



# HEBRON ACADEMY



## Recipe Book





# FOR OUR COMMUNITY

Who taught us to value  
our surroundings, follow  
our heart, and never give  
up.  
Let's keep ringing the  
bell!!





FOR.EACH.LUMBERJACK.



A.DIFFERENT.SOUP.



# HEBRON ACADEMY

## Recipe Book



## LUMBERJACK SOUPS

### CLASSIC ROASTED BUTTERNUT SQUASH SOUP



MINUTES  
30



CALORIES  
240



SERVES  
4

#### INGREDIENTS

**1** butternut squash,  
peeled and cubed.

**2 tbsp** unsalted butter

**1** chopped onion

**6 cups** of vegetable  
stock

**1 tspn** nutmeg

**1 tspn** salt and pepper

chopped walnuts +  
pumpkin seeds + Olive  
oil for garnish

#### DIRECTIONS

1

Preheat oven to 400°F. Toss in 2 Tbsp olive oil and season with salt and pepper. Roast on a sheet pan at 400°F for about 20 minutes - until caramelized.

2

Sauté 1 onion in olive oil.

3

Add chopped onion, nutmeg, salt and pepper and stir.

4

Add roasted squash and vegetable stock to a pot.

5

Lower to simmer and cook until the squash is tender.

**Note:** I use an immersion blender. If you don't have one, carefully transfer the warm soup to a regular blender in batches to purée.



This vegetarian roasted butternut squash soup is what creamy, dreamy soups are made of. At our home this easy soup is a favorite with our kids, especially during a beautiful fall or winter night.

**Dan Marchetti, Headmaster**





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## LUMBERJACK SOUPS

### MID'S SALMON SWEET POTATO CHOWDER



MINUTES  
30



CALORIES  
460



SERVES  
4

#### INGREDIENTS

**1** Medium Yellow or Vidalia Onion  
**1** Medium Sweet Potato, cubed and ready for roasting, skins on  
**8** oz salmon  
**2-3** tablespoons water  
**2** cups almond milk  
**3-4** tablespoons Dairy Free Butter (I can't believe it's not butter!)  
Salt, Pepper, Dried Rosemary to taste  
**1** tablespoon of vegetable or olive oil  
**½** cup niblet corn (optional)

#### DIRECTIONS

1

Toss the cubed sweet potatoes in oil, coat with salt, pepper and rosemary and bake on a cookie sheet at 425 for 15 minutes until tender. Stir halfway through to crisp slightly

2

Dice onions and sauté over a medium flame in 2 tbsp dairy free butter (you need more than you think when going dairy free). Cook until soft- 4-5 minutes.

3

Add water and salmon to onions. Cover and poach 4-5 minutes until the salmon easily breaks apart with a fork.

4

Reduce heat, add almond milk, additional tablespoon of dairy free butter and sweet potatoes (corn optional)

**Note:** Enjoy with a side of French bread or your favorite thick sliced toast , spread with Dairy Free butter.



Ms. Mid met Mr. Mid when he was a chef in Newport, RI. She says, "It was love at first sight, but the cooking sealed the deal!"

**Julie Middleton**  
**Senior Associate Director of Admission**



# HEBRON ACADEMY

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## LUMBERJACK SOUPS

### BRISTOL FISH CHOWDER



MINUTES  
30



CALORIES  
242



SERVES  
4

#### INGREDIENTS

2 large potatoes,  
chopped into pieces  
the size you'd like on  
your spoon  
1 large stalk of celery,  
chopped  
1 large onion,  
chopped- spoon size  
1/2 stick of butter  
1 filet of quality white  
fish (I recommend FAS  
or fresh haddock)  
1 can of evaporated  
milk or 1 1/2 cups of  
whole milk  
Water  
Salt and pepper

#### DIRECTIONS

- 1 Heat a large pot over medium-low heat and melt a tablespoon of butter. Sauté onions in butter until translucent
- 2 Add celery, a 1/2 teaspoon of salt, a half dozen cranks of pepper, and sauté another two minutes. Add potatoes.
- 3 Add water until everything is just covered, increase heat, and bring to a slow rolling boil
- 4 Reduce heat to a good simmer, cover, and let potatoes cook through until just soft
- 5 Add the rest of the butter, milk, and fish. Cook until fish filet flakes apart, indicating it is cooked

**Note:** Serve with plenty of warm, crusty bread or your favorite plain crackers to sop up the broth.



I grew up in the world of the Maine fish industry, which is such a wild subculture. My dad used to come home from unbelievably long days smelling of fish and when we would wrinkle our noses and complain he would say, "that's the smell of money!" We had a lot of mouths to feed and a big pot of his fish chowder was a staple in our house and I still make it often. This is not gelatinous slop but a warm, broth-like stew that is hearty and perfect for cold nights.

**Daniella Swenton**  
Science Department Chair





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## LUMBERJACK SOUPS

### COCIDO MADRILEÑO



HOURS  
4.5



CALORIES  
900



SERVES  
12

#### INGREDIENTS

- 3 lb of beef shin bones
- 20 cups of water
- 1 lb smoked ham, roughly chopped
- 1 lb beef stew meat
- 1 lb of smoked ham hocks, pig tails or trotters
- 1/2 - 1 lb of chicken thighs, cut into bite-sized pieces
- 1 lb of Spanish Chorizo (not Mexican), cut into 1 inch slices. May substitute any smoked sausage if needed.
- 3-6 carrots, cut into 1 inch chunks
- 1 white onion, peeled, cut in half then skewered to keep the onion intact. You will take this out later.
- 1/2 head of cabbage, cut into 4 wedges
- 2 bay leaves
- 1 Tbs peppercorns, crushed or whole
- 4 cloves of garlic
- 2 large potatoes

#### DIRECTIONS

- On a piece of foil bake the shin bones at 350F for 30 minutes.
- In one extra large stock pot or 2 dutch ovens, evenly divide the shin bones as well as the rest of the ingredients thru garlic\*\* (See note)
- Simmer for three hours, covered. Skim off any scum that forms on top.
- While the Cocido is simmering, make the tomato garnish as follows and let rest at room temperature. In a medium bowl add first 4 ingredients, stir well. Add tomatoes. Cover and let rest at room temperature.
- Strain broth into a large soup pot. Bring pot to simmer, add vermicelli and cook for 5 minutes. Set aside to serve as the first course.
- Throw away the bones. In a large bowl place all of the meat and vegetables, this will be the third course. In a separate large bowl add the garbanzo beans and potatoes. This will be the second course.



A traditional Cocido recipe, Spain's ultimate comfort food. In the old days households made it every day, for poached meat used to be the hallmark of the middle-class kitchen. Several types of meat are stewed with Winter vegetables and served family style during festivals and parties in Madrid.

Fernando Vazquez, 10th grade Student



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## LUMBERJACK SOUPS

### HULATANG-HENAN SOUP



HOURS

1



CALORIES

326



SERVES

5

#### INGREDIENTS

1 litre chicken stock  
3 pcs medium potatoes  
2 pcs medium carrots  
2 pcs zucchini, sliced into chunks  
½ cabbage, sliced  
1 tsp white pepper powder  
1 tsp Szechuan pepper powder  
½ tsp five-spice powder  
⅓ cup tapioca starch, dissolved in 1 cup water  
2 tsp sesame oil  
2 stalks spring onions, sliced  
2 cloves garlic, minced  
1 tsp minced ginger  
water  
oil  
salt  
chili oil

#### DIRECTIONS

1

In a large wok add a small amount of oil, place in stove top in high heat sauté spring onions, garlic and ginger.

2

Pour the chicken stock with additional one cup of water then bring it to a boil in high heat. Add the meatballs, potatoes and carrots bring back to a boil then simmer for 10 minutes.

3

Add the zucchini continue to cook for 3 minutes.

4

Season with salt, white pepper powder, Szechuan pepper powder and five spice powder.

5

Add the cabbage and boil for a minute.

6

Pour in the tapioca starch mixture then continue to boil until it gets thick. Add sesame oil, mix then turn heat off.



Hulatang is a traditional soup served for breakfast in Central China's Henan. The dish is an important part of Henan people's daily diet. In the morning, people get up early so they can go out and eat their hulatang before work or classes. Chinese immigrants have introduced it to the United States, where it is known as "spicy soup", which implies capsicum and black pepper are put into the broth made by beef soup. The good old "comfort soup" will warm your stomach and tingle your taste buds.

Xiuping Tian, Parent Class of 2020



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## LUMBERJACK SOUPS

### O'BRIEN EASY CROCK POT CHILI



HOURS

4



CALORIES

300



SERVES

8

#### INGREDIENTS

2 cups dry pinto beans (or sub red beans or black beans)  
1-2 tablespoons olive oil  
1 onion, diced slightly pre cook  
1 pound ground organic beef, chicken, turkey or vegan TVP (rehydrated Textured Vegan Protein or "Soy crumbles") or soy chorizo!  
Optional: add chopped/diced pre cooked beef tenderloin  
4 cloves garlic (or 1 tablespoon granulated garlic)  
1 ½ teaspoons kosher salt  
½ teaspoon pepper  
1 tablespoons chili powder, more to taste  
1 tablespoon cumin  
2 teaspoons dried oregano  
1 1/4 ounce can diced tomatoes with juices  
(optional) 1-3 tablespoons fresh jalapeño, finely chopped

#### DIRECTIONS

1

Cook to marry all ingredients for 4 hours in a crock pot.

#### INGREDIENTS

2 tablespoons tomato paste  
2 ½ cups beef, chicken or veggie broth  
1 cup dark beer ( or sub more broth)  
1 tablespoon Worcestershire sauce (optional)  
1-2 teaspoons dark coco powder, (optional)  
1-2 teaspoons smoked paprika (optional, adds smoky flavor) or ½ teaspoon chipotle powder  
**optional additions:** frozen corn or (fire roasted is nice) or chopped carrots or diced red bell pepper  
**Toppings:** grated cheese, sour cream, cilantro, avocado, scallions



I really like this recipe because it reminds me of brisk Fall nights when my Grandmother would teach me how to put it together. Nothing beats the smell of a good chili cooking in the house. She obviously didn't use a crock pot, but these days it's a lot easier to do so.

**Jack O'Brien**  
**Head Coach Boys Varsity Hockey**





COMMUNITY IS THE INGREDIENT



THAT BINDS US TOGETHER



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### COSTA RICAN SLOW COOKED BEANS



HOURS  
8



CALORIES  
170



SERVES  
8

#### INGREDIENTS

**1 lb black beans**  
**2 tsp salt**  
**1/2 red pepper, cut into 3 pieces**  
**1 chopped cilantro**  
**2 garlic cloves**  
**1/2 yellow onion, peeled and roughly chopped**  
**1 celery stalk, chopped into 3 pieces**  
**1 carrot, chopped into 3-4 chunks**  
**Salsa Lizano (optional, for garnish)**

#### DIRECTIONS

1

Rinse the beans and place them in the crock pot.

2

Rinse and chop your veggies, then add them on top of the beans.

3

Add salt and enough water to cover the beans, plus about another 2 inches. Since the beans do absorb quite a bit of water when cooking, you want to have some extra so the beans don't scald and stick to the bottom of your pot.

4

Cook the beans in the slow cooker on low for 8-10 hours, or cook on high for 4-5 hours. The cooking time varies depending on your pot and electrical current.

5

I add the salt at the beginning of the recipe, but many people prefer to add them in the last 30 minutes of cooking because they say the salt makes the beans harden. I don't think it does, but to each his own.



Beans are the staple food in Costa Rica and the rest of Central America. I love them! I eat rice and beans every week. They're cheap, healthy and yes I know you can get sick of them fast but you can find many ways to eat them and spice it up.

**Edwin Núñez**  
**Director of International Recruitment**



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### AMERICANIZED VERSION OF CHANA MASALA



MINUTES  
30



CALORIES  
275



SERVES  
4

#### INGREDIENTS

*2 Tbsp olive oil*  
*1 yellow onion, diced*  
*2 cloves garlic, minced*  
*1" fresh ginger, minced*  
*1 tsp ground turmeric*  
*½ tsp cayenne pepper*  
*1 tsp ground coriander*  
*1 tsp tomato paste*  
*1 Tbsp ground garam masala*  
*14 oz canned whole tomatoes*  
*2 cans chickpeas/garbanzo beans*  
*Kosher salt*  
*Freshly ground pepper*  
*Long grain white rice, for serving*  
*Cilantro, for serving*

#### DIRECTIONS

1

Rinse and drain the chickpeas.

2

Heat olive oil over medium heat. Add onion and sweat for 2-3 minutes, then add garlic and ginger and cook until fragrant (about a minute).

3

Add spices and tomato paste and cook for another minute or so, until fragrant.

4

Add tomatoes and chickpeas. Crush tomatoes. Stew for 10-15 minutes.

5

Serve over white rice and sprinkle with chopped cilantro (unless you're one of those people for whom cilantro tastes like soap).



Eric and I love to make a somewhat Americanized version of chana masala on a fairly regular basis. It's quick, healthy, delicious, easy (almost all of the ingredients are pantry staples), and it's also vegetarian, which means a lower carbon footprint. It's also really hard to mess up. During these times of quarantine, it's definitely been on heavy rotation.

**Emily Carton**  
**Director of Upper School**



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### NOODLE SALAD WITH PEANUT DRESSING



MINUTES  
30



CALORIES  
340



SERVES  
4

#### INGREDIENTS

##### **Dressing:**

*1 Tbsp soy sauce  
3 Tbsp peanut butter  
2 Tbsp hoisin sauce  
4 Tbsp hot water  
2 Tbsp lime juice  
1 tsp hot sauce*

##### **Noodle Salad**

*1 8.8 ounce package of  
soba noodles (or any  
long thin noodle)  
1 cup snow peas  
1 cup matchstick cut  
carrots (optional)  
½ cup chopped cilantro  
(optional)*

#### DIRECTIONS

1

In a blender or food processor puree dressing ingredients until smooth. If the mixture is too thick, you can add additional hot water (1 Tbsp at a time).

2

In a medium pot cook the noodles according to their package directions.

3

Drain the noodles and rinse briefly with cold water.

4

Mix the pasta, vegetables, and dressing in a large bowl. Serve amongst four plates, garnish with cilantro and serve



Many years ago I worked at a cafe that served a cold peanut noodle salad that I loved! I assumed it would be impossible to make a salad like that at home, but I found this recipe around that time, and I have been making it for friends and family ever since. My favorite features of this dish are that it is easy and quick to make, it is healthy, it packs and travels easily to give to friends or take on picnics, and it is vegetarian, vegan, and it can be made gluten free.

**Katya Kilian**  
Director of English as a Second Language



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### LOMITOS DE VALLADOLID



MINUTES  
30



CALORIES  
200



SERVES  
6

#### DIRECTIONS

1

Heat the lard or vegetable oil in a large casserole set over medium-high heat. Add the pork pieces, sprinkle with salt and pepper, and let the meat cook for a minute or two.

2

Add the onion, stir and let cook for a minute or two. Incorporate the diced tomatoes, mix well, cover and reduce heat to medium low.

3

Cook, stirring occasionally, until the meat is completely cooked through and the tomatoes have cooked down into a mushy paste, about an hour to an hour and 10 minutes.

4

Remove the lid, taste for salt and add more if need be, stir, and continue cooking until there is almost no moisture in the casserole.

5

To serve, place two toasted corn tortillas on a plate, spoon refried black beans on top and ladle the meat on top of the beans. Place a couple avocado slices on the side.

#### INGREDIENTS

**3 tablespoons lard or vegetable oil**  
**2 pounds pork tenderloin, cut into 1/2" chunks, remaining fat left on**  
**1 teaspoon kosher or coarse sea salt, or more to taste**  
**1/4 teaspoon freshly ground black pepper**  
**1 cup white onion, chopped**  
**2 1/2 pounds very ripe tomatoes, cored and diced, don't discard juices or seeds**



This traditional recipe from Valladolid, a small city located in the Yucatan Peninsula is quite simple yet delivers lots of flavor that everyone will love. Great for a weeknight dinner or for a special dinner - it will impress either way.



**Georgina Villarreal**  
**Parent-Class of 2021**



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### WORLD'S GREATEST GARLIC BREAD



MINUTES  
15



CALORIES  
200



SERVES  
6

#### INGREDIENTS

*Best bread you can get  
(baguette, ciabatta,  
something kind of flat)*  
**1.5 sticks of butter (6oz  
+/-)**  
**6-8 cloves of garlic**  
**½ cup parmesan cheese**  
**Pinch of salt**  
**1 heaping teaspoon**  
**each of:**  
*Oregano*  
*Black pepper*  
*Crushed red pepper*  
*Dry basil*

#### DIRECTIONS

1

Peel and chop garlic (smaller is better)

2

Melt all of the butter in a medium saucepan and add the garlic. After a minute or so add ALL dry spices. Cook on medium high for about 5 to 7 minutes

3

Remove from heat and mix in the Parmesan.

4

Let cool until it becomes spreadable. Mix occasionally to keep it combined. Split loaf lengthwise and spread garlic butter evenly.

5

Preheat oven to 400f (205c) bake for 5 to 7 minutes. Finish for a few seconds under the broiler and enjoy!



Whenever the extended family gets together, especially for birthdays, pasta and garlic bread are on the menu. This recipe I created over the last few years is an amazing addition to just about any meal. In my house it is always a contest to see who gets up early enough to get whatever leftover bread there is, though there usually is none!

**Tim Bonis**  
**History Faculty, Personal Fitness and Tennis Coach**



# HEBRON ACADEMY

## Recipe Book



## LUMBERJACK ENTRÉES & SIDES

### COTTAGE PIE



HOURS  
1.5



CALORIES  
524



SERVES  
8

#### INGREDIENTS

**6 large potatoes, peeled and cut in quarters.**  
**1/2 cup milk**  
**3 tablespoons butter**  
**1/4 plus 2 tablespoons grated Parmesan cheese**  
**1 teaspoon salt**  
**1/2 teaspoon ground black pepper**  
**2 cloves chopped garlic**  
**1 medium onion, chopped**  
**2 carrots, peeled and chopped**  
**2 celery stalks, chopped**  
**1 pound ground beef**  
**2 tablespoons tomato paste**  
**2 tablespoons spoons all-purpose flour**  
**1/4 cup dry red wine**  
**1 cup chicken broth**  
**1/4 teaspoon dried thyme**  
**1 cup frozen peas**

#### DIRECTIONS

1

Preheat oven to 425°F. In a 4 quart saucepan, combine potatoes and enough water to cover, heat to boiling. Boil until potatoes are tender, about 20 minutes; drain and return to saucepan. Mash potatoes, add milk and 2 teaspoons of butter. Stir in 1/4 cup Parmesan cheese, 1/4 tablespoon salt, and 1/4 teaspoon pepper; set aside.

2

In a nonstick 10 inch skillet, melt the remaining 1 tablespoon butter over medium heat. Add onion, carrot, and celery; cook until, tender, about 5 minutes, add 2 cloves of chopped garlic and cook 1 minute. Remove vegetables from skillet and set aside. Add ground beef to skillet and cook over medium heat, stirring and breaking up meat with spoon, until beef is no longer pink- about 5 minutes. Drain the fat. Add the cooked vegetables to the meat. Add tomato paste and cook, stirring 1 minute. Add flour and cook, stirring 1 minute longer. Stir in wine and cook until evaporated. Add broth, thyme, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, stir. Heat to boiling; stir in peas.

3

Transfer beef mixture to 9-inch deep-dish pie plate or similar baking dish. Spoon mashed potatoes evenly on top and sprinkle with remaining 1 tablespoon Parmesan. Place on a cookie sheet and bake until slightly browned- about 20 minutes.



This take on the traditional shepherd's pie is the perfect warm dish for a fall or winter meal. The recipe is one that I often double - preparing and freezing half for an easy meal on a busy night. This dish has been served at many family functions over the years and is loved by all.

**Jessica Violette**  
**Mathematics Faculty**



# HEBRON ACADEMY

## Recipe Book

## LUMBERJACK ENTRÉES & SIDES



### Vietnamese Pho



HOURS  
6



CALORIES  
400



SERVES  
10

#### INGREDIENTS

##### **\*\*For the broth\*\***

**1-3 kg beef bones (2-6 lbs)**  
marrow and knuckle

**500 g beef**  
1 onion peeled  
fish sauce, salt, sugar, stock  
powder

##### **\*\*For the PHO aroma\*\***

**1 onion unpeeled and halved**  
**2 knobs ginger (thumb size), sliced**  
**3 star anise**  
**2 cinnamon sticks**  
**2-3 black cardamom**  
**1 tsp cloves (optional)**  
**1 tsp coriander seeds (optional)**

##### **\*\*For the bowl\*\***

**1 kg dried flat rice noodles (2.2 lb)**  
**100 g spring onion chopped**  
**1 onion very thinly sliced and**  
**soaked in ice water**  
**300 g beef (10.5 oz) eye of round/**  
**sirloin**

##### **\*\*Garnishes\*\***

*Fresh herbs: Asian basil, sawtooth*  
*herbs*

**1 lime cut into wedges**  
**500 g bean sprouts (1.1 lb)**  
*blanched (optional)*  
*Hoisin sauce, Sriracha optional*

#### DIRECTIONS

1

Boil the bones in a large pot filled with enough water to cover for 5-10 minutes, then rinse the bones well under running water. Boil the parboiled and rinsed bones back with 5 liters of water under medium low heat within 5 hr. Add 1 peeled onion, 1 tea spoon of salt and 1 tea spoon of sugar.

2

Grill the rest of the onion, ginger slices, star anise, cinnamon sticks and black cardamoms until slightly charred on both sides. Peel the grilled onion and scrape off the charred part. Rinse off the black char bits under warm running water. Wrap the small spices in a large tea/spice bag or a piece of cheese cloth. Drop the bags into the stock pot. Add the charred onion and ginger only during the last hour. Season to your taste with salt, sugar, and stock powder.

3

Cut the meat and cook it, then remove and soak the cooked beef in a bowl of cold water for 5 minutes. After that drain and slice thinly into bite-sized pieces. Also remove the onions from pot

4

Soak dried flat rice noodle "banh pho" for 30 minutes to soften. Blanch a handful of noodles in a long-handle strainer for 10 to 20 seconds. Remove the noodles when they are soft but still a bit chewy (al dente). Then rinse under cold water to stop the cooking process. Then rinse again with hot water to help the noodles dry out faster and prevent clumping.

5

To assemble the dish, place a handful of the cooked noodles to occupy one third of the bowl. Place the sliced beef on top, garnish with the thinly sliced onion and chopped spring onion. Then ladle the hot soup over to full fill the bowl.



Pho is one of the most popular food in Vietnam. Although it takes 6 hours to make, the steps are very simple. You can have Pho as breakfast or your main course.

**Ngo Thien Long**  
**2020-2021 New student from Ho Chi Minh, Vietnam**



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### DOWN TO EARTH GRANOLA



HOURS

1



CALORIES

150



SERVES

10

#### INGREDIENTS

**4 cups old-fashioned oats**

**1 1/2 cups sliced almonds**

**1/2 cup packed light brown sugar**

**1/2 tsp. salt**

**1/2 tsp. ground cinnamon**

**1/4 cup cooking oil**

**1/4 cup honey**

**1 tsp. vanilla**

**1 1/2 cups raisins or dried cranberries**

#### DIRECTIONS

1

Preheat the oven to 300°F. In a bowl, mix the oats, almonds, brown sugar, salt and cinnamon. In a saucepan warm the oil and honey. Whisk or stir in vanilla. Carefully pour liquid over oatmeal mixture. Stir gently with a wooden spoon; finish mixing by hand.

2

Spread granola in a 15x10x1 inch baking pan. Bake for 40 minutes, stirring carefully every 10 minutes. Transfer granola-filled pan to a rack; cool completely. Stir in raisins or dried cranberries. Seal granola in an airtight container or self-sealing plastic bags. Store at room temperature for 1 week or in the freezer for 3 months. Makes 9 cups (24 servings).



You know a dish is good when Ms. Reedy asks for the recipe! During the baking process, the cinnamon, honey and vanilla will make your whole house smell wonderful. The finished product is delicious straight from the container or try it as a cereal with milk poured over it.

**Jen Gronros**

**Assistant To The Offices of Advancement and Admission**



# HEBRON ACADEMY

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### LUMBERJACK ENTRÉES & SIDES



#### READY IN A FLASH FRIED RICE



MINUTES  
20



CALORIES  
330



SERVES  
4

#### INGREDIENTS

*1* teaspoon sesame or olive oil  
*1/2* cup shallot or onion, minced  
*3* cloves garlic, minced  
*2* cups cooked, cooled rice (leftover rice is perfect for this recipe!)  
*2* Tablespoons (more or less to your taste) Braggs liquid aminos (sub tamari, soy sauce)

#### **Optional Additions:**

**Veggies:** broccoli, carrot, mushrooms, peas or shelled edamame  
**Protein:** tofu, cashews, scrambled egg  
**Fruit:** pineapple or mango  
**Flavor:** ginger, curry powder  
**Toppings:** sesame seeds, green onions

#### DIRECTIONS

1

Heat oil over medium heat.

2

Add shallot and garlic. Add ginger or curry powder, if using. Sauté for 2 minutes.

3

Add in your choice of veggies or fruit and cook another minute.

4

Add rice and soy sauce.

5

Stir well and cook another 3 minutes, until browned.

6

Add toppings and serve.



My favorite thing about this recipe is how versatile it is! You can completely customize it to your own taste, or what you have in the fridge or freezer. We've even made a breakfast version!

**Andrea Savignano**  
Marketing & Communications Manager



DESSERT IS NATURE'S WAY FOR



MAKING UP FOR HOMEWORK





# HEBRON ACADEMY

## Recipe Book

### LUMBERJACK DESSERTS

#### PANTXINETA-BASQUE PASTRY CREAM PIE



MINUTES  
50



CALORIES  
847



SERVES  
8

#### DIRECTIONS

1

Preheat oven to 365 F. Measure and pour milk into a medium saucepan. Place peels and cinnamon stick into milk. Add butter. Bring milk to a boil and immediately remove from heat. Set aside to cool.

2

Separate whites from the yolks. Reserve yolks. Place egg whites in a large bowl.

3

Add granulated sugar and mix well. Add the rice flour and mix very well, ensuring that there are no lumps.

4

Remove lemon and orange peel and cinnamon stick from milk and discard. Pour milk into the bowl of egg whites and sugar, and stir. Pour it all back into the saucepan and return it to the stove. While continuously stirring, bring to a boil. As soon as the milk boils, turn the heat down to a lower simmer. Stir with a wooden spoon until the mixture thickens. Remove from heat and allow to cool.

5

Beat the two egg yolks with a tablespoon of water. Place one of the puff pastry sheets on a cookie sheet. Brush all edges with beaten egg yolks. Spread out thickened pastry cream on puff pastry.

6

Carefully cover with the second sheet. Using a fork, seal all the edges. Brush the entire top pastry sheet with the beaten egg yolk.

7

Chop almonds and hazelnuts. Spread them evenly over the top of the pantxineta. Using a sifter spread powdered sugar generously over the top. Bake in the center rack of the oven for approximately 25 minutes.

#### INGREDIENTS

**1** liter milk  
**Peel of 1/2** lemon  
**Peel of 1/2** orange  
**1** small cinnamon stick  
**1** tablespoon butter  
**5** egg whites  
**1** cup granulated sugar  
**1/2** cup rice flour  
**2** puff pastry sheets  
**3 1/2** ounces almonds  
**3 1/2** ounces hazelnuts  
**2** egg yolks  
**1/2** cup powdered confectioner's sugar



Pantxineta is a traditional dessert from the Basque country of Spain. It is a simple dessert to prepare, yet looks very elaborate. Your family members will never imagine that you spent less than an hour preparing it!

**Laia Garay Zubia**  
2020-2021 New Student from Bilbao, Spain





# HEBRON ACADEMY

## Recipe Book



## LUMBERJACK DESSERTS

### GODOMSKY'S SHORT BREAD COOKIES



HOURS

2.5



CALORIES

140



SERVES

8

#### DIRECTIONS

1

Mix together the butter, sugar, vanilla, and flour (Once fully mixed, wrap and place the dough in the refrigerator for 2 hours)

2

Preheat oven 350 degrees

3

Remove the dough from the refrigerator, split the dough in half, and roll it out to a 1/4 inch thick

4

Cut the dough into shapes, with half the dough I cut the middle out so the jam is exposed. \*I use shapes that are specific to the upcoming holiday

5

Place the cookies on a baking sheet and bake for 10-12 minutes

6

Once completely cooled spread one cookie with strawberry or raspberry jam and place atop another

7

Sprinkle the cookies with confectionary sugar

#### INGREDIENTS

**3 sticks of Unsalted Butter**

**1 cup of Confectionary Sugar**

**2 tsp Real Vanilla Extract**

**3 Cups of All-Purpose Flour**

**1 Large Jar of Raspberry or Strawberry Jam**  
**Extra Confectionary Sugar to Sprinkle**

*\*Secret ingredient to these cookies is my own homemade strawberry and raspberry jam.*



This is one of my family's all-time favorite cookies. I am a cookie connoisseur and making these delightful treats for my friends and family, puts a smile on their face which is exactly what I love to see.

**Jen Godomsky**  
**Director of Health Services**







# HEBRON ACADEMY

## Recipe Book

### LUMBERJACK DESSERTS



#### EASY CHEESE PIE



HOURS  
1+ COOLING



CALORIES  
620



SERVES  
4

#### INGREDIENTS

**2** (8 ounce)  
packages of  
cream cheese,  
softened  
**2** eggs  
**1** cup white sugar  
**1** teaspoon vanilla  
extract  
**1** (9 inch)  
prepared graham  
cracker crust  
**1** box of  
strawberries

#### DIRECTIONS

- 1  
Preheat Oven to 375.
- 2  
Combine all ingredients in a mixing bowl and beat for 15 minutes.
- 3  
Pour into the graham cracker pie shell.
- 4  
Cook for approximately 35 minutes until cooked thoroughly.
- 5  
Refrigerate for a few hours "to chill".
- 6  
Top with sliced strawberries or fruit of choice.



This is a fall favorite at my house! I add some strawberries on the top, and everyone I share it with asks for the recipe. Love to sit down with my kids and enjoy this dessert together.

**Kurt Swanbeck, Head Coach Men's Soccer**





# HEBRON ACADEMY

## Recipe Book



## LUMBERJACK DESSERTS

### RIDLEY'S BLUEBERRIES BARS



HOURS  
1.5



CALORIES  
380



SERVES  
8

### DIRECTIONS

Preheat oven to 350F. Line an 8-inch square pan with aluminum foil and spray with cooking spray; set aside.

1

In a large, microwave-safe bowl melt the butter, about 1 minute on high power. Add the flour, oats, sugars, optional salt, and stir to combine. Mixture will be dry and sandy with some larger, well-formed crumble pieces. Set 1 heaping cup mixture aside to be sprinkled on later as crumble topping. Transfer remaining mixture to prepared pan, and using a spatula or your fingers, hard-pack the mixture to create an even, smooth, flat crust; set aside.

2

In a large mixing bowl, add all ingredients and toss to combine. Evenly distribute blueberry mixture over the crust. Evenly sprinkle with the reserved heaping 1 cup crumble topping mixture.

3

Bake for about 55 minutes, or until edges are set and center has just set. Crumble topping should appear set and very pale golden. Allow bars to cool for at least 30 minutes before slicing and serving

### INGREDIENTS

#### CRUST AND CRUMBLE TOPPING

*1/2 cup (1 stick) unsalted butter, melted*  
*1 cup all-purpose flour*  
*3/4 cup old-fashioned whole-rolled oats (don't use quick cook or instant, they're finer and behave like flour and will make mixture too dry)*  
*1/2 cup granulated sugar*  
*1/4 cup light brown sugar, packed*  
*pinch salt, optional and to taste*

#### BLUEBERRY LAYER

*12 ounces (2 cups) blueberries (fresh or frozen; I used frozen and didn't thaw)*  
*1/3 cup granulated sugar*  
*2 tablespoons lemon juice*  
*2 teaspoons cornstarch*



“



I love Maine summers and finding the small blueberry patches atop a mountain or other "top secret" blueberry picking spots. This is a treat that works for breakfast or dessert and anytime in between. Enjoy!

**Jenny Ridley, Director of Admissions**





# HEBRON ACADEMY

## Recipe Book

### LUMBERJACK DESSERTS



#### NEW ORLEANS PECAN PRALINES



MINUTES  
30 + COOLING



CALORIES  
216



SERVES  
10

#### DIRECTIONS

1

Line a baking sheet with foil and spray with nonstick cooking spray.

2

In a medium saucepan combine the white sugar, the brown sugar, and the evaporated milk. Warm up the mixture over a medium heat.

3

Stir until the sugar dissolves. Once everything is mixed well, insert a candy thermometer. Cook the candy, stirring occasionally, until the thermometer reads 240 degrees (F).

4

Once the proper temperature is reached, remove the pan from the heat and drop the cubes of butter on top, WITHOUT stirring. Allow the sugar mixture to sit for one minute.

5

Next, add the vanilla extract and the pecans. Begin to stir smoothly and consistently with a wooden spoon. The candy will begin to thicken and to appear lighter in color.

6

Continue to stir until the candy starts to hold its shape. It should still be easy to stir, but don't overdo it (pralines can quickly go from fluid to rock-solid).

7

Once the confection has a lighter opaque-brown color and is holding its shape, work quickly to drop small spoonfuls of the candy onto the prepared baking sheet. Because the pralines will start to set in the saucepan, you will need to spoon out the candy as quickly as you can. Allow the candy to fully set at room temperature (about 30 minutes).

#### INGREDIENTS

1 cup sugar (white)  
1 cup brown sugar (packed)  
½ cup evaporated milk  
4 tablespoons butter (cubed)  
2 teaspoons vanilla extract  
1 ½ cups pecans

*\*Although pecans make this a "New Orleans" praline, you can swap for most any other kind of nut. For those with nut allergies, consider using pepitas or sunflower seeds to give the "crunch."*

#### Important Note:

*Correct New Orleans pronunciation is important here: to sound like a local, be sure to say "pe-cawn praw-lene." If you ask for a "pee-can pray-lene" everyone will know you are "from away."*



For me, a praline is a little bit of "lagniappe" – a sweet treat I enjoy when visiting my family in Louisiana. Lagniappe is a Louisiana French creole word loosely defined as "a little something extra." Lagniappe is also the name of my black lab, my own little something extra.

Leslie Guenther, Athletic Director







# HEBRON ACADEMY

## Recipe Book

### LUMBERJACK DESSERTS

#### THE BEST ALMOND CHOCOLATE COOKIES



HOURS

1



CALORIES

147



SERVES

8

#### DIRECTIONS

1

In a large mixing bowl, stir together almond meal, dark chocolate chips, coconut, baking powder, salt, and sugar.

2

In a separate bowl, beat aquafaba (using a handheld mixer or whisking vigorously) until light and fluffy and loose peaks have formed. (Add a little cream of tartar to help them along if not whipping.)

3

To the aquafaba, add the melted coconut oil and vanilla and beat or whisk to combine. Then add to dry ingredients and mix until just combined. You should have a firm, semi-tacky dough (see photo).

4

Loosely cover and chill in the refrigerator for at least 30 minutes or overnight.

5

Preheat oven to 375 degrees F (190 C). Scoop out 1 1/2-Tablespoon amounts of dough and form into small discs (see photo). Place on a bare or parchment-lined baking sheet with about a 1-inch gap in between each cookie to allow for spreading. There should be about 12 cookies (amount as original recipe is written // adjust if altering batch size). Bake for 12-15 minutes.

#### INGREDIENTS

**1 1/4 cups almond meal or almond flour**  
**1/4 cup dark chocolate (bar or chips // loosely chopped)**  
**1/2 cup finely shredded (desiccated) unsweetened coconut**  
**1/2 tsp baking powder**  
**1/4 tsp sea salt**  
**1/3 cup organic brown sugar (or muscovado sugar)**  
**1/4 cup aquafaba (the brine/liquid in a can of chickpeas; Three tablespoons of aquafaba is equivalent to about one whole egg)**  
**3 Tbsp coconut oil (melted)**  
**1/2 tsp vanilla extract**



The best almond meal cookies made with only 9 ingredients. I love how delicious and chocolaty these cookies are! They are yummy and the dough tastes great too!!

**Lila and Ollie Marchetti, Faculty's children**





# HEBRON ACADEMY



## Recipe Book

