

CHOCOLATE NO BAKE COOKIES (COCONUT CHOCOLATE DROPS)

INGREDIENTS

75 ml cocoa
375 ml rolled oats
250 ml coconut
60 ml butter/margarine
225 ml brown sugar
60ml milk
3ml vanilla

METHOD

- ___1. Assemble all utensils
- ___2. Assemble all ingredients.
- ___3. Place the cocoa , rolled oats and coconut in a **medium sized bowl**. Mix well, and set aside.
- ___4. Place the butter, brown sugar, milk and vanilla in a medium sized **pot**.
- ___5. Place pot on stove at maximum heat. When ingredients have melted and start to bubble, time for one minute. Remove from heat.
- ___6. Add the ingredients in the bowl to the ingredients in the pot and mix well. Work quickly so ingredients don't dry out.
- ___7. Drop by teaspoons onto an ungreased cookie sheet.
- ___8. Place cookies in freezer until they cool.

FOODS 90 FOOD BASICS - RECIPES

LAB: MUFFIN

APPLE MUFFINS

1 CUP	FLOUR	250 ML
2 TSP	BAKING POWDER	10 ML
1/4 TSP	SALT	1 ML
1/4 CUP	SUGAR	60 ML
1/2 CUP	CHOPPED, PEELED APPLE	125 ML
1/2	EGG, LIGHTLY BEATEN	1/2
1/2 CUP	MILK	125 ML
2 1/2 TBSP	VEGETABLE OIL	40 ML

TOPPING:

1 TBSP	BROWN SUGAR	15 ML
1/8 TSP	CINNAMON	1/2 ML
1/8 TSP	NUTMEG	1/2 ML

1. IN LARGE BOWL, MIX TOGETHER FLOUR, BAKING POWDER, SALT AND SUGAR. STIR IN CHOPPED APPLE.
2. IN SEPARATE BOWL, COMBINE EGG, MILK AND VEGETABLE OIL.
3. ADD TO DRY INGREDIENTS, STIRRING JUST UNTIL MOISTENED.
4. SPOON INTO PAPER-LINED MUFFIN CUPS.

TOPPING:

5. COMBINE SUGAR, CINNAMON AND NUTMEG.
6. SPRINKLE OVER MUFFINS
7. BAKE IN 400 F OVEN FOR 15 TO 20 MINUTES OR UNTIL GOLDEN.
8. MAKES 6 MUFFINS.

BISCUITS

2 cups flour (500ml)
1 tablespoon baking powder (15 ml)
½ teaspoon salt (2.5 ml)
½ cup shortening (125 ml)
¾ cup milk (175 ml approximately) you **may not need all of it**

METHOD

1. Thoroughly stir the flour, baking powder and salt together in a medium sized bowl.
2. Cut in shortening until the mixture resembles coarse crumbs.
3. Make a well in dry mixture.
4. Add milk.
5. Stir just until dough clings together, using a rubber spatula.
6. Knead gently on **lightly** floured surface (about 10-12 strokes).
7. Roll or pat to about ½ inch thickness.
8. Cut dough shapes with a biscuit cutter or an inverted mug or glass (dip cutter in flour between cuts to prevent sticking).
9. Place on **ungreased** baking sheet.
10. Bake at 450° until golden, 10 to 12 minutes.

Makes 10 biscuits.

To make Pinwheels (cinnamon buns):

1. Roll out dough as shown in video (2.5 ml thickness or one inch)
2. Spread topping on dough avoiding edges (see recipe below)
3. Roll lengthwise and pinch edges to close them
4. Cut crosswise to make the buns.
5. Bake at 450° until golden, 10 to 12 minutes.

Mixture for Pinwheels

1. Measure ¼ cup sugar (62ml) with 2 teaspoons (5 ml) cinnamon in a small bowl. Mix well.

Omelettes

You may think that making a cracking good omelette requires the skill of a French chef. Well, that's just not so! An omelette is merely beaten eggs cooked in an omelette pan or frypan and folded — usually around a filling. Like most culinary skills, omelette making only takes a little practice to master.

The basic ingredients are simply eggs, water, butter, and seasonings to taste. But depending on how you combine and cook these ingredients, you can come up with one of three types of omelettes.

For a French Omelette, eggs are beaten together and cooked quickly over direct heat.

To make a Puffy or Souffle Omelette, the egg yolks and whites are beaten separately, folded together, cooked over

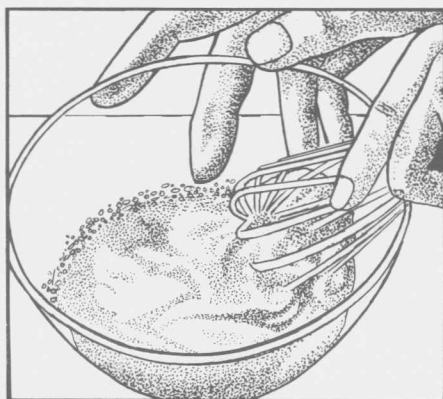
direct heat until browned on the underside, and then baked in the oven until set.

The Frittata is an open-faced omelette in which the vegetables, cheese, meat, or other filling ingredients are combined with the beaten eggs, then cooked over direct heat until browned on the underside, and finished under the broiler to set the top.

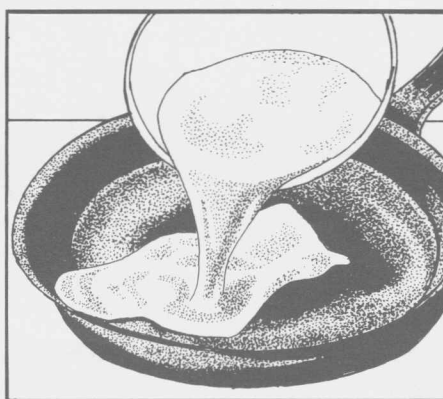
Whichever type you choose to prepare, you can add an individual touch to each one by your selection of fillings. Be adventuresome with fillings and flavorings — most any food or food combinations can fill or top your omelette.

Check the tips and instructions which follow, then create and enjoy!

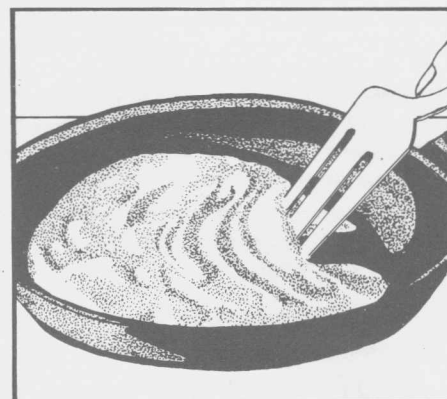
The French Omelette



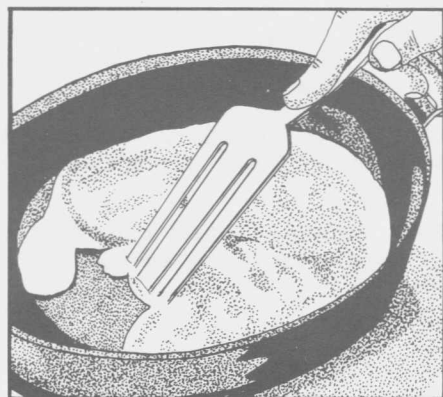
1. Beat together 2 to 3 eggs and 25 - 50 mL (2 - 3 Tbsp.) water; season to taste.



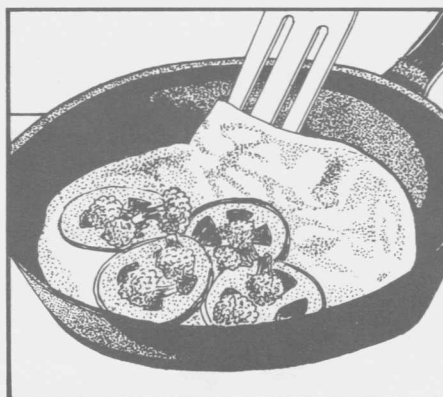
2. Melt 15 mL (1 Tbsp.) butter in a pan heated to medium high temperature.* Pour in egg mixture.



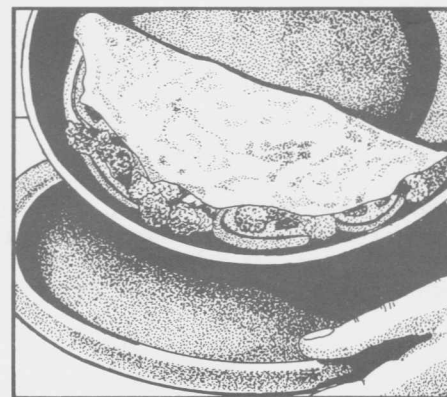
3. The mixture should set at the edges at once. With a spatula, gently push cooked portions toward the center.



4. While drawing cooked portions to centre, tilt and rotate the pan to allow uncooked egg to flow into the empty spaces.



5. While the top is still moist and creamy, garnish one half of the omelette with filling.



6. Slip the spatula under the unfilled side, fold the omelette in half and slide onto a plate.

Makes one serving.

*Pan is hot enough when a drop of water will roll around instead of bursting into steam immediately.

Puffy Omelette

Separate yolks and whites of two eggs. To yolks, add 5 mL (1 tsp.) water per yolk. With a rotary or electric beater, beat egg yolks until thick and lemon colored. If for a main course omelette, add salt and pepper.

Beat egg whites until soft peaks form. If for a dessert omelette, gradually beat in 15 mL (1 Tbsp.) sugar per egg. Continue beating until whites are stiff but not dry. Fold yolk mixture carefully into whites.

Pour omelette mixture into moderately hot, well-buttered pan; level surface gently. Cook over low heat on top of stove until puffy and lightly browned on bottom, about 5 minutes. Lift omelette at edges to judge color.

Bake 8 - 10 minutes in 180°C (350°F) oven, until knife inserted in center comes out clean.

To serve, score omelette just off center, fold, and serve at once. Try it plain or with a tasty filling or sauce.

Frittata

8 eggs	8
125 mL milk, water, or broth	½ cup
dash of salt and pepper	dash
500 mL cooked, chopped vegetables, meat, chicken, or seafood	2 cups
25 mL butter	2 Tablespoons
125 mL grated cheese	½ cup

Combine eggs with milk, water, or broth, salt and pepper, and filling ingredients (a combination of cooked, chopped vegetables, meat, chicken, or seafood). Melt butter in a 25 cm (10 inch) fry pan over medium heat. Pour in egg mixture. Cook over low to medium heat until eggs are almost set but still moist on the surface, about 10 to 15 minutes. To hasten cooking, lift the edges to allow uncooked egg to run to the bottom of the pan.

Sprinkle top with the grated cheese. Place under broiler until the cheese melts, about 3 minutes. Cut in wedges to serve.

Makes 4 servings.

The Omelette Pan

The proper pan is important for successful omelette making. The right size pan for 1, 2, or 3 egg omelette is about 20 cm (8 inches) in diameter at the base. It should be shallow with sloping sides to make it easier to slide the omelette onto the plate. If too large a pan is used, the high heat necessary cannot be maintained and cooking will be prolonged, resulting in a tough omelette.

A non-stick coating on the pan simplifies omelette making. Give an uncoated pan an almost stick-free surface by treating with salt; heat pan, then remove from heat. Add 5 mL (1 tsp.) or more of salt and dry-scrub thoroughly with paper towel. Empty salt from pan and repeat until salt remains white. The salt acts as an abrasive, leaving a satiny-smooth surface. Wipe pan clean.

Filling the Omelette

Whichever type of omelette, the egg mixture is merely an envelope for the filling. Be creative . . . use your imagination! Fill it with cheese, vegetables, meat or seafood; or tuck leftovers under the fold. For the sweet tooth, try fillings such as fruit, pie fillings, or yogurt.

As a general guideline, for each individual omelette, use about 75 to 125 mL (⅓ to ½ cup) of filling; flavor either the filling or omelette with 1 mL (¼ tsp.) herbs or spices.

Here are some recipe ideas to spur your imagination:

Zucchini: 1 mL (¼ tsp.) dill weed, 125 mL (½ cup) sauteed zucchini, and 75 mL (⅓ cup) grated Swiss cheese

Mushroom: 0.5 mL (⅛ tsp.) tarragon, 125 mL (½ cup) sliced, sauteed mushrooms

Pizza: 1 mL (¼ tsp.) oregano, 50 mL (¼ cup) ragout sauce, 50 mL (¼ cup) grated mozzarella cheese, 25 mL (2 Tbsp.) thinly sliced pepperoni

Ham and Cheese: 75 mL (⅓ cup) chopped ham and 50 mL (¼ cup) grated cheddar cheese

Denver or Western: Cook 50 mL (¼ cup) finely chopped ham, 25 mL (2 Tbsp.) finely chopped green pepper, and 15 mL (1 Tbsp.) finely chopped onion, in 25 mL (2 Tbsp.) butter until vegetables are tender but not brown. Pour in omelette mixture and cook according to directions.

Strawberry: 125 mL (½ cup) sliced fresh strawberries. Sprinkle omelette with icing sugar or top omelette with 15 to 25 mL (1 to 2 Tbsp.) sour cream

Tips for Success

- Don't be afraid to cook French omelettes in a hot pan. The great thing about making a classic French omelette is that it takes no more than a minute to prepare. The principle is to use high heat for a short cooking time.
- Be sure to use water, not milk, in omelette egg mixtures. The water turns to steam, producing a light, airy omelette. Milk is great for creamy scrambled eggs but omelettes require water to give them their lightness.
- Always prepare several individual French omelettes, rather than one large French omelette. You'll find each will be lighter, fluffier, and easier to handle. Multiply the recipe for as many servings as you need and use 125 mL (½ cup) of egg mixture for each 2-egg omelette and 175 mL (¾ cup) for a 3-egg mixture.
- The Frittata can be served hot or cold. Usually cut into wedges, it can also be cut into 3 to 4 cm (1 - 2 inch) squares, ideal as an appetizer.
- When transferring a Puffy Omelette or Frittata from burner to oven, protect plastic frypan handles by covering them completely with aluminum foil.



Alberta Egg Marketing Board

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<p>FOODS 90 FOOD BASICS - RECIPES</p>

LAB: COOKED FRUIT

FRUIT CRISP

2 CUP	SLICED FRUIT (2 APPLES, PEACHES, PEARS OR RHUBARB)	500 ML
1/3 CUP	PACKED BROWN SUGAR	75 ML
1/3 CUP	FLOUR	75 ML
1/3 CUP	OATS	75 ML
1/8 TSP	CINNAMON	0.5 ML
1/8 TSP	NUTMEG	0.5 ML
1/4 CUP	MARGARINE	50 ML

1. PLACE FRUIT IN A GLASS CASSEROLE DISH.
2. MIX REMAINING INGREDIENTS THOROUGHLY.
3. SPRINKLE THIS MIXTURE OVER THE APPLES.
4. MICROWAVE FOR 3 MINUTES ON HIGH HEAT OR UNTIL FRUIT IS TENDER.

FOODS 90 FOOD BASICS- RECIPES
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Lab: Blender Drink

ORANGE JULIUS

1/4 CAN	ORANGE JUICE	1/4 CAN
1/2 CUP	MILK	125 ML
1/2 CUP	WATER	125 ML
1 TBSP	SUGAR	15 ML
1 TSP	VANILLA	5 ML
4	ICE CUBES	4

- 1. PUT ORANGE JUICE INTO BLENDER.**
 - 2. ADD NEXT 4 INGREDIENTS AND BLEND.**
 - 3. ADD ICE CUBES AND BLEND UNTIL ICE IS GONE.**
- BLEND UNTIL VERY FROTHY. SERVE.**

Chocolate Chip Cookies

- 250 mL shortening
- 250 mL white sugar
- 125 mL brown sugar
- 2 eggs
- 500 mL white all-purpose flour
- 2 mL salt
- 5 mL baking soda
- 6 ounces or 1/2 a package of chocolate chips
- 5 mL vanilla

Use an electric mixer and cream together the shortening and the white and brown sugar. Add the eggs, one at a time and mix well. Slowly add in the flour and the salt, baking soda, and vanilla until all well blended in. You may need to stir the chocolate chips in by hand if the mixer is not powerful enough.

Drop spoonfuls onto an ungreased cookie sheet. Bake for 8 - 10 minutes in an 180°C oven. Watch carefully. Allow to cool for a few minutes on the baking sheet.

Oatmeal Chocolate Chip Cookies

125 mL butter or margarine
125 mL brown sugar (lightly packed)
60 mL white sugar
1 egg
2 mL vanilla
250 mL rolled oats
90 mL all-purpose flour
90 mL whole wheat flour
25 mL wheat germ (optional)
2.5 mL baking soda
2 mL salt
125 mL chocolate chips
90 mL chopped nuts (optional)

Preheat oven to 375 F.

In large bowl, cream butter and sugars.

Beat in eggs, vanilla and oats – add these to the creamed butter and sugar mixture.

In a separate bowl mix flours with wheat germ, baking soda and salt.

Add and blend gradually into creamed mixture.

Stir in chocolate chips and nuts.

Drop by spoonfuls onto lightly greased baking sheets.

Bake in 375 F oven for 8 - 10 minutes. Watch carefully for the last 2 minutes. Remove from oven and let sit on the baking sheet for 2 minutes then remove onto a cooling rack.