

## Chocolate Pudding

325 mL milk (1 and 1/3 cups)  
45 mL cornstarch (3 Tablespoons)  
45 mL cocoa (3 Tablespoons)  
80 mL sugar (1/3 cup)  
dash salt  
5 mL vanilla (1 teaspoon)

### Method:

1. Mix starch, sugar, cocoa, and salt in a bowl.
2. Measure the milk into a pyrex glass measure and heat in the microwave for 1 minute.
3. Blend the hot milk and the starch/sugar mixture together in the top of a double boiler over boiling water. Stir continuously.
4. Stir and cook this mixture until there is no taste of raw starch and the mixture is thickened.
5. Add vanilla and stir.
6. Serve hot or cold.

This recipe will take approximately 20 – 25 minutes to thicken to correct consistency.



## GINGERBREAD COOKIES

½ cup	125 ml.	sugar
½ cup	125 ml.	shortening
½ cup	125 ml.	dark molasses (grease measuring cup before measuring. Use dry measuring cup).
¼ cup	50 ml.	water
¾ tsp.	4 ml.	salt
¾ tsp.	4 ml.	ground ginger
½ tsp.	2.5 ml	baking soda
¼ tsp.	1 ml.	ground cinnamon
2 ½ cup	625 ml.	all purpose flour

Beat sugar, shortening, molasses and water in a large bowl on low speed until blended. Beat on medium speed 1 minute. Stir in remaining ingredients. Cover and refrigerate until chilled, 1 to 2 hours.

Heat the oven to 375 degrees. Sprinkle counter top with flour; turn dough onto surface. Roll dough with a rolling pin until ¼ inch thick. Cut with gingerbread man cutter.

Lift cookies carefully with a large spatula onto an un-greased cookie sheet. Decorate cookies with raisins (optional). Bake until set 8 to 10 minutes. Let cookies cool 3 minutes, then carefully remove from the cookie sheet with a spatula.

Cool and decorate with frosting if you like. Makes about 1 dozen cookies.

## Side Dishes

### **CAESAR SALAD DRESSING**

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125 mL mayonnaise  
7 mL lemon juice  
2.5 Ml Worcestershire  
1/2 clove of garlic (minced)  
1 mL salt

dash pepper

60 mL Parmesan cheese

Mix all ingredients together and shake or whisk until well blended.

Toss over 125 ml of croutons, 50 ml bacon bits and 1 head of romaine lettuce washed and cut into 2 inch pieces.

## Greek Salad

### **INGREDIENTS**

" 2 - 3 tomatoes  
" 1/2 onion  
" feta cheese  
" 1/2 cucumber  
" olive oil  
" salt  
" olives  
" oregano

### **METHOD**

Cut the tomatoes, the onion and the cucumber in slices. Mix them, add salt and some pieces of feta cheese, oregano and at the end pour some olive oil.

## Coleslaw

1/2 bag coleslaw mix

2 apples cored and chopped

80 ml Mayonnaise

7 ml honey

Mix all ingredients together and chill.

## CHICKEN POT PIE

### INGREDIENTS:

- 2 chicken breasts cooked (to cook Chicken sauté in oil in a fry pan)
- 1 can mushrooms
- 250 ml frozen mixed vegetables
- 1/4 cup chopped onions
- 1/2 can cream of mushroom or cream of chicken soup
- milk

### Topping

- Make biscuit recipe as found in your previous lab.

### PREPARATION:

Put chicken, vegetables, salt and pepper in casserole. Add soup and stir, adding milk a little at a time until desired consistency is reached. Cut biscuits into 2 inch circles and place on top. Bake 30- 45 min at 350°. Cool for 10 to 15 minutes before serving.

## LASAGNA ROLL-UPS

5 to 7 strips lasagna  
15 mL olive oil  
1/2 large onion, chopped  
1/2 clove garlic, minced  
1/2 jar Spaghetti sauce mix  
1 (8 oz.) container ricotta cheese  
250 mL grated mozzarella cheese (divided)  
30 mL grated parmesan cheese  
1 egg, beaten  
7 mL. chopped fresh parsley  
2.5 mL salt

5 - 7 slices of ham

Prepare lasagna according to package directions. Drain.

In a large skillet heat oil, cook onion and garlic until tender. Add spaghetti sauce mix, simmer 20 minutes.

Blend ricotta, 1/2 cup mozzarella, parmesan, eggs, parsley and salt. Spread cheese equally on lasagna strips. Place one slice of ham on each lasagna strip. Roll up each strip.

Pour 1/2 the sauce in bottom of lasagna pan; arrange lasagna rolls seam side down in pan; top with remaining sauce and mozzarella cheese. Cover and bake at 350°F for 40 minutes.

## Dinners

*This meal will be done over two full periods. You will choose the meal items you wish to make from the selection given to you by your teacher. You will submit a market order. Day 1 you make your main course and label and refrigerate it. Day two you will reheat your main course which will be a casserole and make your salad side dish and eat your meal.*

### SPAGHETTI PIE

#### **Ingredients:**

1/2 lb ground beef  
1/2 small onion chopped  
1/4 small green pepper chopped  
1/2 clove garlic  
15 ml oil  
1/2 jar of premade spaghetti sauce

3 oz cooked spaghetti  
60 mL melted butter  
1 egg beaten  
30 mL parmesan cheese

125 ml grated mozzarella cheese

#### **Directions:**

Saute onion, pepper and garlic in oil in a large skillet. Add ground beef and cook until meat is browned. Add spaghetti sauce low heat for about 15 minutes. Meanwhile, cook spaghetti and drain. In large bowl mix egg, butter and parmesan cheese and add spaghetti. Toss well. Grease a casserole dish with shortening. Line bottom of dish with half of the spaghetti. Cover spaghetti with half of the grated mozzarella cheese. Add half of the meat mixture on top. Layer again with Spaghetti,, meat sauce and cheese. Bake in 350 degree oven for about 45 minutes. Let sit a few minutes before serving.

## Lunch

Choose one of the two recipes below, work in groups of 2 or 3. Pick appropriate compliments for your meal, one side dish and a beverage (tea, juice or milk)

### Monte Cristo Sandwiches

#### INGREDIENTS:

- 4 slices thinly sliced fully-cooked ham or turkey
- 2 slices Swiss cheese (or other cheese of choice)
- 4 - 1/2-inch thick slices bread
- 2 eggs
- 30 ml milk
- 25 ml butter

#### PREPARATION:

For each sandwich, place about 2 slices ham and 1 slice Swiss cheese between 2 slices of bread. In a mixing bowl whisk together the eggs and milk. Dip sandwiches in the egg mixture, turning carefully, until well coated and all of the mixture is absorbed. Melt butter in a large skillet or on griddle. When skillet is hot and butter is bubbly, place sandwiches in skillet and cook slowly for 8-10 minutes; turn and continue cooking until cheese is melted and both sides are golden brown. Suggested side: Vegetables and dip or a small garden salad.

### Taco Salad

#### INGREDIENTS

*(some of these ingredients are optional)*

- 125g (1/4 lb.) lean ground beef
- 10 mL taco seasoning mix
- 1/2 small onion chopped
- and/or 1 green onion chopped
- ¼ head iceberg lettuce
- 250 mL tortilla chips
- 80 ml shredded Cheddar cheese
- 125 ml chopped tomatoes
- 30 ml sour cream
- 60 ml prepared salsa
- 30 mL water

#### DIRECTIONS

1. In a large skillet over medium-high heat, brown the ground beef and drain excess fat. Add the onion and cook until golden. Stir in the taco seasoning and the water. Simmer for 5 minutes.
2. In a large bowl, tear the washed lettuce into small pieces. When the meat mixture is done, combine it with the lettuce, add the tomatoes and cheese, use the chips around the edge of the bowl as a garnish. Then, add salsa and sour cream on top.

**Set your table and present your meal in a pleasing manner and have it evaluated by your teacher.**

## **Foods 90**

### **Meal Planning**

### **Breakfast**

*For your breakfast meal you may choose one of the following. Then using items in the kitchen locate compliments for your meal to create a well balanced attractive meal. Check with your teacher before you use any items. Work in teams of 2 or 3.*

#### **Pancakes**

200 ml all-purpose flour

7.5 ml sugar

7ml baking Powder

1 ml salt

1 beaten egg

200 ml milk

25 ml cooking oil

In mixing bowl stir together flour, sugar, baking powder and salt. In another mixing bowl mix together egg, milk, and cooking oil. Add to flour all at once and stir until just moist .

Preheat fry pan and pour 50 ml on a lightly greased fry pan. Cook until golden brown, turning to cook the second side when the pancakes have a bubbly surface. Makes (6-8 pancakes)

**Variations:** add blueberries or bananas to the cooking pancakes.

#### **French Toast**

2 eggs

30 ml milk

5 ml sugar

2 ml vanilla

5 ml cinnamon

4-5 slices of bread

Beat eggs. Add milk and seasonings and mix well. Dip bread slice into the egg mixture and fry in a preheated greased fry pan. Cook at a medium temperature. Cook until lightly golden brown. Lightly sprinkle with icing sugar.

For added presentation try serving it with yogurt and fruit.

***Make your meal complete.***

***Add fruit, yogurt, cheese, juice or a glass of milk to round out the appearance and nutritional value of your breakfast.***

Set your table appropriately for your meal and have your table setting and meal evaluated by your teacher.

## Arrowroot Squares

125 mL margarine (1/2 cup)  
60 mL cocoa (4 tablespoons)  
60 mL white sugar (4 tablespoons)  
2 eggs  
1 tube of Arrowroot cookies crushed (approx. 23 cookies)

Melt the margarine in the top of a double boiler. Stir in the sugar and cocoa until well blended. Beat the eggs in a separate bowl and stir into the mixture in the top of the double boiler. Keep stirring until the mixture pulls into the center and is thickened.

Then remove from the heat and stir in the broken/crushed arrowroot cookies until they are all completely coated with the chocolate mixture.

Lightly spray a 9 inch square pan with PAM, and press the mixture into the pan.

Cover and refrigerate until firm.

Top with a chocolate icing. Cut and serve.