

FOODS 10 RECIPE SERIES

# FRUITS & VEGETABLES



This recipe book belongs to:



## Crepes with Blueberry Coulis

Fruit: Moist Heat

### INGREDIENTS

#### Crêpe Batter

1 cup all-purpose flour  
2 tbsp sugar  
1/4 teaspoon salt  
1 large egg  
1 cup milk  
1 tbsp butter, melted  
1/4 tsp vanilla extract

#### Blueberry Coulis

Makes about 1 cup

1 1/2 cups frozen blueberries  
1/4 cup + 2 tbsp sugar  
1 + 1/2 tsp lemon juice

### DIRECTIONS

1. To make the crêpe batter, sift the flour, sugar, and salt into a bowl and set aside.
2. Combine the egg, milk, butter, and vanilla extract in another bowl and stir until smooth. Add this mixture to the dry ingredients and whisk until blended into a relatively smooth batter.
3. Let batter sit in the fridge for 30 mins.
4. Heat a small skillet over medium heat. Brush the pan with melted butter.
5. Pour a scant 1/4 cup batter into the crêpe pan, swirling and tilting the pan to coat the bottom. Cook (reducing the heat if necessary) until the first side is set and has a little color, about 2 minutes. Use a thin metal or heatproof rubber spatula to loosen the crêpe, and turn it over.
6. Cook on the other side until set and very lightly colored (the crêpe will not be as dark on the second side as on the first), 1 minute more. Stack the crêpes between layers of parchment or waxed paper as you cook.

#### Blueberry Coulis

1. Combine the blueberries, sugar, and lemon juice in a saucepan and bring to a simmer over medium heat. Simmer until the sugar has dissolved, about 10 minutes.
2. Taste the mixture and, if necessary, add more sugar. Continue to heat until any additional sugar is dissolved.
3. Strain the coulis through a fine-mesh sieve or cheese cloth.
4. After straining, place the coulis in a clean saucepan and bring to a simmer.
5. Make a slurry by whisking 2 teaspoons cornstarch with 2 teaspoons cold water. Drizzle the slurry into the simmering coulis gradually, adding just enough to lightly thicken the sauce, whisk gently.
6. Serve immediately, 2 crêpes per serving, with warm blueberry coulis.



## Cream of Broccoli Cheddar Soup

Vegetable: Moist Heat

### INGREDIENTS

3 tablespoons butter, room temperature  
3 cups fresh broccoli, stems and florets separated and chopped into bite-size pieces  
1 medium onion, chopped  
2 garlic cloves, minced  
½ teaspoon dried thyme  
4 cups chicken broth  
¾ cup whipping cream  
3 tbsp butter  
3 tablespoons all purpose flour  
1 cup grated extra-sharp cheddar cheese

### DIRECTIONS

1. Melt 3 tablespoons butter in heavy medium pot over medium-high heat. Add broccoli stems and onion; sauté until onion is translucent, about 6 minutes. Add garlic and thyme; sauté 1 minute. Add stock; bring to boil. Simmer uncovered until broccoli is tender, about 15 minutes. Stir in cream.
2. Melt the remaining 3 tablespoons butter in a small bowl, add the flour to make a paste. Whisk paste into soup. Add broccoli florets. Simmer until soup thickens and florets are tender, stirring frequently, about 5 minutes.
3. Pour soup into blender, keeping the vent on the blender open so that you don't burn yourself and cover vent with a towel. Puree soup to desired consistency. Garnish and enjoy!
4. OPTIONAL: Preheat broiler. Place 4 ovenproof soup bowls on baking sheet. Divide soup among bowls. Sprinkle ¼ cup cheese over each. Broil until cheese melts and bubbles around edges, about 4 minutes.



## Caramel Apple Pie

Fruit: Dry Heat

This recipe makes 4 mini lattice top pies, lots of little hand held or one large galette

### INGREDIENTS

2 ¼ cups all purpose flour  
¾ tsp salt  
2/3 cup cold shortening, cut into small cubes  
6-7 tbsp cold water  
1 tbsp cider vinegar

#### Apple Filling

5-6 apples, washed and peeled and cubed  
½ cup brown sugar  
1 ½ tsp cinnamon  
¼ tsp ground cloves  
1 tbsp flour  
2 tbsp melted butter  
4 caramel squares, cut each square into 4 pieces

### DIRECTIONS

1. In a medium bowl stir together flour and salt. Using a pastry blender, cut in shortening until pieces are the size of peas.
2. Sprinkle 1 tbsp of water and 1 tbsp of cider vinegar over part of the flour mixture. Toss with a fork. Push moistened pastry to the side of the bowl. Repeat moistening the flour mixture, using one tablespoon of water at a time, until all of the pastry is moistened and it forms a ball.
3. Divide the pastry into 4 equal pieces (one for each person in the group); form into a ball. Choose to make a lattice top pie, hand held pie or galette, as per Mrs. Klatt's demonstration.
4. Mix the APPLE FILLING ingredients together with the EXCEPTION of the caramel squares in a medium sized bowl. Make sure that all the apples are covered with the sugar mixture, let this rest for 10 mins to allow the juices to come out of the apples.

### LATTICE TOP PIE

1. Divide the dough into 2 equal pieces and roll into a ball. On a lightly floured surface, use your hands to slightly flatten one pastry ball. Roll each ball of pastry from center to edges into a circle that is about .25cm thick and it measures ½ inch beyond the edge of the mini pie plate.
2. For the bottom of the pie shell, roll the dough around the rolling pin and gently unroll it onto the pie plate. Press into the base leaving the pastry to overlap. Fill pie with apple mixture so that it is heaping and then top with caramel pieces.



3. For the top of the pie shell, cut equal ½ inch wide strips using a pizza cutter and a ruler.
4. Work from the center out, lay one strip horizontally on top of the pie filling; lay the next strip vertically on top of the first. Continue alternating strips horizontally and vertically until the top is complete.
5. Lightly moisten the space between the bottom pastry and the lattice strips with water on a pastry brush. Press the edges of the pie with a fork to seal the top and bottom of the pie. Trim pastry strips even with the edge of the bottom pastry using a knife. Using the pastry brush, lightly brush the top of the pie with the egg wash and sprinkle lightly with granulated sugar.
6. Bake in a 425 degree F oven for 25 mins or until apples are tender and pastry is golden brown.

#### HAND HELD PIE

1. On a lightly floured surface, use your hands to slightly flatten one pastry ball. Roll pastry from center to edges until it is half a centimeter thick. Using a 3" circular cookie cutter, cut out as many circles as possible from your dough. Reroll scraps to make more.
2. Line a baking sheet with parchment paper, lay out circles, spoon a small amount of the apple filling in the middle leaving a small border around the edge. Top with a few caramel pieces, place second dough circle on top of filled circle and use a fork to crimp the edges, sealing the pie.
3. Brush each pie with egg wash, using a sharp knife to cut a few vents on the top of each pie. Sprinkle with sanding sugar (optional)
4. Bake at 425F for 15 minutes or until golden brown.

GALETTE: See video demo



## Twice Baked Potatoes

Potato: Dry Heat

### INGREDIENTS

2 large baking potatoes  
4 slices bacon  
1/2 cup sour cream  
1/4 cup milk  
2 tablespoons butter  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup shredded Cheddar, divided  
4 green onions, sliced, divided

### DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Wash and scrub the potatoes and carefully make a few holes in each potato using a fork, this will allow steam to escape.
3. Place the 2 potatoes on a clean piece of paper towel and put in the microwave. Cook for 4 mins on high and then flip over and cook for 2 more mins. Check to see if potato is tender. Continue cooking if needed.
4. Meanwhile, place bacon in a large skillet. Cook over medium high heat until evenly brown. Drain bacon on paper towel, coarsely chop and set aside.
5. When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; save skins.
6. To the potato flesh add sour cream, milk, butter, salt, pepper, 1/4 cup cheese and 1/2 the green onions. Mix by hand or with the paddle attachment of your mixer until well blended and creamy. Spoon the mixture into a pastry bag and top each with remaining cheese, green onions and bacon.
7. Bake for 10 minutes or until cheese is melted and beginning to brown.



## Vegetable Sushi

Ethnic: Japanese

### INGREDIENTS

#### Sushi Rice

- 1 sushi rice
- 1 ½ cups water

#### Sushi Rice Seasoning

- 2 tbsp rice vinegar
- ½ tbsp sugar
- ½ tsp salt.

#### Sushi Filling

- Avocado (thinly sliced)
- Carrot (julienne)
- Cucumber (julienne)
- Imitation crab and mayo (mixed together)
- Toasted sesame seeds

### DIRECTIONS

#### Sushi Rice

1. Measure the rice into a medium sized saucepan and rinse under running water a few times until the water runs clear. This means that all the extra starch is out of the rice.
2. Once the rice has been rinsed, measure out the water and add it to the rice. Turn the stove onto high heat, stir every minute or two until the water boils, then lower the heat to minimum (about 2) and cover the pot. DO NOT STIR! The rice will absorb the liquid that it needs to cook; about 6-8 mins.
3. Check the rice after this time and if there is no more water left in the pot, the rice should be ready, taste it with a fork to make sure that it is soft. If not, check back every minute, making sure not to burn the rice at the bottom.
4. There are a few important things to keep in mind while taking the rice out of the pot and putting it into a non metal bowl.
  - a. First, use only a wooden spoon to handle the cooked rice. A metal spoon will damage it severely.
  - b. Second, don't scrape the rice out from the bottom of the pot. If it comes out easily, good, if not - leave it be; the rice at the bottom is dry and burned, it won't taste so good.

#### Sushi Rice Seasoning

5. Mix Sushi Rice Seasoning ingredients together in a small pot, on medium heat until all solids are dissolved.
6. Pour mixture on rice and stir well using a wooden spoon.
7. Let rice cool down for a few minutes until it is within the room temperature.



## Margarita Pizza

Ethnic Recipe: Italian

### INGREDIENTS

#### DOUGH

2 cups all purpose or Italian flour  
¾ cup, plus 1 Tbsp lukewarm water  
1 tsp salt  
½ tsp sugar  
½ tsp dry active yeast

#### SAUCE

1/3 cup crushed tomatoes  
1 tbsp oil  
½ tsp oregano  
½ tsp pepper  
½ tsp salt  
¼ tsp sugar  
dash hot pepper flakes

#### TOPPINGS

Fresh mozzarella  
Fresh Basil leaves, chiffonade

### DIRECTIONS

1. Place pizza stone into the COLD oven on the bottom rack. Preheat the oven to convection bake at 500 F.
2. In a large bowl, pour the water, yeast and sugar in, gently stir and let stand for 10 mins. When the 10 mins is up, stir well.
3. In a medium bowl, measure the flour and the salt together. Use a whisk to incorporate the dry ingredients. Gradually add the dry ingredients; half a cup at a time, to the wet, using a wooden spoon to mix together. The dough should be soft and have good elasticity, you may not need all the flour. Remember soft and slightly sticky! Turn out the dough onto a lightly floured surface and knead the dough until smooth, about 5 mins. Form the dough into a large ball. Let rest for 5 mins.
4. Lightly flour a clean surface. Using your hands, shape your pizza into a thin, round-ish shape, try not to use a rolling pin. Place your shaped pizza base on a flour dusted pizza peel (don't use cornmeal – it's gritty and burns). Using a spoon spread just enough tomato sauce to lightly cover the base. You should be able to see the dough through the sauce. Evenly place sliced rounds of Mozzarella, then pour on olive oil in a circular pattern. Add a little sea salt.
5. Test to make sure your pizza is not stuck on your peel by moving the peel forward and backward using short jerks - it should slide easily around. If it does stick, lift it up on one side using your fingers and add a little flour under it.
6. If your pizzas consistently stick to the peel, use more flour underneath your pizza dough before you start decorating. To place your pizza on the stone, push your peel toward your pizza peel, then stop it short just short of the back edge, allowing the pizza to slide off the peel. Pull the peel backward as the pizza slides forward. The perfect pizza is bubbling on top with completely melted (and possibly slightly browned) cheese, has a brown outer crust. Throw on some fresh chopped basil and cut your pizza into eight pieces with a pizza wheel. Salute.





## Crispy Sesame Potstickers

### INGREDIENTS

#### Potstickers

1 cup shredded cabbage  
1/2 carrot, finely grated  
3 ounces shiitake mushrooms, finely diced  
2 cloves garlic, minced  
2 green onions, thinly sliced  
2 tablespoons reduced sodium soy sauce  
1 tablespoon sesame oil  
1 tablespoon freshly grated ginger  
1 teaspoon rice vinegar  
1/4 teaspoon ground black pepper  
36 - 2-inch wonton wrappers  
2 tablespoons vegetable oil  
Soy sauce, for serving

#### Dipping Sauce

2 tbsp sugar  
2 tbsp soy sauce  
2 tbsp rice vinegar  
2 tbsp water  
1/2 tsp sesame oil  
1/4 tsp fresh ginger root, grated  
1/8 tsp crushed red pepper flakes

### DIRECTIONS

1. In a large bowl, combine cabbage, carrot, mushrooms, garlic, green onions, soy sauce, sesame oil, ginger, rice vinegar and black pepper.
2. To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the vegetable mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.
3. Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and crisp, about 2-3 minutes per side.
4. In a small bowl, stir together the dipping sauce ingredients. Serve immediately with soy dipping sauce, if desired.



## Italian Lemon Cookies

### INGREDIENTS

1 ¼ cup all-purpose flour  
½ teaspoon baking powder  
Pinch of kosher salt  
½ cup granulated sugar  
¼ cup unsalted butter, room temperature  
1 large egg  
4 ounces whole-milk ricotta cheese, drained  
¼ teaspoon vanilla extract  
½ teaspoon lemon zest

#### Glaze:

½ teaspoon lemon zest  
¼ cup lemon juice  
2 cups confectioners' sugar, sifted

### DIRECTIONS

1. Preheat oven to 325 degrees F. Sift together flour, baking powder, and salt into a bowl and set aside.
2. Cream the sugar and butter in an electric mixer fitted with the paddle attachment on high speed until light and fluffy, about 4 minutes or so. Reduce the speed to medium and add egg, beating well. Add ricotta, vanilla, and lemon zest and beat to combine. Add the flour mixture and beat on low until JUST combined, but DO NOT overmix.
3. Spoon rounded tablespoon sized balls of dough onto a baking sheet. You should have right about 15 cookies. Bake until puffed, golden, and cooked through, about 20-22 minutes. Remove from oven and cool on a wire rack.
4. When the cookies are cooled, make the glaze by combining the lemon zest, powdered sugar, and just enough lemon juice to make a thick glaze (you may not need all of the lemon juice), whisking to make smooth. The glaze should be thick enough to stick to the cookies when dipped. Dip the top of each cookie in the glaze and let dry on a wire rack until all are done. Let dry for two hours before storing.



## One Pot Baked Ziti

### INGREDIENTS

1 tablespoon olive oil  
2 Spicy Italian sausages, casings removed  
1 small onion, chopped  
4 cloves garlic, minced  
1/4 teaspoon red pepper flakes, or more, to taste  
1 tsp oregano  
Kosher salt and freshly ground black pepper, to taste  
1 (28-ounce) can crushed tomatoes  
12 ounces ziti pasta  
2 cups spinach, fresh and coarsely chopped  
1/2 cup grated Parmesan cheese  
1/4 cup heavy cream  
1 cup shredded mozzarella cheese  
1/4 cup basil leaves, chiffonade

### DIRECTIONS

1. Heat olive oil in a large skillet over medium high heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks.
2. Stir in onions, garlic, red pepper flakes and oregano and cook, stirring frequently, until fragrant, about 3-5 minute; season with salt and pepper, to taste.
3. Stir in tomatoes and bring to a simmer until slightly thickened, about 8-10 minutes. Stir in pasta and 3 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-16 minutes.
4. Stir in spinach and cook until soft, about 3 mins.
5. Remove from heat; stir in Parmesan and heavy cream. Top with mozzarella and cover until cheese has melted, about 2 minutes.
6. Serve immediately, garnished with basil, if desired.



## Greek Orzo or Quinoa Salad

Grains: Pasta

### INGREDIENTS

3/4 cup uncooked orzo or quinoa  
3 tbsp extra virgin olive oil  
2 tbsp Mediterranean Pesto  
2 tbsp fresh lemon juice  
1/2 tsp each salt and pepper  
1 cup each diced red pepper, cucumber and seeded tomato  
1/2 cup sliced, pitted kalamata olives  
1/4 cup finely sliced green onions  
2 tbsp chopped fresh parsley  
2 tbsp chopped fresh dill

### DIRECTIONS

1. Cook pasta or quinoa according to package directions.
2. In a mixing bowl, whisk olive oil, pesto and lemon juice with salt and pepper until blended.
3. Gently mix in pasta or quinoa and remaining ingredients. Adjust seasoning if needed and serve.

### How to Cook Pasta

- Use 4 quarts of water for every pound of pasta. You'll need a very large pot, but this large amount of water will ensure that the pasta cooks evenly and won't clump.
- Forget about adding oil to the pot, but use plenty of salt. Adding oil to the boiling water does not prevent sticking. Frequent stirring does. Skip the oil but make sure to add salt--roughly 1 tablespoon for 4 quarts of water--or the pasta will taste bland.
- Taste the pasta early and often for doneness. Reading the instructions on the box is a good place to start, but for al dente pasta you may need to shave a few minutes off the recommended time.
- Wait! Before you drain that pasta...Take a liquid measuring cup and retrieve about 1/2 cup of the cooking water from the pasta pot. Then go ahead and drain the pasta for just a few moments before you toss it with the sauce. (Don't let your pasta sit in the colander too long; it will get very dry very quickly.) When you toss your sauce with the pasta, add some (or all) of this reserved pasta water to help spread the sauce.



## Roasted Red Pepper, Portabella and Asparagus Triangles

Vegetable: Dry Heat

### INGREDIENTS

1 portobello mushrooms  
1 tbsp olive oil  
1 tbsp balsamic vinegar  
1 tsp dried thyme  
1/8 tsp each salt and pepper  
1 ½ tbsp dijon mustard  
6 sheets of phyllo pastry  
¼ cup butter, melted  
¼ cup shredded cream cheese  
¼ cup shredded mozzarella cheese  
1 roasted sweet red peppers, drained and finely chopped  
½ lb asparagus, trimmed

### DIRECTIONS

1. Preheat oven to BROIL 500F and set rack to the second highest shelf.
2. Wash the red pepper but DO NOT CUT! Place washed pepper on a baking sheet and place in the oven. Keep an eye on the pepper and rotate it until each side is beginning to bubble and blacken. Once all sides are blackened, take the pepper out of the oven and place into a brown paper bag, fold of the top and let sit at room temperature for a few mins (this will steam the skin of the pepper so it is easier to remove). Take the pepper out of the bag and using a paring knife peel the skin off the pepper and discard the skin NOT the pepper. Cut off the top of the pepper and remove the seeds. Julienne the pepper and then finely chop the strips into small cubes about 1-2 cm creating a brunoise.
3. Remove and discard mushroom stem, rinse under running water and lay on paper towel (gill side down) to dry. Slice the cap and then chop into medium size pieces. Wash asparagus under cool running water and snap off the dry ends. Cut asparagus into finely chopped pieces. In large skillet, heat oil over medium-high heat; cook mushrooms and asparagus, stirring often, for 10 minutes or until liquid has evaporated.
4. Stir in vinegar, thyme, salt and pepper; cook for 2 minutes. Transfer cooked vegetable mixture into a medium mixing bowl and allow to cool for 5 mins. Once the mixture has cooled to room temperature add the finely chopped red pepper and the cheese. Stir until incorporated. Set aside.
5. Blend mustard with melted butter; set aside. Place 1 sheet of phyllo, with long side closest, on work surface, keeping remainder covered with damp towel. Brush with butter and mustard mixture. Cut horizontally into 5 pieces.
6. Spoon heaping 1 tsp (5 mL) filling 1/2 inch (1 cm) from end of strip. Fold 1 corner of phyllo over filling so narrow end meets side edge to form triangle. Fold up triangle. Continue folding sideways and upward to end of pastry. Fold end flap over. Repeat with remaining strips. Repeat with remaining phyllo. (Make-ahead: Freeze in layers separated by waxed paper in airtight container for up to 2 weeks; bake frozen for 5 minutes longer than directed.)
7. With remaining 3 sheets of phyllo, repeat step 7 to finish off the filling.
8. Place on parchment paper-lined or greased baking sheet; brush with butter. Bake in 375°F (190°C) oven for 15 minutes or until golden.