

Special thanks to our adult helpers for the evening!

Mrs. A. Baer, Mr. M. Baer, Mrs. K. Bishop, Miss J. Antonucci, Mrs. E. Bell, Mrs. K. Marx, Mrs. J. Hlasnick Mrs. L. Garafolo, Mrs. R. Napplitan, Mr. M. Erkel

February 26, 2016

*Most of the recipes that we used are from the site – allrecipes.com We modified some of them – ingredients, methods etc. – but the basic recipes are on that site if you want them. If you have any questions – contact Mrs. Baer – abaer@gatewayk12.org*

Gateway Middle School

Cooking Club

**It’s a PARTY!**

**Pesto Pasta – prepared by Miss Antonucci for before we start.**

**Recipes that will be prepared for the meal:**

**Bacon Crescent Appetizers**

**Taco Bar (Fish, Beef, Veggie or Bean)**

**Party Pinwheel Sandwiches**

**Pepperoni Rolls**

**Dessert: Peach or Pear Fruit Crisp**

**Take home goodies: Cupcakes!**

Taco Bar

3 pounds Ground Beef (see enclosed recipe)

5 Fresh Fish filets (Tilapia – from US or Ecuador. Go to [www.seafoodwatch.org](http://www.seafoodwatch.org) to choose the most environmentally sound fish choices.) (see enclosed recipe)

Refried Beans (see enclosed recipe)

1 can black beans

1 can pinto beans

3 bags Shredded cheese (cheddar or Mexican mix)

Sour Cream

Red Onion

Tomatoes

Lettuce (iceberg and Romaine)

2 Jars salsa (or make your own!!!)

1. Prepare ground meat according to recipe. Put in a bowl with a serving spoon

2. Prepare fish filling according to recipe. Put in a bowl with a serving spoon

3. Prepare refried beans according to recipe. Put in bowl with a serving spoon.

4. Sour Cream – put in a bowl with a spoon for serving.

5. Tomatoes – Dice into small pieces – put in a bowl with a spoon for serving

6. Salsa – open salsa – put a spoon in the jar for serving.

7. Lettuce – Slice into shreds – put in bowl with tongs for serving

8. Shredded Cheese – open bag – put in bowl with a spoon for serving

9. Red Onion – thinly slice – set out on a plate with a fork to serve

10. Open the 2 cans of beans – RINSE in a colander – put in a bowl with a spoon.

|  |  |
| --- | --- |
| **Ground Beef with Homemade Taco Seasoning** |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| recipe image | |  |  | | --- | --- | | **Rated:** | rating |  |  |  | | --- | --- | | **Prep Time:**10 Minutes  **Cook Time:**15 Minutes | **Ready In:**25 Minutes  **Servings:**16 | |

**INGREDIENTS:**

|  |  |
| --- | --- |
| 1 large onion, minced  2 teaspoons salt  2 ½ teaspoons chili powder  1 teaspoon cornstarch  1 teaspoon ground cumin | 1 teaspoon red pepper flakes  ¾ teaspoon garlic powder  ½ teaspoon dried oregano  3 pounds ground beef  1 cup water |

**DIRECTIONS:**

|  |  |  |
| --- | --- | --- |
| **1.**  **2.** |  | Mince Onion.  Mix minced onion, salt, chili powder, cornstarch, cumin, red pepper flakes, garlic powder, and oregano in a bowl. |
| **3.** |  | Heat a large skillet over medium-high heat. Crumble ground beef into the hot skillet. Cook and stir until the beef is completely browned, 7 to 10 minutes. Drain and discard any excess grease. |
| **4.** |  | Return ground beef to heat. Pour seasoning mixture and 1 cup water over the beef; stir to combine. Bring to a simmer and cook until the moisture absorbs into the meat, about 5 minutes.   |  |  | | --- | --- | | **Rush Hour Refried Beans** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | recipe image | |  |  | | --- | --- | | **Rated:** | rating |  |  |  | | --- | --- | | **Prep Time:**10 Minutes  **Cook Time:**10 Minutes | **Ready In:**20 Minutes  **Servings: 16** | |   **INGREDIENTS:**   |  |  | | --- | --- | | 1/4 cup butter  1/4 cup chopped onion  2 teaspoons minced garlic | 2 (15 ounce) cans pinto beans, undrained  1/2 teaspoon ground cumin |   **DIRECTIONS:**   |  |  | | --- | --- | | **1.** | Heat butter in a skillet over medium heat. Cook and stir onion and garlic in the hot butter until onions are softened, 5 to 7 minutes. Mash pinto beans and cumin into onion mixture using a potato masher until reaching your desired consistency. Cook and stir bean mixture until heated through ~3 to 5 minutes. | |

|  |  |
| --- | --- |
| **Party Pinwheels** |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | |  |  | | --- | --- | | **Prep Time:**10 Minutes  **Cook Time:**5 Minutes | **Ready In:**2 Hours 20 Min  **Servings:**30 |   recipe image |

**INGREDIENTS:**

|  |  |
| --- | --- |
| 4 (8oz) packs cream cheese, softened  8 green onions, minced  8 (12 inch) flour tortillas  1 cup yellow or orange bell pepper, diced | 1 cup red bell pepper, diced  1 can (4 oz) green chiles  1 (4 ounce) cans sliced black olives  2 cups shredded Cheddar cheese |

**DIRECTIONS:**

|  |  |
| --- | --- |
| **1.**  **2.**  **3.** | Have the tortillas out so they get to room temperature. Or microwave for a few seconds. This makes them softer so they are easier to work with and won’t tear as easily.  In a medium-size mixing bowl, combine cream cheese, and green onions.  Spread the cream cheese mixture on each tortilla. Sprinkle peppers, black olives, and cheese over the cream cheese mixture. Roll up the tortillas, then wrap them tightly in aluminum foil. |
| **4.** | If possible, chill 2 hours or overnight. Cut off ends of the rolls, and slice the chilled rolls into 1 inch slices. |

|  |  |
| --- | --- |
| **Bacon Appetizer Crescents** |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| recipe image | |  |  | | --- | --- | | **Rated:** | rating | | **Prep Time:**20 Minutes | | **Ready In:**35 Minutes  **Servings:**40 | |

**INGREDIENTS:**

|  |  |
| --- | --- |
| 2-1/2 (8 oz) packages Cream Cheese, softened  20 slices Bacon, cooked, crumbled  1 cup Grated Parmesan Cheese  2 medium finely chopped onions | 1/3 cup chopped fresh parsley  3 tablespoons milk  5 (8 ounce) pkgs refrigerated crescent rolls |

**DIRECTIONS:**

|  |  |
| --- | --- |
| **1.** | Heat oven to 375 degrees F. |
| **2.** | Mix all ingredients except crescent dough. |
| **3.**  **4.** | Separate each can of dough into 8 triangles; cut each triangle lengthwise in half.  Spread each dough triangle with 1 generous tsp. cream cheese mixture; roll up, starting at short side of triangle. Place, point-sides down, on baking sheet. |
| **5.** | Bake 12 to 15 min. or until golden brown. Serve warm. |

Pepperoni Rolls

**Cook time**

**Ingredients**

* 4 cans refrigerated Biscuits (10 biscuits per can)
* 80 pepperoni slices
* Block of cheese – Mozzarella or Colby jack works fine
* 2 beaten egg
* Parmesan
* Italian seasoning
* Garlic powder
* 1 jar pizza sauce

**Instructions**

1. Cut the block of cheese into at least 40 squares.
2. Flatten a biscuit out and stack pepperoni and cheese on top.
3. Gather up the edges of the biscuit.
4. Put the rolls, seam side down, in a greased 9×13 in. pan. (you will probably need 2)
5. Brush with beaten egg.
6. Sprinkle with Parmesan, Italian seasoning, and garlic powder.
7. Bake at 425°F for 18-20 minutes.
8. Serve the rolls with warm pizza sauce for dipping.

|  |  |
| --- | --- |
| ­­­­­­ |  |



Make 2 – One with peaches

One with pears

Fruit Crisp

Prep- 10 m Cook- 35 m Ready In- 45 m

Ingredients

* 1 pinch salt
* 2 teaspoons ground cinnamon
* 1 cup butter, chilled
* 1 (29 ounce) can sliced peaches, drained (you can use fresh peaches when they are in season)
* 1 ½ cup all-purpose flour
* 1 cup rolled oats
* ¾ cups white sugar
* ¾ cups brown sugar

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Layer the peaches in a 9x13 inch baking pan. In a large bowl, mix the flour, oats, brown sugar, white sugar, salt and cinnamon. Slice the butter into chunks and mix it into the dry ingredients (just use your washed hands and mush it together) until it looks like pea size crumbs. Sprinkle crumbs over peaches or pears.
3. Bake for 30 to 40 minutes in the preheated oven, until lightly golden.

Fish Tacos   
**Ingredients**

Cabbage Slaw:  
1/2 head savoy cabbage, shredded  
3 scallions, sliced thinly on the bias  
1 jalapeno, minced, optional  
1/4 to 1/2 cup white vinegar  
2 tablespoons honey  
1/4 cup canola oil  
Kosher salt

Tacos:  
3 pound white flaky fish, such as mahi mahi or tilapia  
3/4 cup canola oil  
3 limes, juiced  
3 tablespoons ancho chili powder  
3 jalapenos, coarsely chopped Coarse salt

1. Preheat oven to 350OF

2. Place fish in a baking dish that will fit all of the fish – may need 2 dishes.

3. Whisk together the oil, lime juice, ancho, and jalapeno and pour over the fish. Let marinate for at least 15 to 20 minutes. \*\*\*Make the Cabbage Slaw while the fish marinates.  
4. Remove the fish from the marinade place it onto a on a parchment-lined baking sheet.   
5. Bake for 8-10 minutes. Check for “doneness” – it may need longer. Let rest for 5 minutes then flake the fish with a fork.

Cabbage Slaw:  
1. Thinly shred Cabbage 2. Mince the scallion and Jalapeno 3. Mix the scallion and jalapeno in with the shredded cabbage.  
4. In a small bowl, combine the vinegar, honey and oil. 5. Add to the cabbage mixture and toss until well dressed. 6. Season with salt, to taste. If using within a couple of hours let it sit at room temperature, if making this ahead, refrigerate until ready to use.

|  |  |
| --- | --- |
| **One Bowl Chocolate Cake III (Chocolate Cupcakes)** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| recipe image | |  |  | | --- | --- | | **Prep Time:**20 Minutes  **Cook Time:**30 Minutes | **Ready In:**1 Hour  **Servings:**24 cupcakes | |

**INGREDIENTS:**

|  |  |
| --- | --- |
| 2 cups white sugar  1 3/4 cups all-purpose flour  3/4 cup unsweetened cocoa powder  1 1/2 teaspoons baking powder  1 1/2 teaspoons baking soda  1 teaspoon salt | 2 eggs  1 cup milk  1/2 cup vegetable oil  2 teaspoons vanilla extract  1 cup boiling water |

**DIRECTIONS:**

|  |  |
| --- | --- |
| **1.**  **2.** | Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin tin cups with cupcake liners.  Put a small pot of water on the stove to boil. You will need to use 1 cup of boiling water. |
| **3.**  **4.**  **5.** | In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt.  Add the eggs, milk, oil and vanilla, mix for 2 minutes on medium speed of mixer.  Stir in the boiling water last. Batter will be thin. Pour evenly into the prepared pans. |
| **6.** | Bake 20 to 25 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely.   |  |  |  | | --- | --- | --- | | recipe image  **Chocolate Buttercream Frosting** | |  | | --- | | **Servings:**48 | |   **INGREDIENTS:**   |  |  | | --- | --- | | 1/2 cup butter (room temperature)  4 cups confectioners' sugar  1/3 cup cocoa powder | 2 teaspoons vanilla extract  1/4 cup milk |   **DIRECTIONS:**   |  |  | | --- | --- | | **1.**  **2.**  **3.** | Beat the room temperature butter for a few minutes. Then SLOWLY add the confectioners’ sugar and cocoa powder.  Add the vanilla extract and ***half of*** the milk.  You may need to add more milk (slowly) until frosting reaches a spreadable consistency. | |

**Classic Vanilla Buttercream Frosting**

Author: Savory Sweet Life Total time:  5 mins Serves: 2.5 cups

**Ingredients**

* 1 cup unsalted butter (2 sticks or ½ pound), softened (but not melted!) Ideal texture should be like soft ice cream.
* 3-4 cups confectioners (powdered) sugar
* ¼ teaspoon table salt
* 1 tablespoon vanilla extract
* up to 4 tablespoons milk

**Instructions**

1. Beat butter for a few minutes with a mixer with the paddle attachment on medium speed.
2. Add 3 cups of powdered sugar and turn your mixer on the lowest speed (so the sugar doesn’t blow everywhere) until the sugar has been incorporated with the butter.
3. Increase mixer speed to medium and add vanilla extract, salt, and 2 tablespoons of milk/cream and beat for 3 minutes.
4. If your frosting needs a more stiff consistency, add remaining sugar. If your frosting needs to be thinned out, add remaining milk 1 tablespoons at a time.

**Simple White Cake (cupcakes)**

Prep 20 m Cook 30 m Ready In 50 m

**Ingredients**

* 2 cup white sugar
* 3 cups all-purpose flour
* 3 1/2 teaspoons baking powder
* 1 ½ cup milk
* 1 cup butter **(room temp)**
* 4 eggs
* 4 teaspoons vanilla extract

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C) Line 2 muffin pans with paper liners.
2. In a medium bowl, cream together the sugar and ROOM TEMPERATURE butter. **(let the mixer run for about 5 minutes before adding the other ingredients. )**
3. Beat in the eggs, one at a time. Let mixer run for at least another 5 minutes. **Should be yellow and fluffy!**
4. In a separate bowl, combine flour and baking powder, add to the creamed mixture and mix well. Finally stir in the milk and vanilla until batter is smooth. Pour or spoon batter into the prepared pan.
5. Bake cupcakes for 20 to 25 minutes in a preheated oven. Cake is done when it springs back to the touch.