

CULINARY CORNER

February Edition



VALENTINES DAY

Lava Brownies

2 Cups Natural Cocoa Powder

1 Cup White Sugar

1 Cup Brown Sugar

½ Cup of All-purpose Flour

4 Eggs

1 Cup Melted Butter

1 TB Salt

1 tsp Instant Coffee

12oz Chocolate Chips

- 1.) Combine and sift dry ingredients together.
- 2.) Combine wet ingredients and whisk together.
- 3.) Preheat the oven to 325 and mix the two together until the batter just comes together.
- 4.) Bake for 30 minutes in a greased 12 x 12 pan
- 5.) Let set for an hour before enjoying!

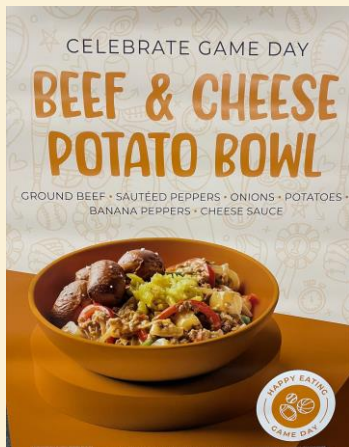
COCOA POWER!

As much as I and everyone I know loves chocolate, very few of people know or even discuss what makes it so unique, and why it's available in so many varieties in the culinary market. However, being that Valentine's Day is right around the corner what better time to discuss and learn about the importance of choosing the right chocolatey products to ensure you have a wonderful holiday with your loved one.

When looking at the grocery store you may commonly see two types of cocoa powder available to you. To the layman they seem the same, but that couldn't be further from the truth. Natural cocoa powder is much higher in acidity and has a reddish color, so what does that mean? Well, if you were baking a cake and it called for natural cocoa powder and replaced it with Dutch cocoa powder without adding any acidity your cake it likely will not rise. This is because the acidity in the cocoa powder has a reaction with baking soda creating little bubbles that allows the cake to rise. Aside from acidity natural cocoa powder is very well... chocolatey, it packs a lot of bite, so a lot of people say it's a lot sharper tasting than Dutch cocoa. This isn't to say that Dutch is inferior it has a different use case, which is why everyone should stock both. Now this recipe works with either powder, but being that brownies have such a high amount of sugar and fat, the acidity in the cocoa powder is toned down by these ingredients allowing you to enjoy that extreme chocolatey flavor. However, if you or someone you know is sensitive to the boldness of natural cocoa powder, Dutch cocoa is there for you. Enjoy!

Natural cocoa powder is much higher in acidity than Dutch cocoa and has a reddish color instead of brown, but what does that mean?

COMING SOON!!!



Beef & Cheese Potato Bowl!

This Limited Time Offer Special will be served in our Middle and High Schools from 2/6 to 2/10 featuring a rustic combination of savory ground beef, sautéed peppers, onions, potatoes, banana peppers, and creamy cheese sauce. Tastings provided in Café before the option is served. Be sure to try a taste!

HEART HEALTH

Valentines Day is probably the closest thing to a holiday the heart will ever get, with the boxes of chocolates and the decorations at the forefront of everyone's minds. However, it is important not to forget that it's more than just a symbol of love. Taking care of your heart with proper diet and exercise is one of the best things you can do for yourself and your loved ones. Whether it be a brisk 30 minute walk, cutting back on saturated fats, or sharing more of your Valentines day chocolate with a friend. Taking care of your heart is a wonderful way to show you care.

SCRANTON CHOPPED!!!

Great news everyone, come March Scranton Chopped will be returning and will be an excellent opportunity for the Middle School Students to compete and win prizes!



Entry Details Will Be Shared Soon!

Safety Corner!

Topic: Microwaves

Did you know that microwaves could heat liquids above the boiling point without ever forming bubbles?

The motion of grabbing this heated water can set off an almost chain reaction of the water overflowing and burning your hand. If you ever decide to boil water in a microwave, use a wooden skewer, or a wooden chopstick to create what is called a nucleation point for the bubbles to form.

This will prevent the water from boiling over and save you a trip to the burn ward!

Safety First

