

Morning Smoothie

- 1/4 cup (50 mL) frozen blueberries
- 1/4 cup (50 mL) frozen strawberries
- 1/2 banana
- 1/3 cup (75 mL) yogurt (flavored or plain)
- 1 cup (250 mL) milk
- 1 tbsp (15 mL) ground flax

Blend all ingredients until smooth.
Makes about 3 cups (750 mL).

Per serving: 175 calories, 7.5 g protein, 22.5 g carbohydrate, 5.5 g fat, 230 mg calcium

Frosty Apple

- 1 cup (250 mL) milk
- 1 1/4 cups (300 mL) chilled, sweetened applesauce
- 2 large scoops of vanilla ice cream
- 1/4 tsp (1 mL) vanilla extract
- 1 pinch of ground nutmeg

Blend all ingredients until smooth.
Makes about 4 cups (1 L).

Per serving: 160 calories, 2.8 g protein, 27 g carbohydrate, 5 g fat, 127 mg calcium

Strawberry Breeze

- 2 cups (500 mL) strawberries (fresh or frozen)
- 2 tsp (10 mL) lemon juice
- 2 cups (500 mL) vanilla ice cream or frozen yogurt

Blend all ingredients until smooth.
Makes about 4 cups (1 L).

Per serving: 153 calories, 1.5 g protein, 21 g carbohydrate, 7 g fat, 100 mg calcium

Peachy

- 1 cup (250 mL) milk
- 1 cup (250 mL) peaches
- 1 tbsp (15 mL) maple syrup
- 3/4 cup (175 mL) vanilla yogurt

Blend all ingredients until smooth.
Makes about 2 cups (500 mL).

Per serving: 212 calories, 9 g protein, 25 g carbohydrate, 4.5 g fat, 295 mg calcium

Shamrock Shake

- 1 cup (250 mL) sliced kiwi
- 1/2 cup (125 mL) milk
- 2 scoops lime sherbet
- 1 tsp (5 mL) lemon juice

Blend and enjoy.
Makes about 2 cups (500 mL).

Per serving: 216 calories, 4 g protein, 43 g carbohydrate, 3.6 g fat, 157 mg calcium

Banana Dream

- 1 banana
- 2 cups (500 mL) milk
- 1 cup (250 mL) vanilla yogurt

Blend all ingredients until smooth.
Makes about 3 cups (750 mL).

Per serving: 200 calories, 10 g protein, 30 g carbohydrate, 5 g fat, 325 mg calcium

Nutrient content is based on partly skimmed 2% milk and 1 cup (250 mL) serving size.

Snuggly Dogs

Get Ready: baking sheet, dry measures, measuring spoons, medium mixing bowl, mixing spoon, pastry blender, liquid measures, knife, cutting board

Ingredients:

- 250 ml Flour
- 10 ml Baking Powder
- 15 ml Sugar
- 2.5 ml Salt
- 40 ml Hard Margarine

- 60 ml Milk
- 3 ~~6~~ Hot dogs - heated

Directions:

1. Preheat the oven to 425°F. Grease the baking sheet with a little cooking spray.
2. Mix the Flour, Baking powder, Sugar and Salt in a medium mixing bowl. Use the pastry blender to cut in the margarine until crumbly.
3. Add the milk. Stir with a fork until the dough forms a ball. Add a bit more milk if necessary to make a soft dough. Turn the dough out onto a lightly floured surface. Knead the dough 10 times.
4. Roll the dough to approx. 6mm thick. Cut into 6 rectangles with the knife on the cutting board.
5. Completely enclose each hot dog in 1 portion of the dough. Press the ends together to seal. Arrange on the baking sheet.
6. Bake in the oven for 8-10 mins. until risen and golden brown.
7. Top with mustard or ketchup if desired.

TIPS ON WHIPPING CREAM

- Be sure to chill a metal bowl, beaters, or the whisk you'll use to whip the cream in your freezer, about 15 minutes for best results. You'll find the cream will whip faster and more fully. If, however, you don't have time to chill the bowl, you can immerse it in a larger bowl filled with ice water and proceed as usual.
- Use powdered (confectioner's sugar) to sweeten cream-it not only dissolves quickly, but also helps stabilize the whipped cream due the fact it contains cornstarch.
- If you accidentally over beat heavy or whipping cream so much so that it begins to turn buttery, gently stir in additional cream, 1 tablespoon at a time. Don't "beat" the cream again or you'll be right back where you began.
- Remember to use a bowl that's deep enough, keeping in mind the cream will double in volume when it's whipped.
- Decrease the instances of splattering by gradually increasing the speed of the mixer from low to high. You can also protect yourself and your clothes by draping a kitchen towel over the bowl of an electric standing mixer to catch any fly away cream.
- A small amount of cream (less than 1 cup) will whip better in a deep narrow bowl than one that's large and wide.
- You'll get more volume from whipped cream if you hold off adding sugar or flavorings like vanilla or liqueurs until the cream has been whipped to soft peaks.

Recipe

For 2 cups of whipped cream, pour 1 cup of cream into a chilled bowl and whip it vigorously until it just begins to hold its shape. Add about 2.5ml of vanilla extract. Add 15 ml of confectioner's sugar or icing sugar and continue to beat until it holds soft droopy peaks.

VANILLA BUTTER FROSTING

30 ml soft butter or margarine
370 ml confectioners' sugar
5 ml vanilla
15 ml milk (15 ml water plus 5 ml milk powder)

Blend butter and sugar. Stir in vanilla and milk; beat until frosting is smooth and of spreading consistency.

Frosts one 8- or 9- inch cake.

Variations:

BROWNED BUTTER FROSTING: Heat butter in saucepan over medium heat until a delicate brown.

CHERRY BUTTER FROSTING: Stir in 15 ml drained chopped maraschino cherries and 2 drops red food color.

MAPLE-NUT BUTTER FROSTING: Substitute 60 ml maple-flavored syrup for the vanilla and milk; stir in 25 ml finely chopped nuts.

ORANGE (or Lemon) BUTTER FROSTING:

Omit vanilla and substitute orange (or lemon) juice for the milk; stir in 5 ml grated orange (or 1 ml grated lemon) peel.

PEANUT BUTTER FROSTING: Substitute peanut butter for the butter; increase milk to 25-40 ml.

PINEAPPLE BUTTER FROSTING: Omit vanilla and milk; stir in 40 ml well-drained crushed pineapple.

CHOCOLATE BUTTER FROSTING: Same as vanilla butter frosting but stir in 1 ounce melted unsweetened chocolate, cooled.

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All Occasion Cutout Cookies

125 ml butter or margarine, room temp
250 ml sugar
1 egg
30-40 ml milk
7 ml vanilla
500-550 ml all purpose flour
10 ml baking powder
1ml salt

DAY 1 Mix the Dough

CREAM butter,
ADD Sugar, Egg, Milk and Vanilla
BEAT until creamy and fluffy
ADD flour, BP and salt beating until blended.
Divide dough into 2 equal portions. (1/2 for each group of 2)
Wrap and refrigerate until firm (1 hr or longer).

DAY 2 Roll Out Dough and Bake Cookies

Prior to baking allow dough to stand at room temp until soft enough to roll.
ROLL out dough on lightly floured surface roll dough 1/4 inch.
Cut out cookies.
Bake at 375F, 7 to 10 minutes until edges are golden brown.

DAY 3 Ice Cookies

1. Define the term "CREAM" as it is used in this recipe.
2. What type or class of cookie is this? What are at least two other types?
3. What gives cookies or baked products structure?
4. What does the baking powder do in baked products?
5. Describe a perfect rolled cookie.

Pretzels

Ingredients:

- 15 ml Yeast
- 7 ml Sugar
- 500 ml Flour
- 200 ml Hot Water
- 5 ml Salt

Optional Toppings:

1. 1 egg white and coarse salt

IF USING EGG WHITE AND SALT PUT ON BEFORE BAKING

2. 15 ml white sugar and 5 ml cinnamon dipped in 30 ml melted butter

IF USING SUGAR AND CINNAMON DO AFTER BAKING

3. 30 ml pizza sauce and 60 ml grated cheese

IF USING PIZZA SAUCE AND CHEESE PUT ON BEFORE BAKING

Directions:

1. In a large mixing bowl mix together the flour, sugar, salt and yeast.
2. Add the hot water and mix with a wooden spoon
3. Turn dough onto a lightly floured surface and knead until smooth (aprox. 5 minutes)
4. Break dough into 6-8 balls and form desired shapes.
5. Place on a greased cookie sheet and bake for 15-20 minutes after 375 F
6. Let cool and enjoy!

FOODS

FOOD BASICS - RECIPES

LAB: CHEESE

MACARONI & CHEESE

MARGARINE 15mL

FLOUR 15mL

SALT dash

PEPPER dash

MILK 125mL

ELBOW MACARONI 125mL

CHEDDAR CHEESE 125mL

1. BOIL WATER FOR MACARONI AND COOK WHILE MAKING SAUCE.
Cook for 10 10 minutes, Strain.
2. MELT MARGARINE IN SAUCEPAN OVER LOW HEAT.
3. BLEND IN FLOUR, SALT AND PEPPER, GRADUALLY.
4. REMOVE FROM THE HEAT, GRADUALLY STIR IN THE MILK.
5. COOK OVER MEDIUM HEAT, STIRRING CONSTANTLY, UNTIL SAUCE THICKENS.
6. REMOVE FROM HEAT AND ADD GRATED CHEESE.
7. COMBINE WITH COOKED MACARONI IN A GREASED CASSEROLE.
8. TOP WITH GRATED CHEESE (50 ML)
9. BAKE AT 350 F FOR 20-30 MINUTES

FOODS 90 - RECIPES

STUFFED POTATOES

2 LARGE	POTATOES	2 LARGE
2TBSP.	BUTTER OR MARGARINE	25 mL
1\4 CUP	MILK	50 mL
1\4 TSP.	DRIED SUMMER SAVORY	1 mL
1\2 TSP.	SALT	2 mL
2	GREEN ONIONS, CHOPPED	2
1\2 CUP	SHREDDED CHEDDAR CHEESE	125 mL
	PAPRIKA FOR GARNISH	

1. PIERCE POTATOES WITH A FORK 2 OR 3 TIMES. ARRANGE IN A CIRCLE ON PAPER TOWEL IN MICROWAVE OVEN, 1 INCH (2.5cm) APART. MICROWAVE ON HIGH FOR 12 TO 16 MINUTES. POTATOES MAY STILL FEEL FIRM WHEN DONE. LET STAND 5 MINUTES TO SOFTEN.

2. CUT POTATOES IN HALF LENGTHWISE. SCOOP OUT CENTRES WITH A SPOON LEAVING 1/8-INCH SHELLS. RESERVE SHELLS.

3. MASH POTATOES. STIR IN BUTTER, MILK, SALT, SUMMER SAVORY AND GREEN ONIONS. MIX WELL. SPOON POTATO MIXTURE INTO RESERVED SHELLS, MOUNDING IF NECESSARY. SPRINKLE CHEESE, THEN PAPRIKA ON TOP OF EACH POTATO.

4. ARRANGE POTATOES IN CIRCLE ON PAPER TOWEL IN MICROWAVE OVEN, 1 INCH APART. MICROWAVE ON HIGH FOR 4 TO 5 MINUTES, OR UNTIL HEATED THROUGH.

FOODS 90- RECIPES

NO-FRY FRENCH FRIES

2	LARGE POTATOES (BAKERS)	2
1 TBSP	VEGETABLE OIL OR OLIVE OIL	15 ML

SALT OR SEASONING SALT

- 1. PEEL POTATOES; CUT LENGTHWISE INTO NEAT STRIPS ABOUT ½ INCH (1 CM) THICK.**
- 2. PLACE STRIPS INTO A BOWL AND COMBINE WITH OIL AND SALT.**
- 3. ARRANGE POTATOES IN SINGLE LAYER ON LARGE BAKING SHEET**
- 4. BAKE IN 450 F OVEN FOR 30 TO 35 MINUTES, LIFTING AND TURNING OVER PERIODICALLY, UNTIL GOLDEN BROWN AND CRISP.**
- 5. SERVE IMMEDIATELY.**

Brownies

125 mL shortening
250 mL white sugar
2 eggs (beat well after each egg)
200 mL all-purpose flour
80 mL cocoa
5 mL vanilla
1 mL salt
65 mL water

Add the ingredients in the order listed and mix with a mixer.

Add 65 mL walnuts or pecans (optional).

Grease an 8 x 8 square pan with PAM and spoon batter into the pan and smooth out.

Bake in 350 F oven for 25 minutes.

Frost if desired.

Foods 90 Recipe Book Assignment

DUE DATE:

This assignment is for marks and this page is to help you put it together and evaluate your mark for you work. **This page IS NOT your table of contents!**

The mark will be based on the following:

- /5 1. Each recipe is worth 5 pts. (Must be the recipe used in class).
- /10 2. Neatness and organization-the recipes should be neatly presented and organized according to the list.
- /30 3. Creativity and added touches –prepared a title page and a table of contents (10 pts. each). Use pictures and illustrations in the presentation of your cookbook. (10 pts.)

Recipes:

- | | |
|--------------------------------------|----|
| 1. Chocolate No Bake Cookies | /5 |
| 2. Apple Muffins | /5 |
| 3. Biscuits-with variations | /5 |
| 4. Fruit Crisp | /5 |
| 5. Chocolate Pudding | /5 |
| 6. Sugar Cookie | /5 |
| 7. Vanilla Butter Frosting | /5 |
| 8. Macaroni and Cheese Pasta | /5 |
| 9. Omelettes | /5 |
| 10. Energy Beverage | /5 |
| 11. Breakfast Recipe | /5 |
| 12. Lunch Recipe | /5 |
| 13. Dinner Recipe | /5 |
| 14. Cookies | /5 |
| 15. Brownies | /5 |
| 16. Snacks-Cheesy Pretzel | /5 |
| 17. No Fry French Fries | /5 |
| 18. Other (Your Own Favorite Recipe) | /5 |
| 19. Arrowroot Squares | /5 |
| 20. Nachos | /5 |

*recipes may change depending on the time of year

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