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<https://www.youtube.com/watch?v=5vNxHb7kE3E>

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<https://www.harighotra.co.uk/blog/news/regional-map-of-indian-cuisine>

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I use weight for a lot of recipes because I like things to work out. Volume measurements=sadness. No scale? Try these apps;

[Android](#)

[Apple](#)

Salt your veg....but when?

<https://www.youtube.com/watch?v=VbhiwZjUzk4>

A knife for every budget

<https://www.thekitchn.com/from-budget-to-big-spender-10-chefs-knives-for-every-budget-166133>

If I were buying my first knife right now...

<https://kilne.com/products/kilne-santoku-knife>

<https://misen.com/products/chefs-knife?variant=327496305541>

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WEEK 18

Vanilla Iced Espresso

1 t instant espresso

2 T Sweetened condensed milk

1 t vanilla

½ c milk

½ c water

Froth and pour over lots of ice

Pain Rustique

7.5 oz bread flour

6 oz luke warm water

1/2 t yeast

1/2 t salt.

Mix with paddle on high for 2 mins.

Place in greased container and let rise 20 minutes. Stretch and fold. Repeat for 2 more S+F. This helps develop **gluten**.

Let rise 1-2 hours until at least doubled or over night in fridge.

Preheat oven to F450

Place onto floured counter, cut in half, Shape and proof 20 minutes.. Place onto sheetpan or a preheated baking stone, placing the cut side up. Bake 20-25 minutes.

<https://www.youtube.com/watch?v=5vNxHb7kE3E>

Walnut Bread

INGREDIENTS

1 cup whole wheat flour
¾ cup unbleached all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
¾ teaspoon salt
4 eggs
½ cup buttermilk or plain yogurt or sour cream
90 g xwoo
½ c chopped walnuts

Preheat the oven to 375 degrees. Move the rack to the center of the oven. Butter or oil a loaf pan. Sift together the flour, baking powder, baking soda and salt.

Beat the eggs in a large bowl. Whisk in the buttermilk or yogurt and the oil. Quickly whisk in the flour, and fold in the walnuts. Scrape into the bread pan.

Bake 50 minutes to one hour, until nicely browned and a tester comes out clean. Remove from the heat, allow to cool for 10 minutes in the pan. Then reverse onto a rack and allow to cool.

Molten Chocolate Lava Cake (Chocolate Fondant Cakes)

Easy, delicious, molten...

For 5

Ingredients

2 tbsp cocoa powder, for dusting

165g/5¾oz semi sweet chocolate, chopped into small pieces

165g/5¾oz unsalted butter, cut into small pieces, plus extra for greasing

3 medium eggs

3 medium egg yolks

30g/1oz sugar

16 g/2 tbsp plain flour, sifted

garnish:

½ c 35% cream, whipped lightly for serving

Method

Grease five ramekins with butter and dust the insides with cocoa powder.

Melt the chocolate and butter in a bain marie Set aside to cool slightly.

Using a whisk, whisk the eggs, egg yolks and caster sugar together for several minutes until a thick, pale mousse-like consistency.

Carefully fold the cooled melted chocolate and butter into the egg and sugar mix. Finally sift the flour over the batter and fold in the flour carefully so as not to knock any air out of the mixture.

Divide the mixture equally between the prepared moulds. You can make the puddings up to 24 hours in advance and leave them in the fridge until you are ready to cook them.

Preheat the oven to F400. Place the puddings on a baking tray and bake for 10 minutes, or until the puddings are risen but not cracked. The centre of the cake should have a jello like jiggle about the size of a quarter. Insert a knife to the middle it should be just getting hot when place to your lip.

Run a knife around the edge of the ramekin.

Turn out the puddings on to individual plates and serve, with the lightly whipped cream.

WEEK 17

Banana Bread

Bake

1/4 c. melted butter

1/2 c. sugar

1 beaten egg

1 banana (ripe)

1 c. flour

1/2 tsp. baking soda

1/4 tsp. baking powder

2 tbsp. milk

splash vanilla

Beat butter and sugar with whisk attachment 3 minutes. Add eggs and bananas; mix well. Mix together dry ingredients, then add to wet mix. Stir in milk and vanilla.

Pour into prepared muffin tin. Bake at 375 for 12-15 mins

Panfried Trout, Potato Pancake

2 plates

On each plate

- ½ trout fillet
- 1 potato pancake
- 3-5 pieces steamed broccoli
- Buerre Noisette

1 trout fillet, skinned and cut in 2

2 T salted butter

Juice of a ¼ lemon

Broccoli-

<https://www.youtube.com/watch?v=yc5wBLr7q18>

1 recipe potato pancake

1 potato, grated

1/4 onion, cut into brunoise

1/2 large egg, lightly beaten

2 T flour (more or less, depending on how dry your potatoes are)

1/4 teaspoon salt and ground black pepper

Vegetable oil, for frying

Using a box grater, grate the potatoes. Add the potatoes, onion, eggs, flour; salt,, and pepper. Toss to combine.

Line a baking sheet with paper towels.

In a large skillet, heat 1/2 inch of oil over medium-high heat.

Drop ¼ c measures of the potato mixture into the skillet, flatten them slightly And panfry until golden brown, about 3 to 4 minutes a side. Drain on paper towels.

Reheat in oven on rack at F425 for 3-5 minutes

Ice Cream Sandwiches

Oatmeal choco chip cookies

Ingredients

4 oz butter, softened

2/3 cups firmly packed brown sugar

1/4 cup granulated sugar
1 eggs
1 tablespoons milk
1 teaspoons vanilla
3/4 c plus 2 T flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/4 cups oats
1/4 c semi-sweet chocolate chips

Directions

1.

Heat oven to 375°F. Cream together butter and sugars in a bowl until creamy. Add eggs, milk and vanilla; beat well.

2.

Add combined flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts; mix well.

3.

Drop by rounded tablespoonfuls onto ungreased parchment lined cookie sheet. Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely. Store in tightly covered container.

Smoked CHicken Penne with Tomato Cream and arugula

Bring a large pot half filled with water to a boil and salt lightly.

Take the chicken meat off the bone with your hands and discard the bone and skin. Try to leave in somewhat large pieces.

About the size of your thumbnail.

Start with a cold large pan. Heat 2 cloves of peeled garlic in a pan with some olive oil until the garlic releases some aroma.

Allow to cool slightly

Add 1 ½ c pureed tomatoes. Simmer 10 minutes. Add ½ c 35% cream. .Bring to a simmer, add the torn cooked smoked chicken meat and season with salt and pepper.

While the sauce simmers, drop 12 oz of pasta and cook 1 minute short of being finished. Remove the garlic and add the drained pasta to the tomato sauce along with ½ c of the pasta cooking water.

Adjust sauce consistency by either boiling off extra liquid or adding more pasta water. Add in a handful of arugula and stir to mix and wilt.

Garnish with parmesan.

WEEK 16

<https://www.youtube.com/watch?v=juehJe1blpY>

Bruschetta

Components

Cherry tomatoes, quartered

Boccancini, quartered

Mix with S+P and olive oil

Bread sliced. 2 cm thick

For the grill.

Tongs

Paper towels

Olive oil in squirt bottles

Peeled garlic cloves

Kosher Salt.

Pakoras DEEP-FRIED CHICKPEA FLOUR FRITTERS

Deep Fry

Start to finish: 40 minutes. Hands-on time: 30 minutes

1/2 teaspoon cumin
1/2 teaspoon coriander
pinch black pepper
1/2 teaspoon salt
1/2 teaspoon Garam Masala
1/4 teaspoon cayenne pepper
1 cup chickpea flour
1/4 teaspoon baking soda
1 lg onion, thinly sliced
2 T minced fresh cilantro
1/2 c water (maybe more)
Vegetable oil, for frying

Combine the spices, chickpea flour, and baking soda in a large bowl. Add the onion and cilantro and mix well. Add 1/2 cup water. You should have a lumpy batter. Add more if needed. Heat 2 inches of vegetable oil in a heavy pan or skillet to 360°F. Drop the batter by 1/4 cupfuls into the hot oil, about 3 at a time. Cook for 2 minutes.

Turn the pakoras and cook on the second side for 2 minutes. Remove the pakoras from the oil and transfer them to a paper towel-lined sheet pan. Keep the fried pakoras warm in a 200°F oven while you continue making the rest.

YIELD: ABOUT 12 SERVINGS

VARIATION: 1 cup cooked, diced cauliflower, broccoli, squash, or carrot can be added to the basic recipe.

MAKE AHEAD: Pakoras can be made up to 30 minutes ahead and kept warm in a 200°F oven.

Sauce

1/4 c greek yogurt
2 T mint leaves
2 T chopped coriander
1/2 t coriander,ground

Samosa

<https://www.youtube.com/watch?v=kdhizhRK5ss&t=14s>

Ingredients

For the Meat Filling:

- 4 oz ground beef or chicken
- 1/2 small onion, diced
- 1/4 teaspoon salt
- 1/4 teaspoon allspice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable oil
- 1/4 cup finely chopped parsley
- 1/4 cup crumbled feta

▫ 30 sheets spring roll pastry sheets in a rectangular shape for the vegetarian sambousak usually frozen

For the flour paste to seal the sambousak:

- 1 tablespoon flour
- 1/4 cup water

Instructions

To make the meat filling:

Start by dicing the onions finely and cooking in a skillet with the vegetable oil on medium heat until softened. This should take 3-4 minutes

Add the ground chicken and break it up into fine pieces using a wooden spoon. Cook with the onions until all the water that is released evaporates, which should take about 5-7 minutes

Add all the spices and cook for a few more minutes. Taste and adjust per preference

Remove the skillet from the heat and add in the finely chopped parsley and feta. Mix well and allow it to cool

Rolling the Meat Sambousak:

Thaw the spring roll pastry in the fridge overnight. Using the square pastry, remove from packaging and place on a plate covered with a towel to prevent drying

Mix together the flour and water to create a paste which will act like glue

Place the pastry square on your surface to make a diamond shape (with the tip in the middle)

Place a spoonful of meat filling near the bottom and start rolling the pastry over it, then half way through rolling, fold in both sides and continue to roll. Place a bit of the flour paste on the last edge of pastry then fold it over and secure it place.

Repeat until all the pastry sheets are used up

To cook, you can shallow fry in a skillet on medium heat for on each side until golden brown, then place on a paper towel lined plate to soak up the excess oil.

Rhubarb Custard tart

<https://www.youtube.com/watch?v=r4nNu2XhQvQ>

Make 1 per person.

Stewed Rhubarb

125 g Fresh Rhubarb

½ c Water

3 T Sugar

Pinch Ground Cinnamon (optional)

Prepare the Rhubarb: remove the leaves, wash the stalks and cut them into small sticks. Set aside.

Make a sugar syrup Place the Water and Sugar in a medium size pot over and leave to heat up until the sugar has dissolved.

Add the Rhubarb Stalk,, the Cinnamon

Bring to a simmer then leave to cook for 5 to 10 minutes (1) or until the rhubarb becomes very soft and starts to break apart.

Set aside to cool down.

Asparagus with Hollandaise

<https://www.seriousseats.com/foolproof-2-minute-hollandaise-recipe>

1 egg yolk (about 35g)

1 teaspoon (5ml) water

1 teaspoon (5ml) lemon juice (each group juice a 1/2 lemon)

Kosher salt

125 g butter (omit salt if using salted butter)

Pinch cayenne pepper or hot sauce (if desired)

Directions

Combine egg yolk, water, lemon juice, and a pinch of salt in the bottom of a cup that barely fits the head of an immersion blender. Melt butter in a small saucepan over high heat, swirling constantly, until foaming subsides. Transfer butter to a 1 cup liquid measuring cup.

Egg yolk in a measuring cup with an immersion blender

Place head of immersion blender into the bottom of the cup and turn it on. With the blender constantly running, slowly pour hot butter into cup. It should emulsify with the egg yolk and lemon juice. Continue pouring until all butter is added. Sauce should be thick and creamy, able to coat a spoon but still flow off of it. If it is too thick, whisk in a small amount of warm water, 1 tablespoon (15ml) at a time, to thin it out to the desired consistency. Season to taste with salt and a pinch of cayenne pepper or hot sauce (if desired). Serve immediately, or transfer to a small lidded pot and keep in a warm place for up to 1 hour before serving. Hollandaise cannot be cooled and reheated.

WEEK 15

Salt and pepper to taste

For the yoghurt dressing, ground the mint leaves in a mortar and pestle until bruised. Stir in the yoghurt, coriander, salt and pepper, then refrigerate until ready to serve.

No Churn Ice Cream and Tuiles

Sourdough

<https://www.thekitchn.com/how-to-make-your-own-sourdough-starter-cooking-lessons-from-the-kitchn-47337>

Bakers percentages

<https://www.youtube.com/watch?v=CnjL40UwCVE>

3 -600 g loaves of bread

1000 g bread flour 100%

620 g water 62%

20 g salt 2%

200 g starter 20%

Mix.5 minutes with hook.

Proof 4 hours and shape. Proof in bannetons overnight.

Bake on stones F450 for 30 minutes.

https://www.instagram.com/p/CR6QpzELtOv/?utm_source=ig_web_copy_link

https://www.instagram.com/p/CTUb9k6IR-K/?utm_source=ig_web_copy_link

Pastry Cream

https://www.youtube.com/watch?time_continue=14&v=8HOfrKzZOW0&feature=emb_logo

1 cup whole milk
1 t vanilla
3 egg yolks
⅓ cup sugar
2 T cornstarch
1 tbsp unsalted butter 15g, cold

Instructions

Heat milk and vanilla and set aside

In a bowl, whisk the egg yolks and sugar until light and fluffy.

Add the cornstarch and whisk vigorously until no lumps remain.

Whisk in 1/4 cup of the hot milk mixture until incorporated.

Whisk in the remaining hot milk mixture, reserving the saucepan.

Pour the mixture through a strainer back into the saucepan.

Cook over medium-high heat, whisking constantly, until thickened and slowly boiling.

Remove from the heat and stir in the butter. Let cool slightly.

Cover with plastic wrap, lightly pressing the plastic against the surface to prevent a skin from forming.

Chill at least 2 hours or until ready to serve. The custard can be made up to 24 hours in advance. Refrigerate until 1 hour before using. I whipped some cream up and folded it into my chilled custard to lighten the filling up, this is now technically called diplomat cream.

No Churn Double chocolate Ice Cream

https://www.youtube.com/watch?v=Qrgrqho7_ng

Ingredients

- 1 can (14 oz) sweetened condensed milk
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon pure vanilla extract
- 2 cups heavy cream (cold)
- 1/2 cup mini chocolate chips (extra for topping if desired)

Instructions

Pour the sweetened condensed milk and heavy cream into a the bowl of a stand mixer. Mix cocoa powder and vanilla extract into sweetened condensed milk until combined. Use a hand mixer or stand mixer on medium-high speed to whip the cream until it holds stiff peaks (3 minutes – less if you're using a stand mixer).

Gently fold in the chocolate chips.

Spread into a 9-inch loaf pan. Freeze for at least 6 hours or until firm (I cover with foil to prevent freezer burn).

Tuiles

You will demonstrate fine kitchen skills such as uniform size and baking to a specific doneness

Success Criteria: A fine finished golden crispy cookie shaped in the appropriate manner while malleable.

Yield: Yields about thirty 4- to 4-1/2-inch rounds.

A crisp tuile cookie can be one of the most versatile recipes in your repertoire. Though the classic tuile shape is the curved “roof tile” form, the possibilities are endless: shape the cookie into a cone and fill with lemon curd and fresh berries; bake the tuiles flat and layer them with pastry cream and fresh fruit for a napoleon; create crisp tuile bowls and fill them with ice cream and hot fudge sauce for a sundae; or make a mini tart shell filled with chocolate mousse and chocolate shavings.

Ingredients

3/4 cup granulated sugar

3 large egg whites

1/4 lb. (1/2 cup) butter, melted and cooled slightly

2-1/4 oz. (1/2 cup) all-purpose flour

1 tsp. pure vanilla extract (or 1 tsp. ground ginger, 1/2 tsp. ground cinnamon, or 1/2 tsp. pure almond extract)

Nutritional Information

Preparation

In a medium bowl, whisk together the sugar and egg whites until well combined—you’re not beating in air and the whites shouldn’t be foamy. Add the melted butter and whisk until combined. Add the flour and vanilla (or another extract or spice, if using), and whisk to combine; the mixture should be smooth. Start off by baking only one or two cookies at a time until you get a feel for the timing—they firm up quickly and can only be shaped while they’re soft.

Heat the oven to 350°F. Line a very flat, level baking sheet or cookie sheet with a nonstick baking mat (or with parchment sprayed liberally with nonstick cooking spray). Spoon a small amount of tuile batter on the baking sheet. Spread as evenly and thinly as possible into a circle the size you want (the size won’t change much during baking).

Bake until the cookie is golden brown all over, 9 to 10 minutes. Remove the pan from the oven and immediately start to

maneuver a spatula under the edge of the cookie. After 10 seconds or so, it will hold together and can be slid off the sheet with the spatula. To make the classic “roof tile” tuile shape, lay the hot cookie on a rolling pin, juice bottle or small can. (Any heatproof object can serve as a mold; see Variations below for making different shapes). The tuile will firm up in a minute and should release easily.

How to make different shapes

Tuile cup or bowl: To make a cup, drape the hot cookie over an inverted shot glass, molding it as it cools. To make a bowl, start out with a bigger circle of batter and mold the baked cookie over a glass or cup with a larger base. For a mini tart shell, bend the tuile over the bottom of a soda can.

Tuile cone: Make a mold by crumpling foil into a cone shape. Set the cone on the hot cookie with the cone’s tip on the edge of the circle. Wrap both sides around the cone so the two edges meet. Hold them together for a few seconds to fuse them as the cookie cools. Remove the foil cone and use it again.

Corkscrew: Spread the batter into a rectangle and, after baking, cut it into strips with a pizza cutter. Wrap the strips around the handle of a wooden spoon.

Tuile cigar: Roll the hot tuile into a tight cylinder and serve as a cookie, or roll it loosely and fill like a cannoli.

Make Ahead Tips

The tuile batter can be refrigerated for up to two weeks.

Tuiles soften when they’re paired with anything moist, so assemble these types of dessert just before serving:

Fill tuile cups or bowls with ice cream, berries or fresh fruit.

Fill a tuile cone with lemon curd and berries

Make a fruit napoleon by layering flat tuiles with whipped cream-lightened pastry cream, and topping with fruit.

Fill a mini tart shell with chocolate mousse or ganache and whipped cream. Top with chocolate shavings.

WEEK 14

Blueberry Scones

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You will demonstrate:

Various measurement methods

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Ingredients:

2 lb of unsalted butter, grated on the large holes of a box grater and frozen

2 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)

8 c whole milk

8 c sour cream

86 oz flour

800 g sugar

$\frac{1}{3}$ c. baking powder

2 t. baking soda

$\frac{1}{2}$ t. Salt

eggwash

1 T. coarse sugar

1. Pre-heat oven to 400 or 425 degrees F; line a baking sheet with parchment paper. Whisk milk and sour cream in a small bowl. Whisk flour, sugar, baking powder, baking soda, salt in a bowl. Add grated butter and toss with fingers till well coated.
2. Fold in milk/sour cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour.
3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x12 rectangle..
4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press into a

16" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.

5. Bake for 18-25 minutes, or till golden brown. Cool on wire racks for 10 minutes prior to serving.

<https://www.youtube.com/watch?v=dBzpAvD8nK0>

<https://www.youtube.com/watch?v=jSxS2eQzT04>

Strawberry Shortcake (Emeril)

Ingredients

4 large eggs, room temperature (warm refrigerated eggs in warm water for 2-3 minutes)

3/4 cup granulated sugar, 155 grams

3/4 cup all-purpose flour, 100 grams

1/2 tsp baking powder

Instructions

Prep:

Preheat Oven to 350°F. Line bottoms of a rectangular sheet pan with parchment paper (do not grease the sides).

How to Make this Sponge Cake:

In the bowl of an electric stand mixer fitted with whisk attachment (this is the one I have), beat 4 large eggs for 1 minute on high speed. With the mixer on, gradually add sugar and continue beating 8-10 minutes until thick and fluffy. Whisk together flour and 1/2 tsp baking powder then sift this mixture into fluffy egg mixture one third at a time. Fold with a spatula with each addition just until incorporated. Scrape spatula from the bottom to catch any pockets of flour and stop

mixing when no streaks of flour remain. Do not over-mix or you will deflate the batter.

Divide evenly between prepared cake pans (it helps if you have a kitchen scale to weight the pans). Bake at 350°F for 23-28 minutes

Macerated Berries

¼ lb strawberries, sliced

1-3T sugar depending on the sweetness of your berries

½ t vanilla

Mix and set aside

Long Lasting Chantilly Cream (Whipped Sweetened Cream)

1/4 cup sugar

1/8 teaspoon sea salt

3/4 cups heavy cream

2 teaspoons vanilla extract

The trick is a bit of extra sugar, which helps the cream whip into a stable foam that can be held for up to eight hours. With a hearty pinch of salt, it's not too sweet.

Combine sugar, salt, cream, and vanilla extract, if using, in the bowl of a stand mixer fitted with the whisk attachment. Mix on medium-low speed to dissolve the sugar, about a minute, then increase to medium-high and whip until cream is thick enough to hold firm peaks, about 3 minutes.

Use immediately, or cover and refrigerate until needed, up to 8 hours.

Refrigerate leftovers in an airtight container for up to 1 week; before serving, briefly rewhip the cream to restore its light and silky texture.

To serve:

1 oz simple syrup

Any remaining juice from the macerated berries

Brush the cake with the syrup then layer cake, berries, and cream. Dust with icing sugar.

Enriched braided loaf.

1 teaspoon instant dry yeast

2/3 cup warm water 1 tablespoons sugar

1 large egg, at room temperature, plus 1 egg beaten, for glaze

3 T oil

2 cups all-purpose flour

1 teaspoons salt

Add the dry ingredients into a mixer bowl. Mix the wet and slowly add to the bowl. Mix slowly and knead with the dough hook for 8 minutes. Add a little more flour only if dough is sticking to the sides of the bowl after a few minutes of kneading. Knead until the dough is smooth and elastic, 5-7 minutes. The dough should be soft but not sticky. Remove the dough from, the bowl.

Form the dough into a ball, transfer it to a lightly oiled bowl, and cover with plastic wrap.

Let the dough rise in a warm, draft-free spot until it doubles in bulk,

Line a sheet pan with parchment paper. Punch down the dough and turn it out onto a

clean work surface. Cut into 2 oz pieces (4 oz for burger buns).

Roll each piece against

the work surface into a round ball. Place balls on the prepared pan, spacing them evenly,

cover loosely with a kitchen towel, and let them rise until puffy and pillow-soft when

gently squeezed, 30-40 minutes.

Position a rack in the lower third of the oven, and preheat to 400 F (200 C).

Brush the rolls lightly with the beaten egg. For burger buns, sprinkle with sesame seeds.

Bake until puffed and golden brown, 20-25 minutes. Serve Immediately

Enriched braided loaf.

1 1/4 teaspoon instant dry yeast

1 cup warm water

1 tablespoons sugar

1 large egg, at room temperature, plus 1 egg beaten, for glaze

4 T oil

2 2/3 cups all-purpose flour

1 1/4 teaspoons salt

Add the dry ingredients into a mixer bowl. Mix the wet and slowly add to the bowl. Mix slowly and knead using the dough hook for 8 minutes. Add a little more flour only if dough is sticking to the sides of the bowl after a few minutes of kneading. Knead until the dough is smooth and elastic, 5-7 minutes. The dough should be soft but not sticky. Remove the dough from the bowl.

Form the dough into a ball, transfer it to a lightly oiled bowl, and cover with plastic wrap.

Let the dough rise in a warm, draft-free spot until it doubles in bulk, 1 1/2 - 2 hours.

Line a sheet pan with parchment paper. Punch down the dough and turn it out onto a

clean work surface. Cut into 2 oz pieces (4 oz for burger buns). Roll each piece against

the work surface into a round ball. Place balls on the prepared pan, spacing them evenly,

cover loosely with a kitchen towel, and let them rise until puffy and pillow-soft when

gently squeezed, 30-40 minutes.

Position a rack in the lower third of the oven, and preheat to 400 F (200 C).

Brush the rolls lightly with the beaten egg. For burger buns, sprinkle with sesame seeds.

Bake until puffed and golden brown, 20-25 minutes. Serve Immediately

Jamaican Patties

Fraisage and making savoury pastry, use and identification of spices, safe handling of chilis, mise en place

****When using chilis, the oil clings to your fingers, do not touch your eyes or other sensitive areas without washing your hands with DISH SOAP.****

Pastry

2 cups Flour

1/4 teaspoon Salt

1/2 tablespoon turmeric

1/2 cup margarine

1/2 cup Cold water or more as needed

Sift the flour, turmeric and salt into a bowl of the stand mixer.

Use the paddle attachment to fraisage the margarine until crumbly. Add the cold water to make a firm but malleable dough. CWrap and chill.

Cut the dough into 8. Lightly flour a surface and roll out the dough until about 1/8-inch thick. Trim into 8-inch circles using a small plate as a template.

Filling

2 tablespoon oil

1 Small white onion, brunoised

¼ scotch bonnet, minced, seeded and de-ribbed

1/2 lb. Lean ground beef

1/2 teaspoon Salt

1/2 teaspoon Freshly ground black pepper

1/2 teaspoon each of tumeric and cumin

1/2 teaspoon Dried parsley

1/4 cup Breadcrumbs

1/4 cup stock

1 Egg, beaten

1/4 cup Water

In a heavy skillet, heat the oil and brown the beef, breaking it up as it cooks. When it is no longer pink, add and sweat the onion and chili until they onions become limp. About 2 minutes add salt, pepper turmeric, cumin and parsley and mix well.

Add the breadcrumbs and stock and combine all the ingredients well. When all the liquids have been absorbed, the filling is ready. It should be moist but not watery. Remove the skillet from the stove and preheat oven to 425 degrees F. Uncover the dough circles and place 2 to 3 tablespoons of filling on half of each. Moisten the edges of the dough with water and fold the dough circle over the meat filling. Pinch the edges closed with a fork. Lightly brush the pastry with a mixture of the egg and water. Bake 20 minutes or until the pastry are golden brown.

Calzones (6)

1 T sugar

240 g water

1 $\frac{1}{4}$ t yeast

360 g bread flour

1 $\frac{1}{4}$ t salt

2 T olive oil

Mix on medium high with paddle for 2 minutes.

Allow the pizza to ferment for 24-72 hours.

4-5 sausages, cooked, chopped

1- $\frac{1}{2}$ c tomato sauce

200 g mozz

$\frac{1}{2}$ lb sliced mushrooms

WEEK 13

<https://www.youtube.com/watch?v=Gj38m08QLoE&t=151s>

This week you will demonstrate :

Savoury custards

Lining tart shell

Baked batters and glazes

Success Criteria:

Set tart shell with cooked bottom crust.

Flavourful delicate custard filling

Baked and glazed mini doughnuts.

French Toast

<https://www.youtube.com/watch?v=8l01E5kCa1Y>

CUSTARD MIXTURE:

6 large eggs

½ cup milk

¼ cup granulated sugar

1 Tablespoon cinnamon

1 teaspoon vanilla

FOR THE TOAST & PAN:

1 large cut into 12 slices

3 Tablespoons melted butter

BLUEBERRY SAUCE:

1 ½ cups blueberries fresh or frozen*, divided

½ cup water

¼ cup granulated sugar

1 ½ teaspoons cornstarch dissolved in 1 Tablespoon of water

In a deep-dish pie pan or square baking dish, whisk together eggs, milk, sugar, cinnamon, and vanilla.

Before you dredge the bread slices, preheat a large skillet or griddle over medium heat.

DREDGE BREAD SLICES:

Place the bread slices into the custard mixture and let them sit for 1 minute per side.

COOK THE FRENCH TOAST:

Cook each slice for 2-3 minutes per side, or until golden brown on each side.

KEEP THE TOAST WARM:

Place a wire rack inside a rimmed baking sheet and heat the oven to 275 degrees. As slices of French toast finish cooking, place them in the baking sheet inside the oven until you are ready to serve.

MAKE BLUEBERRY SAUCE:

In a small saucepan over medium-high heat, add ¾ cup of blueberries, water, and sugar. Once the mixture starts to bubble, add in the dissolved cornstarch mixture and bring the mixture to a boil. Once it comes to a boil, reduce the heat to low and simmer for 3 minutes. The sauce will be thickened.

Take the saucepan off of the heat and stir in the remaining blueberries. Let the sauce sit for 5 minutes before serving (the sauce will thicken even more as it cools).

TO FINISH:

Top slices with the blueberry sauce, and sprinkle with powdered sugar and drizzle with maple syrup (both optional).

CHicken Almond Guy Ding

INGREDIENTS

1 cup diced cooked chicken
3 tablespoons oil
1/3 cup roasted almonds
1 1/2 tablespoons soya sauce
1 cup chopped celery
1 cup chopped broccoli
1/2 cup sliced water chestnuts(optional)
1 tablespoon cornstarch
1 large onion, chopped
1/2 cup water (dilute the corn starch in the water)
1 t sesame oil
Mix cornstarch sesame oil and soy sauce with water
Set aside

Roast almonds in oven at 375 for about 5-10 min (or until you are finished cooking) Add oil to wok and heat until smoking. Add onion and chicken, cook about 2-3 minute stirring occasionally.

Add the remainder of the ingredients (except the corn starch/water mixture and the almonds).

Cover and continue to cook for 2-4 minutes stirring once or twice..

Then add Corn starch mixture and allow to thicken in the wok.

Add almonds and serve.

Rice:

1 c rice to 1 1/2 c water. Bring to a boil, turn to low and cover. Cook 18 minutes. Take off heat and let stand 10.

Vanilla Glazed doughnuts

Ingredients

1 cup cake flour, sifted
1/3 cup granulated sugar
1 teaspoon baking powder
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1/3 cup buttermilk (1/3 c water and 1 T buttermilk powder)
1 egg, lightly beaten
1 tablespoon butter, melted

1

Preheat oven to 425°F. Prepare Mini Donut Pan with pan spray.

In large bowl, stir together flour, sugar, baking powder, salt and nutmeg. Add buttermilk, egg and butter; stir until just combined. Fill each doughnut cup approximately 1/2 full with 1 tablespoon of batter. Spread batter around center post to edges of cup.

Bake 6-7 minutes or until the top of the donuts spring back when touched. Cool in pan 3 minutes; remove to cooling grid. Donuts are best served fresh.

Makes about 12 mini donuts.

Vanilla Glaze

1 cups powdered sugar sifted
1 T whole milk
1 tablespoons light corn syrup
1 teaspoon unsalted butter melted
1 teaspoon vanilla extract
pinch of salt

Strawberry Shortcake (Emeril)

<https://www.youtube.com/watch?v=dBzpAvD8nK0>

The sponge cake

Egg Foam Method

2 large free-range eggs

3 sugar

1 oz cornflour

2 oz flour

1/2 tsp baking powder

25 g butter, melted

For the sponge, preheat the oven to F350. Grease and line a sheetpan with baking parchment.

Put the eggs and sugar into a large bowl and using an electric mixer, whisk together until the mixture is very pale and thick and the whisk leaves a trail on the surface when lifted. This will take about five minutes.

Sift the cornflour, flour and baking powder over the egg mixture and carefully fold in using a spatula. Fold in the melted butter, taking care not to over mix.

Pour the mixture into the lined pan -let it sit where it falls and bake for 10-15 minutes until the sponge is golden-brown.

Remove from the oven and set aside to cool. When cool enough to handle, turn out onto a wire rack to cool completely

Macerated Berries

1 c strawberries, sliced

1-3T sugar depending on the sweetness of your berries

½ t vanilla

Mix and set aside

Long Lasting Chantilly Cream (Whipped Sweetened Cream)

1/4 cup sugar

1/8 teaspoon sea salt

3/4 cups heavy cream

2 teaspoons vanilla extract

The trick is a bit of extra sugar, which helps the cream whip into a stable foam that can be held for up to eight hours. With a hearty pinch of salt, it's not too sweet.

Combine sugar, salt, cream, and vanilla extract, if using, in the bowl of a stand mixer fitted with the whisk attachment. Mix on medium-low speed to dissolve the sugar, about a minute, then increase to medium-high and whip until cream is thick enough to hold firm peaks, about 3 minutes.

Use immediately, or cover and refrigerate until needed, up to 8 hours.

Refrigerate leftovers in an airtight container for up to 1 week; before serving, briefly rewhip the cream to restore its light and silky texture.

To serve:

1 oz simple syrup

Any remaining juice from the macerated berries

Brush the cake with the syrup then layer cake, berries, and cream. Dust with icing sugar.

Quiche (individual)

INGREDIENTS

8 oz puff pastry thawed

3 eggs large

1/3 cup milk

1/2 pepper, brunoised

100 g cheese shredded

salt and pepper

Pinch of paprika

INSTRUCTIONS

Preheat oven to 400 degrees.

Sweat pepper in some olive oil on medium high heat for 2 minutes.

Cut the dough into 6 even pieces

Roll out approx 5x5 inches.

Place each puff pastry square into the cups of a non-stick muffin tin (the muffin tin does not need to be greased—the puff pastry has enough butter in it), pressing the dough into the bottom of the muffin cups and up the sides, letting the four corners rest on top of the muffin tin (see picture above for more detail).

Spread pepper, onion and cheddar cheese evenly in the bottoms of each quiche cup.

In a bowl, whisk eggs, milk, and seasonings together. Pour egg mixture into each quiche cup, filling about 2/3 of the way full (the eggs and the puff pastry will rise as it bakes).

Bake for about 16-17 minutes, or until eggs are set and puff pastry is puffed and golden brown.

Allow to cool a couple of minutes before removing from the muffin tins and serve warm.

WEEK 12

Blueberry muffins

INGREDIENTS

2 cups all-purpose flour, spooned into measuring cup and leveled-off
2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
1 stick ($\frac{1}{2}$ cup) unsalted butter, softened
1 cup granulated sugar
2 large eggs
 $1\frac{1}{2}$ teaspoons vanilla extract
 $\frac{1}{4}$ teaspoon almond extract
 $\frac{1}{2}$ cup milk
1 cup fresh blueberries
2 tablespoons turbinado sugar (also called raw sugar or demerara sugar)

Preheat the oven to 375°F and put an oven rack in the middle position. Line a 12-cup muffin tin with paper liners. Spray the pan and the liners with non-stick cooking spray.

In a medium bowl, whisk together the flour, baking powder and salt.

In the bowl of an electric mixer, beat the butter and granulated sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and almond extract. (The batter may look a little grainy -- that's okay).

Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. The batter will be very thick. Add the blueberries to the batter and fold gently with a spatula until evenly distributed. Do not overmix.

Scoop the batter into the prepared muffin tin (an ice-cream scoop with a wire scraper works well here); they will be very full. Sprinkle the turbinado sugar evenly on top of the muffins.

Bake for about 30 minutes, until lightly golden. Let the muffins cool in the pan for about 10 minutes. Run a knife around the edge of each muffin to free it from the pan if necessary (the blueberries can stick), then transfer the muffins to a rack to cool completely.

Kathi Rolls(2 day)

You will demonstrate:

- Previous knowledge using hot water dough
- Marinate (solid food version of infuse)
- Proper sanitation using high risk foods
- Cooking chicken to F165 using digital thermometer

Success criteria:

- Tender flaky parathas
- Flavourful properly cooked chicken
- No food poisoning!

<https://www.facebook.com/foodnetworkcanada/videos/2396417120577313/>

<https://www.youtube.com/watch?v=iCZIS07A7GE>

<https://www.youtube.com/watch?v=yE-r34LCmxM>

<https://www.harighotra.co.uk/blog/news/regional-map-of-indian-cuisine>

Paratha

<https://www.youtube.com/watch?v=nDKNXTc6qok>

Ingredients

375 g all-purpose flour, plus more for rolling

1 tablespoon (12g) Diamond Crystal kosher salt; for table salt, use about half as much by volume or the same by weight

2 tablespoons (1 ounce; 30g) vegetable oil, or other neutral oil

¼ c liquid ghee, divided

Directions

To Make the Dough: In a stand mixer mixing bowl, whisk together flour and kosher salt until combined, about 1 minute. Add oil and rub evenly into flour, about 5 minutes. Make a well in the center of flour and pour in 1 cup (250ml) of hot water. Mix on low with the paddle for 5 minutes. Leave dough in bowl and cover with plastic wrap or a moist towel. Set aside to rest at room temperature for at least 1 hour and up to 24 hours in the refrigerator.

After dough has rested. On a clean surface, roll out dough as thin as possible, sprinkling flour as needed to prevent dough from sticking to the rolling pin. The final dimensions of the dough should be roughly 16 inches by 10 inches.

Brush the top with melted ghee.

Roll into a jelly roll and slice 6x2 inch pieces.

Turn the pieces on the side and roll into 10 inch discs.

Preheat a pan to medium high and place the paratha.

Brush the paratha with ghee or oil, flip and brush the other side. Continue frying until golden on both sides.

Using a small offset spatula, dab 1 tablespoon (15g) of softened ghee across surface of rolled out dough. Sprinkle a pinch of flour over ghee. Starting from the top, roll dough sheet until it is coiled into one long snake. Coil each end of the dough log inward until they meet at the center, then fold the two coils onto each other and press together firmly. Set aside coiled dough ball to rest covered for at least one hour at room temperature and up to 24 hours in the refrigerator.

For the Final Roll: On a lightly floured surface with a rolling pin, roll each coiled dough ball into a circle about 8 inches in diameter and 1/8-inch thick. Lightly dust paratha, rolling pin, and counter with flour as needed to prevent sticking, dusting off any excess flour at the end. Rotate paratha after each roll to maintain an even shape. Cook rolled out parathas right away, or store between layers of parchment and wrapped in plastic wrap in the refrigerator for up to three days.

Cooking the Parathas: Preheat a heavy gauge 10-12 inch skillet over medium-low heat. Working with one paratha at a time, cook in the dry skillet until dusty and dry to the touch, about 3 minutes per side. (After this first cook, the parathas can be stacked between sheets of parchment, wrapped in plastic, and stored in the refrigerator for 1 week or freezer for 3 months and cooked from frozen as needed).

Preheat the same skillet over medium-high heat. Add 1 tablespoon of ghee and cook 1 paratha at a time until golden brown and crispy, about 1 minute per side. Once cooked through, scrunch paratha to release any built-up steam. Serve right away or hold warm wrapped in a kitchen towel and in a 250°F (121°C) oven for up to 1 hour.

Tandoori Chicken

YIELD: 6 SERVINGS

1 boneless chicken breast, skin removed, cut into 4 strips
1 teaspoons salt
1 teaspoons coriander
1 teaspoons cumin
1/4 teaspoon cardamom
1/4 teaspoon cayenne pepper
1/4 cup whole-milk yogurt or Greek yogurt
1 (1-inch) knob fresh ginger, peeled and chopped
2 garlic cloves, chopped

In a skillet set over medium-high heat, toast the coriander, cumin, cardamom, and cayenne pepper until fragrant, about 1 minute. Remove the pan from the heat and let the spices cool. In a large bowl, combine the spice mixture, salt, yogurt, ginger, and garlic.

Add the chicken to the spice paste, cover with plastic, and refrigerate for 24 hours.

Preheat the oven to 450°F.

Remove the chicken from the marinade. Arrange it on a wire rack placed over a shallow roasting pan or sheet pan. Brush the chicken with ghee and roast for 35 to 40 minutes, or until the meat registers] 65°F. on an instant -read thermometer and the juices run clear when pierced with the tip of a knife. Remove the chicken from the oven and let sit for 5 minutes to allow the juices to settle.

To finish

Coriander,

Sliced red onion

Sweet chili sauce

Brioche Bun Recipe

Marissa Stevens

An easy no knead recipe for light, buttery brioche buns!

5 from 10 votes

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PREP TIME

15 mins

COOK TIME

15 mins

RISING TIME

4 hrs

TOTAL TIME

4 hrs 30 mins

COURSE

Breads and Quick Breads

CUISINE

French

SERVINGS

8 brioche buns

CALORIES

267 kcal

INGREDIENTS

1x

2x

3x

3 ⅓ cups all-purpose flour 453g, or bread flour

1 ½ teaspoons instant yeast see recipe note #1

2 tablespoons sugar

1 ½ teaspoons kosher salt

3 tablespoons butter see recipe note #2

3 tablespoons milk

1 cup lukewarm water

2 large eggs divided (one for egg wash before baking)

INSTRUCTIONS

In a large bowl, whisk together flour, yeast, sugar, and salt.

In a small saucepan, heat butter and milk until butter has just melted. Remove from heat to cool slightly.

In a medium bowl, whisk together warm water and one egg. Whisk in warm milk and butter mixture until combined. Pour over flour mixture and stir with a wooden spoon or rubber spatula until no dry flour remains and you have a shaggy, sticky dough. Tightly cover bowl with a lid or plastic wrap and let stand in a warm place for 2 to 4 hours until dough is bubbly and has doubled in size. Or tightly cover and chill for 12 to 24 hours to rise slowly in the refrigerator (My preferred way, for the best flavor and texture).

Line a baking sheet with parchment paper.

Turn risen dough out onto a lightly floured work surface and with lightly floured hands, first gather dough into a ball, then gently pat into a rectangle. With a dough scraper, divide dough into 8 equal pieces (use a kitchen scale for perfectly even buns). Shape each piece into a ball by first tucking edges under then pinching together to seal. Place pinched edge side down on work surface and gently roll with your palm to form a ball. Place 2 to 3 inches apart on prepared baking sheet. Cover loosely with a clean kitchen towel and let rise until buns are puffy and light to the touch, about 1 hour or up to 2 hours if dough is straight from the refrigerator.

When ready to bake, preheat oven to 400°F.

Whisk together remaining egg with 1 tablespoon water and brush over buns with a pastry brush. Bake 15 minutes or until tops are golden brown, rotating sheet halfway through baking time. Transfer buns to a wire rack to cool completely.

NOTES

To substitute active dry yeast for instant yeast, increase the amount to 2 teaspoons. In step 3 of the recipe, whisk a teaspoon of sugar into the warm water and sprinkle yeast over the top. Let stand 5-10 minutes until yeast is foamy. Whisk in egg and slightly cooled butter and milk mixture. Add this yeast mixture to dry ingredients and proceed with recipe.

If using unsalted butter, increase kosher salt to 2 teaspoons.

If your room temperature isn't warm enough for the dough to rise, use this tip from *Cooks Illustrated* magazine to create a proofing oven: place the dough in the covered bowl on the middle shelf of your oven and a loaf or cake pan filled with 3 cups of boiling water on the bottom shelf. Close the oven door and you've created a great atmosphere for the dough to rise.

To freeze unused buns, allow them to cool completely and transfer to a freezer safe bag or container. Thaw in the bag at room temperature. Use within 2 months

Gozleme

You will demonstrate: making hot water dough.

Success criteria: thin, tender dough which hydrates quickly and browns nicely when dry cooked on a griddle.

<https://www.youtube.com/watch?v=FSosEun-YaE>

Serves 4

To make the dough –

1 ½ c All Purpose flour

1/2 t Sugar

2 T Olive oil

1 T Yogurt or sour cream

1/2 t Salt

125-150 ml Hot water (might need more or less)

Mix all ingredients with a hook attachment until a smooth dough forms or knead by hand. It should feel like an earlobe so adjust the consistency as needed.

Let rest ½ hour.

For Filling

1 Minced white onion

3 c fresh spinach

3 oz feta

When ready to cook, divide the dough into 4 round portions.

Dust with flour.

Dust a work surface with flour and roll one of the rounds flat with a rolling pin, into a circle shape as thinly as possible.

Sprinkle with ¼ of the diced white onion, ¾ c spinach and ¼ of the feta

Fold over the uncovered half of the circle to cover the filling. Press down lightly all over. Cook on pre-heated oiled barbecue hot plate or large frying pan, but not too hot, because it should take about 3-5 minutes to cook through, without burning. Turn often.

Bagels

<https://www.youtube.com/watch?v=sQ4n1mQFHPo>

You will demonstrate kneading, boiling baking

boiling sets the crust before it is placed in the oven. The starch on the exterior quickly gels and forms a barrier

Success criteria: chewy dense product with deep golden colour

Ingredients

Dough

5 g instant yeast

240 g Bread Flour

1 teaspoons salt

2 teaspoon brown sugar

150 g lukewarm water

Water bath

2 quarts (1814g) water

2 tablespoons (28g) molasses

Instructions

Combine all of the dough ingredients and knead vigorously for 10 minutes (if you're using an electric mixer) or up to 15 minutes (if you're kneading by hand). Since we're using a high-protein bread flour here, it takes a bit more effort and time to develop the gluten. The dough will be quite stiff; if you're using a mixer it will "thwap" the sides of the bowl, and hold its shape (without spreading at all) when you stop the mixer.

Place the dough in a lightly greased bowl, cover, and set it aside to rise until it's noticeably puffy though not necessarily doubled in bulk, 1 hour.

Lightly grease two baking sheets, or line them with silpat. Transfer the dough to a work surface, and divide it into eight pieces (for large bagels), or 12 pieces (for standard-size bagels).

Working with one piece at a time, roll it into a smooth, round ball. Place the balls on one of the prepared baking sheets. Flatten and cover the balls with plastic wrap, and let them rest for 15-20 minutes. They'll puff up very slightly.

While the dough is resting, prepare the water bath by heating the water, malt, and sugar to a very gentle boil in a large, wide-diameter pan. Preheat your oven to 450°F.

Use your index finger to poke a hole through the center of each ball, then twirl the dough on your finger to stretch the hole until

it's about 1 1/2" to 2" in diameter. Place six bagels on each of the baking sheets.

Transfer the bagels, four at a time if possible, to the simmering water. Increase the heat under the pan to bring the water back up to a gently simmering boil, if necessary. Cook the bagels for 2 minutes, flip them over, and cook 1 minute more. Using a skimmer or strainer, remove the bagels from the water and place them back on the baking sheet. Repeat with the remaining bagels.

Bake the bagels for 20 to 25 minutes, or until they're as deep brown as you like. Remove the bagels from the oven, and cool completely on a rack

WEEK 11

<https://www.youtube.com/watch?v=kbmSu1fLerI>

Margherita Pizza

2 t sugar
180 g water
1 t yeast
270 g bread flour
1 t salt
1 T olive oil

Mix on medium high with paddle for 2 minutes.

Allow the pizza to ferment for 24-72 hours. This will help develop flavour and gluten for a crispy chewy crust.

Sauce

$\frac{3}{4}$ c good tomatoes, drained
1 t pesto
1 t salt
Puree

6 oz mozzarella, sliced
1 c basil, torn

Stretch into 16 inch pizzas
Top w sauce, basil and mozz

Pizza stone top shelf.

Momofuko Birthday Confetti Cake

Momofuku was founded by chef David Chang in 2004 with the opening of Momofuku Noodle Bar in New York City. Credited with “the rise of contemporary Asian-American cuisine” by the New York Times and named the “most important restaurant in America” by Bon Appétit magazine,

[About David Chang.](#)

Momofuko Confetti Cake

Ingredients

For The Birthday Cake Crumb

MIX WITH PADDLE ON LOW UNTIL CLUMPY

½ cup (99 g) granulated sugar

1½ tablespoons light brown sugar

¾ cup (90 g) cake flour (use all purpose)

½ teaspoon baking powder

¼ teaspoon salt

1 tablespoon rainbow sprinkles

¼ cup (60 mL) unflavoured oil

1 tablespoon vanilla extract

SPREAD ONTO PARCHMENT LINED SHEET PAN

BAKE f300 FOR 20 MINUTES

ALLOW TO COOL

FREEZE UP TO 1 MONTH OR FRIDGE 1 WEEK

For The Birthday Cake

USING PADDLE, CREAM ON MED HIGH 3 MINUTES:

60 g unsalted butter at room temperature

60 g vegetable shortening

250 g granulated sugar

3 tablespoons light brown sugar

ADD AND BEAT 3 MIN MORE ON MED HIGH

3 large eggs room temperature

MEASURE TOGETHER AND ADD-BEAT 6 MINUTES MORE

125 ml buttermilk

125 ml neutral oil

2 teaspoons vanilla extract

MIX AND ADD ON LOW FOR 60 SECONDS

240 g cake flour

1½ teaspoons baking powder

1/2 teaspoon salt

2 T Rainbow sprinkles

9X13 PAN, GREASED, BOTTOM PARCHMENT

SPRINKLE WITH 1 T SPRINKLES

F350 30-35 MINS. COOL, TURNOUT. COOL AND WRAP.

FRIDGE FOR UP TO 5 DAYS

For The Birthday Cake Frosting 650g

CREAM ON MED HIGH FOR 3 MINS

1 c (225 g) unsalted butter at room temperature

1/2 cup (92 g) vegetable shortening

4 ounces cream cheese

TURN TO LOW AND ADD, MIX 3 MINS ON MED HIGH

1/4 c corn syrup

TURN TO LOW AND ADD, MIX 3 MINS ON MED HIGH

2 tablespoons vanilla extract

2 1/2 cups (284 g) powdered (confectioners) sugar

1/2 teaspoon salt

1/8 teaspoon baking powder

1/8 teaspoon citric acid)

FRIDGE FOR 1 WEEK -BRING TO ROOM TEMP BEFORE
USING

For The Birthday Cake Soak

1/4 cup milk

1 teaspoon clear vanilla extract

Combine.

Special Equipment

Quarter Sheet Pan

Acetate Cake Collar

6" Cake Ring

Instructions

ASSEMBLE THE BIRTHDAY LAYER CAKE

Put a piece of parchment or Silpat on the counter. Invert the cake onto it and peel off the parchment or Silpat from the bottom of the cake. Use the cake ring to stamp out 2 circles from the cake. These are your top 2 cake layers. The remaining

cake “scrap” will come together to make the bottom layer of the cake.

Layer 1, The Bottom: Clean the cake ring and place it in the center of a sheet pan lined with clean parchment or a Silpat. Use 1 strip of acetate to line the inside of the cake ring.

Put the cake scraps in the ring and use the back of your hand to tamp the scraps together into a flat even layer.

In a small bowl, whisk together the milk and vanilla extract for the birthday cake soak. Using a pastry brush, brush half of the soak over the top of the cake.

Using the back of a spoon, spread one-fifth of the frosting in an even layer over the cake.

Sprinkle one-third of the birthday cake crumbs evenly over the top of the frosting. use the back of your hand to press them gently into the frosting.

Use the back of a spoon to spread a second fifth of the frosting as evenly as possible over the crumbs.

Layer 2, The Middle: With your index finger, gently tuck the second strip of acetate between the cake ring and the top 1/4 inch of the first strip of acetate, so that you have a clear ring of acetate 5 to 6 inches tall. Set one of the cake rounds (the more imperfect of the two) on top of the frosting, brush with the remaining soak, and repeat the process for Layer 1 (a fifth of frosting, a third of crumbs, and another fifth of frosting).

Layer 3, The Top: Nestle the remaining cake round into the frosting. Cover the top of the cake with the last fifth of the frosting. Garnish the frosting with the remaining birthday crumbs.

Transfer the sheet pan to the freezer and freeze for a minimum of 12 hours to set the cake and filling. (The cake will keep in the freezer for up to 2 weeks.)

At least 3 hours before you are ready to serve the cake, pull the sheet pan out of the freezer and, using your fingers and thumbs, pop the cake out of the cake ring. Gently peel off the acetate and transfer the cake to a platter or cake stand. Let it defrost in the refrigerator for a minimum of 3 hours before slicing and serving. (You can store the cake, wrapped well in plastic wrap, in the refrigerator for up to 5 days.)

Notes

Cake crumbs: Up to a week ahead of time. Store at room temperature. You can also store these in the freezer for 1 month.

Cake: You can store this, cooled and wrapped, in the fridge up to 5 days.

Frosting: Store in the fridge up to 1 week ahead of time. Bring to room temperature before using.

Whole Cake Assembled: Store in the fridge, covered up to 5 days. Freezer, covered, up to 2 weeks.

WEEK 10

Earth Week

<https://www.youtube.com/watch?v=5qx2WFpNTPs>

<https://www.youtube.com/watch?v=nUnJQWO4YJY&t=302s>

<https://www.youtube.com/watch?v=6RIxySFrkIM>

https://www.youtube.com/watch?v=luIQGJlo_Wc

https://www.youtube.com/watch?time_continue=577&v=Gj38m08QLoE&feature=emb_logo

Fresh Pasta

<https://www.youtube.com/watch?v=FpInYtkMj8g>

300 g all purpose flour

3 eggs
Pinch salt

PLACE the flour on a board or in a bowl and make a well in the centre.

CRACK the eggs into the well, add a pinch of salt then with a fork, mix the egg into the flour as much as possible so it's not sticky. Don't worry if there are lumps in the dough. Keep mixing and then when crumbs form put it on a flat surface and knead together. You can also speed this up by mixing your ingredients in a food processor until they bind.

ONCE it is all combined, knead until you have a silky, smooth, elastic dough. You are aiming to achieve a playdough texture. If your dough is crumbly (too dry) add a teaspoon of olive oil. If the dough sticks to your hands (too wet) add a little extra flour.

COVER with cling film and rest for 30 minutes.

TIP: The general rule for portions is 100g flour, 1 egg and a pinch of salt for a generous portion of pasta for 1 person

WHEN using a pasta roller, take a tennis ball-sized amount of dough, squash it flat with your fingers (remember to keep the rest of your dough covered with the cling film so it doesn't go dry and crusty) push it through the pasta roller on the widest setting. Fold into thirds, then repeat 3 times. Once you have a rough square shape, start working it through the machine, taking it down one setting at a time, until the thinnest setting. If your pasta is too sticky, it won't go through smoothly, so add a little flour to each side before you put it through the roller. Try to avoid too much flour – the less you use, the better otherwise your pasta can start to feel heavy and claggy when cooked.

Fettuccine Alfredo

<https://www.youtube.com/watch?v=9n5z0LTGI4>

300 g (3 eggs) of fresh Fettuccine

2 oz unsalted butter

½ cup heavy whipping cream

2 cloves garlic, finely minced

Salt and pepper to taste

¾ cups parmigiano reggiano

Black peppercorn

Place fettuccine in a pot of boiling water that's been seasoned generously with salt. Cook according to package instructions or until done.

In a large pan, add heavy whipping cream and unsalted butter set to medium heat. Constantly stir the pan until all the butter has melted.

Increase the heat slightly and bring to a gentle simmer.

Simmer, stirring occasionally, for 3-4 minutes or until lightly thickened.

Cut off the heat and add in parmigiano reggiano, and finely chopped garlic. Vigorously stir together until thoroughly combined. Season to taste with salt and pepper.

Reserve ¾ cup of pasta water. Drain the pasta.

Add pasta to the alfredo sauce. Toss and using pasta water as needed to fully emulsify.

Place in a bowl. Top with grated parmigiano reggiano and a crack of black peppercorn before serving

Tortilla de Patata

<https://www.thespruceeats.com/spanish-omelet-tortilla-espanola-3083734>

Start to finish: 45 minutes · Hands-on time: 25 minutes

You will

Demonstrate knife skills, the cooking method saute

Success criteria: tender melting soft potatoes and a barely cooked egg custard with a golden crust

A traditional tapas favorite, this egg and potato dish can be found in almost every tapas bar in Spain. Although called a tortilla, it doesn't resemble in the least what most Americans refer to as a tortilla. This dish more closely resembles a frittata, and is so sturdy that it is often eaten out of hand

YIELD: 6 SERVINGS

3 large potato sliced

1/4 cup plus 3 tablespoons olive oil

2 small onion, sliced thin.

5 large eggs

Preheat a 10 " saute pan. Saute the potatoes and onions in a ¼ c of olive oil for 15 minutes with a lid until the potatoes and onions are melty soft..Transfer them to a large bowl to let them cool slightly.

Turn down heat and cook for another 5 minutes.

In a large bowl, beat the eggs with salt and pepper.

Quickly pour in the eggs, cover, and cook over low heat for 10 minutes. Turn off the heat, uncover the skillet, and then flip onto a large pan and slide back into the pan and cook for a further 5 minutes

Slide the tortilla onto a serving plate and cut into wedges. Serve warm or at room temperature.

WEEK 9

Blueberry Scones

You will demonstrate:

Various measurement methods

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Ingredients:

1 stick (4 oz or 1/4 lb) of unsalted butter, cubed

1/2 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)

4 fl oz whole milk

4 oz. yogurt

10.6 oz flour

100 g sugar

2 t. baking powder

1/4 t. baking soda

1/2 t. Salt

eggwash

1 T. coarse sugar

1. line a baking sheet with parchment paper. Whisk milk and sour cream in a small bowl. Whisk flour, sugar, baking powder, baking soda, salt in a bowl of a stand mixer. Add cubed butter and mix with paddle on medium for 1-2 minutes until the butter is suitably fraisaged.
2. Fold in milk/sour cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour.
3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x12 rectangle..
4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press into a 16" x 4" rectangle. Cut crosswise into 4 even pieces and cut

each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.

Day 1 Make Meringue and Curd

Day 2 Make Chantilly Cream and Decorate

Individual Mini Pavlova (class)

<https://bellyfull.net/mini-pavlova-recipe/>

Ingredients

For Pavlova (the meringue)

90 g egg whites , room temperature

3/4 cups granulated sugar

1/2 teaspoon vinegar

1 1/2 teaspoon vanilla extract

1 teaspoons corn starch

Instructions

Preheat your oven to 200 degrees F. Line a large baking sheet with parchment paper.

Using a stand mixer or handheld electric mixer, beat the egg whites on high speed for about 1 minute until soft peaks form. With the mixer still on, gradually add in the sugar, 1 tablespoon at a time, and beat 10 minutes on high speed, or until stiff peaks form. It will be smooth and glossy.

Using a spatula, quickly fold in the vinegar and vanilla extract, then fold in the corn starch and gently mix until well blended.

Pipe meringue into 3 to 3 1/2-inch wide nests onto the parchment paper using a 1M Star tip. Indent the center with a spoon to allow room for toppings.

Bake for 1 hour and 15 minutes, then turn the oven off and without opening the door, let meringue sit in the oven until completely cooled, about 3-4 hours. (The outsides will be dry and crisp to the tap and a very pale cream-colored, and insides will still be marshmallow soft.)

Curd

Use limes, key lime juice, or even lemon to make the perfect curd at home. This recipe is easy and is done in under 10 minutes!

1 large eggs
3 egg yolks (from the pavlova)
1/2 cup granulated sugar
Pinch of salt
80 g fresh citrus juice
45 g unsalted butter diced

INSTRUCTIONS

Place eggs, sugar, salt, juice, in a medium saucepan. Do not put it over the heat yet. Whisk the ingredients together until smooth.

Place over low heat. Stir constantly with a wooden spoon until the mixture thickens, about 4-5 minutes. Turn all the way to low and add the butter. Stir until smooth.

Remove from heat and pour into jar or container. Makes just shy of 1 1/2 cups.

Chantilly Cream

Stable Whipped Cream (Skim milk powder)

1/2 cup heavy cream also known as double cream chilled
3 tablespoons powdered sugar
1/2 teaspoons vanilla extract
2 teaspoon skimmed milk powder (aka nonfat powdered milk or Nonfat Instant Dry Milk)

Add the cream to a medium-sized mixing bowl then add the powdered sugar, skimmed milk powder, and vanilla to the cream.

Whip the cream until it thickens (this doesn't take long at all so check often).

When you run a spoon through it, and it holds its shape without falling back into the gap, it's ready to use.

This recipe makes about 1 1/4 cups of whipped cream.

Transfer the pavlova with the parchment paper onto the counter for assembly.

To make the whipping cream: beat cold whipping cream with 2 tablespoons powdered sugar in a cold bowl for 2 - 2 1/2 minutes or until whipped and spreadable.

Once pavlova are completely cool, spoon the curd in the middle and pipe the chantilly cream around the edge. It should look like an egg.

<https://www.youtube.com/watch?v=0EVxabROZGQ>

WEEK 8

Breakfast black box

Something....

Eggs, hashbrowns, waffles, pancakes, crepes, muffins, scones, oatmeal, biscuit sandwiches.

Parameters

- Completed and cleaned within 75 minutes of class
- Make enough and only enough for those that will eat it.
- No waste, reasonable portions (i.e 4 muffins per student is not reasonable)
- May use anything in our fridges and cupboards and freezer...not cheese please.

food pr

Scallion pancakes

Video

<https://www.serious-eats.com/extra-flaky-scallion-pancakes-recipe>

For the Pancakes:

2 cups all-purpose flour, plus extra for dusting work surface

1 cup boiling water

Directions

Place flour in bowl of **food processor**. With processor running, slowly drizzle in about 3/4 of the boiling water. Process for 15 seconds. If dough does not come together and ride around the blade, drizzle in more water a tablespoon at a time until it just comes together. (Alternatively, in a large bowl add flour and 3/4 of the boiling water. Stir with a wooden spoon or chopsticks until dough comes together, adding water a tablespoon at a time as needed.) Transfer to a floured work surface and knead a few times to form a smooth ball. Transfer to a bowl, cover with a damp towel or plastic wrap, and allow to rest for 30 minutes at room temperature, or up to overnight in the fridge.

Up to 2 T toasted sesame seed oil

1 bunch thinly sliced scallions (save a tablespoon for sauce)

For the Dipping Sauce:

2 tablespoons soy sauce

2 tablespoons Chinkiang or rice wine vinegar

1 tablespoon finely sliced scallion greens

1/2 teaspoon grated fresh ginger

2 teaspoons sugar

To Cook:

1/4 cup vegetable oil

Kosher salt

Divide dough into four even pieces and shape each into a smooth ball. Working one ball at a time, roll out into a disk roughly 8-inches in diameter on a lightly floured surface. Using a pastry brush, paint a very thin layer of sesame oil over the top of the disk. Roll disk up like a jelly roll, then twist roll into a tight spiral, tucking the end underneath. Flatten gently with your hand, then re-roll into an 8-inch disk.

Paint with another layer of sesame oil, sprinkle with 1/2 cup scallions, and roll up like a jelly roll again. Twist into a spiral, flatten gently, and re-roll into a 7-inch disk. Repeat steps two and three with remaining dough balls.

In a small bowl, whisk together sauce ingredients and set aside at room temperature.

Sauce ingredients in a small ceramic bowl with a metal whisk inserted.

Heat oil in an 8-inch nonstick, carbon steel, or cast-iron pan over medium-high heat until shimmering. Carefully slip pancake into hot oil. Cook, shaking pan gently, until first side is an even golden brown (about 2 minutes). Carefully flip with tongs (be careful not to splash the oil), and continue to cook, shaking pan gently, until second side is an even golden brown (about 2 minutes longer). Transfer to a paper towel-lined plate to drain. Season with salt and cut into 6 wedges. Repeat with remaining 3 pancakes. Serve immediately with dipping sauce.

Churros

<https://www.youtube.com/watch?v=453mpKHVaBs>

Ingredients

1 cup water (240ml)
6 tbsp unsalted butter (85g)
1 Tbsp granulated sugar (13g)
1/2 tsp salt
1 cup all-purpose flour (120g)
3 large eggs
1 tsp vanilla extract
Vegetable oil for frying

Cinnamon sugar

3/4 cup sugar
2 tsp cinnamon

Spanish style uses a thick chocolate sauce for dipping.

Chocolate dipping sauce

1/4 cup chocolate chips
1/4 cup heavy cream
1 tsp cinnamon

Instructions

Churros are deep fried **Choux Pastry** which is an egg enriched dough also used in cream puffs (profiteroles) and eclairs.

In a large saucepan, bring the water, butter, salt and sugar to a rolling boil over medium-high heat. When it boils, immediately take the pan off the heat.

Stirring with a wooden spoon, add all the flour at once and stir hard until all the flour is incorporated, 30 to 60 seconds.

Return to the heat and cook, stirring, 30 seconds. Scrape the mixture into a mixer fitted with a paddle attachment (or use a hand mixer).

Mix at medium speed. With the mixer running, add 3 eggs, 1 egg at a time, as well as the vanilla. Stop mixing after each addition to scrape down the sides of the bowl. Mix until the dough is smooth and glossy and the eggs are completely incorporated. The dough should be thick, but should fall slowly and steadily from the beaters when you lift them out of the bowl. If the dough is still clinging to the beaters, add the remaining 1 egg and mix until incorporated.

Heat oil to 370F

Using a pastry bag fitted with a large star tip.

Pipe 6 inch pieces using a star tip. It's best to fry about three at a time.

Fry on either side for 90 seconds to 2 minutes or until golden brown.

Remove with tongs and allow to drain on a paper towel for about thirty seconds before placing in the cinnamon sugar.

Spoon sugar over, remove excess and serve.

To make the chocolate dipping sauce

Put the chocolate chips, cinnamon and heavy cream in a bowl above a pot of barely simmering water and stir occasionally until melted and thoroughly combined.

WEEK 7

The students are finishing their Eggs Florentine.

They have had the lessons on the components except for the poaching of the eggs and assembly.

<https://youtu.be/ZoV38mD-diw>

Please play the video for the students at the start of class.

Groups have been assigned. If any group is smaller than 3, please either have them join another group or someone join to help. A lot of things to do.

*****Students should have a photo which demonstrates the highlighted words **Maillard reaction** and **poaching**

1. Watch video
2. Part of the group should start by making the English muffins. Make sure they get a golden brown exterior which will exemplify the **Maillard reaction**. Instructions below or they can rewatch the video.
3. The other part of the group should make the sauce.
4. When all that is finished, they should reheat the spinach in the microwave for 40-50 seconds.
5. **Poaching** the eggs. Allow one egg per person and a half an english muffin.
6. Eat in class or take with them if they brought a to go container.

Clean up, start a load of laundry in the washer, in the dryer and fold a load of laundry.

DoubleTree Signature Cookie Recipe

Makes 12 cookies

1/4 pound butter, softened
1/2 c granulated sugar
1/2 cup packed light brown sugar
1 large egg
1 teaspoons vanilla extract
1 c plus 2 T flour
1/4cup rolled oats
1/2 teaspoon baking soda
1/4 t lemon juice
1/2 teaspoon salt
Pinch cinnamon
1/2 c semi-sweet chocolate chips

Cream butter, sugar and brown sugar in the bowl of a stand mixer on medium speed for about 2 minutes.

Add eggs, lemon juice, vanilla, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl.

With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don't overmix.

Remove bowl from mixer and stir in chocolate chips.

Portion dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart.

Preheat oven to 300°F. Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft.

Remove from oven and cool on baking sheet.

Soft Philly Pretzels

You will demonstrate: accurate volume measurement, kneading technique, shaping and proper baking with a soda bath

3/4 cup Warm Water

1/2 tbsp Sugar

1/2 tsp Salt

2 tsp instant yeast

2 cups Flour

2 T melted Butter

For Water Bath

10 cups water

2/3 cup baking soda

To Make The Dough

Combine water, sugar and salt and yeast in the bowl.

Add the flour and butter and mix until combined.

Knead dough until smooth (about 5 minutes).

Place the dough in an oiled bowl, cover with towel and sit in a warm place for about 10-20 minutes

Assemble The Pretzels

Bring the water and baking soda to a boil in a large pot or hotel pan. The alkaline bath will aid in the **Maillard reaction**

Preheat the oven to 450.

Line 2 baking sheets pans with parchment paper and lightly spray with cooking spray or brush with vegetable oil.

Lightly oil a cutting board and turn out the dough

Divide the dough into 4 pieces.

Roll out each piece of dough into a 2 foot rope.

Flip ends of the rope across each other and press onto the bottom of the U in order to form the shape of a pretzel. Place onto the baking sheets.

When water is boiling, place pretzels (1 at a time) into the boiling water for about 30 seconds.

Remove pretzel from the water and place back on the baking sheet

Brush the top of each pretzel with egg wash and sprinkle with kosher salt.

Bake 12-14 minutes or until golden brown. This is the photo op for the **Maillard reaction**. Transfer to a cooling rack.

Eggs Florentine

[Poaching Eggs](#)

[Wilting spinach](#)

[Making Hollandaise](#)

[Making English Muffins](#)

Day 1

Make dough and proof over night

Wilt Spinach

Mise en place for Hollandaise

Day 2

Bake Eng Muffins

Make hollandaise

Poach eggs

Reheat Spinach in microwave

Assemble

2 c spinach for wilting

4-5 eggs

2-3 english muffins

Steaming spinach

2 c washed spinach
2 T water

Heat a stainless steel pot or pan with the water. Add the spinach and stir. **Steam** the spinach in the pan, stirring regularly until wilted. Set aside.

Hollandaise

1 egg yolk(do not separate until Wed. Save the white if 'clean'-meaning no trace of yolk.)
1 teaspoon water
1 teaspoon lemon juice from approx 1/2 lemon
Kosher salt
4 oz butter
Pinch cayenne pepper or hot sauce (if desired)

Directions

1.

Combine egg yolk, water, lemon juice, and a pinch of salt in the bottom of a cup that barely fits the head of an immersion blender. Melt butter in a small saucepan over high heat, swirling constantly, until foaming subsides. Transfer butter to a 1 cup liquid measuring cup.

2.

Place head of immersion blender into the bottom of the cup and turn it on. With the blender constantly running, slowly pour hot butter into cup. It should emulsify with the egg yolk and lemon juice. Continue pouring until all butter is added. Sauce should be thick and creamy. Season to taste with salt and a pinch of cayenne pepper or hot sauce (if desired). Serve immediately, or transfer to a small lidded pot and keep in a warm place for up to 1 hour before serving. Hollandaise cannot be cooled and reheated

English Muffins

Ingredients

- 2 3/4 cups all-purpose flour (330g)
- 2 1/4 tsp yeast instant
- 1 teaspoon salt
- 2 tbsp sugar
- 1/2 cup milk (125ml)
- 2/3 cup water (175ml)
- 3 tablespoons butter (42g)
- 1 egg large, room temperature
- cornmeal for dusting or Semolina

Instructions

Combine the milk, water, and sugar in a bowl or glass measuring cup then stir together and warm in the microwave to 110F add the yeast and stir once more. Set aside for 5-7 minutes or until a foamy head develops.

While the yeast wakes up combine the flour and salt in the bowl of your mixer and whisk together then fit with a paddle attachment.

Mix the egg and melted butter into the milk mixture then slowly pour the liquid into your flour mixture while mixing on low. Increase the speed to medium high and mix for about 7 minutes or until the dough is elastic and smooth.

Transfer to a large oiled bowl and cover with plastic. Allow to double in size in a warm spot (about an hour). You can also refrigerate the dough overnight, in which case you'll let it warm for an hour when ready to use.

Transfer the dough to a floured counter then gently spread out and pat down until it's just under an inch thick. Line two baking sheets with parchment paper and sprinkle with cornmeal or semolina.

Use a 3 inch round cutter to cut your muffins then gently transfer them to the prepared baking sheets using a spatula or your hands. Re-roll the scraps and continue cutting until the dough is used up. Cover loosely with plastic and place in a warm spot to rise for about 15-20 minutes.

Place a large skillet over very low heat. Once you can feel the heat when placing your hand a few inches over the surface sprinkle the surface with cornmeal or semolina then carefully place 3-4 muffins on the pan. Cover and cook for 5-6 minutes until a little bit of golden colour on the outside develops (This is another example of the **Maillard reaction**). Then carefully flip and cook for another 5-6 minutes.

Clear the old cornmeal off the pan then add a fresh sprinkle and cook the remaining muffins. Enjoy warm! If you haven't made these before it's best to cook a test muffin to get the feel of it.

WEEK 6

Cake challenge

WEEK 5

Brownie Redemption

<https://www.youtube.com/watch?v=dZR7CuLSy0I>

<https://stratfordpride.com/stratford-winter-pride>

3 Bite Brownies

Ingredients

4 ounces unsalted butter
2 ounces finely chopped dark chocolate
5 ounces white sugar
1/2 ounce light brown sugar
1/2 teaspoons salt
2 large eggs, straight from the fridge
1 t vanilla extract
1/4 teaspoon instant espresso powder
1 1/2 ounces all-purpose flour
1 1/4 ounces Dutch process cocoa powder (the really dark stuff)

Directions

1.

Getting Ready: Adjust oven rack to the middle position and preheat to 350°F. Line a muffin tin with liners.

2.

Melt the chocolate and butter in a bain marie.

3.

Combine white sugar, brown sugar, salt, eggs, vanilla, and instant espresso in the bowl of a stand mixer fitted with the whisk attachment. Whip on medium-high until extremely thick and fluffy, about 4 minutes.

4.

Meanwhile, sift together the flour and cocoa powder. When the foamed eggs are fluffy and thick, reduce speed to low and pour in the warm chocolate-butter. Once incorporated, add the cocoa-flour all at once and continue mixing until roughly combined. Finish with a flexible spatula, scraping and folding to ensure the batter is well mixed from the bottom up.

5.

Using an ice cream scoop so they are the SAME SIZE! Scoop batter into the prepared pan and bake until the brownies are glossy and just barely firm, about 12-18 minutes or to an internal temperature of 205°F 185 if you like them fudgy.

6.

Cool the brownies to room temperature and store in an airtight container with a sheet of wax paper between each layer, about 1 week at room temperature.

Ginger Pork (Shogayaki)

<https://www.youtube.com/watch?v=gJpil8eb3uw&t=406s>

Classic Japanese ginger pork (Shogayaki) recipe. Tender sliced pork loin in a sweet ginger sauce.!

1 knob ginger (2", 5 cm)

½ onion

¾ lb thinly sliced pork loin (I use sliced pork for "ginger pork" from a Japanese grocery store; If you can't find paper-thin meat, slice the meat on your own. See the tutorial on how to cut meat paper-thin.)

1 Tbsp sake (for pork)

1-2 Tbsp neutral-flavored oil

freshly ground black pepper

Ginger Sauce

2 Tbsp soy sauce

2 Tbsp mirin

2 Tbsp sake (omit today)

1 tsp sugar

To Make the Ginger Sauce

In a small bowl, combine all the ingredients for the ginger sauce.

Scrape off the outer ginger skin with a knife (or spoon) and cut off any tough parts.

Using a microplane, grate the ginger, keeping the juice. You will need 1 Tbsp ginger.

Add the ginger and sake add grated ginger as much as you like. 1-2 t.

Next, grate the onion until you get 1 Tbsp of grated onion, including juice. Keep the rest of the onion for later.

Add the grated onion to the ginger sauce and mix it all together.

Cut the rest of the onion into thin slices.

To Cook the Pork

In a large frying pan, heat oil on medium-high heat. When the pan is hot, cook the pork slices in a single layer, turning them over once the bottom is golden brown. Cook in batches so the meat can be seared properly without steaming the meat.

When the pork is no longer pink, transfer to a plate; make sure not to overcook the pork at this stage as we will continue to cook in a sauce later.

Once the pork is done cooking, add oil (especially if your pan is not a non-stick) and onion.

Saute the onion on medium heat until golden brown, about 3-4 minutes. When the onion is tender and translucent, add the pork back in.

Mix the sauce one last time and pour over the pork. Bring the sauce to simmer and spoon the sauce over the pork for about 2 minutes.

When the sauce is thickened, transfer to a serving plate and serve with shredded cabbage.

Risotto

<https://www.thekitchn.com/how-to-make-risotto-at-home-cooking-lessons-from-the-kitchn-63452>

<https://www.chatelaine.com/recipes/recipe-collections/amazing-easy-risotto-recipes/>

3 c chicken broth
1 T extra virgin olive oil
1 tablespoon unsalted butter, plus more for finishing
½ small onion, brunoised
Kosher salt
¾ cups arborio, carnaroli, or vialone nano rice
¼ cup finely grated Parmesan cheese

Bring stock to a simmer in a large saucepan. Keep warm over low heat.

Heat oil in a pot over medium heat, then add onion.

Add arborio rice and salt, then cook for 1 minute.

Add ½ cup stock and cook until absorbed, stirring frequently.

Stir in 1 ½ cups stock; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.

Add remaining stock, ¾ cup at a time, stirring nearly constantly until each portion is absorbed before adding the next.

Remove risotto from the heat, then add in remaining stock, butter, pepper, and cheese.

SAVE HALF FOR THE SUPPLI

Suppli

<https://www.youtube.com/watch?v=JSdT4T-HeI0&t=187s>

Line another sheetpan with parchment. Scoop about ¼ cup risotto into your hands and form into a patty about 2½" in diameter (it doesn't need to be perfect!). Place 2–3 pieces mozzarella in the center of patty. Carefully pinch and shape risotto so it completely encases the cheese, then roll into a 2" ball. Your hands might get messy, and the balls may be slightly misshapen (they'll

firm up later). Place on prepared baking sheet. Repeat with remaining risotto and mozzarella. Freeze balls 10 minutes.

Place 1 c bread crumbs to a shallow bowl. Place 1 c flour in another shallow bowl. Lightly 2-3 beat eggs in a third shallow bowl to blend; season all bowls with salt and pepper. Working one at a time, dredge balls in flour, shaking off excess. Transfer to bowl with egg and turn to coat, letting excess drip back into bowl. Coat with crumbs, pressing gently to adhere. Transfer to a parchment-lined rimmed baking sheet. Chill suppli while you heat oil.

Pour oil into a medium heavy pot fitted with thermometer to a depth of 2". Heat over medium until thermometer registers 350°. Carefully lower half of rice balls into oil with a slotted spoon or spider and fry until deeply golden brown, 3-5 minutes. Transfer to paper towels to drain; season with salt. Repeat with remaining rice balls. Serve warm with sauce alongside if desired.

Buttertarts

Filling:

1/2 cup packed brown sugar

1/4 cup corn syrup or maple if you have it

2 egg

2 tablespoons(30 g) butter, melted

1 teaspoon vanilla

1 teaspoon vinegar

1 pinch salt

Pastry-30 g each

½ c chopped walnuts optional

Preheat the oven to 400 degrees F.

In a large bowl, whisk together the sugar, corn syrup, melted butter, eggs, vinegar (if using) and vanilla

On lightly floured surface, roll out pastry to 1/8-inch (3 mm) thickness. Using 4-inch (10 cm) round cookie cutter (or empty 28 oz/796 mL can), cut out 12 circles, rerolling scraps once if necessary. Fit into 2-3/4- x 1-1/4-inch (7 x 3 cm) muffin cups. Divide walnuts among shells. Spoon in filling until three-quarters full.

Gently ladle the filling into the unbaked tart shells, dividing evenly between the 12.

Bake for 20-25 minutes, until pastry is golden brown and filling has puffed slightly.

Let cool for 10 minutes in pan before removing to a wire cooling rack.

Store baked butter tarts in the fridge for several days or in the freezer for 3 months.

Puff Pastry

<https://www.youtube.com/watch?v=DVdA5CxYUGQ>

225 g flour

225 g butter ($\frac{1}{2}$ lb), grated

125 g cold water ($\frac{1}{2}$ c)

$\frac{1}{4}$ t salt

Fraisage flour salt and HALF the butter. Add water to make a soft but not sticky dough.

Form into a 6 x9 rectangle.

Put the grated butter over the center $\frac{1}{3}$ of the dough. Fold in 4, letter style the outside $\frac{1}{4}$'s meeting in the middle to cover the butter then in half again to make a book..Then turn the pastry 90

degrees and roll into another 6 x 9 rectangle (this is called a turn). Complete 3 more

Bake in bottom third of 450 F (230 C) oven until filling is puffed and bubbly and pastry is golden, about 12 minutes. Let stand on rack for 1 minute. Run metal spatula around tarts to loosen; carefully slide spatula under tarts and transfer to rack to let cool.

WEEK 4

This week you will learn:

- Making a roux
- Cooking pasta
- Shallow frying
- Doneness of Chicken

<https://www.blkbrwn.com/bookstore/p/dooky-chase>

Based on Dooky Chase's recipe Fried Chicken

Ingredients

1 chicken... breasts and thighs deboned, skin on , drumsticks
on bones (split breasts into 2 so you have 8 pieces) or 8
drumsticks

2 c buttermilk

2 t salt

1 t hot sauce

Dry mix

1 cup all-purpose flour

½ c bread crumbs

2 t kosher salt

1 tablespoon freshly ground black pepper

1 t paprika

1/2 t onion powder

1/4 t garlic powder

- Mix in a bowl
- Lg pot with 1 inch of oil
- Tight fitting lid
- Digital Thermometer from black tool box
- Bowl of raw chicken
- 2 x Sheetpan with wire rack
- Oven set at F425
- Tongs

Vegetable oil

Directions

Whisk 2 t salt, buttermilk and hot sauce into a bowl.

Add the chicken pieces. Cover with plastic wrap and refrigerate overnight.

Preheat the oven to 425 degrees F.

Combine the flour, crumbs, salt, and spices in a large bowl.

Take the chicken out of the buttermilk and press flour mix well to coat each piece thoroughly with the flour mixture. Pour the oil into a large heavy-bottomed pan of 1-inch and heat to 360 degrees F on a thermometer.

Working in batches, carefully place several pieces of chicken in the oil and fry for about 3 minutes on each side until the coating is a light golden brown (it will continue to brown in the oven).

Don't crowd the pieces. Remove the chicken from the oil and place each piece on a metal baking rack set on a sheet pan.

When all the chicken is fried, bake for 30 to 40 minutes, until the chicken is **F165** in the centre.

Classic Macaroni and Cheese

You will demonstrate: making a roux to thicken a variation on a classic sauce classic sauce Mornay.

<https://www.youtube.com/watch?v=kUDALaHghxQ>

Success criteria: Thick smooth sauce with no hint of raw flour.

Ingredients

Kosher salt
8 oz elbow macaroni
1 T unsalted butter
1 tablespoons all-purpose flour
1 cups milk
100 g grated sharp cheddar cheese
75 g mozzarella cheese, grated
½ t hot sauce,
pinch garlic powder

In a medium pot of salted boiling water, cook elbow macaroni until just shy of al dente, about 2 minutes less than cooking time indicated on package. Drain, then transfer pasta to a large mixing bowl and toss with 1 T butter until butter is melted and pasta is evenly coated. Set aside.

Make the **roux**. In a large saucepan, melt 1 ½ T butter over medium-high heat (do not allow it to brown). Add flour and whisk to form a paste. Continue to cook, stirring, until raw flour scent is gone, about 1 minute. Whisking constantly, add milk in a thin, steady stream, whisking constantly and thoroughly and getting into all corners of the pan. Sauce will initially become very thick, then get very thin once all the milk is added.

Heat, stirring, until sauce comes to a simmer and begins to thicken slightly. Reduce heat to medium-low and, working in increments, whisk in cheese until a smooth, emulsified cheese sauce forms; do not let sauce come to a boil once cheese is added. Whisk in hot sauce and garlic powder. Season with salt if necessary.

Parmesan Pomodoro Sauce (Giada diLaurentis)

<https://www.youtube.com/watch?v=g9CFodJEvx&t=214s>

Al dente pasta simply means to cook pasta slightly under done. Translated from Italian, al dente means “to the tooth”. This means that pasta offers a slight resistance when bitten into. Al dente pasta can only be achieved with dried, extruded pasta.

The picture shows 3 degrees of doneness. The one on the left is undercooked. You can see there is a white ring surrounding the still dry pasta in the center. The pasta in the middle is cooked al dente, which is what we are looking for. The center has a solid white dot, indicating that it still has a bit of a bite. The one on the right is slightly overcooked, as you can see the center is fully cooked through and it has started to swell and absorb excess water.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, peeled and smashed
- 1 large, full stem basil
- 2 c peeled canned tomatoes with the juices
- 1/2 carrot, peeled and halved lengthwise
- Kosher salt
- 8 oz penne rigate or fusilli pasta
- 3 T grated Parmigiano-Reggiano, plus more for serving (use rasp)
- 1 tablespoons butter

Directions

Heat a medium nonreactive saucepan over medium-high heat. Add 1 T of the oil, carrot and the garlic, and reduce the heat to medium. Cook the garlic and carrot, stirring often with a wooden spoon, until golden brown. Add the basil, tomatoes and their juice.. Stir with a wooden spoon to combine. Bring to a simmer and adjust the heat to maintain a simmer. Cook for 20 minutes stirring occasionally to prevent sticking. Add ½ teaspoon of the salt. Remove from the heat and cool slightly. Remove the garlic, carrots and basil. At this point you can use an immersion blender to puree slightly. Bring a large pot of salted water to a boil. Cook the penne 2 minutes less than the package directions-about 6 minutes. Meanwhile, rewarm the sauce in a large, straight-sided skillet set over medium heat. Using a spider, strain the pasta from the water and add it directly into the pan with sauce, reserving 1/4 cup of the pasta water. Before stirring, sprinkle the pasta with the grated cheese. Toss the pasta, cheese and sauce together. Add the butter, the remaining 1 tablespoons olive oil and the reserved pasta water and continue to cook until the sauce is creamy and the pasta is al dente. Serve topped with more cheese if desired.

Focaccia

<https://www.foodandwine.com/news/italian-sandwiches-eat-before-you-die>

650 g bread flour
450 g warm water
12 g yeast
8 g salt

Mix with the dough hook in the kitchen aid and knead the dough for 5 minutes. Let bulk rise for 45 minutes. Transfer onto a greased 12x18 sheetpan. Lightly grease the top of the dough and cover with clingfilm. Proof in fridge overnight. Oil very well, dock the dough and sprinkle with kosher salt. The next day, Place in F450 oven for 22 minutes and remove from tray onto rack to cool.

Cinnamon Scones

Ingredients:

4 oz of unsalted butter, cut into chunks

225 g whole milk

310 g flour

150 g sugar

2 T. baking powder

1/2 t. Salt

Cinnamon Sugar

1 T sugar

1 t cinnamon

Mix and set aside

eggwash

1 T. coarse sugar

1. Whisk flour, sugar, baking powder, salt in the bowl of a stand mixer. Add cubed butter and mix with paddle attachment until butter has been fraisaged into the dry mix.
2. Add milk mixture till combined. Transfer dough to a well-floured work surface and dust with more flour.
3. Roll or pat dough into a 12" square. Roll like a jelly roll and pat into a rectangle.
4. Repeat.
5. Roll into a square one more time and sprinkle with cinnamon sugar.
6. Roll dough into a tight log and lay seam side down. Press or roll into a 16" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.

5. Bake for 18-25 minutes, or till golden brown. Cool on wire racks for 10 minutes prior to serving.

WEEK 3

Learning Goals:

Making fresh pasta, Puff pastry

Spicy Chicken-broccoli Sesame Noodles

Traditionally made with lamian

INGREDIENTS

Pinch to ½ teaspoon red-pepper flakes or more (at home I like 1 ½ t pepper flakes)
1 tablespoon low-sodium soy sauce
1 teaspoon toasted sesame oil, plus more as needed
Kosher salt and black pepper
1/3 cup plus 1 tablespoon neutral oil, like grapeseed or vegetable
¼ c salted peanuts or almonds, coarsely chopped
Rind of 1/2 orange, peeled into 2- to 3-inch strips
4-6 oz chopped chicken
6 ounces ramen or udon noodles, preferably fresh or 4-6 oz dried
2 tablespoons finely chopped chives or scallions
1 c broccoli florets

PREPARATION

In a medium dish, stir together the red-pepper flakes, soy sauce and sesame oil. In a heatproof glass measure, place the 1/3 cup oil, peanuts if using and orange rind. Heat until the orange is fragrant and the nuts are bubbling, about a 1-2 minutes, depending on your microwave to **infuse** the flavours in the oil.. Immediately pour the hot oil and almonds over the red-pepper mixture (be careful of splattering!) and set aside.

In a skillet, heat the remaining tablespoon oil over medium-high. Add the chicken. Season . Cook 3-5 minutes until cooked through. Dump into a large mixing bowl.

Bring a pot of salted water to a boil. **Boil** the broccoli for 2 minutes and lift out of the water and allow it to drain well. Place into the bowl with the chicken. While the chicken cooks, cook the noodles according to directions, until chewy but not soft. Drain and toss with the broccoli and chicken.

Remove and discard the orange rind from the chile oil.
Add the chile oil to the broccoli and the noodles and
toss to coat. Top with chives and serve at once.

Ingredients

****Placing baking soda in a hot oven will transform it from sodium bicarbonate into sodium carbonate, a stronger alkaline salt. This is in place of kansui-a naturally found ingredient in japan****
Kansui makes noodles...

1. Yellow,
2. Chewy, Smooth, and
3. Gives it its distinct ramen noodle flavor.

TRaditionally this dish is made with a hand pulled noodle called lamian, We will use ramen noodles which were based on the Chinese lamian. Here is why we are not making the lamian noodles ourselves.

<https://www.youtube.com/watch?v=-LXQT0dgoWE>

Making ramen

https://www.youtube.com/watch?v=_8rsTkOsl2M

3g baked baking soda
2g salt
80 ml water
198g bread flour (see note)
2g vital wheat gluten (see note)

Directions

To Make Noodles: Add baked baking soda to water and stir to dissolve completely, about 1 minute. Add salt, and stir until dissolved completely.

Combine vital wheat gluten and bread flour in the bowl of a food processor fitted with metal blade, or in the bowl of stand mixer fitted with the paddle attachment. Process until thoroughly mixed, about 30 seconds in a food processor or 1 minute on low speed in a stand mixer.

Increase speed to medium-low and, with machine running, add 1/3 of liquid at a time, allowing time between each addition for liquid to be fully absorbed, about 30 seconds. After final addition, allow machine to

run until flour and water mixture looks pebbly, about 1 minute. If using food processor, stop machine and let rest for 30 minutes. If using stand mixer, stop machine, cover bowl with plastic wrap, and let rest for 30 minutes. (This pause is to allow the flour to more fully absorb the liquid.)

Press dough into a ball and divide into two roughly equal portions. Place both in a bowl and cover with plastic wrap to prevent them drying out.

Working with one portion at a time, flatten balls to a thickness of about 1/5 inch (the dough will be very stiff, so do the best you can, as it will make it easier to run through the pasta rollers). Run flattened disk through widest setting of pasta roller, followed by the second widest setting, followed by the third widest setting, followed by the fourth widest setting. Fold dough sheet in half, so it is half of its original length, then repeat entire process two times (it will become significantly harder to run the doubled up dough through the rollers in each iteration). If done correctly, longitudinal lines will form on the sheet of dough. Wrap dough sheet in plastic wrap or place, folded, in zip top bag, and repeat process with the remaining portion. Let dough sheet rests for at least 30 minutes before proceeding.

Petit Pain Au CHocolate (puff Pastry)

Puff Pastry

<https://www.youtube.com/watch?v=DVdA5CxYUGQ>

225 g flour
225 g butter (½ lb), grated
110 g cold water (½ c)
¼ t salt

Fraisage flour salt and **HALF** the butter. Add water to make a soft but not sticky dough. Form into a 6 x 9 rectangle and chill along with the remaining grated butter for 15 min. Put the grated butter over the center 1/3 of the dough. Fold in 4, letter style the outside ¼'s meeting in the middle to cover the butter then in half again to make a book..Then turn the pastry 90 degrees and roll into another 6 x 9 rectangle (this is called a turn). Complete 1 more turn and freeze for 15-20 minutes. Put 2 more turns and roll into a 6x 9 rectangle again. The pastry is now ready to use.

Do not roll the pastry any thinner than ½ cm for most applications.

Remember to bake the pastry at a high heat (F 425). The top should be brushed with eggwash to give it a shine.

<https://www.youtube.com/watch?v=3wKMP2AHraE>

½ lb puff pastry, rolled into 12x3" rectangle

1 large egg beaten to blend with 1 tablespoon water (for eggwash)

1/2 c chopped chocolate

Sugar

Step 1

Line baking sheet with parchment paper. Brush top of each puff pastry with eggwash. Place chocolate pieces on centre of pastry lengthwise. Roll up dough tightly, enclosing chocolate. Preheat oven to 400°F. Brush tops of pastry rolls with remaining eggwash. Sprinkle lightly with sugar cut into 1" pieces

Place pastry rolls on baking sheet

.

Step 2

Bake until pastries are golden brown, about 15 minutes.

Serve warm or at room temperature.

WEEK 2

Learning goals:

Basic bread making and gluten development

Working with chocolate and bain marie

Dough making

Sanitation with high risk ingredients

<https://www.youtube.com/watch?v=niwAXXjHkl8&t=185s>

Pain Rustique

285 g bread flour
200 g luke warm water
3g (1 t) yeast
5 g (1 t) salt.

Mix with paddle on high for 2 mins.

Place in greased container and let rise 20 minutes. Stretch and fold. Repeat for 2 more S+F. This helps develop **gluten**.

Let rise 1-2 hours until at least doubled or over night in fridge.

Preheat oven to F450

Place onto floured counter, cut in half, Shape and proof 20 minutes.. Place onto sheetpan or a preheated baking stone, placing the cut side up. Bake 20-25 minutes.

The steps of Breadmaking

1. Mixing
2. First Bulk rise or first proof (Stretch and fold done here)
3. Knockback and shaping
4. Second rise (proofing) (done in molds or loose on a work bench)
- 4.5 Scoring(sometimes not)
5. Baking
6. Cooling

3 Bite Brownies

Ingredients

4 ounces unsalted butter
2 ounces finely chopped dark chocolate
5 ounces white sugar
1/2 ounce light brown sugar
1/2 teaspoons salt
2 large eggs, straight from the fridge
1 t vanilla extract
1/4 teaspoon instant espresso powder
1 1/2 ounces all-purpose flour
1 1/4 ounces Dutch process cocoa powder (the really dark stuff)

Directions

1.
Getting Ready: Adjust oven rack to the middle position and preheat to 350°F. Line a muffin tin with liners.
2.
Melt the chocolate and butter in a **bain marie**.
3.
Combine white sugar, brown sugar, salt, eggs, vanilla, and instant espresso in the bowl of a stand mixer fitted with the whisk attachment. Whip on medium-high until extremely thick and fluffy, about 4 minutes.
4.
Meanwhile, sift together the flour and cocoa powder. When the foamed eggs are fluffy and thick, reduce speed to low and pour in the warm chocolate-butter. Once incorporated, add the cocoa-flour all at once and continue mixing until roughly combined. Finish with a flexible spatula, scraping and folding to ensure the batter is well mixed from the bottom up.
5.
Using an ice cream scoop so they are the SAME SIZE! Scoop batter into the prepared pan and bake until the brownies are glossy and just barely firm, about 12-18 minutes or to an internal temperature of 205°F 185 if you like them fudgy.
6.
Cool the brownies to room temperature and store in an airtight container with a sheet of wax paper between each layer, about 1 week at room temperature.

Week 1

<https://www.youtube.com/watch?v=J43s-Qy0qOI>

Biscuits

Learning goals: Proper measurement. Baking for success.

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

312 g all-purpose flour, plus extra for hands and work surface
2 Tablespoon baking powder
1 teaspoon salt (omit if using salted butter)
1 stick butter unsalted butter, grated and very cold (see note)
1 c milk
2 oz sour cream

Gather your mise en place

Preheat oven to 425°F (218°C).

Mix all the dry ingredients with the butter until the butter is coated. This is called **FRAISAGE**. Gradually add in the milk and honey if using and mix with a fork or until a shaggy dough is formed.

Pour the dough and any dough crumbs onto a floured work surface and gently bring together with generously floured hands. The dough will become sticky as you bring it together. Have extra flour nearby and use it often to flour your hands and work surface in this step. Using floured hands or a floured rolling pin, flatten into a 3/4 inch thick rectangle as best you can. Fold one side into the center, then the other side. Turn the dough horizontally. Gently flatten into a 3/4 inch thick rectangle again. Repeat the folding again. Turn the dough horizontally one more time. Gently flatten into a 3/4 inch thick rectangle. Repeat the folding one last time. Flatten into the final 3/4 inch

thick rectangle. This step is called **lamination**. Creating layers to help the dough rise.

Cut into 2.75 or 3-inch circles with a biscuit cutter. (Do not twist the biscuit cutter when pressing down into the dough— this seals off the edges of the biscuit which prevents them from fully rising.) Re-roll scraps until all the dough is used. You should have about 4-5 biscuits

Arrange in a 10-inch cast iron skillet (see note) or close together on a parchment paper-lined double trayed baking sheet. Make sure the biscuits are touching. Brush with a beaten egg for a shinier finish.

Arrange in a 10-inch cast iron skillet (see note) or close together on a parchment paper-lined baking sheet. Make sure the biscuits are touching.

Brush the tops with eggwash Bake for 15-20 minutes or until tops are golden brown.

Serve warm.

Blueberry Scones

You will demonstrate:

Various measurement methods

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Ingredients:

1 stick (4 oz or 1/4 lb) of unsalted butter, grated on the large holes of a box grater and frozen

1/2 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)

4 fl oz whole milk

4 oz. yogurt

10.6 oz flour

100 g sugar

2 t. baking powder

1/4 t. baking soda

1/2 t. Salt

eggwash

1 T. coarse sugar

1. Pre-heat oven to 400 or 425 degrees F; line a baking sheet with parchment paper. Whisk milk and sour cream in a small bowl. Whisk flour, sugar, baking powder, baking soda, salt in a bowl. Add grated butter and toss with fingers till well coated.
2. Fold in milk/sour cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour.
3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x12 rectangle..
4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press into a 16" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.

5. Bake for 18-25 minutes, or till golden brown. Cool on wire racks for 10 minutes prior to serving.

Potato Pancakes groups of 2-3

Potato pancakes, Reibekuchen, Kartoffelpuffer, Latkes, Hashbrowns, Pakoras...all cultures have some sort of delicious potato fritter. And rightfully so.

You will demonstrate:

panfrying-controlling temperatures, preheating pan, golden colour and cooked through

Stove safety-preheating pan, tipping pan away for flipping

Success criteria: golden brown, well seasoned fritters.

2 potato, grated

1/4 onion, cut into **brunoise**

1 large egg, lightly beaten

2T flour (more or less, depending on how dry your potatoes are)

1/2 teaspoon salt and ground black pepper

Vegetable oil, for frying

Using a box grater, grate the potatoes. Add the potatoes, onion, eggs, flour; salt,, and pepper. Toss to combine.

Line a baking sheet with paper towels.

In a large skillet, heat 1/2 inch of oil over medium-high heat.

Drop ¼ c measures of the potato mixture into the skillet, flatten them slightly And panfry until golden brown, about 3 to 4 minutes a side. Drain on paper towels.

Reheat in oven on rack at F425 for 3-5 minutes

