

Resources and Links for Cooking in the Classroom

Helpful Tools:

[Crinkle Cutters](#)

[Induction Burner](#)

[Air Popper](#)

[Hand Pull Food Processor](#) [Hand Pull Food Processor \(2nd option\)](#)

[Electric Griddles](#)

Cookbooks :

[America's Test Kitchen: The Complete Cookbook for Young Chefs](#)

[Kid in the Kitchen](#)

[America's Test Kitchen: The Complete Baking Book for Young Chefs](#)

[The Science Chef](#)

Popular Recipes in our Programs (most of which use the tools listed above!)

A disclaimer that nothing is precise! I am often eye balling or having students taste what they make as they go. It keeps things exploratory and open for experimentation!

Butter

All you need for butter is a small mason jar and heavy cream!

1. Fill the jar halfway with heavy cream (room temperature)
2. Secure the lid.
3. Shake the jar and pass it around. You will start to feel and hear the changes as it turns to butter!

Little Breads (for small groups)

½ cup water

2 tsp yeast

2 tsp sugar (maple syrup)

1 ½ cups flour (1 cup white flour, ½ cup whole wheat)

½ tsp salt

1 tbs oil (or 3 tsp)

1. Mix yeast, water and sugar. Let sit for 5 minutes.
2. Stir in salt and oil.
3. Stir in flour and mix until well combined. Remove from the bowl and knead dough.

4. Return to bowl and cover to let rise for as long as time allows.
5. Punch down dough and knead again briefly before shaping into rolls.
6. Bake at 400 for 15 minutes.
7. Enjoy!

*These recipe measurements were designed for 3-4 students working in a small group. Each batch produces about 4-5 small rolls.

Pancakes

2 cups flour
3 Tablespoons sugar
1 ½ teaspoons baking powder
½ teaspoon salt
1 ¼ cup milk
3 Tablespoons melted butter (or canola oil)
2 large eggs

1. Combine wet ingredients and whisk into dry ingredients.
2. Pour batter onto hot/ greased griddle *Sometimes pancake strips are most practical!
3. Flip when bubbles start to pop and enjoy!

Pesto

Use whatever herbs and greens available to you! This is a great snack to make with the hand pull food processor.

1. Gather any herbs (basil, cilantro, parsley, etc.) and greens (kale, spinach, radish tops)
2. Rip up greens with your hands and toss into a hand pull food processor.
3. Add oil, salt, pepper (any spices) and if available- hard cheese (parm/ cheddar) - sometimes an acid like lemon or a little apple cider vinegar works nicely too.
4. Blend until the taste and consistency are to your liking.

Pickle Brine

The crinkle cutters are great for chopping up all kinds of veggies for this!

Brine:

1 cup water
1 ⅓ cup white vinegar
1 ⅓ cup granulated sugar
2 tbs kosher salt

*We sometimes make a quick pickle that doesn't involve any boiling. Just add apple cider vinegar, maple syrup, salt and spices to a jar and have kids shake the brine really well.

1. Place all the ingredients into a medium pot
2. Boil and stir until sugar is dissolved
3. Let cool before adding to jars
4. Any additional spices/ herbs can be added as well! (dill, mustard seeds, red pepper, etc)

Tomato Salsa

Chopped tomatoes

Chopped onion

Chopped green pepper (chili peppers if desired)

Garlic

Salt

Pepper

Lime juice

A pinch of sugar (or maple syrup)

Optional: cilantro, cumin, other spices, dash of vinegar

*Typically students cut up most of the ingredients and we also blend them in the hand pull food processor to get the consistency they like!

Maple Popcorn

Another very simple recipe- that is really easy to make in the classroom!

1. Using the air popper make a few batches of popcorn.
2. Mix maple syrup, melted butter, and salt together.
3. Drizzle over popcorn and serve when cooled.
4. If you have access to an oven- popping the maple popcorn in at about 350 for a few minutes helps it crisp up and not get soggy! (But I think it is delicious either way)