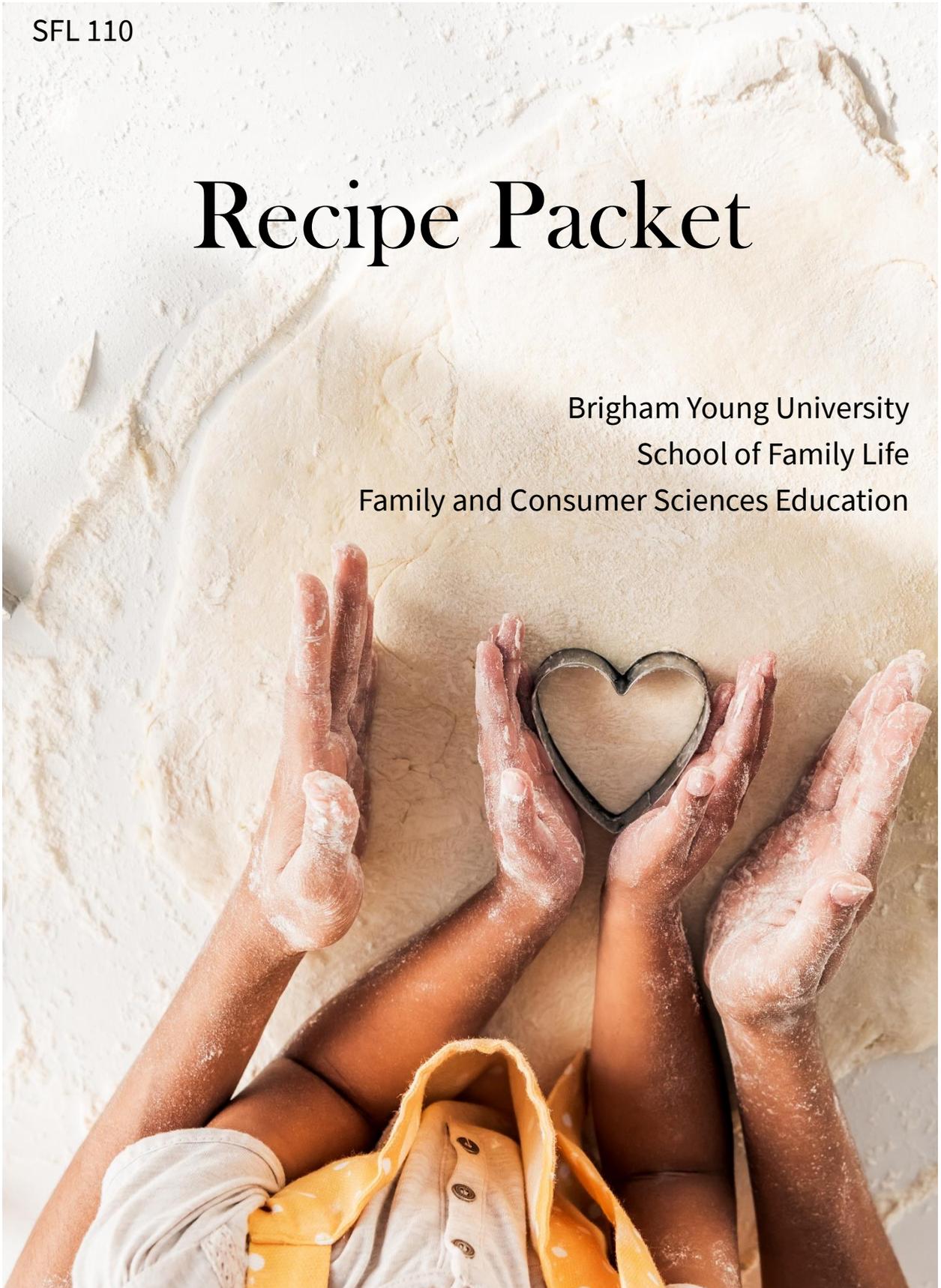


SFL 110

Recipe Packet

Brigham Young University
School of Family Life
Family and Consumer Sciences Education



Recipe Packet

SFL 110: Food Preparation in the Home

Brigham Young University

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Lab 1: Introduction to Procedures

The purpose of this lab is to introduce:

1. Lab planning & procedures
2. Proper measuring techniques
3. Blender use and care

Instruction and Reminders

Measuring Reminders

- Use a liquid measuring cup to measure liquids.
- Use a dry measuring cup to measure dry ingredients, pastes, shortening, and peanut butter.
 - For all powders: Spoon ingredients into the dry measuring cup and level off.
 - For all granules: Scoop ingredients into the dry measuring cup and level off.
 - For all pastes, shortenings, butters, and brown sugar: Pack ingredients into the dry measuring cup, working out all bubbles, and then level off. Prior to measuring pastes, spray the measuring cup with a nonstick spray; prior to measuring shortening, place a layer of plastic wrap inside the measuring cup.
- When a recipe calls for ½ egg, thoroughly beat 1 egg and use 2 tablespoons of the beaten egg. Share the rest of egg with another group when possible.

Blender Use & Care

(A blender can be used to blend, purée, liquefy, and chop. A blender chops food and ice and blends liquids and solids together. Blenders can be used to add air into a mixture such as a frothy drink.)

- Use Instructions
 - Place the lid firmly on the container before starting the motor and lightly place your hand on the container lid while the motor is running. Do not put pressure on the lid. If the motor seems to be struggling at a low speed, turn off the blender, add a little liquid to the blender jar, then increase to the next higher speed to finish processing.
 - Always turn off the blender and allow the blade to stop completely before removing the lid and the container.
 - Never use a stirring tool in the blender while it is on.
 - How you use your blender depends on what you're cooking. When blending hot liquid, leave the feeder cap open to release the steam; also, start at the lowest speed and gradually increase to higher speeds. Add hot food items gradually so as not to cause damage. Be sure to add at least one cup of liquid to the container when chopping ice cubes. You can also make breadcrumbs with your blender.
- Care Instructions

- The blades in the blender are sharp. Use care in cleaning the blender as food particles left below the blade or in the seal can be a sanitation issue.
- Clean the blender immediately after use so that food particles do not become stuck to blender surfaces. An easy cleanup method is to add 2-3 cups hot water to the blender, add a couple drops of dish soap, then blend and discard water. Rinse well. Some models allow the user to simply remove the bottom blade unit for easier cleaning. Wipe the base, cord, and buttons. Dry thoroughly.

Strawberry Blueberry Spinach Smoothie

Makes 3 to 4 servings

Ingredients

- 1 cup milk
- 1 cup low-fat vanilla yogurt
- 1 cup frozen strawberries (about 10 large)
- ¼ cup frozen blueberries
- 1.25 ounces frozen spinach (⅛ of a 10 oz. package)
- 2 cups ice cubes
- 2 tablespoons sugar



Directions

1. Place milk and yogurt in the blender.
2. Add frozen strawberries, blueberries, spinach, ice cubes, and sugar.
3. Place lid tightly on blender. Press the *Smoothie* button once and allow the blender to run its course. If your smoothie isn't the desired consistency, press the *Smoothie* button again and allow it to stop. NOTE: if using another blender, begin to blend at a low speed, increasing to high. Blend until smoothie reaches the desired consistency.
4. Taste the smoothie. If necessary, add more sugar to taste. Serve immediately.

Lab 2: Quick Breads

The purpose of this lab is to reinforce:

1. Skills associated with making quick breads including
 - a. Proper measuring
 - b. Not over-mixing
2. Making recipes by hand, as using a KitchenAid would overwork the batter/dough

Instructions & Reminders

Equipment Reminders

- While both can be used for baking cookies, a jelly roll pan has sides; a cookie sheet has only one side.
 - Use the KitchenAid mixer as a first choice in mixing most recipes. It will make your work easier.
 - *The wire whip* attachment is for whipping liquids (whipping cream or egg whites).
 - *The paddle* (metal with three openings) is used for batters and thin dough (cookies and pastries).
 - *The dough hook* (j-shaped) is used for thick dough (bread).
- Use parchment paper when instructed. When greasing is required, follow recipe instructions, or use nonstick cooking spray. When using nonstick cooking spray on muffin tins, spray over the sink and wipe the top surface of muffin tin clean before baking.

Oven Reminders

- Bake times are only a guideline – check for doneness throughout the baking process. Some ovens are hotter than others, which may mean that your product will be overcooked if you leave it in the oven for the time listed in the recipe.
- Add at least a 5-minute stand time before removing muffins from muffin tins.
- Always check oven rack placement before preheating ovens. The center of the food product should be in the center of the oven.
- Set your oven on *Convection* setting to activate the fan. When on *Convection* setting, you can cook multiple pans of food on all rack levels in your oven.

Cheddar Garlic Drop Biscuits

Ingredients

Biscuits

- 2 cups flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 1 cup shredded sharp cheddar cheese
- ½ cup + 2 tablespoons milk
- ½ cup nonfat plain Greek yogurt
- ¼ cup melted butter



Topping

- 3 tablespoons butter, melted
- 1 teaspoon dry parsley flakes
- ½ teaspoon garlic powder

Directions

1. Preheat oven to 450°F.
2. In a large bowl, combine the flour, sugar, baking powder, garlic powder, salt, and shredded cheese.
3. In a glass measuring cup, whisk together the milk, Greek yogurt, and ¼ cup melted butter. Pour mixture over dry ingredients and stir until just moist.
4. Using a cookie scoop, scoop the batter into 12 equal portions onto a parchment-lined cookie sheet. Place in oven and bake for 10-12 minutes, or until golden brown.
5. For the topping, whisk together 3 tablespoons of melted butter, parsley, and garlic powder in a small bowl. Brush the tops of the biscuits with the butter mixture.

NOTE: you can use 1 cup milk + 1 teaspoon lemon juice (let sit for 10 minutes to sour) or 1 cup buttermilk instead of the milk and yogurt

Raspberry Streusel Muffins

Make 12 regular-sized muffins

Ingredients

- ¼ cup packed brown sugar
- 1 ¾ cups flour, divided
- ½ cup + 2 tablespoons butter,
melted, divided
- ½ cup sugar
- 2 teaspoons baking powder
- ½ cup milk
- 1 egg, beaten
- 1 cup fresh or individually frozen raspberries



Directions

1. Preheat the convection oven to 375°F. Line a 12-count muffin tin with paper liners.
2. Create the streusel topping by combining brown sugar and ¼ cup flour in a small bowl. Add 2 tablespoons melted butter and stir until the mixture resembles crumbs. Set aside.
3. Combine 1 ½ cups flour, sugar, and baking powder in a large bowl.
4. Combine milk, ½ cup butter, and egg in a small bowl.
5. Pour milk mixture into flour mixture and stir just enough to combine.
6. Divide batter equally into 2 bowls.
7. Spoon half of the batter into the muffin cups, filling each cup about ¼ full. Then place 4-5 raspberries in each cup. Spoon the rest of the batter over the raspberries, leaving enough room for streusel topping
8. Sprinkle topping onto batter.
9. Bake 25 to 30 minutes, or until a toothpick comes out clean.
10. Rest in pan for 5 minutes. Remove from pan and cool on a rack.

Note: For lab, you will use regular-sized muffin tins. Use shiny muffin tins. Remember, if you are using dark pans, lower the oven temperature by 25°F and watch the baking time. You will probably need a little longer bake time with the lower temperature.

Lab 3: Meal Planning and Preparation

The purpose of this lab is to:

1. Reinforce lab planning & procedures
2. Reinforce measuring techniques
3. Introduce saucepan and lid use
4. Practice knife skills

Instructions & Reminders

Broiler Use & Care

(The broiler cooks food quickly under a high, direct heat, with similar results to an outdoor grill. The heating element is located on the top of the oven at BYU; however, some older ovens have the broiler element in a separate tray on the bottom of the oven.)

- Use Instructions
 - The broiler is well suited for quick-cooking thin cuts of meat and some kinds of fresh fruits and vegetables. In addition, foods can be placed under the broiler to produce a browning, crust, or sear.
 - Each kitchen at BYU has a broiling rack and drip tray.
 - One of the keys to successful broiling is adjusting the distance between the food and the heating element—the closer the food is to the heat, the higher the cooking temperature. Position the food on the broiling rack and pan and place in the oven at the designated distance from the heat source.
 - Leave the door ajar to watch the food so that it can be removed at just the right moment—food will go quickly from brown to burnt.
- Care Instructions
 - If broiling meat, trim off excess fat to avoid flare-ups. If placing meat directly on the broiling rack, be sure to preheat broiler and pan. For thin cuts of meat/fish/poultry, place closer to the heat source. Thicker cuts should be farther away so that the interior can cook through without the exterior being burned to a crisp.

Shells and Veggies Soup

Ingredients

- ¼ cup unpeeled, quartered, and sliced zucchini
- ½ cup peeled, chopped carrots
- ½ cup chopped celery
- ½ teaspoon vegetable oil
- ¼ cup chopped onion
- ½ clove garlic, chopped (about ½ teaspoon)
- 1 can (14 oz.) chicken broth
(or 2 cups water plus 2 teaspoons bouillon)
- 1 can (14 oz.) crushed or diced tomatoes
- 2 tablespoons dried parsley
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ cup chopped frozen spinach
- ½ cup small shell pasta
- Salt and pepper to taste
- 3 tablespoons shredded Parmesan cheese



Directions

1. Prepare the vegetables as instructed in ingredient list above. Set aside.
2. Heat oil in a medium saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about 2 minutes, stirring occasionally.
3. Add chicken broth (or water and bouillon), tomatoes, parsley, basil, and oregano to saucepan. Bring to a boil, reduce heat to low, cover, and simmer for 10 minutes.
4. Add carrots, celery, and pasta. Cook 10 minutes covered at a low boil.
5. Add zucchini and spinach and cook 5 more minutes. Test for doneness by forking vegetables and pasta to see if tender.
6. Spoon into bowl; add salt and pepper to taste. Top with Parmesan cheese.

Garlic Bread

(This recipe will help you become familiar with the broiler. To avoid burns, use extreme caution when removing broiler rack and drip tray when disposing of hot grease.)

Ingredients

½ loaf French bread

3 tablespoons butter, softened to room temperature

½ garlic clove, crushed (½ teaspoon pre-crushed garlic)

1 ½ teaspoons chopped fresh parsley (chop first, then measure)

1 tablespoon plus 1 teaspoon grated Parmesan cheese



Directions

1. Mix butter, garlic, parsley, and Parmesan cheese.
2. Slice French bread in half, separating top from bottom, like a hamburger bun.
3. Spread the butter-garlic mixture on flat side of the French bread halves and place buttered-side up on the broiler rack/pan.
4. Move oven rack so bread will be 2-4 inches from the top heating element. Let heat for 2 minutes.
5. Put bread in oven and broil for 2 to 3 minutes, or until edges are browned. Watch carefully, so it doesn't burn. Bread will go from lightly toasted to burnt very quickly.
6. Remove bread from broiler. Turn oven off. Slice bread pieces into 1-inch slices and serve warm.

Lab 4: Safety, Sanitation & Knife Skills

The purpose of this lab is to:

1. Make a simple meal
2. Take care to not cross-contaminate
3. Wash all produce thoroughly
4. Sanitize surfaces that come in contact with raw meat
5. Use sanitizing sprays or bleach water and air dry
6. Practice Knife skills

Belle's Baked Chicken

Ingredients

½ cup dry breadcrumbs
pinch garlic salt
2 tablespoons grated Parmesan cheese
pinch pepper
1 tablespoon dry parsley
½ teaspoon seasoned salt
¾ pound chicken tenders
2 tablespoons butter, melted



Directions

1. Preheat oven to 375°F.
2. Combine breadcrumbs, Parmesan cheese, garlic salt, pepper, parsley, and seasoned salt and pour onto a dinner plate.
3. Put butter in a microwave safe bowl and cover with a paper towel. Microwave for 10 seconds at a time until melted.
4. Pat chicken dry.
5. Dip chicken pieces in melted butter.
6. Coat chicken pieces with crumb mixture.
7. Line 8x8 or 9x13 aluminum pan with parchment paper. Spray with cooking spray. Place chicken pieces in prepared pan.
8. Bake 20 minutes on center rack of oven, cooking until juices run clear and chicken is cooked to an internal temperature of 160°F.

Oven Roasted Vegetables

Ingredients

- 3 potatoes, cut into equal-ish sized pieces AFTER passing off your knife cuts
- 10 baby carrots, cut in thirds
- 10 Brussels sprouts, end removed, and cut in half
- 1/8 red onion, sliced
- 1/8 sweet onion, sliced
- 2 tablespoons olive oil
- 1/2 teaspoon chili powder
- 1 teaspoon garlic salt
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. Line a jelly roll pan with parchment paper and spray with non-stick cooking spray.
3. Put potatoes, carrots, Brussels sprouts, and onions in a large mixing bowl. Toss with oil. Sprinkle seasonings on vegetables. Gently toss to coat.
4. Distribute vegetables into a single layer on prepared jelly roll pan. DO NOT crowd the pan. Use a second pan if needed. Bake for 10 minutes. Stir.
5. Bake an additional 10-20 minutes, stirring every 10 minutes, until browned.

Lab 5: Fruits & Vegetables

The purpose of this lab is to:

1. Prepare foods that highlight fruits & vegetables
2. Prepare a Vegan Dish

Apple Crisp

Ingredients

5 apples, peeled, cored and sliced
¼ cup water
¼ cup sugar
2 tablespoons flour
¼ teaspoon cinnamon
1/8 teaspoon salt

Topping

¼ cup flour
¼ cup brown sugar
¼ teaspoon cinnamon
½ cup butter
½ cup quick-cooking oats



Directions

1. Preheat oven to 350°F.
2. Use an apple peeler/corer to peel, core and slice apples, then break the sliced apples in quarters. Place apple pieces and water in a microwave-safe bowl. Microwave on high for 5 minutes or until apples are slightly soft. Drain liquid from apples.
3. Stir ¼ cup sugar, 2 tablespoons flour, ¼ teaspoon cinnamon, salt, and cooked apples until combined. Place apples in an 8x8 pan that has been sprayed with non-stick cooking spray.
4. To make topping, in a medium-sized bowl, combine ¼ cup flour, ¼ cup brown sugar, and ¼ teaspoon cinnamon. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Using a spoon, stir in oats. Sprinkle over apple slices.
5. Bake until apples are tender and topping is browned, 25-30 minutes.

Chantilly Cream

Ingredients

1 cup heavy cream
2 tablespoons + 2 teaspoons powdered sugar
½ teaspoon vanilla

Directions

1. Put cream, bowl, and beaters in the refrigerator to chill for 15 minutes.
2. Remove from refrigerator and add sugar and vanilla to cream.
3. Put the cold beaters in your hand mixer and begin beating on low speed until cream begins to thicken, then increase speed.
4. Beat until desired thickness. Be careful to not over-beat or you'll get butter.



Creamy Coconut Curry

Ingredients

2 tablespoons coconut oil or canola oil
1 cup diced onion (about 1 medium onion)
1 carrot, peeled and cut into small dice or julienne strips
1 can (14 ounces) diced tomatoes
1 teaspoon salt
½ teaspoon black pepper
1 can (16 ounces) garbanzo beans (also called chickpeas), drained and rinsed
1 ½ teaspoons minced garlic (about 3 cloves)
1 ½ tablespoons garam masala
1 teaspoon curry powder
¼ teaspoon cumin
1 can (13.5 ounces) coconut milk
1 small lime, juiced



Directions

1. Heat oil in medium-sized saucepan over medium-high heat.
2. Add onions, carrots, and tomatoes. Add salt and pepper.
3. Lower heat to medium and allow to cook until onions and carrots are soft, about 10 minutes.
4. Add chickpeas, garlic, garam masala, curry powder, and cumin. Stir to combine.
5. Add the coconut milk and stir again. Bring curry to a boil and reduce heat to low. Simmer for 10-12 more minutes.
6. Taste curry and season with more salt and pepper if needed.
7. Remove from heat and squeeze fresh lime juice over top. Stir to combine.
8. Serve with rice.

Recipe adapted from jessicainthekitchen.com

Jasmine Rice

Ingredients

- 1 cup jasmine rice
- 1 1/3 cup water
- ¼ teaspoon salt

Directions

1. Place rice, water, and salt in small saucepan.
2. Bring to rapid boil with NO lid over medium heat.
3. Turn heat to low, ensure that it's simmering gently. Place lid on.
4. Cook 12 minutes, or until water is absorbed by rice.
5. LEAVE LID ON. Remove from heat. Let stand 10 minutes. Fluff with fork and serve.



Lab 6: Fats & Oils

The purpose of this lab is to:

1. Prepare foods that highlight fats & oils
2. Use an air fryer
3. Use a deep fryer

Air Fryer Chicken Thighs

Chicken thighs are a cut of meat that many of you possibly haven't used or tried. It can often be inexpensive and, because it is a dark meat, it is very flavorful and moist. It can be used in recipes that call for chicken breast. We will use bone-in skin-on today, but you can purchase boneless, skinless.

Ingredients

3 individual (about 1 pound) bone-in, skin-on chicken thighs (keep bag that chicken comes in for coating chicken in step 3 below)

Cooking spray

¼ teaspoon salt

¾ teaspoon garlic powder

¾ teaspoon onion powder

¾ teaspoon Italian seasoning

¼ teaspoon black pepper

¼ teaspoon paprika



Directions

1. Set air fryer to 380 degrees. Allow to preheat for 5 minutes.
2. Using a paper towel, pat chicken thighs dry.
3. Mix all seasonings in a small bowl or ramekin. Put chicken in a large bowl or large Ziploc bag and add seasonings. Stir or seal bag and shake to coat chicken.
4. Place seasoned thighs on top rack of air fryer, skin side down. Spray with cooking spray.
5. Bake in preheated air fryer for 12 minutes.
6. Carefully remove air fryer lid and place on heat resistant surface. Turn thighs over so they are skin side up. Replace lid and cook an additional 8 minutes.
7. Check for doneness and crispness. Cook an additional minute or two until thermometer reads 165 degrees.

Caesar Salad

Ingredients

1 heart of romaine lettuce
¼ cup shaved Parmesan cheese
½ cup croutons

Dressing

1 small garlic clove, minced (1/2
teaspoon)
½ teaspoon Dijon mustard
¼ teaspoon Worcestershire sauce
1 teaspoon lemon juice
1 teaspoon red wine vinegar
2 tablespoons olive oil
¼ teaspoon salt
dash pepper



Directions

1. Wash lettuce, remove any brown or wilted parts. Tear into bite-sized pieces, and spin in salad spinner until dry.
2. To make dressing, whisk together garlic, mustard, Worcestershire, lemon juice, and wine vinegar. Slowly whisk in olive oil. Whisk in salt and pepper.
3. Combine clean, torn greens, parmesan cheese, and croutons. Drizzle with desired amount of dressing. Toss and serve immediately.

Fried Scones

Ingredients

1 refrigerator biscuit per student
cinnamon/sugar

Directions

1. Heat oil in fryer to 325° Fahrenheit.
2. Using your hands, flatten your refrigerator biscuit until it's between $\frac{1}{4}$ and $\frac{1}{2}$ - inch thick. This ensures that the scone cooks all the way through.
3. Using tongs, gently float the dough into the hot oil in the fryer and fry for 1 minute. Flip over and fry an additional minute. You may fry up to 4 scones at a time.
4. Using the basket, lift scone(s) from oil. Sprinkle with cinnamon sugar. Allow to cool and enjoy.



Lab 7: Meat & Vegetarianism

The purpose of this lab is to:

1. Become familiar with preparation methods of the protein food group
2. Become familiar with the flavors of the protein food group

Orange Teriyaki Beef

Ingredients

12 ounces boneless beef sirloin
4 teaspoons beef bouillon and 4 cups water, divided
3 tablespoons cornstarch
¼ cup soy sauce
¼ cup brown sugar
2 cloves garlic, minced (2 teaspoons)
1/4 teaspoon powdered ginger
2 tablespoons orange marmalade
8 ounces extra thin spaghetti noodles, uncooked
2 cups snap pea pods



Directions

1. Cut beef across the grain into thin strips that are about the thickness of a stick of gum. Combine the bouillon and water and stir until well mixed. Set aside.
2. Spray large skillet with cooking spray. Cook beef in skillet over medium-high heat 2 to 4 minutes, stirring occasionally, until brown. Remove beef from skillet. It's ok if beef is undercooked. It will finish cooking in step 6.
3. Mix cornstarch with ½ cup of beef broth mixture, stirring well until all cornstarch is dissolved. Set aside.
4. In the same skillet used to cook the meat, mix remaining 3 ½ cups beef broth mixture, soy sauce, brown sugar, garlic, ginger, and marmalade. Heat to boiling. Stir in noodles and reduce heat to low. Cover and cook about 8 to 10 minutes, or until noodles are tender.
5. Wash pea pods and remove ends.
6. Stir in pea pods and cornstarch mixture. Add cooked beef, along with any juices that may have accumulated. Cook uncovered 2 to 3 minutes, or until sauce is slightly thickened.

Recipe adapted from Betty Crocker's Cookbook

Fresh Salsa

Ingredients

½ can black beans, rinsed and drained
½ can corn, drained
1 avocado, chopped
1 green onion, sliced
(remove both ends and use both white and green parts)
1 tablespoon chopped cilantro
1 Roma tomato, chopped
2 tablespoons olive oil
1 tablespoon fresh lime juice
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic powder
Tortilla chips



Directions

1. Combine beans, corn, avocados, onions, cilantro, and tomatoes in a bowl.
2. In a small bowl, whisk olive oil, lime juice, salt, pepper, and garlic powder.
3. Pour dressing over vegetables and gently toss. Serve with tortilla chips.

Lab 8: Eggs

The purpose of this lab is to:

1. Incorporate basic principles of egg cookery
2. Use a pressure cooker

Deviled Eggs

Ingredients

3 eggs (adjust number of eggs up or down for number of students in your lab group)
1 to 2 tablespoons mayonnaise
¼ teaspoon mustard
1 tablespoon sweet pickle relish, drained (optional)
Salt and pepper, to taste
Paprika (optional)



Cooktop Directions

1. In a small saucepan, cover eggs with cold water and bring to a boil. Reduce heat and simmer for 15 minutes.
2. Pour off boiling water and add ice water to pan. Allow to cool for 5 minutes.
3. Gently tap eggs on the counter to crack the shell. Remove shell from the eggs. Cut eggs in half lengthwise and remove yolks to a Ziploc bag.
4. Press air from Ziploc, close, and mash yolks with your hands.
5. Open the bag and add mayonnaise, mustard, pickle relish, salt, and pepper. When making this recipe at home, you may add other ingredients of your choice (such as salsa or barbecue sauce). Press the air out, seal bag, and mix with your hands.
6. Gather the filling up in one corner of the bag, then snip a small part of that corner and pipe yolk mixture into prepared egg whites.
7. Lightly sprinkle with paprika, if desired. (This often works best to use your fingertips to pinch up some paprika and then sprinkle it over the egg yolks.)
8. For food safety, ALWAYS refrigerate deviled eggs until serve time.

Instant Pot Cooking Instructions

1. Put 1 ½ cups water in stainless steel insert of Instant Pot. Place rack on water. Place eggs on rack.
2. Lock lid into place and put valve in sealing position. Set for 5 minutes of high pressure.
3. After 5 minutes at pressure, allow for 5 minutes of natural release. Then perform quick release.
4. Put eggs in ice water and prepare as instructed above from step #3 - #8.

Breakfast Strudel

Ingredients

- 5 eggs, divided
- 1 tablespoon minced green onion
(about ½ green onion) or fresh chives
- ⅛ teaspoon salt
- 1 pinch pepper
- 1 tablespoon butter
- ½ cup frozen cubed hash browns (do not thaw)
- ¼ cup yellow onion, diced
- ½ cup green bell pepper, diced (about ¼ of a large pepper)
- ½ cup diced ham
- 2 ounces cream cheese
- 2 tablespoons orange juice
- 1 puff pastry dough, thawed according to package directions
- 1 tablespoon water
- 1 tablespoon shredded Parmesan cheese



Directions

1. Preheat oven to 375°F.
2. Whisk 4 eggs, chives, salt, and pepper together. Set aside.
3. Melt butter in nonstick skillet. Add frozen hash browns and sauté 5 minutes, or until lightly browned. Add onion and bell pepper. Sauté 3 minutes, then add ham.
4. Add whisked eggs and spices to the pan and cook, stirring, until just set. Remove from heat. Add cream cheese and orange juice. Stir to combine.
5. Unfold the sheet of pastry dough onto a piece of parchment paper and gently roll into a 10x12 rectangle. Note the lengthwise fold marks in the dough. Leaving the center third intact, cut each outer third crosswise into 12 thin strips. You can use your bench scraper and make a cut at every inch.
6. Fill the center section of puff pastry with the egg mixture. Fold the strips, first right and then left, over the egg to form a braid.
7. Beat the remaining 1 egg and 1 tablespoon water until well combined to create an egg wash. Lightly brush some egg wash on top of strudel. Discard unused egg wash in sink. Sprinkle parmesan cheese on top. Carefully transfer to jelly roll pan.
8. Bake for 30 to 40 minutes, until golden brown. Let cool 5 minutes before slicing.

Lab 9: Dairy

The purpose of this lab is to:

1. Prepare foods with dairy products such as cheese and milk as ingredients
2. Implement principles of milk cookery such as low temperatures and short cooking times.

Lecture Demo: Instant Pot Mac and Cheese – NOT made in class

Ingredients

1 pound pasta
3 ¾ cups water
½ teaspoon crushed red pepper flakes
½ teaspoon dry mustard
1 teaspoon salt
2 tablespoons butter
12 ounces (about 3 cups) sharp cheddar cheese
½ cup grated parmesan cheese
8-10 ounces milk/cream mixture

Directions

1. Put pasta, water, red pepper flakes, dry mustard, and salt in Instant Pot. Stir to combine.
2. Lock lid in place, making sure valve is in sealing position. Set manual pressure setting for 4 minutes at high pressure.
3. Once 4 minutes of pressure cooking is done, do a quick release of the pressure. Be careful to avoid hot steam.
4. Stir in the butter until melted.
5. Add cheeses by handfuls, alternately with milk/cream mixture, until desired consistency is reached.

Quick Pizza

Ingredients

- 2 ¼ teaspoons quick active dry yeast
- 1 cup hot tap water (110 – 115°F)
- 1 ½ tablespoons sugar
- ½ teaspoon salt
- 2 – 2 ½ cups flour
- 1/3 cup pizza sauce
- 1 ½ cups shredded pizza cheese blend or mozzarella
- 1 ½ ounces pepperoni



Directions

1. Place the oven rack in the middle position. Preheat oven to 375°F. Spray jelly roll pan with cooking spray.
2. In the KitchenAid mixer with flat paddle attachment, dissolve yeast in warm water. Add sugar, salt, and 1½ cups flour. Mix. Switch to dough hook attachment and add ½ cup of flour. Mix to form dough. If more flour is needed, add up to ½ cup to create a soft dough. Knead for on speed 2 for 3 minutes.
3. Label a jelly roll pan with your kitchen number (masking tape and sharpie). Place dough on jelly roll pan, cover with a clean towel, and put in proofing cabinet for 10 minutes. At home, allow dough to rest near the preheating oven.
4. Spray clean counter with cooking spray. Roll the dough into a 9x12 – inch rectangle.
5. Gently transfer pizza crust into your labeled jelly roll pan. Your dough WILL NOT completely cover the bottom of the jelly roll pan. Cover with clean towel and let rest in proofing cabinet another 10 minutes. Top with sauce, cheese, and pepperoni.
6. Remove tape from the pan. Bake your pizza at 375°F for 20 to 25 minutes. Check underside of crust for doneness. It should be lightly browned.

Cream Of Cauliflower Soup

Ingredients

4 cups cauliflower
¼ cup chopped onion, cook with cauliflower
6 tablespoons butter
¼ cup + 2 tablespoons flour
1 tablespoon chicken bouillon granules
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon curry powder
3 cups milk



Directions

1. Place cut cauliflower and onion in a small saucepan and add enough water to barely cover the vegetables. If the vegetables float, just make sure there is 1-2 inches of water in the pan.
2. Bring vegetables to a boil on high heat. Cover saucepan with lid and reduce heat to low. Cook vegetables until soft, about 10 to 15 minutes. If needed, add water to ensure that water doesn't boil out.
3. While the cauliflower cooks, prepare the cream soup base by melting butter in medium saucepan over medium heat. Add flour, chicken bouillon, salt, pepper, and curry powder all at once to the melted butter. Cook over medium heat, stirring until mixture is smooth and bubbly.
4. Remove from heat. Using a wire whisk, stir in milk. Return to heat and heat mixture to a simmer, stirring constantly. Simmer and stir gently until base thickens. NOTE: This can take 5-10 minutes. Remove from heat.
5. When vegetables are done, do not drain. Using a large slotted spoon, put the vegetables in the blender. Pour 3-4 tablespoons of the vegetable cooking water over them and blend to your desired texture. Add vegetable puree to prepared cream soup base in the medium saucepan and mix to combine. Warm through. If needed, add any remaining vegetable water until the soup is the desired consistency.

Cream Of Anything Soup

Using the vegetable variations, you can create any type of creamy soup from the same Cream Soup Base.

Ingredients

Cream Soup Base

¼ cup plus 2 tablespoons butter
¼ cup plus 2 tablespoons flour
1 tablespoon chicken bouillon granules
½ teaspoon salt
¼ teaspoon pepper
3 cups milk

Cream of Cauliflower Variation

1 teaspoon curry powder
4 cups cauliflower
¼ cup chopped onion (cook with cauliflower)

Cream of Asparagus Variation

2 tablespoons lemon juice
Dash of ground nutmeg or mace
4 cups asparagus

Cream of Broccoli Variation

½ teaspoon dry leaf thyme
⅛ teaspoon garlic powder
2 bay leaves (remove before serving)

4 cups broccoli

Cream of Carrot Variation

1 tablespoon dry parsley
½ teaspoon dry basil
2 cups carrots (about 6 large)

Cream of Green Bean Variation

1 teaspoon crushed savory
3 cups green beans, ends removed

Cream of Mushroom Variation

⅛ teaspoon nutmeg
3 cups fresh mushrooms

Cream of Potato Variation

¼ cup onion, finely chopped
2 stalks diced celery, washed
4 potatoes, washed, peeled, diced

Cream of Zucchini Variation

⅛ teaspoon nutmeg
4 medium zucchini (about 3 cups)

Directions

1. Prepare vegetables according to the recipe variation desired. Place cut vegetables in a medium saucepan and add enough water to barely cover the vegetables. If the vegetables are likely to float, just make sure there is 1-2 inches of water in the pan.
2. Bring vegetables to a boil on high heat. Cover saucepan with lid and reduce heat to low. Cook vegetables until soft, about 10 to 15 minutes. If needed, add water to ensure that water doesn't boil out.

3. While your vegetables cook, prepare the cream soup base by melting butter in large saucepan over medium heat. Add flour, chicken bouillon, salt, pepper, and any spices called for in your vegetable variation to the butter in the pan. Cook over medium heat, stirring until mixture is smooth and bubbly.
4. Remove from heat. Using a wire whisk, stir in milk. Return to heat and heat mixture to boiling, stirring constantly. Turn heat down and simmer until thickened. Remove from heat.
5. When vegetables are done, do not drain. Use a large spoon to place the vegetables in the blender. Pour 3-4 tablespoons of vegetable cooking water over them and blend to your desired consistency.
6. Add vegetable puree to prepared cream soup base and mix to combine. Warm through. If needed, add any remaining vegetable water until the soup is the desired consistency.

Lab 10: Grains & Yeast Breads

The purpose of this lab is to:

1. Prepare an item with grains
2. Follow instructions to make a yeast bread product

Instructions & Reminders

Yeast Bread Tips:

- Water temperature is very important to yeast—in most bread recipes, water temperature should be above 100°F and not exceed 120°F. At BYU, use hot tap water in bread dough—our hot water temperature is set to 120°F and will not kill the yeast by the time you combine the other ingredients.
- Make sure that you are using Fast Rise Yeast or Instant Yeast for these recipes.
- For BYU classroom lab proofing, if you must “cheat” on one of the rising times because of timing, it is better to cut the first rising time short

Lemon and Cucumber Quinoa Salad

Quinoa (pronounced KEEN-wa) is a high-protein, high-fiber seed that cooks quickly and works well as a substitute for pasta or rice. Quinoa has a bitter outer coating that can affect the final result if not rinsed; since some brands come pre-rinsed and others do not, as a precaution be sure to rinse your quinoa well before using.

Ingredients

¾ cup water plus ¾ teaspoon chicken bouillon
½ cup quinoa, rinsed well
2 tablespoons freshly squeezed lemon juice
½ teaspoon lemon zest
2 tablespoons vegetable oil
1/8 teaspoon salt
¼ teaspoon black pepper
½ cucumber, peeled and cubed
¼ cup frozen peas, thawed to room temperature
¼ cup + 2 tablespoons dried sweetened cranberries
¼ cup sliced green onion
¼ cup finely chopped flat-leaf parsley



Directions

1. In small saucepan, bring water and chicken bouillon to a boil. Stir in rinsed quinoa, cover, and reduce heat to low. Cook for 15 to 20 minutes or until quinoa is light and fluffy and the small curly part of the grain has unfurled. Fluff with a fork, then spread cooked quinoa onto a plate to cool for 5 minutes.
2. While quinoa is cooling, make dressing by whisking together lemon juice, lemon zest, vegetable oil, salt, and pepper. (To extract the most juice from a lemon, warm lemon in microwave for 10 seconds, then roll it on the countertop with light pressure from the palm of your hand before juicing).
3. In a medium-sized bowl, mix cooled quinoa, cucumber, peas, cranberries, green onion, and parsley. Drizzle dressing over salad ingredients and toss. Serve at room temperature or cooled.

Quick Cinnamon Rolls

(adapted from The Friend magazine)

Makes 15 rolls

Ingredients

Rolls

- ½ cup sugar, divided
- 2 tablespoons quick active dry yeast
- ¼ cup oil
- 1 cup hot tap water (120°F)
- 2 eggs, beaten
- 3 ½ - 4 cups bread flour
- 1 teaspoon salt
- ¼ cup brown sugar
- 1 ½ teaspoon cinnamon
- ¼ cup softened butter

Frosting

- ¼ cup softened butter
- 1 teaspoon vanilla
- 2 tablespoons milk
- 1 to 2 cups powdered sugar

Directions

1. In KitchenAid bowl with flat beater, mix ¼ cup sugar, yeast, oil, and warm water until dissolved. Blend in eggs.
2. Add 3 cups flour and salt and mix well. Switch to the dough hook and add more flour until the dough is soft and smooth. Knead on speed 2 for 5 minutes. Cover on a labeled jelly roll pan and let rest in proofing cabinet for 15 minutes.
3. In a small bowl, combine cinnamon, ¼ cup sugar, and brown sugar. Set aside.
4. Spray your counter with cooking spray. Roll dough into a 15 x 12 rectangle, about ½ -inch thick. Use your bench scraper that has 1-inch marks to measure your rectangle. Brush with butter, then sprinkle evenly with cinnamon-sugar mixture.
5. Beginning on long side, roll rectangle tightly. Pinch edge of dough to seal. If necessary, stretch and push the roll to make sure that it is 15 inches long and is roughly the same diameter the whole length.
6. Preheat the oven to 375°F. Spray your 9x13 metal pan with nonstick cooking spray.



7. Using your bench scraper to measure, make light marks at every inch along the top of your roll of dough with your dental floss. Cut evenly into 15 rolls by placing dental floss under the rolled dough at each mark, then wrap floss up and over to cut the dough. Place the rolls on prepared 9x13 pan, 3 across by 5 down, cover with a clean towel or plastic wrap, put on top of your jelly roll pan, and let rise in proofing cabinet for 15 minutes.
8. Bake rolls for 20 – 25 minutes. Make sure the underside of cinnamon rolls is lightly browned.
9. While rolls are baking, make frosting. First, cream softened butter, vanilla, and milk in a small bowl with a hand mixer. Add powdered sugar until desired thickness is reached. Beat until light and fluffy.
10. Frost rolls.

Lab 11: Pie Lab

The purpose of this lab is to:

1. Prepare an apple pie in a 9-inch glass, stoneware, dark metal, or ceramic pie pan brought from home to then bake at home.
2. Work Individually to prepare pastry dough and assemble a two-crust pie.

Instructions and Reminders

Preparation Tips

- Clean countertops before beginning.
- Prior to baking, you may want to protect the bottom of your oven from the molten syrup in case it spills out of the pie during baking. Place a layer of foil in the bottom of your oven.
- Wash your apples well before slicing.
- Use apples that hold their texture during baking such as Golden Delicious, Jonagold, Granny Smith, Cameo, and Honeycrisp are good choices. Consider using a variety of apples in your pie for a mix of flavors and textures.

Baking Tips

- Plan ahead—when making the filling, prepare the brown sugar mixture before cutting the apples so that the apples don't brown after you peel and cut them.
- Use plastic wrap in your measuring cup when you are measuring the shortening to make clean-up easier or use the weight indicated in the recipe
- Use floured plastic wrap under and over the dough when rolling.
- Use your bench scraper (in your utensil drawer) to scrape the flour and extra dough directly into the garbage can.

Freezing Pies

- Before freezing a pie or pie shell, make sure you tightly wrap it in plastic wrap or foil. Remove plastic wrap or foil before baking.
- Do not thaw pie before baking. Instead, preheat oven to 475°F and bake for 15 minutes, then lower heat to 375°F and bake an additional 45 minutes. Pie will be done when the crust is golden brown and the filling is bubbly.

Apple Pie

For this lab, each student will make his/her own pie. The pie will be baked at home.

Makes one 9-inch pie.

Ingredients

3 tablespoons all-purpose flour
¾ cup packed brown sugar
¼ teaspoon ground nutmeg (optional)
½ teaspoon cinnamon
⅛ teaspoon plus ¾ teaspoon salt, divided
6 cups prepared baking apples
(about 2 lbs. of apples, or 6 large apples,
peeled, cored, and sliced)
2½ cups all-purpose or pastry flour
¾ cup (5.2 oz.) shortening
8 to 10 tablespoons ice cold water



Directions

1. Prepare the filling. In a large mixing bowl, combine 3 tablespoons all-purpose flour, brown sugar, nutmeg, cinnamon, and ⅛ teaspoon salt.
2. Peel, core, and thinly slice apples. Add apples to brown sugar mixture and toss to coat. Set aside.
3. Combine 2½ cups all-purpose flour and ¾ teaspoon salt in a mixing bowl.
4. Gently cut in the shortening with a pastry blender until pea-sized.
5. Measure the full quantity of water into a bowl or measuring cup. Sprinkle 6 tablespoons of cold water over flour mixture, tossing mixture lightly with a fork or rubber scraper. Add remaining water 1 tablespoon at a time, tossing with a fork, and press to the side of the bowl until dough is moistened. Add more cold water if needed. Ask your instructor or TA for help.
6. Divide dough in half and gently pat into two lightly flattened balls. (Don't overwork your dough at this point. You should just gently gather the dough into two slightly flattened pieces, not two tightly compressed dough balls.)
7. Preheat oven to 425°F. (SKIP THIS STEP FOR THE LAB.)
8. Prepare the bottom first. Place one ball of dough in the center of a lightly floured surface of plastic wrap or the countertop. Using your hands, pat the dough into a ½ - inch thick disc, keeping it round and the edges even. Cover the disc with another layer of plastic

wrap if desired. Roll from center to edges to form a 14-inch circle. Fold the rolled dough into quarters. Unfold it over a 9-inch pie plate. Ease pastry into the pie plate. DO NOT TRIM excess pastry. You need a ½-inch to 1-inch overhang of pastry to seal the top crust to the bottom crust.

9. Carefully pour the prepared apple pie filling into the center of the pie plate. Avoid getting filling on the edges of the pie crust, or it may become difficult to seal.
10. Decide how you would like to top your pie—a solid sheet of dough with slits or cutouts (double crust) or strips of dough woven over and under each other (lattice top).
 - a. For a double-crust pie, place the second ball of dough in the center of a lightly floured surface of plastic wrap or your countertop. Using your hands, pat the dough into a ¼ inch thick disc, keeping it round and the edges even. Cover the disc with another layer of plastic wrap if desired. Roll from center to edges to form a 14-inch circle. Fold the rolled dough into quarters. Make cuts along the folds to allow steam to escape. Unfold it over the filling. Using kitchen shears, trim pastry 1 inch beyond the rim. Fold top edge under the trimmed bottom edge and flute edge (create a decorative edge) to seal.
 - b. For a lattice-top pie, place the second ball of dough in the center of a lightly floured surface of plastic wrap. Roll dough from center to edges to form a 12-inch circle. Using a pizza cutter or decorative pastry wheel, cut pastry in ½-inch strips. Starting at the center of the pie, weave dough strips over filling to make a lattice. Press ends of strips into the rim of the bottom crust. Fold bottom crust over strips and flute the edge to seal.
11. Before baking at home, you can brush pie with milk and sprinkle with cinnamon-sugar or raw sugar, but this is not necessary.
12. To make a pie shield so your crust edges don't burn, fold a 12-inch square of aluminum foil in half. Cut a half circle along the fold. Unfold the foil (there should be a circle in the middle) and place the pie shield over the pie. When placing the foil on the pie, place the shiny side out to reflect the heat away from the crust. Loosely mold the foil over the edges to protect them from burning.
13. Bake for 35 minutes. Remove foil and bake for 15 to 20 minutes more, until the crust is golden brown and the filling is bubbly.

Lab 12: Candy

The purpose of this lab is to:

1. Prepare a cooked syrup candy
2. Prepare a candy using the skill of dipping

Instructions and Reminders

How to Calibrate a Thermometer

At sea level, water boils at 212°F. Recipes are written for sea level. To check the accuracy of your thermometer and to adjust for differences in elevation, follow these steps:

1. Pour at least two inches of water into a small pan.
2. Clip candy thermometer to side of pan.
3. Bring water to boil. Boil 2 minutes.
4. Checking at eye level, note the temperature of the boiling water.
5. Adjust the temperatures in your recipe accordingly.
6. Discard water and dry pan and thermometer.

For example: If your recipe tells you to cook a syrup to 242°F, but your water boiled at 203°F, subtract 9°F from the final temperature on your recipe. You will boil your syrup to only 233°F.

How to Wash Down Your Pan

Washing down your pan is important for the texture of candy. As the sugar boils, it is common for sugar crystals to form on the sides of the pan, which can give your candy an undesirable grainy texture. To wash down the crystals from the side of a pan, follow these steps.

1. Fill a glass halfway with hot water.
2. Dip your pastry brush in in the water and gently brush the inside of the pan where the sugar is bubbling, collecting any sugar crystals on the brush bristles.
3. Frequently dip the brush in hot water to clean the sugar crystals off the bristles.
4. Continue dipping the brush and washing the sides of the pan until no sugar crystals are visible above the surface of the sugar mixture.
5. Crystals should also be washed from the thermometer and spoon if they are removed from the syrup during cooking.

Candy Making Tips

- Watch all candies carefully, especially the last 10°F of cooking, as temperatures can spike quickly.
- Make sure that the thermometer is fully submerged in the candy to get an accurate reading. Also, be sure the thermometer is standing upright and that the tip of the thermometer does not touch the bottom of the pan. You may have to switch to a smaller pan (recommended) or tilt the pan.
- Hardened candy is difficult to remove, so be sure to clean as you go.

- If you do allow the candy to harden, soaking it in boiling water can help soften and dilute the candy enough to release from the cookware. (Be sure that the cookware can handle the heat.) If the candy was left in the pot, you can boil the water directly in the pot itself.
- Be careful to not get burned. Molten candy is HOT!

English Toffee

Makes 1 pound

Ingredients

1 teaspoon butter to grease pan

½ cup milk chocolate chips

2 tablespoons water

1 cup butter

1 cup sugar



Directions

1. Spread the bottom of your 9x13-inch metal cake pan with some butter.
2. Measure chocolate chips and set aside. (These will be used on top of the toffee.)
3. In a 4-quart saucepan, combine water, 1 cup butter, and sugar. Cook on medium-high heat until it boils and immediately wash down sides of pan.
4. Continue to cook on medium-high heat, stirring occasionally with a flat candy paddle, until candy smokes and becomes the color of a brown paper grocery bag. This takes between 10 and 20 minutes. Wash down sides of pan as needed.
5. Pour syrup into prepared pan. Do not scrape the bottom of the pan.
6. Sprinkle chocolate chips over the top of hot toffee. When chips are melted, spread chocolate evenly over toffee. Place in refrigerator to set chocolate.
7. Let saucepan cool before washing it!

Raspberry Cheesecake Bites

IMPORTANT! Even-numbered kitchens will bake cake according to step 1. They will give half of baked cake to odd-numbered kitchens. Odd numbered kitchens will NOT bake a cake.

Makes about 20 cake bites

Ingredients

½ white cake mix, prepared according to package directions

2 ounces cream cheese

1/3 cup frozen raspberries

2 teaspoons raspberry syrup

12 ounces vanilla almond bark

1 square graham cracker, crushed into crumbs



Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray jelly roll pan with cooking spray. Mix cake according to box instructions, using whole eggs, not egg white version. Pour batter into prepared jelly roll pan. Bake for 12 – 20 minutes, or until cake tests done.
2. Divide cake in half. Give half of cake to another group (or get your half cake from a group that baked the cake). Break up HALF of hot cake in a large mixing bowl.
3. Cut the softened cream cheese into ¼-inch cubes. Using a hand mixer, mix cream cheese with raspberry syrup and raspberries and add to crumbled cake. Mix with a large spoon until it comes together.
4. Scoop mixture with small cookie scoop onto wax paper-lined jelly roll pan. Using your hands, smooth into nice, round balls.
5. Using a chef's knife, break almond bark into smaller pieces. Put almond bark pieces in a small, but deep microwave-safe bowl. Microwave for 1 minute. Stir. Cook in 10 second intervals, stirring, until melted and smooth. CAUTION: You do not want to over-heat the almond bark. Melt it slowly and stir often.
6. Using a fork, drop each cake bite into melted bark and scoop out (WITHOUT PIERCING THE CAKE BITE), allowing excess bark to drip off each ball into bowl. Place dipped balls on parchment paper. Immediately sprinkle with crushed graham cracker crumbs.

Lab 13: Hospitality

The purpose of this lab is to:

1. Combine all skills learned in this course
2. Prepare and eat an economical yet delicious meal
3. Prepare a meal that has a variety of colors, textures, flavors, food groups, temperatures, etc.

Sweet Potato Fries with Sriracha Dipping Sauce

Ingredients

- 2 small or 1 large sweet potato
- 1 teaspoon olive oil
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoons salt

Sriracha Dipping Sauce

- 2 tablespoons mayonnaise
- 2 tablespoons ketchup
- ¼ teaspoon garlic powder
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon Sriracha sauce

Directions

1. Preheat air fryer to 380°F for 5 minutes.
2. Scrub potato and pat dry. Pierce potato a few times with a fork and microwave for 1-2 minutes to soften. Allow potato to cool for a few minutes. Peel potato.
3. Cut potato in half lengthwise. Place potato, cut side down, on a cutting board. Cut in ½ - inch slices (medium matchstick ½-inch x ½-inch x 2 inches).
4. Place cut potato in a large bowl. Toss with oil and seasonings, coating all potatoes.
5. Place ½ of cut potatoes in bottom of air fryer. Place rack on top. Put remaining ½ of potatoes on rack. Air fry for 10 minutes. Using a hot pad, remove basket from air fryer and gently shake to move the fries a bit.
6. Cook additional 5 – 10 minutes, or until desired crispiness.
7. Whisk ingredients for Sriracha sauce in a bowl. Chill until ready to serve with warm fries and sliders.



Sliders

Ingredients

- 1 tablespoon canola oil
- ¼ small onion, finely chopped (2 tablespoons)
- 1 clove garlic (1/2 teaspoon), minced
- 1 teaspoon Italian seasoning
- ½ teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1/3-pound ground beef
- 1/3-pound pork sausage
- 3 slices of cheddar cheese
- 6 small rolls

Directions

1. Heat canola oil in skillet on medium-low heat.
2. Add onion, garlic, Italian seasoning, chili powder, salt and pepper. Continue to cook on medium-low heat, stirring occasionally until onions are soft.
3. In a medium sized bowl, mix ground beef and sausage until combined. Stir in onion mixture. Divide meat mixture into 6 equal portions. Make 6 VERY THIN patties, keeping in mind that meat patties shrink in diameter and get thicker as they cook.
4. Cook patties in skillet over medium heat until no longer pink in the center and thermometer reads 160 F.
NOTE: if, at any time during making your sliders, the pan starts to smoke, the heat is too high. Remove pan from the burner, turn burner down and allow to cool a bit, and proceed on lower heat.
5. When patties are done, slice rolls in half. Place beef patty on roll and top each with ½ slice cheese and Sriracha dipping sauce.



Fruit Salad

Ingredients

- 1 honey crisp apple, washed, cored and cut into bite-sized pieces
- 1 banana, peeled and sliced
- 1 orange, peeled and cut into bite-sized pieces
- ¼ pound red grapes, washed and removed from stems
- ½ cup vanilla yogurt



Directions

1. Prepare all fruits by washing and cutting into bite-sized pieces, as directed above.
2. Mix fruits in a bowl and toss with yogurt. Serve cold.

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