

**Recipe Name:** Oven Roasted Potato Fries    **Region:** Pacific Coast

**Ingredients:**

Nonstick vegetable spray, as needed

2 tablespoons oil

2 potatoes

salt and pepper to taste

*Options:* 1 t. garlic powder, Old Bay seasoning, onion powder, cayenne pepper, etc.

**Preparation:**

Preheat oven to 425°.

**Procedure:**

1. Clean and scrub potatoes. Cut into fry-shaped sticks about  $\frac{1}{4}$  -  $\frac{1}{2}$  an inch thick.
2. Toss the potatoes with oil and season to taste with salt, pepper and other spice choices.
3. Place on baking sheet so that the fries are not touching, and roast in oven for 20-25 minutes or until the potatoes are golden brown and tender.
4. They can be presented as individual components attractively arranged on a plate.

# **Recipe Name:** Oregon Basic Burgers    **Region:** Pacific Coast

## **Ingredients:**

1 egg  
½ teaspoon salt  
1/8 teaspoon ground black pepper  
1 pound ground beef  
½ cup bread crumbs  
4 slices American cheese  
4 burger buns

## **Procedure:**

1. Whisk together the egg, salt, and pepper in a large bowl.
2. In a separate bowl, mix the breadcrumbs into the beef using a fork or your hands.
3. Mix the two mixtures together and shape into 4 or 5 burgers (depending on the number of students in your kitchen).
4. At this point, you can divide the meat mixture into 4 parts to flavor as each person wants it with spices or sauces.
5. Put the burgers in the electric skillet and cook on medium high (325°). The cooking time depends on the thickness, but an average size burger should take 6-8 minutes on each side.
6. Make sure there is no pink left in the middle.
7. Add one slice cheese as soon as you take the burgers off the heat to allow each slice to melt.
8. Serve with the topping of your choice. Some suggestions: tomato, lettuce, onions, mushrooms, ketchup, and mustard.

## **Recipe Name:** Broccoli Cheese Soup – Panera Version

**Region:** Pacific Coast

### **Ingredients**

2 c. frozen broccoli florets, steamed-see directions below

OPTIONAL – garlic, 1-2 cloves

2 T. all-purpose flour

1 tablespoon butter

¼ c. finely minced onion, optional

2 c. vegetable broth **see step 2**

4 oz. cheddar cheese

1 c. milk OR half and half

### **Preparation**

1. In a large saucepan, put just enough water to sit below the steamer basket. Place broccoli (and optional garlic) in steamer basket and cook over medium high heat until soft and tender. ***DO NOT LET ALL THE WATER BOIL AWAY.*** Check the water level every 3 minutes to make sure you have enough.
2. Remove the steamer basket with the broccoli in it, and set it aside. Roughly chop up the cooked broccoli.
3. **Use the steamer water from the saucepan, pour into the liquid measuring cup and add additional water to equal 2 cups, to make the broth for the recipe.**
4. **In the same sauce pot you used for the broccoli, melt butter and add flour to make roux.**
5. Whisk in the broth and bring to a low boil over medium high heat.
6. Add steamed, chopped broccoli (and optional garlic and onion) cook 2 more minutes.
7. Use the immersion blender to, puree the soup in the pot until smooth. (Use caution when pureeing hot liquids.)
8. Add in cheese and stir to melt.
9. Add in milk OR half and half; and heat through, about 2-3 minutes on low – DO NOT BOIL
10. Transfer to a bowl. Serve warm.

## Recipe: Panera Bread Tomato Basil Soup

Region: Pacific Coast



### Ingredients:

1 T. olive oil  
½ onion, diced  
2 ribs celery, diced  
5 large tomatoes, chopped OR 1 28 oz. can  
¾ t. salt  
pinch cayenne, if desired

1 T. butter  
1 clove garlic, minced  
1 T. flour  
1 t. sugar  
1/8 t. black pepper

**6 leaves fresh basil, 4 should be diced and 2 cut into chiffonade, ribbons – watch teacher**

Sourdough rolls/bread bowls to serve in

cooking spray

### Procedures:

1. Warm the oil and butter in a large soup pot over medium heat. Add the onion, garlic, and celery and sauté for 5-7 minutes until soft, but not browned.
2. Stir in flour until vegetables are coated to make roux.
3. Add the tomatoes with juice, sugar, **4 diced** basil leaves, and spices. Increase heat to bring to a boil.
4. Reduce heat to low and simmer for 15 minutes, skimming off any foam from the surface.
5. Using the immersion blender, carefully puree the soup until completely smooth.
6. Serve by ladling into warm bread bowls. Sprinkle **2 chiffonade basil** leaves over the top.

*Present to teacher for grading.*

**Recipe Name:** Chicken and Rice Stir Fry    **Region:** Pacific Coast

**Ingredients:**

1 c. rice	2 c. vegetable broth (you have to make)
1 piece chicken, skin and bones removed, <i>cut into ½ inch pieces</i>	
1 egg, slightly beaten	2 T. vegetable oil, DIVIDED
½ c. frozen peas	1 carrot, diced
2 T. stir fry sauce + 2 T. water, stirred	1 T. soy sauce
1 clove garlic, minced	1/6 green pepper
1 green onion, white part only, minced	Pinch salt and dash white pepper

**Procedure:**

1. In a small bowl, marinate chicken in stir fry sauce and water until called for in the recipe below.
2. In medium sauce pot, combine vegetable broth and rice. With the lid on, cook over medium-low heat until light and fluffy, about 15-20 minutes. Don't stir more than twice.
3. **While rice cooks, prepare other ingredients.**
4. In a small bowl, whisk together the egg and pinch of salt. Set aside.
5. In the wok, heat 1 T. oil over medium heat. Add garlic and green onions and stir fry for about 2 minutes or until tender.
6. Add beaten egg and cook through (scramble). Remove eggs and veggies from wok and set aside.
7. Add other 1 T. of oil to wok and heat. Add chicken and sauce. Stir fry until the chicken is cooked through, no pink.
8. Add peas, carrots, and green peppers, stir fry carefully for 1-2 minutes or until cooked through. Don't break chicken apart, except to check for doneness.
9. Add in the cooked rice and stir fry for about 2 minutes, stirring constantly.
10. Add in soy sauce, white pepper, and cooked egg mixture. Again, stir to heat through.
11. After cooking, turn out stir fry onto platter.
12. Present to teacher.

**Recipe Name:** Tofu Lo Mein

**Region:** Pacific Coast

**Ingredients:**

1 pkg. Lo Mein or other noodles, broken in 1/2  
1 block tofu *cut into ¾ inch pieces*  
1 T. soy sauce  
½ c. frozen peas  
1-2 clove(s) garlic, minced  
1 green onion, white part only, minced

2 c. vegetable broth (you have to make)  
4 T. stir fry sauce + 4 T. water, stirred  
2 T. sesame oil, ***DIVIDED***  
1 carrot, diced  
1/3 zucchini, diced  
Pinch salt and dash white pepper

**Procedure:**

1. In a small bowl, marinate cut tofu pieces in stir fry sauce, water, and soy sauce until called for later in the recipe below.
2. In large sauce pot, bring vegetable broth + 1 c. additional water to a boil. When that boils, add the broken noodles; and with the lid on slightly askew, cook over medium-low heat until soft and tender, about 5-8 minutes. There will be broth left in the pot – that helps to make the final sauce.
3. **While noodles cook, start cooking the other ingredients.**
4. In the wok, heat 1 T. sesame oil over medium-low heat. Add garlic and green onions and stir fry for about 2 minutes or until tender. ***DO NOT BURN!!***
5. Add other 1 T. of sesame oil to wok and heat. Add peas, carrots, and zucchini, stir fry carefully for 2-4 minutes or until cooked through and crisp-tender.
6. Add the tofu cubes and marinade. Stir fry until the tofu is cooked through and hot. ***Don't break the tofu apart.***
7. Add in the cooked noodles and as much of the remaining vegetable broth as you like to make sauce, and stir fry for about 2 minutes, stirring constantly to coat all in the sauce.
8. Carefully turn out Lo Mein onto serving platter.

***Present to teacher.***

## Recipe: Sourdough Starter

Region: Pacific Coast



### **Ingredients:**

1 pkg. yeast      2 cups water      1 T. sugar      2 cups flour

### **Directions:**

In a large bowl, combine the water, yeast, and sugar. Let sit until the yeast becomes foamy, about 5 minutes.

Add the flour and stir vigorously to work air into the mixture. Cover with a towel let rest in a warm, draft-free place (an oven with its pilot light or light bulb turned on works well) for 8 to 12 hours. (The mixture should become very bubbly.) Use immediately or cover loosely with plastic wrap and store in the refrigerator.

**Preserving the Starter:** Each time you remove a portion of the starter for a recipe, reserve at least 1/4 cup and replace the amount you have taken out with equal amounts of flour and water.

For example, if you remove 1 cup of starter, you must replace it with 1 cup of flour and 1 cup of warm water. Whisk these ingredients into the starter until blended but not completely smooth, cover loosely, and return to the refrigerator.

Also, the starter must be maintained by feeding it every few days. Refresh by removing 1 cup of the starter (give to a friend or discard it) and adding 1 cup of flour and 1 cup of warm water. Whisk until blended but not smooth. Cover loosely and return to the refrigerator.

If you plan to be away longer than a week, freeze the starter in a sterilized, airtight freezer container. Thaw the starter 2 days before you plan to bake with it. Refresh as indicated above with 1 cup each of flour and warm water. Cover and leave at room temperature 12 hours or overnight before using.

**CAUTION:** Never keep your starter tightly closed! The gasses expelled by the yeast will build up pressure and may cause the container (such as a glass jar) to burst!

Yield: 5 to 6 cups Prep time: 10 minutes Inactive prep time: 12 hours

<b>Nutrition Information</b>	Amount Per Serving	Amount Per Serving
Servings Per Recipe: 15	• <b>Total Fat:</b> 0.2g	• <b>Total Carbs:</b> 12.9g
<b>Calories:</b> 62	• <b>Cholesterol:</b> 0mg	• <b>Dietary Fiber:</b> 0.5g
	• <b>Sodium:</b> 2mg	• <b>Protein:</b> 1.9g

**Recipe Name:** San Francisco Sourdough Bread

**Region:** Pacific Coast



**Ingredients:**

**DAY 1**

2-1/3 cups and 1 tablespoon bread flour

1 tablespoon and 1-1/2 teaspoons sugar

1-1/4 teaspoons salt

**1 scant tsp.** (a little less than 1 whole tsp.) active dry yeast

1/2 cup warm milk

1 tablespoon margarine, softened

3/4 cup sourdough starter

**DAY 2**

1/2 extra large egg (OR 1 T. egg substitute)

1-1/2 teaspoons water

**Directions:**

**DAY 1**

1. In a large bowl, combine 1 cup flour, sugar, salt, and dry yeast. Add milk and softened butter or margarine. Stir in starter. Mix in **up to** 1 1/3 cups flour gradually; you may need more depending on your climate.
2. Turn dough out onto a floured surface, and knead for 4 minutes. Place in a greased bowl, turn once to oil surface, and cover. Allow to rise for 10-15 minutes.
3. Punch down. Shape into a loaf or mini loaves/bread bowls. Place on a greased baking pan. Cover with plastic wrap. Label and give to teacher to refrigerate overnight.

**DAY 2**

4. Brush egg wash over tops of loaves.
5. Bake at 375 degrees F (190 degrees C) for 30 minutes, or till done.

**Nutrition Information**

Servings Per Recipe: 12

Calories: 145

Amount Per Serving

- **Total Fat:** 2g
- **Cholesterol:** 11mg
- **Sodium:** 267mg

Amount Per Serving

- **Total Carbs:** 26.4g
- Dietary Fiber: 1.1g
- **Protein:** 5.1g