

Future Chef RECIPE

Hridaya Bhatt

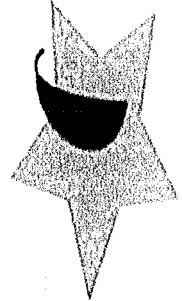
3rd Grade
Central Elementary
Miss Poole's class



by sodexo



Sandwich Dhokla



Ingredients:

White dhokla ingredients

- 1 Cup semolina
- ¼ Cup plain yogurt
- 1 Tablespoon oil
- Salt to taste
- 2 teaspoon fruit salt (eno)

Yellow dhokla ingredients

- ½ Cup chickpea flour
- ½ Cup semolina flour
- ¼ Cup plain yogurt
- 1 Tablespoon oil
- 2 teaspoon fruit salt (eno)
- Turmeric powder, pinch
- Salt to taste

Green Chutney ingredients

- Cilantro Bunch
- 4-5 Mint leaves
- 2-3 Ginger slits
- Salt to taste
- Sugar, pinch
- 1 teaspoon Lemon Juice
- 2 Green Chillies
- 1 Tablespoon Peanuts
- Water as needed

For Tempering

- 2 Tablespoons peanut oil
- 1 teaspoon mustard seed
- 1 teaspoon sesame seeds
- 2 green chillies
- Curry leaves, sprig

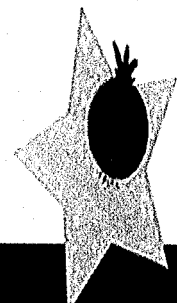
Directions:

1. For white dhokla

1. In a mixing bowl, combine semolina, yogurt, water oil and salt. Whisk well to combine. Rest for 10 minutes
2. Add fruit salt and gently mix
3. Pour batter on greased plate and spread evenly
4. Steam the batter for 15-20 minutes

TABLE

1



Future Chef RECIPE

Hridaya Bhatt

3rd Grade

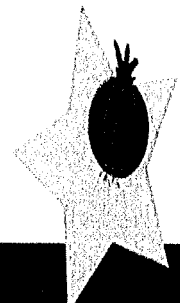
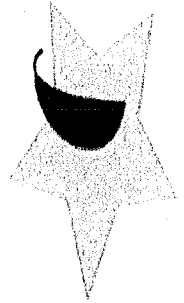
Central Elementary

Miss Poole's class



Directions:

1. For yellow dhokla
 1. In a mixing bowl, combine chickpea flour, turmeric, yogurt, water, oil and salt. Whisk to combine all ingredients. Rest for 10 minutes.
 2. Add fruit salt and gently mix
 3. Pour batter on greased plate and spread it evenly
 4. Steam batter for 15 to 20 minutes
2. Once the dhoklas are steamed, remove them on a plate. Allow to cool for 5-7 minutes
3. For the green chutney
 1. Combine washed clean cilantro, mint leaves, green chilies, ginger slits, peanuts, sugar, salt, water and blend to smooth puree
4. Layer the dhokla
 1. Place white dhokla on a plate, apply green chutney over it and place yellow dhokla on top of it
5. For tempering
 1. Heat oil in pan until hot. Add mustard seeds, sesame seeds, green chilies and curry leaves. Let everything crackle and pour it over the dhoklas.
6. Slice the dhoklas into desired shapes and garnish sandwich dhokla with some cilantro which is ready to serve with green chutney or ketchup.



Future Chef RECIPE

Trevor Jarvis

5th Grade
Central Elementary
Mrs. Rooy's class



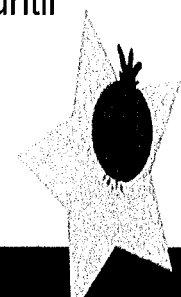
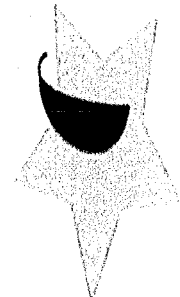
Steak with Asparagus and Onion

Ingredients:

- 1 boneless Strip Steak 8oz
- 7-8 Spears of Asparagus
- 1 Tablespoon butter
- 1 white onion
- 5 cloves garlic
- Garlic powder
- Onion powder
- Paprika
- Salt and Pepper

Directions:

1. Put spice in pan with water almost to the top
2. Bring the water to a boil. Chop white part off asparagus and add to water. Boil for 10-12 minutes until tender. Then take out.
3. Season steak with a pinch of salt, pepper and garlic powder on both sides.
4. Next, put pan on medium-high heat. When hot, put side with the most fat on to the pan. Wait until it has all melted. Flip every 2 minutes until internal temperature reaches 135 F
5. Reduce heat to medium. Add butter, rosemary and garlic. Base 1 minute on each side and then take out and rest for 6 minutes.
6. Last but not least, we need to cook the onions. Oil your pan. Cut yellow onion in half then slice onion. Put in pan and fry until soft
7. Put everything on a plate and dig in



Future Chef RECIPE

Amelia Kuhn
5th Grade
Daniel Boone elementary
Mrs. Wylde class



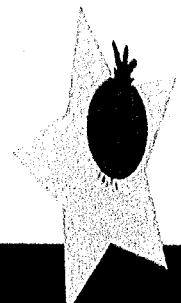
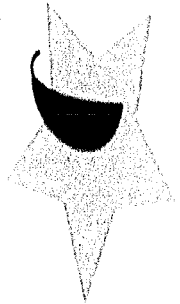
Amelia's Amazing Avocado Extravaganza Wrap

Ingredients:

- 1 Large Tortilla
- ½ Avocado, sliced
- 4 slices Tomato
- 5 slices Black Olives
- 2 Chopped pieces of lettuce
- ¼ teaspoon white wine vinegar
- ¼ teaspoon of olive oil
- Sprinkle of salt and pepper

Directions:

1. Grab your tortilla
2. Put sliced avocado, tomato, black olives and lettuce in tortilla
3. Sprinkle with vinegar, olive oil, salt and pepper
4. Fold tortilla with ingredients inside
5. Enjoy food !!!!



Future Chef RECIPE

Xavier Schwager
5th Grade
Daniel Boone elementary



Hummus Recipe

#2



Ingredients:

- 1 Can Chickpeas
- ¼ Cup Lemon Juice, Fresh
- ¼ Cup Tahini (well stirred)
- ¼ teaspoon small minced garlic
- 2 Tablespoons olive oil
- 1 teaspoon cumin, ground
- 2 tablespoon water
- 2 teaspoon dill pickle juice
- 1 teaspoon salt
- Chips and veggies

Directions:

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute
 2. Scrape the sides and bottom of the bowl then process for 30 seconds more. The extra time helps 'whip' or 'cream' the tahini, making the hummus smooth and creamy
 3. Add the olive oil, cumin and a ½ teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds
 4. Open, drain, and rinse the chickpeas. Add the chickpeas to the food processor and process for 1 minute
 5. Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, slowly add 2-3 Tablespoons of water until reach the perfect consistency
 6. Finally add garlic, salt and dill pickl juice to your hummus to add flavor
- Get chips, carrots, celery and cracker on the side for tasting



Future Chef RECIPE

Aminna Jaber
5th Grade
Daniel Boone elementary



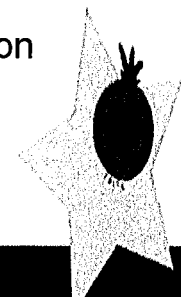
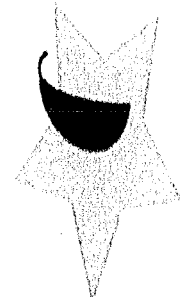
Honey Salmon Bowl

Ingredients:

- 1 Salmon
- 2 Tablespoon butter
- 1/3 Cup Honey
- 1 Tablespoon Paprika
- 1 Tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon seasoning salt
- 3 maggi bouillon cube, chicken
- 2 teaspoon salt
- 1 lemon
- 1 head of lettuce
- 1 cucumber
- 1 tomato
- 1 pkg parmesan cheese

Directions:

1. Cut salmon 1 inch cubes. Put in bowl with paprika, garlic powder, onion powder, seasoning salt, honey. Mix well.
2. Take a skillet on medium heat put butter allow to melt, add salmon cook until brown
3. Take a pot fill with water. Add bags of rice with salt, maggi bouillon cubes. Cook 10 minutes.
4. Cut up lettuce, tomatoes, cucumbers for salad. Put in bowl. Sprinkle with parmesan cheese. Cut lemon in half squeeze on salad. Mix well.
5. Plate salmon, rice salad in bowl. Enjoy!



Future Chef RECIPE

Natalie Kovacs

4th grade

Fairmount Elementary



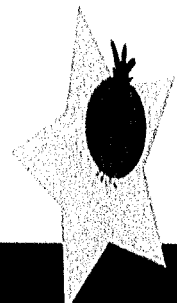
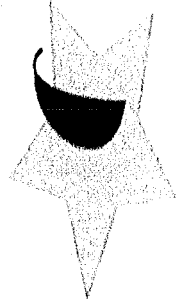
Crepes

Ingredients:

- 1 Cup flour
- 2 large eggs
- 1 Cup milk
- 3 Tablespoons melted butter
- ¼ cup water

Directions:

1. Mix all ingredients in a small bowl until a smooth batter
2. While batter rests, cut fruit
3. Turn on crepe maker to med/low heat and brush tiny amount of oil onto it
4. Use spatula to get out amount of batter requested
5. Make your crepe
6. Stuff the crepe



Future Chef RECIPE

Mya Rosacker
3th grade
Fairmount Elementary



Mya's Turkey burgers

Ingredients:

- 1 pound ground turkey
- 1 cup panko bread crumbs
- ½ cup shredded cheddar cheese
- ¼ cup mayo
- Salt and pepper
- 4 buns

Directions:

1. In a large bowl, mix all ingredients together
2. Divide mix into 4 patties
3. With adult supervision, cook burgers on lightly sprayed pan
4. Cook about 5 minutes per side or until internal temperature is 165 degrees
5. Place burgers on buns and top with toppings of choice
6. Eat and enjoy!



Future Chef RECIPE

Kellen Smith
4th grade
Independence Elementary



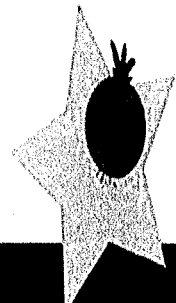
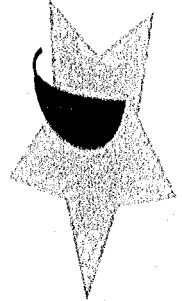
Poor Man's Pie

Ingredients:

- 1 pound ground beef
- 2 russet potatoes
- Butter (spreadable)
- 6 slices of American cheese
- Salt
- Pepper

Directions:

1. Wash potatoes, use a fork to puncture the entire potato for thorough cooking, then salt. Microwave approximately 10 minutes, rotating halfway
2. While the potatoes are cooking, in a large pan, brown the ground beef until fully cooked; then strain.
3. Take the potatoes out and dice
4. Put the meat back in the pan on low heat, add salt and pepper
5. Cover the meat with diced potatoes, lightly salt and pepper
6. Spread the butter over the potatoes
7. Cover the potatoes with cheese
8. Cover the pan with aluminum foil or a lid
9. Let sit for about 5 minutes or until the cheese is fully melted
10. Bon Appetit!



Future Chef RECIPE

Michael Barnes
5th grade
Independence Elementary



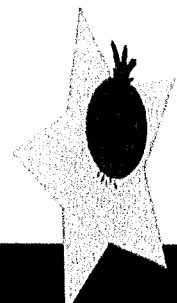
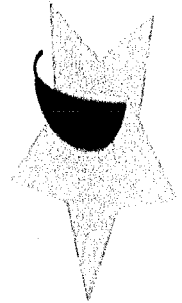
Barbecued beef on bun

Ingredients:

- 1 pound ground beef
- 1 small chopped onion
- 1 chopped green pepper
- 2 Tablespoon sugar
- 2 Tablespoon mustard
- 1 teaspoon salt
- 1 cup ketchup
- Steak seasoning for the beef

Directions:

1. Brown meat until crumbly but not hard, drain fat
2. In the separate frying pan sweet onions, drain fat. Put the ground beef back in the frying pan and add the rest of the ingredients.
3. Cover and simmer 30 minutes.
4. Serve on toasted buns



Future Chef RECIPE

Ella Behr
4th grade
Independence Elementary



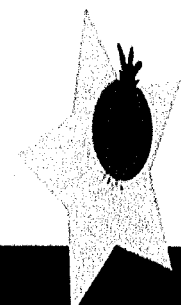
Zucchini- Chocolate Chip Muffins

Ingredients:

- 1 medium zucchini
- 1/3 Cup applesauce
- 1/3 cup brown sugar
- 1 egg
- 1/2 cup plain Greek yogurt
- 1 1/2 teaspoon vanilla extract
- 1 1/2 cups whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 2 tablespoon chocolate chips

Directions:

1. Preheat oven to 350 F. Line muffin pan with paper cups
2. Rinse zucchini and dry. Shred zucchini
3. Combine applesauce, brown sugar, egg, Greek yogurt and vanilla in bowl. Whisk
4. Add flour, baking powder, baking soda, salt and cinnamon to bowl. Stir.
5. Add zucchini
6. Add to muffin tin
7. Bake 25-30 minutes
8. Cool.



Future Chef RECIPE

Timothy Bishline
4th grade
Independence Elementary



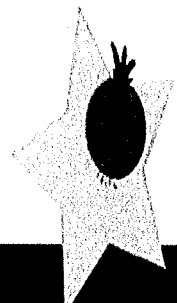
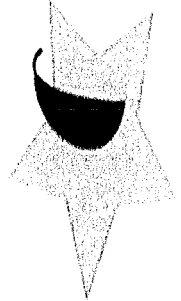
Gulliver's Corn

Ingredients:

- 2 – 20 oz Frozen corn
- 8oz whipping cream
- 8oz milk
- 1 teaspoon salt
- Pepper
- 2 tablespoons butter
- 2 tablespoons flour

Directions:

1. Mix all but butter and flour
2. Bring to boil. Simmer 5 minutes
3. Melt butter. Add flour. Mix together



Future Chef RECIPE

Alex Gotsch
5th grade
Becky-David Elementary



Alex's Sausage Soup

Ingredients:

Step 1

- 1 Carrot, cut into small pieces
- 1 Onion, chop onion (about $\frac{3}{4}$ cup)
- 10-12 baby potatoes "little yellows" cut into quarters
- 1 small red radish, chopped
- 2 cups cabbage, chopped
- 1 bag Jimmy Dean's Fully Cooked Pork Sausage crumbles
- 1 can steam crisp Mexicorn, drained
- 2.5 boxes of low sodium chicken broth

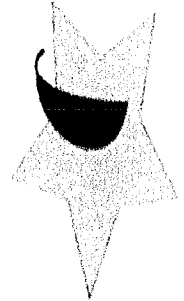
Step 2

- 1 $\frac{1}{2}$ teaspoon garlic powder
- Salt and pepper (to taste)
- 1 cup egg noodles, medium
- love

Directions:

1. Add all ingredients listed in Step 1 to a large stock pot. Bring to a boil on high heat. Once boiling, simmer on low heat until all vegetables are tender.
2. Add remaining ingredients listed in step 2 and continue to cook until noodles are tender
3. Serve with chef's choice of bread, oyster crackers or saltines.

Chef's Note: "Vyneshewa"- This is Chef Alex's 'French' term for 'Perfect and Tasty' and is said as he kisses his fingertips. Chef Alex requires any cook who makes his recipes to prepare, cook and serve it with LOVE



Future Chef RECIPE

Evelyn Fricke
2nd grade
Fairmount Elementary



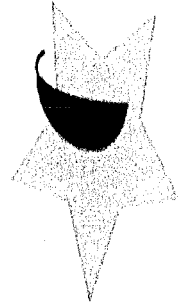
Evelyn's Mini Pizza

Ingredients:

- 1 whole wheat tortilla
- 2 Tablespoons marinara sauce
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Turkey pepperoni
- ½ cup shredded mozzarella cheese

Directions:

1. Lay out tortilla on the air fryer rack
2. Place marinara sauce in the middle of the tortilla and spread around leaving a small boarder around the outside
3. Sprinkle garlic powder and onion poswer over marinara sauce
4. Place pepperonis over marinara sauce
5. Cover pepperonis with mozzarella cheese
6. Place pizza on rack in the air fryer to cook at 350 F for 8-10 minutes (until cheese is melted).
7. Carefully remove pizza from air fryer, cut and let cool before enjoying.



Future Chef RECIPE

Owen Reich
4nd grade
Fairmount Elementary



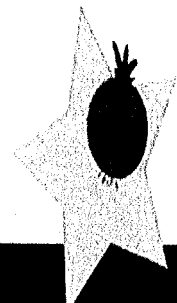
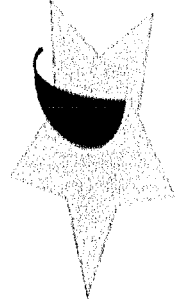
Corn Casserole

Ingredients:

- 8oz Jiffy Corn Muffin Mix
- 15oz whole kernel corn, drained
- 15oz creamed corn, not drained
- 1 cup sour cream
- ½ cup melted butter

Directions:

1. Preheat the oven to 350 F. Spray an 8x8" baking pan with cooking spray
2. In a bowl, mix all of the ingredients together and pour into the prepared baking dish
3. Cook uncovered for 45-50 minutes or until lightly golden brown



Future Chef RECIPE

Karem Daghamin
5th grade
Fairmount Elementary



Coconut Cake

Ingredients:

- 1 cup sugar
- 1 cup flour
- 1 cup soft coconut
- 1 cup semolina
- 1 cup vegetable oil
- 1 cup plain yogurt
- 1 egg
- 1 small spoon baking powder
- 1 small spoon vanilla
- Simple syrup (1 cup sugar, 1 cup water)

Directions:

1. First we add the sugar and water for the syrup together and let it boil for 5 minutes, then let it cool down on the side until we prepare the cake
2. We add all the dry ingredients (sugar, flour, coconut, semolina) together
3. Then we add the egg, baking powder and vanilla
4. We add the yogurt and mix them
5. We start adding the oil and mix, until we see the soft texture dough
6. We put it in the baking pan and bake it at 350 F for around 20 minutes
7. When it is ready we put it on broil for a few seconds
8. Then we add the syrup on top and it is ready to eat

