thai basil, jalapenos, edamame, bell pepper, and shrimp on the rice paper. Fold up the bottom edge to cover the fillings, then fold in the sides and roll it up tightly.
5. Combine peanut butter, soy sauce, rice vinegar, brown sugar, sriracha, fish sauce, lime juice, garlic, and water to make your sauce. Taste and adjust seasoning as needed.
6. Serve rolls right away, or refrigerate for up to 2 hours. Cut each roll in half, then serve with the peanut dipping sauce.

THE FOOD PROJECT

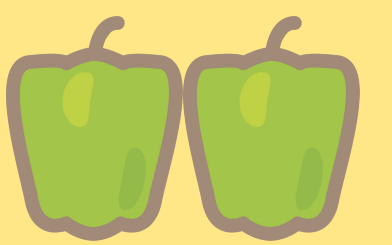
SQUASH/WINTER SQUASH AND ONIONS



Prep time: 1 hour 30
minutes

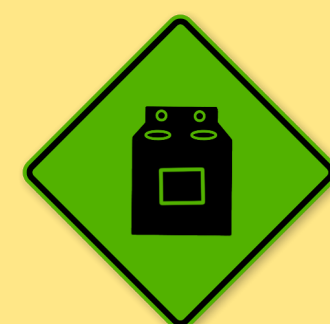
Cook time: 1 hour

Serving size: $\frac{1}{2}$ cup



Any winter squash is good in this recipe.

Butternut squash has sweetness, and acorn squash is mild. You could add a Tbsp of brown sugar if you're using acorn squash, to add sweetness. It's a great side dish for big meals in the Fall.



Ingredients:

- 1 tsp Coriander
- Olive oil 1 $\frac{1}{2}$ Tbsp
- 1 lime or 1 Tbsp of bottled lime juice
- 1 large onion
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{2}$ tsp chile powder
- 1 large squash

Materials:

- Knife
- Cutting board
- Oven
- Tray to bake on
- Spoon
- Potato masher (optional)
- Peeler for the squash
- Measuring cups, teaspoons etc.

Directions:

1. Don't forget to wash your hands!
2. Slice the onions into half moon shapes.
3. If needed, peel the squash
4. Preheat the oven to 375 degrees
5. Chop the squash into small cubes
6. Combine all ingredients into a baking pan, except the lime
7. Bake until tender, about 40-50 minutes. If squash chunks are smaller it will go faster, if they're larger it will take longer.
8. Stir it every 10 minutes or so, and be careful because it will be hot.
9. Add the lime juice once it's all baked. It helps to roll the lime on the counter before you cut it in half and squeeze it.
10. Mash it with a potato masher or fork, if you want. The more you mash, the more smooth the texture will be!

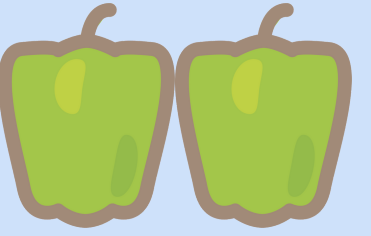


CLASSIC BURGER

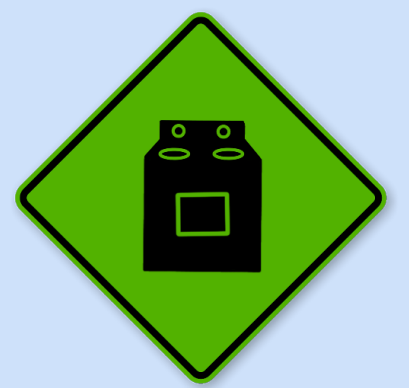


Prep time: 40 minutes

Cook time: 10 minutes



Serving size: 5



Ingredients:

PICKLED RED ONIONS

- 1 $\frac{1}{2}$ cups water
- 1 $\frac{1}{2}$ cups apple cider vinegar
- 1 tablespoon kosher salt, plus more to taste
- 1 tablespoon sugar
- 5 whole black peppercorns
- $\frac{1}{4}$ teaspoon coriander seeds
- 1 small red onion, thinly sliced

THOUSAND ISLAND DRESSING

- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup ketchup
- 2 tablespoons pickle, finely chopped
- 1 clove garlic, minced
- 1 teaspoon white wine vinegar

BURGER

- 2 lb ground beef, 80/20
- 2 teaspoons kosher salt, to taste
- 1 teaspoon freshly ground black pepper, to taste
- 1 teaspoon Paprika, to taste
- 1 teaspoon Garlic powder, to taste
- $\frac{1}{2}$ teaspoon cayenne (optional)
- 1 tablespoon grapeseed oil
- 4 slices cheddar cheese
- 4 sesame buns
- 1 tomato, sliced, for serving
- 4 leaves lettuce, for serving
- french fry, for serving

Materials:

- Stove
- Frying pan
- bowl

“There’s a lot you can do with a burger to customize it, but the best part of this one is eating it.”



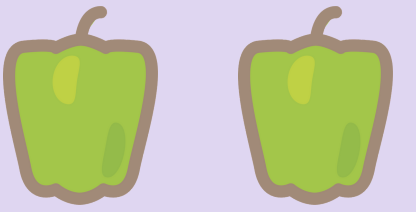
Directions:

1. Make the pickled red onions: In a small pot, combine the water, apple cider vinegar, salt, sugar, peppercorns, and coriander seeds, and bring to a boil over medium-high heat, stirring until the sugar dissolves.
2. Turn off the heat and add the sliced onion, making sure they are fully submerged. Let cool to room temperature for 30 minutes before serving.
3. Make the Thousand Island Dressing: In a medium bowl, whisk together the mayonnaise, ketchup, pickles, garlic, and vinegar.
4. In a large bowl, season the ground beef generously with salt, paprika, garlic powder, and pepper. Use your hands to mix until evenly combined.
5. Divide the beef into 4 8-ounce portions and form into patties. Place on a cutting board. Use your thumb to press a divot into the center of each burger.
6. Heat the grapeseed oil in a cast iron or stainless steel skillet over medium-high heat until nearly smoking. Add the burger patties and cook for 3-4 minutes, without disturbing, until browned.
7. Use a spatula to flip the burgers over and place a slice of cheddar on each one. Cook for another 3-4 minutes, until the burgers are cooked through and cheese has melted.
8. Place on sesame buns and top with pickled red onions, Thousand Island Dressing, tomato, and lettuce. Serve with French fries.
9. Enjoy!

TURMERIC CHICKPEAS

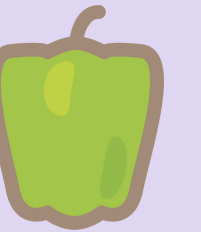


Prep time: 1 hour



Cook time: 1 hour

Serving size: $\frac{1}{2}$ cup with
 $\frac{1}{2}$ cup rice

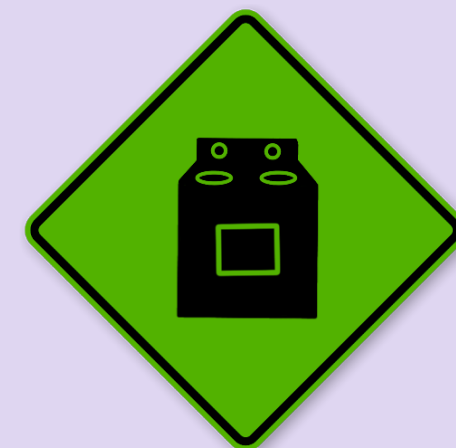


This recipe is a lot of fun because of
its green-and-yellow color.

Remember that the coconut milk
meant for drinking, and cream of
coconut, are not the same as canned
coconut milk.

Ingredients:

- $\frac{1}{4}$ c olive oil or other cooking oil
- 4 garlic cloves
- 1 large onion
- 1 $\frac{1}{2}$ tsp turmeric
- 1 tsp red pepper flakes
- 2 15-oz cans of chickpeas with liquid drained
- 1 can of full-fat coconut milk
- 1 can of low-fat coconut milk
- 2 c stock (vegetable or chicken)
- $\sim\frac{1}{2}$ lb of kale or other leafy greens like collard greens, spinach or swiss Chard
- Salt and pepper
- Rice to serve on, optionally



Materials:

- Stovetop
- Pan
- Cooking spoon
- Potato masher optionally
- Spatula
- Can opener
- Spoon, fork
- Measuring cups, teaspoons etc

Directions:

1. Don't forget to wash your hands!
2. Chop the onion, garlic, and kale. If you're using frozen or preserved versions, you may not need to chop them.
3. Heat $\frac{1}{4}$ c oil in a large pot at medium heat.
4. Add the garlic and onion.
5. Stir it around for about 3-5 minutes, or until the onion is a little brown at the edges.
6. Add the $1 \frac{1}{2}$ tsp turmeric, 1 tsp red pepper flakes, and chickpeas.
7. Stir the pot for about 8-10 minutes
8. Crush the chickpeas in the pot a bit, with your spoon.
9. Add the coconut milk and stock. You can put the coconut milk first, then pour the stock into the cans to catch anything that sticks to the sides.
10. Lower the heat to bring it to a simmer. Stir occasionally, for about 30 minutes. If you simmer longer it will get a thicker consistency.
11. You can taste some of it here and decide if it needs salt and/or pepper. Stock usually has a lot of salt, so you may not need any more.
12. Add the greens and cook for 3-7 minutes. Kale and collard greens take longer to soften than spinach and Swiss chard.
13. Serve atop rice or eat it directly!



Based off Alison Roman's Spiced Chickpea Stew With Coconut
and Turmeric, from the New York Times

<https://cooking.nytimes.com/recipes/1019772-spiced-chickpea-stew-with-coconut-and-turmeric>

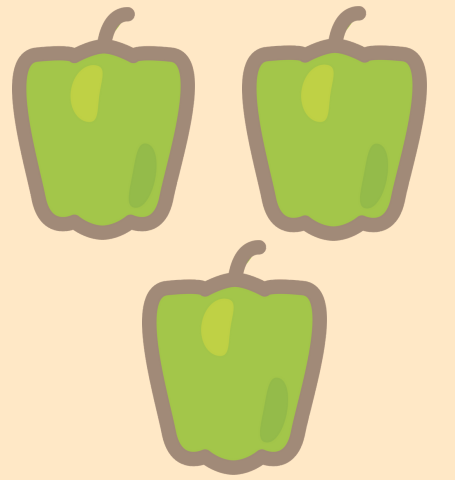
CHEESY SMOKED SAUSAGE & PASTA



Prep time: 30 minutes

Cook time: 25 minutes

Serving size: 4



There are over 1,800 types of cheese in the world with over 50 different types of pasta, Also 1,200 different types of sausages in Germany alone. - Nelson



Ingredients:

- 1 Tbsp olive oil
- 1 lb sausage
- $\frac{1}{2}$ cup diced onion
- 1 Tbsp minced garlic
- 2 cups Chicken Broth
- 1 (14 oz) can diced tomatoes
- $\frac{1}{2}$ cup milk
- 8 oz dry pasta of your choice
- $\frac{1}{2}$ teaspoon salt and pepper, each
- 2 Cup shredded Cheddar-Jack cheese
- $\frac{1}{4}$ cup chopped scallions, for garnish

Materials:

- Knife
- Huge pan
- Stove

Directions:

1. Place olive oil into your huge pan over medium heat- add onions and sausage- cook for 5 minutes- add garlic and all seasonings- cook for 2 mins
2. Add chicken broth, tomatoes, milk, and pasta- bring mixture to a boil- lower heat and cover for 15 minutes
3. Put in cheese
4. Serve and garnish



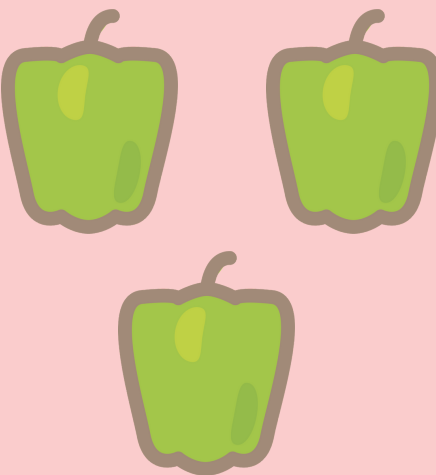
CREAMY CHICKEN CHIMICHANGA BY TASTY



Prep time: 20 minutes

Cook time: 15 minutes

Serving size: 6



Ingredients:

- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 jalapeño, diced
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 4 cups rotisserie chicken, shredded
- 1 cup corn
- 1 teaspoon cumin
- 1 teaspoon paprika
- 8 oz cream cheese
- 6 flour tortilla
- 2 cups cheese blend
- oil, for frying
- sour cream, for serving
- pico de gallo, for serving

Materials:

- Stove
- Bowl

Directions:

1. Add onion, garlic, bell pepper, and jalapeño to a lightly oiled sauté pan. Season with salt and pepper, then cook until onions are translucent.
2. Once veggies are fully cooked add in chicken, corn, cumin, and paprika. Mix together until fully combined.
3. Remove chicken from the heat and place in a large mixing bowl.
4. Add in cream cheese and mix until chicken becomes creamy.
5. Using a medium-sized ice cream scooper. Scoop out 2 portions of creamy chicken and place on a flour tortilla. Top with cheese blend then rolls tightly into a burrito.
6. Preheat oil to 325°F (170°C).
7. Place burrito into shallow oil, flap side down to create a seal, and cook for 2-3 minutes on both sides or until golden brown.
8. Top with sour cream and pico de gallo.
9. Enjoy!



DESSERT



CARROT CAKE



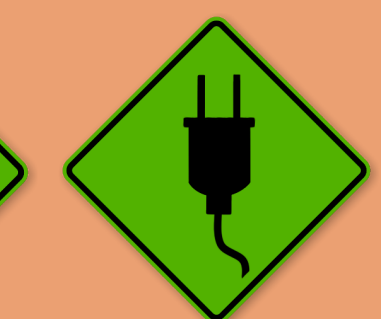
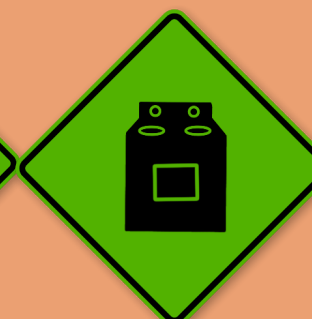
Prep time: 1 hr

Cook time: 1 hr

Serving size: 10



Though this is a time consuming recipe, it is definitely worth it! The dense delicious cake is a perfect way to use your carrots!



Ingredients:

- 2 cups flour
- 2 cups sugar
- 2 tsp cinn
- 1 tsp salt
- 1 tsp baking powder
- 2 tsp baking soda
- 4 eggs
- 1 tsp vanilla
- 1 1/2 cups corn oil
- A bag of carrots = 3 cups of grated carrots

Materials:

- Grater
- small bowl (for carrots)
- Big Bowl (to combine in)
- Tube Pan

Directions:

1. Peel the carrots
2. Grate carrots
3. Combine dry ingredients
4. Add oil carrots, vanilla and eggs
5. Put into a greased and floured tube pan at 350 degrees for 1 hour
6. Let cool and take out of the pan 20 minutes out of the oven.

it is very important to wait around 20 minutes because any earlier the cake will fall apart and any later it will stick to the pan



CREAM CHEESE FROSTING

Ingredients:

- 1 cream cheese brick
- 1 stick of butter
- A box of confectioners sugar
- Splash of Vanilla
- can of Evaporated milk to thin.

Materials:

- Beater
- Bowl

Directions:

1. Add cream cheese, butter and confectioners sugar, vanilla together and beat
2. Add small amounts of evaporated milk to thin to desired consistency.

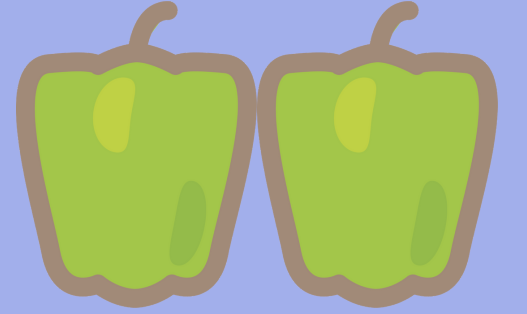
TOASTER STRUDELS WITH STRAWBERRY FILLING



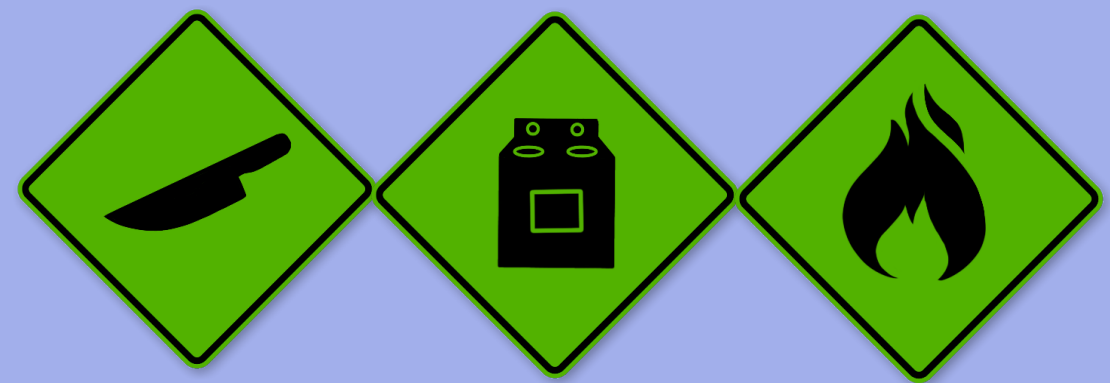
Prep time: 10 minutes

Cook time: 20-25 minutes

Serving size: 1-4



I used to loveeee toaster strudels growing up and this is a healthier way to indulge in them



Ingredients:

- Pastry Dough Sheets(found in the frozen aisle)
- Fresh strawberries
- 3-5 tbs Brown Sugar
- 3-5 tabs Water
- Chia Seeds
- One egg
- A splash of Oat milk
- 6 tbs of Cool Whip
- $\frac{3}{4}$ to a cup powdered sugar
- $\frac{1}{2}$ teaspoon Vanilla

Materials:

- Cutting Board
- Knife
- Mixing Bowl
- Whisk
- Small pot
- Blender
- A fork

Directions:

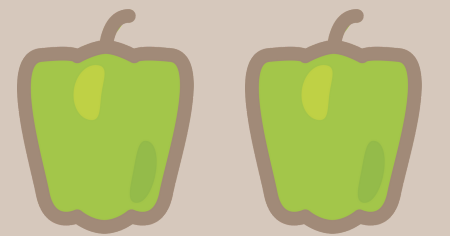
1. To Make the Strawberry filling, start with cleaning your strawberries. Cut off the top of the strawberries and cut them into halves and add them to the small pot. Then add about 3 tablespoons of water and 3 tablespoons of brown sugar. Turn the burner on medium heat and let the filling come to a slight boil. You want the brown sugar to completely melt. In about 5-7 minutes or Once you get it to a good consistency, turn the heat off and let it cool down. Once it cools down, add some chia seeds and place the mixture in a blender and blend until all the strawberries have broken down. This is your filling!
2. Take your pastry out of the fridge and let it get to room temperature. Cut the pastries into squares. Add the filling to one half of the pasty and use the other half to over it. Mix the egg and milk together to make an egg wash. Use the egg wash on the edges of the dough to help seal it. Use your fork to press down to seal it even further. Take your egg wash and go over the top of the toaster strudel. This will give it a golden brown finish. Place into the over for 20 minutes at 350 degrees or until golden brown.
3. To make the icing, add the powdered sugar, cool whip, and vanilla to a mixing bowl and whisk until it is a smooth consistency.
4. Take the toaster strudels out of the oven and let them cool for about ten minutes. Add your icing and enjoyyyyyy!

ONE MIGHTY MILL RUSTIC PULLMAN LOAF



Prep time: 1 hour 15 minutes

Cook time: 30 minutes



Love going to One Mighty Mill
in Lynn for a snack every time
we staff the Central Square
Farmers Market.

*Yields 1 ½ lb loaf



Ingredients:

- $\frac{3}{4}$ cup warm water (110f)
- 3 Tbs. honey or brown sugar
- 1/4 oz. packet active dry yeast
- 1/2 cup whole milk
- 1 large egg, beaten
- 18 oz. Mighty Fresh-Milled Bread Flour (about 4 cups), more as needed
- 1 ½ tsp. salt

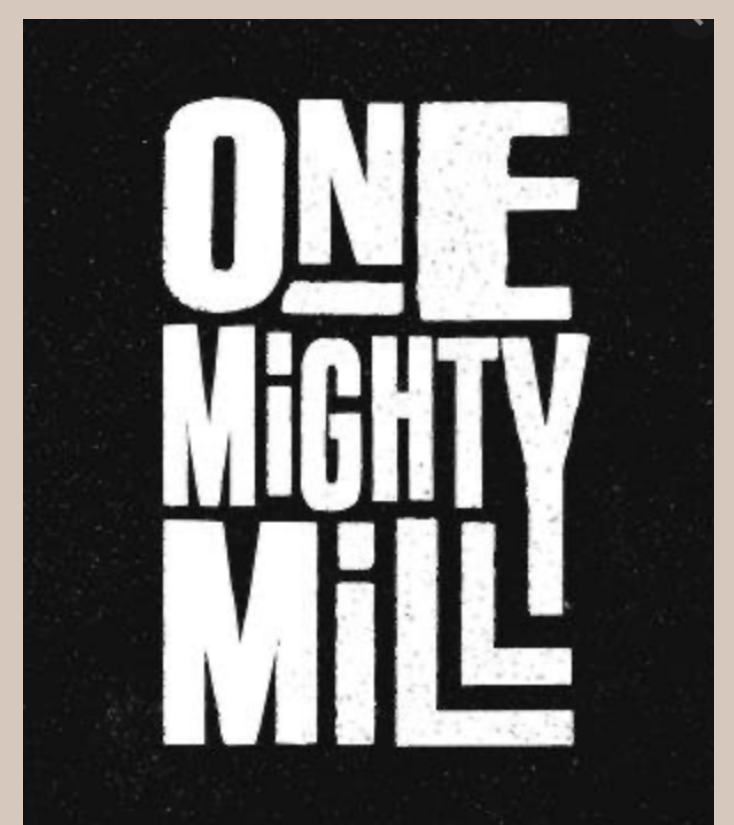
Materials:

- Bowl
- Mixer
- Measuring cups
- Loaf pan
- Towel

*This loaf will hold in the freezer for up to 3 months.

Directions:

1. Heat the oven to 400F and grease a 9"x 3"x 5" loaf pan.
2. In a measuring cup, mix the water, honey (or sugar) and yeast. In another cup measure, whisk the milk and egg.
3. In a stand mixer fitted with the dough hook, on low speed, mix the flour and salt and then add the water mixture and the milk mixture. Mix for 6 minutes on low speed, occasionally sliding the dough off the hook if it sticks and adding a sprinkling of flour if the dough is still wet. Adjust to medium speed and mix another 2 or 3 minutes so the dough becomes uniform and elastic.
4. Transfer the dough to a lightly floured work surface and knead for a minute or two into a ball. Form into a loaf shape and transfer to the loaf pan.
5. Cover with a dish towel and hold in a warm space until the loaf almost doubles in size, about 1 hour.
6. Remove the towel and bake until the loaf browns uniformly, about 30 minutes. Let cool for 5 minutes, then flip out onto a cooling rack and cool to room temp before slicing and serving.

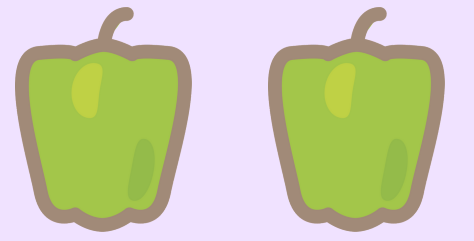


LEMON BLUEBERRY BREAD

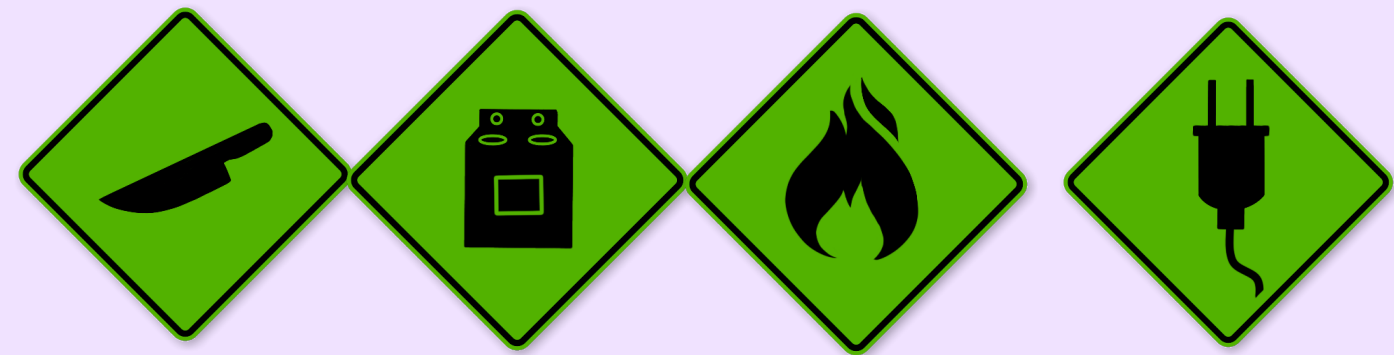


Prep time: 20-30
minutes

Cook time: 60-70
minutes



Perfect for a spring day
with a cup of lemonade
on the side!



Ingredients:

- $\frac{1}{3}$ cup melted butter (5 and $\frac{1}{3}$ Tablespoons)
- 1 cup white sugar
- 3 tablespoons fresh lemon juice
- 2 eggs
- 1 $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup milk (2% or whole is best)
- 2 tablespoons grated lemon zest
- 1 cup fresh blueberries (frozen work too, may have to adjust cooking time)

Materials:

- Loaf pan
- Measuring cups and spoons
- Lemon juicer (or by hand)
- Zester
- Oven
- Wisk
- Spatula

Directions:

1. Preheat oven to 350 degrees Fahrenheit, grease a loaf pan, and set aside
2. In a large mixing bowl, beat together butter, sugar, lemon juice, and eggs
3. In a separate bowl, combine flour, baking powder, and salt
4. Stir flour mixture into the egg mixture, **ALTERNATING** with the milk.
5. Fold in lemon zest and blueberries
6. Pour batter into prepared pan
7. Bake in preheated oven for 60-70 minutes. Cool for 10-15 minutes



GLAZE



Ingredients:

- 2 tablespoons lemon juice
- $\frac{1}{2}$ cup powdered sugar

Directions:

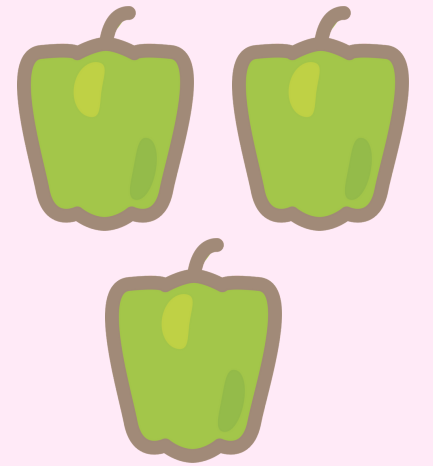
1. Mix 2 tablespoons of lemon juice and $\frac{1}{2}$ cup powdered sugar and pour it over bread
2. Wait 15 more minutes then transfer to a cooling rack to cool

MAX AND RUBY CAKE

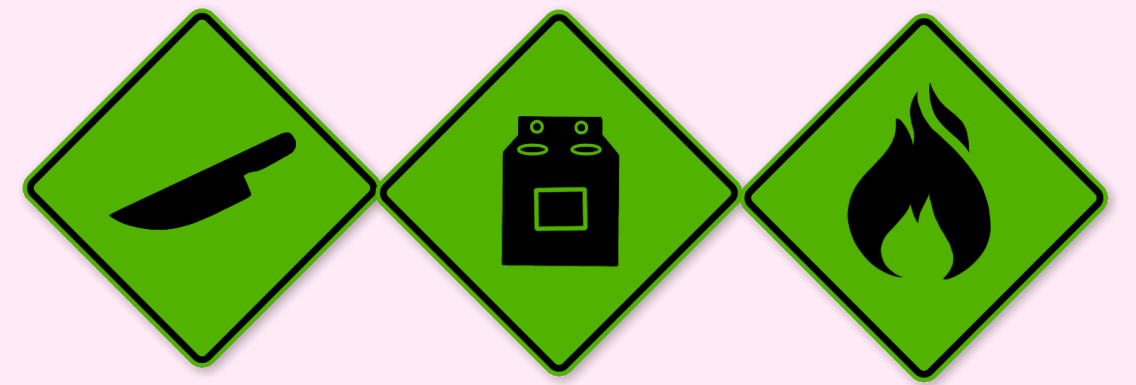


Prep time: 30-40
minutes

Cook time: 45
minutes



Recreating a classic
cake from a favorite
childhood show!



Ingredients (cake):

- 5 eggs
- 2 cups of Granulated sugar
- 1 cup vegetable oil
- 3 $\frac{3}{4}$ cups cake flour
- 1 $\frac{1}{2}$ cup milk
- 1 tbsp baking powder
- Pinch of salt
- 1 tbsp vanilla extract

Materials:

- Large Bowl
- Mixer
- whisk
- 2 8 inch pans

Directions:

1. In a large bowl use an electric mixer on the eggs for 3-4 minutes until fluffy
2. Add 2 cups of sugar and continue to mix until light and fluffy
3. Add 1 cup vegetable oil
4. In a separate bowl add your cake flour, baking powder, salt and whisk.
5. Pour $\frac{1}{3}$ of your dry ingredients into the wet mixture and mix on low
6. Pour $\frac{1}{3}$ of the milk and mix on low
7. Repeat this until you have used all the dry ingredients and all the milk
8. Next add your vanilla extract and combine
9. Pour your mix into both pans. Bake at 330°F for 45 minutes

TIP: while your cake is in the oven, make the strawberry buttercream frosting!

STRAWBERRY BUTTERCREAM FROSTING

Ingredients:

- 1 cup unsalted butter (room temperature)
- $\frac{1}{4}$ cup fresh strawberry purée
- $\frac{1}{2}$ tsp salt
- 5 cups confectioners sugar (pure cane)
- 2 tsp strawberry extract
- Food coloring (pink/red)

Materials:

- Blender
- mixer
- Large Bowl
- Leveling tool (knife)
- Knife

Directions:

1. To make your strawberry purée all you will need to do is put your strawberries in a blender until it is all liquidy.
2. Mix your butter and purée with a mixer until well mixed.

Do not skip this step otherwise your frosting. Will separate later

3. Then add salt and strawberry extract and add your confectioners sugar 1 cup at a time while mixing to combine. You may also add the food coloring until. It is as vibrant as you want it. Mix until it is firm.

Assembly:

1. Once your cakes are out of the oven let them cool for around 10 minutes before decorating
2. Level out 1 of the cakes (if you do not have a leveling tool a knife can work just as well!) and stack the second on top spreading a thin layer of buttercream frosting in between
3. Cover the cake in a thin crumb coat layer of frosting then In another coat cover the cake trying to make it as smooth as you can get it.
4. Using your hand you can place the sprinkles around the sides of your cake!



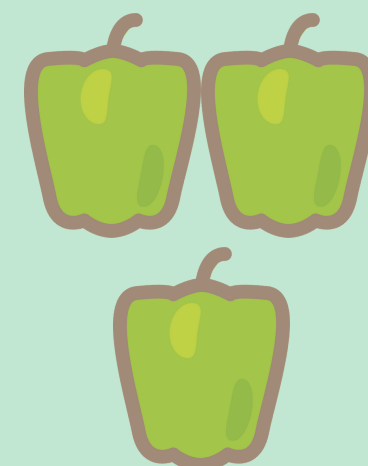
TRES LECHES FROM DOMINICAN COOKING



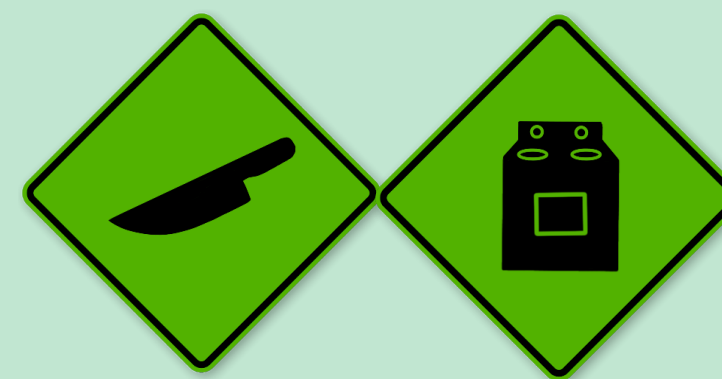
Prep time: 2 hours 15
minutes

Cook time: 2hr 50 min

Serving size: 6 large portions



One of the best cakes
I've ever tried!!



Ingredients:

- 1 tablespoon of butter to butter pan
- 1 tablespoon of flour to butter pan
- 3 medium eggs , separated eggs and yolks
- 1 cup of sugar
- $\frac{1}{4}$ cup of unsalted butter ($\frac{1}{2}$ sticks) at room temperature
- 1 teaspoon of vanilla extract
- 1 $\frac{1}{3}$ cup all-purpose flour
- 1 teaspoon baking powder

Materials:

- measuring cups
- baking pan
- whisk or mix beater
- large bowl
- spatula
- knife
- lipped plate

Directions:

1. Butter and flour a baking pan (3" height x 9" diameter [7.5 cm height x 22.5 cm diam]).
2. Heat oven to 350 °F [175 °C].
3. Using the wire whisk of your mixer beat the whites until they form peaks. Add half the sugar and beat until it is incorporated. Pour into a large bowl and reserve.
4. Using the paddle attachment of your mixer beat butter and yolks for 3 minutes at medium high speed.
5. Add the remaining sugar and beat until it is light and fluffy and has a very light yellow color (about 5 mins). Add vanilla extract then slowly add the flour and baking powder until it's well-mixed. Remove from the mixer.
6. Add $\frac{1}{3}$ of the egg whites. Using a spatula, fold in the egg whites into the flour mix. Add the remaining white in two steps folding in each time with the spatula.
7. Pour batter into the baking pan.
8. Bake until a knife inserted in the center comes out clean and it has a golden color on top (about 35 mins).
9. Cool to room temperature before removing from the pan. Place on a lipped plate that can hold the milk sauce.

GARNISH

Ingredients:

- 1 cup of evaporated milk
- $\frac{1}{2}$ cup skim milk
- $\frac{3}{4}$ cups of sweetened , condensed milk
- $\frac{3}{4}$ teaspoon of vanilla extract
- 1 cup of whipping cream
- $\frac{3}{4}$ cup powdered sugar
- Strawberries or cherries for decoration (optional)

Directions:

1. Mix evaporated, skim and condensed milk.
2. Mix in the vanilla extract.
3. Poke holes into the cake using a fork.
4. Pour the milk mixture on top of the cake and let it soak in.
5. Bathing it regularly until it has absorbed half of the liquid (one to two hours) keeping in the refrigerator all this time.
6. Chill the mixer bowl and wire whisk before the next step.
7. Beat the whipping cream over medium high speed until it starts to form peaks (about 3 mins).
8. Add the powdered sugar and beat until it is mixed in, but careful not to overdo it or the cream will turn into butter.
9. Spread the whipped cream on the chilled cake and decorate with strawberries or cherries.
10. Chill for another 10 minutes before serving

THANK YOU

To the reader:

Thank you so much for engaging with our cookbook! We hope you enjoy the recipes you make and have a lot of fun making them. One of the best parts of TFP is reaching out to the community, and this was a really fun way to do that.

To the restaurants:

1. Honeycomb Hamilton at 248 Bay Road, South Hamilton, MA
2. One Mighty Mill at 69 Exchange St, Lynn, MA
3. Tropical Smoothie Cafe at 450 Paradise Road, Swampscott, MA

We, Root Crew, would like to thank all the restaurants that supplied us with recipes. That thank you goes out to Honeycombs. Thank you also to This cookbook would not be complete without your wonderful recipes!

To the crew:

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