

KENMORE
ELEMENTARY

COOK
BOOK

2022

KENMORE ELEMENTARY

Harper Korte!

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I Belong



Building Community Together

The flags displayed in this logo were especially chosen to represent the top 16 birth countries of our Kenmore Cubs:

the US	Singapore
Mexico	Thailand
Brazil	Uganda
Israel	Cuba
China	El Salvador
Australia	Ethiopia
Cambodia	France
Iran	Germany

The Family Culture Week logo was designed by Grace Kurcinka (grade 5).

“Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has culture. It has a history. It has a story. It has relationships.”

Winona LaDuke - Member of the Ojibwe tribe and Native rights activist

Food brings people together. Sharing food and our family culture connects us all. We are building community together through the shared experience of cooking these meaningful recipes. This cookbook is not only a collection of recipes, but one lovely example of the wealth of knowledge and wisdom *all* our families have within them that when shared, bringing us closer together. Food really is love. We encourage you to try these recipes in your own family kitchens, and hope they inspire you to explore the tastes of our Kenmore Cub family cultures. Thank you to all the families who shared their stories and recipes.

Front cover is designed by Harper Korte (KE 5th grader) and back cover is designed by Fiona Glore (KE 4th grader). Enjoy coloring them however you like!



Something Savory





Tuna ceviche

From José Luis Bravo Cortes (Kindergarten)

This recipe reminds me of my culture, my traditions, a taste of the sea, the beach, and the sun. For my family, it is one of the recipes we enjoy the most.

Ingredients

- Tuna in water
- Lemons
- Tomatoes
- Green chile
- Cilantro
- Cucumber
- Onion
- Salt
- Tostadas

Preparation

1. **Open the tuna can** and drain well.
2. **Add** a pinch of salt, the squeezed lemon juice and chopped green chile to the can. Cover with aluminum foil.
3. **Let it rest** for at least two hours so that the mix is well cooked in lemon juice.
4. In the meantime, **chop all the veggies** and mix them together.
5. Once the tuna is ready, **mix in** the vegetables and salt to taste.
6. It is ready to serve on tostadas. Enjoy a delicious tuna ceviche, Puerto Vallarta (Jalisco, Mexico)-style 😊



Note: for children, you can cook the tuna in lemon without chopped chile.

Did you know?

Mexico is composed of 31 states (including Jalisco, where this recipe comes from) and the capital Mexico City.



Chicken Adobo

From Tessa Suarez (4th grade)

Traditional Filipino dish – This recipe is from Tessa’s grandmother, Tess Suarez, who is from the Philippines. She passed this recipe on to our family and we make it often.

Ingredients

- 1/2 cup vinegar
- 1/4 cup soy sauce
- 1/2 cup coconut milk
- 1/2 cup water
- 6 cloves garlic, peeled and crushed
- 3 bay leaves
- 1/2 Tbsp whole black peppercorn, crushed
- one whole chicken cut into serving pieces

Preparation

1. In a medium bowl, **combine** vinegar, soy sauce, coconut milk, garlic, bay leaves, and peppercorns. **Add** chicken; **marinate**, covered, in the refrigerator for at least 2 hours.
2. **Arrange** chicken in a pot or Dutch oven. **Pour marinade** over chicken, and bring to a boil. Reduce heat; **simmer**, covered, until tender, 20-30 minutes, stirring occasionally.
3. **Preheat** broiler. Remove chicken from pot and place on a baking sheet or broiler pan. **Place** chicken under broiler until browned, 5 to 10 minutes. **Transfer** the chicken with drippings and back to the pot and continue to cook until remaining liquid reaches a creamy consistency.
4. **Transfer** chicken to a serving platter and top with reduced sauce. **Serve** with rice or mustard greens.



Did you know?

The Republic of Philippines is composed of more than 7,000 islands.



Roast Beef

From Alexa Sophia Flores Loera (Kindergarten)
Family & friends love the taste of the marinated roast beef

Ingredients

- beef roast
- red wine
- Maggi sauce
- rosemary
- seasoning
- garlic
- onions
- olive oil
- mustard sauce

Preparation

1. **Preheat** the oven to 450° F.
2. **Mix** 1 cup red wine and 1 1/2 cups of water, spread all seasoning to marinate the roast beef.
3. **Continue to roast** for another 2 hours gently basting every 30 minutes or so.



“I realized very early the power of food to evoke memory, to bring people together, to transport you to other places, and I wanted to be a part of that.”

José Andrés Puerta

Spanish chef and founder of World Central Kitchen serving food to people in crisis around the world. Wck.org



Sweet and sour spareribs

From Marcus Lo (Kindergarten)

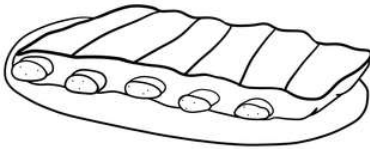
It is one of my favorite dishes and it is easy to prepare!

Ingredients

- 600g spare ribs
- 1 Tbsp of cooking wine
- 2 Tbsp of soya sauce
- 3 Tbsp of white sugar
- 4 Tbsp of Zhen Jiang Vinegar
- 5 Tbsp of water

Preparation

1. **Cut spare ribs** into pieces and put them into **boiling water** for a few minutes to rinse away any blood.
2. **Add** spare ribs to the other ingredients and **bring to boil**. Turn down to **slow heat**.
3. **Cook for about 1 hour** until less sauce and spare ribs turn dark brown. **Serve** hot.



Did you know?

Spareribs are the meaty ribs cut from the belly of the animal after the belly is removed.



Sandwich Skewers

From Ana Watkins (Kindergarten)

We learned this recipe, together as a family, at the YMCA.

Ingredients

- 2 slices of bread, cut into 1" squares
- romaine lettuce, torn or cut into pieces
- cherry tomatoes, halved
- 3 oz. deli meat, cut into strips
- 2 oz. cheddar or Colby Jack cheese, cut into 1/2" cubes
- pitted olives
- 5-6" wooden skewers

Preparation

1. **Push the skewer through** one piece of bread, one piece of lettuce, one piece of tomato, one roll of deli meat and one cube of cheese.
2. **Repeat the same pattern**, ending with an extra piece of bread and an olive.



Did you know?

Skewers were already used in prehistoric times for cooking.



Lumpia

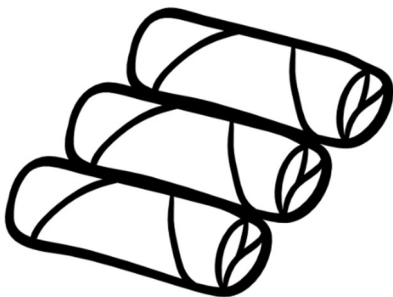
From Ms. Alonso (Teacher)

This is a traditional Filipino food my family made growing up. When I got older and moved out, I adapted it slightly for my own tastes but still kept the traditional aspects of the dish, the vegetables and the sweet and sour sauce. Hope you all enjoy!

Mahal Kita and Salamat! (Love and thank you :)

Ingredients

- 2 small chicken breasts
- 1 package of lumpia wrappers (spring roll wrappers)
- 1 small bag of carrots
- 1 cucumber
- water
- salt
- pepper
- cooking oil
- 1 Bottle of Sweet and Sour Sauce
- 1 small bag of bean sprouts (optional)



Preparation

1. **Thaw** lumpia wrappers (You may leave them out a few hours before you make the recipe).
2. **Dice** chicken breast into tiny pieces. **Sprinkle** salt and pepper. **Set aside.**
3. **Cut** carrots into thin strips. **Set aside.**
4. **Cut** cucumber into thin strips. **Set aside.**
5. **Flatten** a lumpia wrapper. Face it towards you so it is a diamond.
6. **Put** a small handful of chicken, carrots, and cucumber on the wrapper (Bean sprouts if you added it)
7. **Roll the wrapper.** Tuck in the pointed ends and continue rolling.
8. When you reach the end put a streak of water on the ends of the wrapper and **finish rolling.**
9. Continue the process until you finish the wrappers or the cut ingredients.
10. **Heat up** a pot on medium-high heat. Fill it up with Cooking Oil.
11. **Place rolled lumpia** into the cooking oil and let it **deep fry until golden brown.** Set the finished lumpia on a plate.
12. **Enjoy** with the sweet and sour sauce (if you want!)



Keyhi Sebhi (Eritrean Red Sauce)

From Hana and Diana Estifanos (2nd and 4th grade)

This recipe is special to our family because it is such a big part of our culture. Everyone loves it! It reminds us of our home.

Ingredients

- 2 red onions
- 4 medium tomatoes
- 1 lb. steak
- 2 Tbsp chili powder
- 4 cloves of garlic
- 1/4 cup of vegetable oil
- black pepper and salt to taste

Preparation

1. First, **cut the steak** into 1-inch cubes and **set aside**.
2. Then, **dice** the red onion and **sauté** on medium heat in sauce pan. After 10 minutes **add oil** to pan and **fry** for 6 more minutes.
3. Next, **add** the chili powder and mix a small amount of water with it. **Cook** for 5 minutes, then add in steak. Cover and cook for 10 more minutes.
4. **Add** 1-2 cups of water, garlic, black pepper and salt. **Simmer** covered for another 10 minutes.
5. **Serve** with Eritrean Injera, French bread, tortilla or Chapati.

Did you know?

Asmara is the capital city of Eritrea.



Breakfast Sausage Rolls

From Tanner Conrad (4th grade)

My Mom makes these for Christmas morning and they are so yummy!

Ingredients

- 1 package of jimmy deans ground sausage (Use spicy version if you want a little extra spice)
- 1 Package of cream cheese
- 5 to 6 packages of crescent rolls

Preparation

1. **Cook** jimmy deans sausage until cooked, place in a bowl.
2. In bowl, **combine** with cream cheese and stir together until mixed.
3. **Unroll** crescent rolls and take a spoonful of spread and wrap it up in roll. Do this until all your rolls are filled with the filling. (If you have extra filling, it's great the next day cooked with eggs)
4. **Cook** per the directions on the crescent roll container.





Pupusas

From Jacqueline Alvarado (Kindergarten)

This recipe is special to our family because it is a typical dish of El Salvador.

Ingredients

- corn flour
- chicharron (pork rinds)
- cheese
- cabbage
- carrots
- onions
- jalapeño pepper
- tomatoes

Preparation

1. **Prepare** the chicharrón, add the cheese and mix.
2. When it is ready, use the flour to **make tortilla dough** and form into a tortilla, then **fill** it with the chicharrón, form it into a tortilla and **cook** it like a tortilla.
3. The **remaining ingredients** are for the curtido (cabbage relish) and the tomatoes are for the salsa to accompany it.



Did you know?

Pupusas are a national dish of El Salvador.



Mexican Morisqueta

From Rubi Pacheco (4th grade)

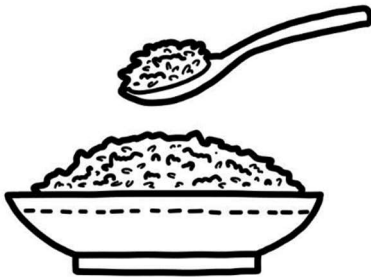
This recipe has been passed from generation to generation for decades and represents Mexico.

Ingredients

- 2 cups white rice
- 1 cup water
- 1/2 tsp salt
- beans cooked and stewed with broth
- hard cheese, cut into pieces
- 6 tomatoes
- a little onion
- 1 clove garlic
- salt, cumin and chile, to taste

Preparation

1. Bring the water to a **boil**. **Add** the salt, rice and **cook** over low heat, covered.
2. Then **cook** the cheese pieces in a little oil until browned.
3. **Mix** the tomatoes, onion, garlic, cumin, chili. Then **add** the cheese pieces and bring to a boil.
4. When the rice is ready, **serve** it on a plate with the beans and the cheese stew.





Marinara Sauce

From Mathias Lowe (5th grade)

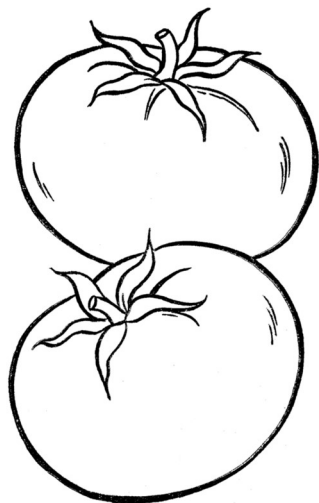
This recipe is from Mathias' great-great grandma who lived in San Francisco in 1910. Her neighbors were Italian and taught her this recipe. It cooks for half the day on the stove and is delicious!

Ingredients

- 1 onion, chopped
- 2 cloves garlic, minced
- 6 Tbsp olive oil
- 32oz tomato sauce
- 32oz water
- 2 Bay leaves
- 1 Tbsp thyme
- 1 Tbsp basil
- 1 Tbsp oregano
- 1 Tbsp marjoram
- 1/2 Tbsp rosemary

Preparation

1. **Heat** olive oil in saucepot. **Cook** onions and garlic until soft.
2. **Add** tomato sauce and water. **Heat** on high until boiling.
3. **Reduce** heat, **add** dried spices (crush between palms).
4. **Cook** for 4-6 hours on very low simmer. **Stir** about 2x per hour. You can add fresh mushrooms in the last hour if you'd like.





Saffron Jeera (Cumin) Rice

From Diya Sankarkumar (1st grade)

This is an Indian recipe and Jeera rice is commonly served with any curry and kids love to eat it plain. Maintaining family recipes is more than simply a nostalgic habit. Rather, it helps us to maintain a sense of connection to our ancestors and to the places that shaped their lives and thus continue to shape our own as well.

Ingredients

- Clarified butter (Ghee) - 3 Tbsp
- Basmati rice - 1 Cup
- Saffron - 1/8 Tsp
- Cumin seeds - 1 Tsp
- Cardamom - 2 Pods whole
- Whole Cinnamon - 1"
- Water - 2 Cups
- Salt to taste

Preparation

1. In a pan on a medium high flame, **add clarified butter**.
2. When hot, **add** cinnamon, cardamom, cumin seeds. After 30 secs, add the rice and saffron. **Sauté** for 1 minute.
3. **Add** water and salt and close lid. **Turn the flame to low** and **cook** for 10 minutes.
4. **Switch off stove** and leave the pan covered for 10 more minutes.
5. **Fluff the rice** and **serve** it plain or with any curry.



Did you know?

Ghee, or clarified butter is produced when you heat up butter to separate the milk solids and the butterfat while cooking out the water.



Mee Goreng (Malaysia)

From Ms. George-Shapiro (Principal)

Mee Goreng is a stir-fried noodle dish, and one of the many favorites in my family. It is definitely one of those comfort foods for us -think pasta! The flavors are savory, spicy and tangy. It is a very popular street food and found in many hawker stalls across Malaysia.

Sedap! (Tasty!)

Ingredients

Noodles

- 250g/8oz fresh egg noodles, thin to medium

Sauce:

- 2 tbsp kecap manis (or dark sweet soy sauce)
- 2 tsp light soy sauce (or normal soy)
- 2 tsp dark soy sauce, or more light soy sauce
- 1 tbsp oyster sauce
- 2 tbsp ketchup (yes really!)
- 1 tsp sambal oelak, Chili paste or Sriracha (adjust spiciness to taste)
- 2 tsp sesame oil

Stir Fried Noodles:

- 2 tbsp vegetable oil
- 2 eggs, lightly whisked
- 3 garlic cloves, finely chopped
- 120g/4oz chicken breast or thigh, sliced thinly into small bite size pieces
- 100g/3.5oz prawns/shrimp, raw, peeled and deveined (smaller are better)
- 2 cups cabbage, finely sliced (any green or white cabbage)
- 1 cup bean sprouts
- 3 green onions, cut into 5cm/2" lengths (green and white part)

Preparation

1. **Mix the Sauce** in a bowl.
2. **Prepare noodles** per packet directions just before cooking.

Egg Ribbons:

3. **Heat** 1 tbsp oil in a large skillet over medium heat. **Pour in** egg, swirl to coat base. Cook 1 minute until mostly set, then flip (do your best!).
4. Slide onto cutting board, **roll up** into loose "wrap". **Slice** into 1cm/ 1/3" thick pieces - you now have egg ribbons!

Cooking:

5. **Heat** remaining 1 tbsp oil in same skillet over HIGH heat.
6. **Add** garlic and chicken, **cook** until half surface turns white.
7. **Add** prawns and **cook** for 1 minute until chicken is mostly cooked.
8. **Add** cabbage and bean sprouts, toss for 1 minute until a bit wilted.
9. **Add** noodles, green onions and Sauce, toss for 1 - 2 minutes until sauce reduces and noodles caramelize a bit.
10. **Toss** through egg ribbons and **serve** immediately!



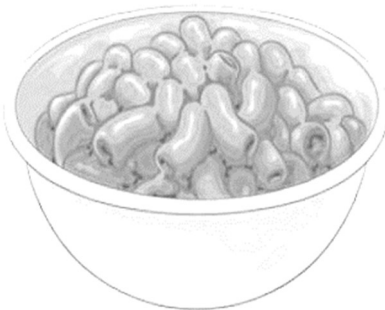
Grandma Alice's Mac & Cheese

From Mrs. Torre (Teacher)

This recipe is my grandmother's. She made it for my mom when she was growing up, and my mom made it for us. Grandma made it for us a lot too! She didn't particularly like mac & cheese, except for this recipe. It's a little different than traditional mac & cheese, which is why my family loves it. It's also one of only two recipes she made regularly and handed down, so it is extra special for our family.

Ingredients

- 8oz elbow pasta (you can sub gluten free)
- 4 tbsp. butter
- 3 tbsp. flour (you can sub all-purpose gluten-free)
- 3 cups milk
- 3/4 lb. cheddar cheese, cut into 1-inch cubes
- 1/2 tsp. dry mustard
- 2 tsp. salt
- 3-4 drops of Worcestershire sauce (optional - but it's delicious!)
- 1/2 tsp. pepper



Preparation

1. **Cook macaroni** according to package directions. Al-dente is best! **Drain**, set aside.
2. **Preheat oven** to 350 degrees, and have an 8x8 casserole dish ready.
3. Over medium-low heat, **melt butter** in a large sauce pan, and **whisk in flour** to make a roux. Cook by whisking continuously for about 30 seconds so the flour doesn't have a raw taste to it.
4. While whisking, **pour in milk**. Continue whisking until there are no lumps.
5. **Add** dry mustard, salt, and pepper. Whisk to combine. Increase heat to medium.
6. **Continue whisking** until thickened. If the sauce just coats the back of the spoon and doesn't drip off, it's done.
7. **Place half** of the macaroni in an 8x8 casserole dish. **Pour over** half the sauce. **Repeat** with the second half of the macaroni and sauce.
8. Take the cheddar cheese cubs, and push them down into the macaroni. Try to distribute evenly. This will create pockets of gooey cheddar.
9. **Bake uncovered** until sauce and cheese are bubbling, about 15-20 minutes.



T,B,M pasta (Tomato, Basil, Mozzarella)

From Harper Korte (5th grade)

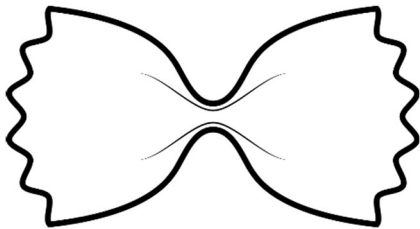
It is important because I get to spend time with my mom making it. This recipe came from Italy.

Ingredients

- 1 box Bow tie pasta
- 7 Tbsp olive oil
- 2 tsp garlic powder
- 1 cup basil leaves
- 1 cup tomatoes
- 1 cup mozzarella cheese
- 1/4 cup parmesan cheese

Preparation

1. **Cook** pasta.
2. **Cut up** basil, tomatoes and mozzarella cheese.
3. Then **put in** pasta.
4. **Add** garlic powder, olive oil and parmesan cheese.
5. **Mix well.**
6. **Enjoy!**



Did you know?

Bow tie pasta are also called farfalle.



Cup Noodles

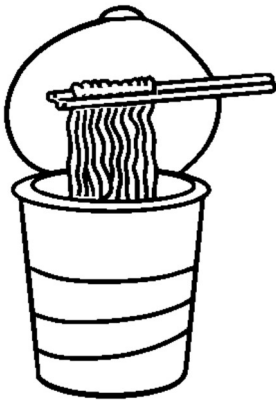
From Grace Kurcinka (5th grade)
It's easy to make. It's from Safeway.

Ingredients

- 1 cup noodles – any flavor, look at the back

Preparation

1. Get a **cup noodle**.
2. Get **boiled water**.
3. **Open** the lid a little.
4. **Take out** vegetables if you want.
5. **Put boiled water** to the line.
6. **Let sit** for 5 min.



Did you know?

There is a CupNoodle Museum in Japan to learn everything about Cup Noodles.



Pesto Pasta

From Mira Spring (5th grade)

Mira's favorite recipe that can be enjoyed hot or cold.

Ingredients

- 2 cups fresh basil
- 1/4 cup Parmesan cheese
- 1/2 cup pinenuts
- 7 Tbsp extra virgin olive oil
- 3 cloves garlic, unpeeled
- 1 tsp salt
- 1 lb. of your favorite pasta

Preparation

1. **Bring** a pot of salted water to a **boil**. **Cook** pasta according to package directions. Save 1/2 cup pasta water.
2. Meanwhile, **roast** pinenuts in a dry pan over medium heat, about 3-5 minutes. **Remove** to plate to cool.
3. **Add** basil to Ziploc bag, seal it and punch it.
4. **Add** basil, pinenuts, garlic, 1/2 tsp. salt and olive oil to a food processor. **Pulse** until smooth.
5. **Put** pesto in a bowl, **add** pasta water, 1/4 cup at a time and parmesan. Then **add** pasta.





Avocado Toast for Two

From Archer Watkins (Kindergarten)
We learned this recipe, together as a family, at the YMCA.

Ingredients

- 1/2 avocado, peeled and pitted
- 1 Tbsp chopped cilantro
- juice of 1/4 lime
- 1 pinch of red pepper flakes
- 2 slices whole grain bread
- salt and pepper, to taste

Preparation

1. In a small bowl, **mash** the avocado and **stir** in cilantro, lime juice, red pepper flakes and a pinch of salt and pepper.
2. **Toast** bread in your toaster until golden and crispy.
3. **Spread** half of the avocado mixture over each piece of bread.

Optional: Add an egg on top (scrambled, fried or grate a hard-boiled egg).



Did you know?

Avocado is actually a fruit, not a vegetable!



Egg pancake

From Yumo Zhang (2nd grade)

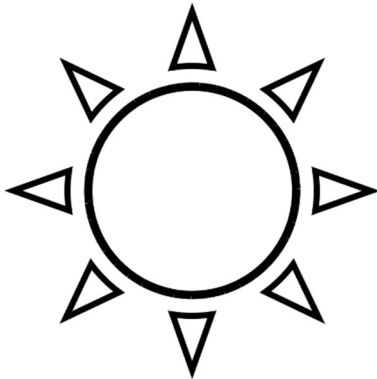
It's nourishing and healthy. It means have a good day. It looks like the sun. It comes from China.

Ingredients

- 4 eggs
- 1 zucchini
- flour
- water
- salt
- green onion, cut
- oil

Preparation

1. **Tear** zucchini into little strips. **Put them** in a big bowl.
2. **Put** eggs and the cut green onion in the zucchini bowl. **Stir** well.
3. **Put** flour, water, salt in that bowl and stir well, like a dilute paste.
4. **Heat** up a pan, pour in a little oil. Then put 1 Tbsp paste into the pan, make it to round, **cook** it a couple of minutes. Turn it over, cook the other side for a couple of minutes until done.



“The people who give you their food give you their heart.”

Cesar Chavez



Focaccia Bread

From Cora McVey (3rd grade)

Cora's bisnonna (great grandma) Antonetta was from Bari, Italy and passed this focaccia recipe down to her daughter, nonna (grandma) Lucrezia, who made small changes to it over the years. It is always part of our welcome meal when she visits her Nonna and Nonno in Chicago, or something we make together when they visit us here. We love to share it with friends and neighbors. Enjoy!

Ingredients

- 4 cups flour (258g bread flour + 258g all-purpose flour)
- 1 Tbsp salt
- 1 Tbsp sugar
- 1 Tbsp active dry yeast
- 1 1/2 - 2 cups hot water (about 110 degrees)
- 4 Tbsp extra virgin olive oil (divided)
- 2 tsp dried oregano
- Kosher salt
- 1 - 15 oz can diced tomatoes drained OR peeled San Marzano tomatoes drained and broken into pieces



Preparation

1. In a large bowl, **whisk** flour, salt, sugar, and yeast until blended.
2. Slowly **add hot water** and mix until blended with a dough whisk or spoon. Dough should be sticky.
3. **Cover bowl** with plastic wrap sprayed with cooking spray and wrap with a large towel to keep warm. **Let rise** in a warm spot for 45 minutes (no longer than an hour). Should be bubbly and puffy.
4. Meanwhile, **drain tomatoes** and prepare 2 - 9" round baking pans with 2 Tbsp or more of olive oil each. Spread oil evenly and on sides of pan.
5. **Divide dough** in half and with wet hands, put dough in each pan and spread the dough out in the pan with wet hands (or flip the dough after putting it in the pan so your hands have olive oil on them). Press and spread out evenly.
6. **Add** tomato pieces spaced slightly apart on top. Sprinkle lightly with olive oil, then oregano, then salt. Cover both pans with a large towel (first lay a sprayed cutting board or wooden spoons across pans so the towel doesn't touch the dough), and let rise in a warm spot for another 45 min to an hour until puffed.
7. **Bake on top rack** at 400 degrees for 25 minutes. Check and rotate pans if needed, then bake for another 15 minutes until crust is golden brown.
8. Remove from oven and **drizzle** immediately with olive oil. **Cut** into rectangles. Delicious on its own or sliced for sandwiches with thinly sliced mortadella, lettuce, and tomatoes sprinkled generously with olive oil and garlic granules.



Something Sweet





French crêpes

From the Lassalle family (4th grade and Kindergarten)

This is a traditional recipe to use up milk or eggs that would otherwise spoil. This is a typical go-to comfort food. We eat crêpes at breakfast for birthdays and other special occasions.

Ingredients

- 250g all-purpose flour
- 3 eggs
- 1/2L milk
- 1 Tbsp vanilla extract or orange blossom water
- 2 big spoonfuls of sunflower (or vegetable) oil
- 2 big spoonfuls of sugar



Preparation

1. **Add the flour** to a large mixing bowl.
2. **Mix in the eggs**, adding a little milk to avoid clumps.
3. **Add the rest of the milk with the orange blossom water** (or vanilla extract). Gently mix with a spoon until the batter feels smooth and homogeneous.
4. **Add the oil and sugar**. Cover the bowl.
5. **Let the batter sit** for at least two hours at room temperature (or ideally overnight in the fridge). Add a few Tbsp of water if the batter is thick. It should be quite runny.
6. **Cook** a little batter (about 1/3 cup depending on the size of your pan) in an oiled or buttered pan on high heat, rotating the pan to make sure the whole surface is covered. Flip it when bubbles appear at the surface. Cook the other side.
7. **Serve** with your favorite toppings. The most traditional way is with sugar and melted butter.

Did you know?

On February 2, French people celebrate la Chandeleur, a yearly tradition where everyone eats crêpes!



Baked Apple Pancake

From Cora McVey (3rd grade)

It's one of our favorite breakfasts. We love to share it with family and friends and it is great for large gatherings. The recipe has been passed down from friends of Cora's great grandparents.

Ingredients

- 1/2 cup butter (1 stick)
- 4 apples, peeled, cored, and sliced thin
- 6 eggs
- 1 1/2 cups milk
- 1 cup flour
- 3 tsp sugar
- 1/2 tsp vanilla
- 1/2 tsp salt
- 1/2 tsp grated lemon rind (optional)

Topping:

- 3 Tbsp brown sugar
- 1 Tbsp ground cinnamon



Preparation

1. **Preheat** oven to 425 degrees.
2. **Add** butter to a 9x13 glass or baking dish and **put it in the oven** to melt completely (be careful not to brown the butter). Then **add** the sliced apples to the dish and **return to the oven** to bake for about 5-10 minutes until sizzling (not too long).
3. Meanwhile, in a bowl, **mix** eggs, milk, flour, sugar, vanilla, and salt (optional: lemon rind).
4. Take apples out of the oven and **pour mixture over** the apples.
5. In a small bowl, **mix** the brown sugar and cinnamon together for the topping. **Sprinkle** the topping evenly over the apple mixture.
6. **Return dish to oven** and bake for 20 minutes or longer until puffed up high and bubbling.

Options:

Cut apple slices in half to make bite size chunks easier for kids to eat.

Replace apples with sliced peaches or pears (fresh or canned).

Or make this recipe without fruit for a simple puffed baked pancake.

Can be made gluten and dairy free by replacing butter with vegan butter, flour with gluten free flour (mixed with half oat flour) and dairy free milk of choice.



Krumkake (Norwegian Waffle Cookie)

From Lily Bornemeier (3rd grade)

Ingredients

- 4 eggs
- 1 cup sugar
- 1 1/2 cup flour
- 3/4 cup butter (melted)
- 2 tsp cardamom (or to taste)
- water to make a thin consistency

Preparation

1. **Add the ingredients** in order and mix.
2. Once the thin batter is made, **heat the krumkake iron** up.
3. **Add** a thin layer of batter on the iron.
4. Place hot krumkake into **wooden cone** to form, allow to cool and remove.
5. **Store** in airtight container.
6. When serving, you can fill them with **whipped cream**.



Did you know?

Norway is the name of the country in the English language. In Norwegian, the country is called Norge.



S'mores cookies

From Graeme Quinn (5th grade) and Chelsie Quinn (2nd grade)

We love hosting outdoor gatherings in our backyard, including making s'mores in our fire pit. We discovered this recipe, which is the perfect treat to make on rainy days when real s'mores are not possible. They are a Quinn favorite!

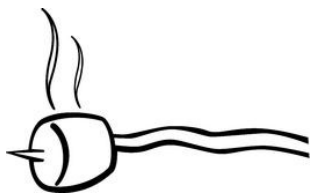
Ingredients

Makes 15-16 large cookies

- 2 1/4 cups all-purpose flour
- 1 cup graham cracker crumbs
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 tsp sea salt
- 1 cup unsalted butter, at room temperature
- 1 1/2 cups packed light brown sugar
- 1/2 cup granulated sugar
- 2 large eggs
- 2 tsp pure vanilla extract
- 1 cup chocolate chips
- 16 large marshmallows, cut in half crosswise
- Garnish: Flaked sea salt and Hershey chocolate pieces

Preparation

1. In a medium bowl, **whisk together** flour, graham cracker crumbs, baking powder, baking soda, and sea salt. Set aside.
2. Using a stand mixer, **cream butter and sugars** together for about 1 minute. Add in the eggs and vanilla and mix until combined. With the mixer on low, **slowly add in** the dry ingredients. Stir in the chocolate chips and graham cracker pieces.
3. **Scoop about 2 tablespoons of the cookie dough** and gently flatten it in the palm of your hand. Place a marshmallow half into the center of the dough. Use your hands to work the dough around the marshmallow so that the marshmallow is covered. It is ok if some marshmallow is showing on top, but make sure the bottom is covered so the cookies don't stick to the pan. **Chill the cookie dough balls** for 30 minutes before baking.
4. **Preheat the oven** to 350 degrees F. Line a large baking sheet with a Silpat baking mat or parchment paper and set aside.
5. Place cookie dough balls on prepared baking sheet, about 2 inches apart. **Bake cookies** for 10 to 14 minutes or until the edges are slightly golden brown, but centers are still a little soft. Remove from oven and sprinkle each cookie with flaked sea salt.
6. **Let cookies cool** on the baking sheet for 5 minutes. **Gently press a few Hershey's bar pieces** into the tops of each cookie. Transfer to a wire cooling rack and cool completely.





Oxenaugen

From Kate Lowe (3rd grade)

We make these at Christmas time. They are a recipe passed down from Kate's great-great grandma who was German. Lots of families call these thumbprint cookies, but our family has always called them Oxenaugen, which means "Ox Eyes" in German because they look like an ox eye!

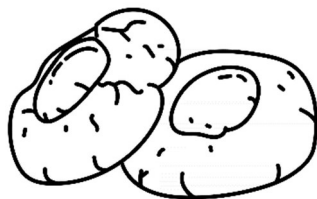
Ingredients

(Makes 4 dozen)

- 1 cup unsalted butter (softened)
- 1/2 cup sugar
- 2 egg yolks
- 1 tsp vanilla
- 2 cups flour
- 2 tsp lemon zest
- 1/2 tsp salt
- 1/4 cup jam (currant, blackberry, raspberry)

Preparation

1. **Preheat** oven to 350°.
2. **Cream together** butter and sugar until fluffy.
3. **Beat in** yolks, vanilla, and lemon zest.
4. **Add** flour and salt, blend.
5. **Refrigerate** dough for 1 hour.
6. **Roll 1" balls** of dough and put on ungreased cookie sheet 1" apart. **Depress in middle** with thumb.
7. **Bake for 10 minutes** then **depress again** and fill with jam. Return to oven and **bake for 5 minutes**.
8. **Cool** on wire rack.



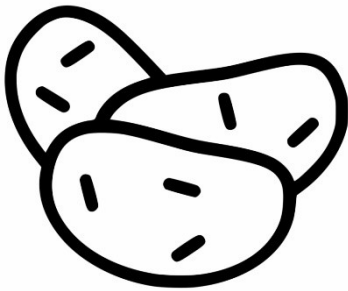


Potato candy

From Aaron (2nd grade)
It is my great grandmother's recipe

Ingredients

- 1 med. sized potato (peeled)
- 1/2 tsp vanilla
- sugar
- cornstarch (NOT FLOUR)
- peanut butter



Preparation

1. **Boil** the potato.
2. When done, **let it cool** and **mash** it. Then **flavor** it with vanilla.
3. **Mix** it with 10x sugar until you can make a loaf.
4. **Roll it out** with cornstarch to about 1/4 inch thick.
5. **Spread peanut butter** and roll together as in a jelly roll.
6. **Cut** into slices.

Did you know?

The word 'potato' in English comes from the Spanish word *patata*.



No Bake Trail Mix Energy Bites

From Aurora Watkins (2nd grade)

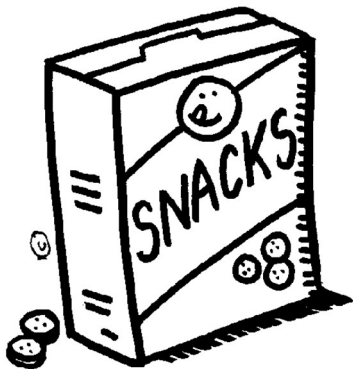
We learned this recipe, as a family, together at the YMCA.

Ingredients

- 1 cup old-fashioned rolled oats
- 1/4 cup flaxseed meal
- 1/4 tsp ground cinnamon
- a pinch of salt
- 1/2 cup nut butter + 2 Tbsp
- 1/4 cup honey
- 1/2 tsp vanilla extract
- 3/4 cup trail mix

Preparation

1. **Mix** all ingredients together in a large bowl with a wooden spoon until combined.
2. Use a small cookie scoop or a tablespoon to **measure out** the dough.
3. Using hands, **roll** bites into balls.
4. **Store** in an airtight container in the refrigerator for up to 2 weeks.



“Sometimes me think, “What is Friend?” Then me say, Friend is someone to share the last cookie with.”

Cookie Monster, Sesame Street



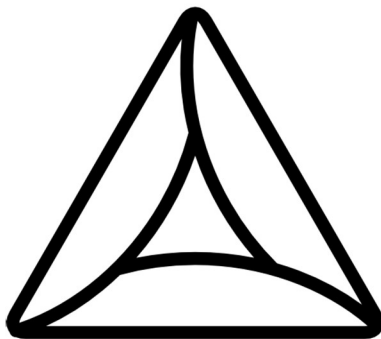
Hamentashen

From Lincoln Estefani (5th grade)

We like to make and eat these cookies on the Jewish Holiday of Purim.

Ingredients

- 2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup butter
- 3/4 cup sugar
- 1 egg lightly mixed
- 2 Tbsp. milk
- 1 tsp. vanilla extract
- fillings: apricot, plum, raspberry, strawberry, cherry, blueberry



Preparation

1. **Mix** the flour, baking powder and salt.
2. **Cream** the butter and sugar: use the back of a spoon and mash together until sugar is absorbed.
3. **Add** egg to the butter/sugar mixture.
4. **Alternate** in adding some of the dry mixture then a little milk, to the butter/sugar mixture.
5. Finally, **add** vanilla extract.
6. **Mash** together with hands. **Make** baseball-sized balls (about 3). Place in a bag, individually. **Refrigerate** 1/2 hr. or more.
7. **Flour** rolling pin and table. **Roll** each ball out to 1/4 inch thick.
8. **Make circles** using a glass rim (1 1/2 inch diameter). Use and reuse dough until all used.
9. **Take** tsp. of filling and put in center of circle. **Draw up sides** of circle to form a triangle, leaving a little opening in the center for the fruit.
10. **Bake** at 375°F in the oven until lightly browned, 15-20 min on non-stick cookie sheets.
11. **Remove** cookies from cookie sheet and **cool** on baking racks.
12. **Enjoy!**



Fruit Salad

From Shemmin (2nd grade)

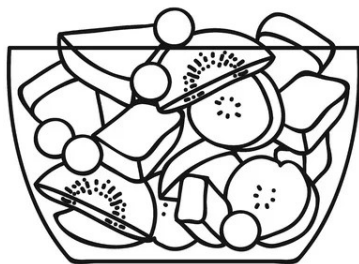
Well, it came from a book called 'fruit salad' and it is one of my favorite books.

Ingredients

- pear
- orange
- peach
- apple
- banana
- grapes
- yogurt (any kind)
- a bowl
- some people to eat the fruit salad

Preparation

1. **Chop** every single fruit into bite sized pieces and put it in the bowl.
2. **Add** yogurt and put it in the bowl.
3. **Mix** the ingredients with a spoon.
4. **Eat!**



“This is my invariable advice to people: Learn how to cook—try new recipes, learn from your mistakes, be fearless and above all have fun.”

Julia Child



Panettone

(Italian Holiday Sweet Bread)

From Josephine Ingram (4th grade)

This is a special family recipe from her Italian grandmother's side, Grandma Joan. Grandma Joan used to make it for us, but now that she is older, Josie and I make it for her and others in the family. We are carrying on the family tradition. We make this every winter in celebration of the holidays - Christmas and Hannukah (we celebrate both in our home). It takes a lot of effort but that's what puts the love in it. It's best served lightly toasted!

Ingredients

For step 1:

- 2 pkg active dry yeast
- 1 tbsp sugar
- 1/4 cup warm water
- 1/2 cup white flour

For the rest of the recipe:

- 2 1/2 cups white flour
- 3 tbsp water
- 4 tbsp sugar
- 3 whole eggs
- 2 egg yolks (save 1 egg white separately)
- 1/2 tsp salt
- 3/4 cup softened butter
- 1 tsp vanilla
- grated lemon rind from a medium lemon
- 1/3 cup candied citron (or lemon or orange peel)
- 1/2 cup pine nuts
- 1/2 cup dark raisins
- 1/2 cup golden raisins

Preparation

1. **Dissolve the yeast and sugar** in the water, let foam, then **mix in** 1/2 cup **flour**. Form into a ball, put into a bowl, **cover and let rise** until doubled. (in winter let rise in warm-turned off oven)
2. **Mix** flour, water, sugar, eggs, egg yolks, salt, vanilla, and grated lemon peel. Knead.
3. **Knead in** the softened butter.
4. **Knead in** the leavened ball of yeast.
5. **Knead** 10-15 min adding citron, pine nuts, both raisins. Put in a bowl, cover, **let rise** until doubled (also if winter let rise in a warm-turned off oven).
6. **Punch down** and **knead** again. Put into a buttered pantone mold, let rise again until doubled.
7. **Brush** top with beaten egg white. **Bake** at 350° for 40 min until the sides pull away and top is browned. **Cool** upside down in the mold when firm turn out onto a rack to cool.

Did you know?

Panettone was created in the city of Milan (Italy), probably during the 15th century.



Healthy Banana Bread

From Juliet Lepine (4th grade) and Lucy Lepine (2nd grade)

Banana Nut Bread is a favorite in our home. The recipe was passed down from Juliet & Lucy's grandmother who would often add carob chips to the bread. Our family has altered the recipe many times, adding various ingredients to increase the nutritional value of the bread. It's best warm, straight out of the oven, but these muffins freeze well also. ENJOY from Juliet & Lucy Lepine's kitchen.

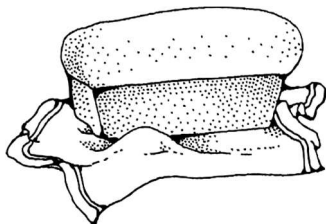
Ingredients

Makes 1 loaf or 20 muffins

- 1/2 cup unsalted butter
- 1/3 cup brown sugar
- 1 egg
- 2-3 ripe bananas
- 1/4 cup plain yogurt
- 1/4 cup oat bran
- 3/4 cup wheat flour
- 3/4 cup white flour
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking soda
- 3/4 tsp salt
- add walnuts, small amounts of flax seed, wheat germ, and/or hemp hearts, as desired. Counterbalance these additions with more banana mixture.

Preparation

1. **Preheat oven** to 350 degrees.
2. **Cream** butter and sugar. **Add** egg. **Add** vanilla.
3. **Combine dry ingredients** in separate bowl. If you are adding small amounts of flaxseed, wheat germ or hemp hearts, add to the dry mixture.
4. **Mash banana** and **add yogurt** in a separate bowl.
5. Once the butter mixture is creamed, **add** 1/3 part of the dry mixture and then 1/3 part of the banana mixture.
6. Once incorporated, **alternately add** the dry and then banana mixture until all is incorporated. **Don't overmix**. If you are adding nuts, fold into mixture at this step.
7. Bread - **Bake** 50-60 min. in greased pan Muffins - Bake 15-20 min. Use toothpick to check doneness.





Zucchini Bread (Gluten Free)

From Talia Estefani (2nd grade)

We love making this recipe with zucchinis from our garden every summer.

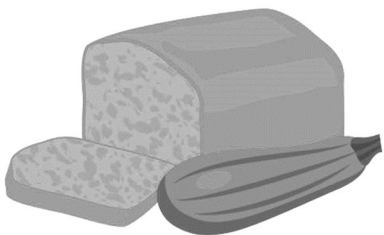
From: The whole Life Nutrition Cookbook

Ingredients

- 2 cups brown rice flour
- 1/2 cup tapioca flour
- 1 1/2 tsp. baking soda
- 1 1/2 tsp. xanthan gum
- 1/4 cup plain yogurt
- 3/4 tsp. sea salt
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 3/4 cup applesauce
- 3/4 cup maple syrup
- 1/3 cup coconut oil or extra virgin olive oil
- 2 Tbsp. apple cider vinegar
- 1 tsp. vanilla
- 2 cups grated zucchini
- 1/2 cup organic chocolate chips

Preparation

1. **Preheat** oven to 350 degrees. **Oil** 9x13 inch baking dish.
2. In a large bowl, **mix** flours, baking soda, xanthan gum, sea salt, cinnamon and nutmeg.
3. In a separate bowl, **whisk** together applesauce, maple syrup, oil, apple cider vinegar and vanilla.
4. **Add** the wet ingredients to the dry ones. Gently **mix** together.
5. **Fold in** the grated zucchini and chocolate chips.
6. Place into oiled pan. **Spread** batter evenly and place in oven. **Bake** 25-30 minutes. When **cool**, cut into squares and serve.





Kona Inn Banana Bread

From Lena Gilnick (2nd grade)

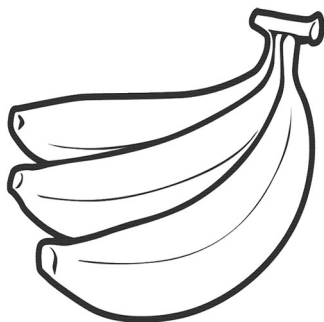
Lena's great grandma made this all the time. She was from Hawaii, as is the recipe. Enjoy!

Ingredients

- 2 cups granulated sugar
- 1 cup (2 sticks) butter, room temperature
- 4 eggs
- 2 1/2 cups flour
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp vanilla
- 3 cups mashed (really ripe) bananas

Preparation

1. **Preheat** the oven to 350 degrees.
1. **Grease** two 9-inch loaf pans.
2. **Cream** butter, sugar and vanilla then add eggs and mix well.
3. **Sift** together dry ingredients.
4. **Mix** wet and dry ingredients.
5. **Mash** bananas and fold into batter.
6. **Divide** into loaf pans.
7. **Bake** for 45 minutes to 1 hour.
8. **Cool** for 15 min before removing from pans.





Banana Bread

From Daniela S. (4th grade)

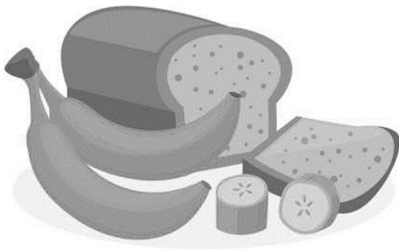
It came from my Grama. And it is special because it came from her.

Ingredients

- 1/3 cup sugar
- 2 tsp. lemon juice
- 12 tsp. butter
- 6 bananas
- 4 eggs
- 1 cup walnuts (optional)
- 2/3 cups flour
- 2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt

Preparation

1. **Mix** the ingredients together.
2. **Bake** at 350°F for 30-40 min.





“Gigi” fruit cobbler

From Elise and Riley Corcoran (2nd grade and 4th grade)

This recipe is a family favorite. We make it with the raspberries we pick at our Grandparents' house during the summer.

Ingredients

- 6-8 cups of fruit
- 1/4 cup of flour
- 1/2 cup of sugar

Topping:

- 2 1/2 cups flour
- 1 1/4 cup sugar
- 2 sticks of cold butter
- 1/4 cup brown sugar
- 1/4 tsp salt

Preparation

1. **Toss fruit** with 1/4 cup of flour and 1/2 cup of sugar. **Pour** into a large prepared baking dish or small individual size baking pans.
2. **Mix the topping ingredients** together and cut in the cold butter. Mix until combined and crumbly.
3. **Sprinkle topping** mixture over fruit and **bake** at 350° for 30-40 minutes (10-15 minutes for individual cobblers).

Note: Topping can be made ahead and stored in zip lock bags. Freeze and use when needed.





Eggless Birthday Cake

From Elliott Linville (Kindergarten)

This recipe is special to our family because Elliott is allergic to eggs and nuts. This cake is delicious, inclusive, and safe for him to enjoy and share with others!

Ingredients

- 4 cups all-purpose flour
- 1 Tbsp + 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 cups milk
- 2 Tbsp apple cider vinegar
- 1 cup softened butter
- 2 cups granulated sugar
- 1/4 cup sour cream
- 2 tsp pure vanilla extract

Preparation

1. **Preheat** the oven to 350 degrees.
2. **Grease** cake pan.
3. **Sift** flour, baking powder, baking soda, and salt into a large bowl.
4. Using a mixing bowl, **combine** milk and vinegar and **let mixture rest** for 5-10 minutes until it is thick and curdled.
5. **Beat the butter** on high speed until creamy (3 minutes), **add** sugar and beat for another 4 minutes. **Add** sour cream and vanilla and combine for an additional minute.
6. **Put into** prepared cake pan/s.
7. **Bake** for 23-28 minutes on the center rack.
8. **Let cool** for 20 minutes.
9. **Decorate** with your favorite eggless frosting!



“A party without cake is really just a meeting”

Julia Child



Black bottom cupcakes

From Aaron (2nd grade)

It is my great grandmother's recipe and it's my dad's favorite recipe.

Ingredients

- 1 cup of cream cheese
- 1 unbeaten egg
- 1/3 cup sugar
- 1/8 tsp salt
- 6 oz semi-sweet chocolate chips
- 1-1/2 cups flour
- 1 cup sugar
- 1/4 cup cocoa
- 1 tsp salt
- 1 cup water
- 1/3 cup oil
- 1 Tbsp vinegar

Preparation

1. Mix cream cheese, unbeaten egg, sugar, and salt. **Beat** well.
2. Then **add**: chocolate chips. Set aside.
3. **Mix everything else** to make chocolate mixture.
4. **Put** chocolate mixture in the **bottom of cups** with a spoonful of **cream cheese mixture on top**.
5. **Bake** at 350 deg. for 30-35 minutes.





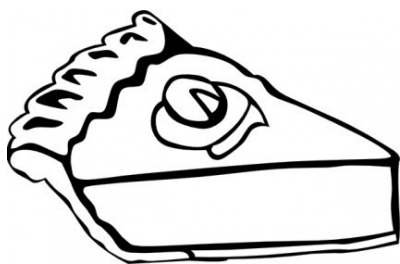
Mimaw's Pecan Pie

From Tanner Conrad (4th grade)

My Mimaw (Grandma) makes this for special occasions and now my Daddy makes it for us on Thanksgiving and it's amazing!

Ingredients

- 1 Pillsbury pie crust (or homemade)
- 4 large eggs at room temperature (set out for 20 mins prior to get to room temp)
- 1 4oz stick of butter
- 1 cup white sugar
- 1 Tbsp vanilla
- 1/4 tsp salt
- 1 cup light KARO syrup
- 1 heaping cup of chopped pecans



Preparation

1. **Reminder:** set out eggs and pie shell to warm to room temperature (about 20-30 minutes).
2. In a saucepan on low-med heat, slowly **melt butter**. When butter has almost melted, start **adding** the light KARO syrup, sugar, and salt. Stir with a wooden spoon as you add these ingredients until the sugar has dissolved and cooked (about 15 min). Remove from heat, **stir in** the vanilla, and **set aside** to allow mixture to cool for about 30 minutes.
3. In a separate bowl, **whisk** your four large temperature eggs. When your butter, sugar, syrup mixture has cooled, you want to SLOWLY add your butter/sugar/Syrup mixture to your eggs, stirring continuously. This is done, so that the eggs do not cook or curdle your sugar mixture. Once you have stirred the mixture into your eggs, now you want to **stir in the pecans** to the mixture.
4. **Pie Shell Preparation:** Take a little all-purpose flour and spread it on the counter to keep the pie shell from sticking to the countertop. Unroll one pie shell on the flour. Add a little flour to the top of the pie shell, use your hand to spread the flour over the shell evenly. Flip the pie shell over and use your hand to spread any flour that is on the pie shell from the countertop evenly on this side of the pie shell. Now lay the shell centered into the pie pan. There will be dough hanging over the sides. Tuck this additional dough under itself to create your pie shell edge.
5. Now **pour the pecan mixture** into your prepared pie shell. Then lightly spread the mixture so that the pecans evening spread across the top of your pie.
6. Place your pie into a preheated 350-degree oven. **Bake** for 60-75 minutes. Pie should be risen slightly in the center. This will settle as it cools.
7. **Let pie cool** 3 hours before cutting.



Oatmeal cake

From Vienna and Eli Christenson (4th grade and Kindergarten)

*This recipe is from our great great gram Peterson. It might be an English or Swedish recipe.
This is our Grandma Mogee's favorite cake and we make it for her on her birthday.*

Ingredients

- 1 cup oatmeal
- 1 1/2 cup boiling water
- 1/2 cup dates, chopped
- 1 cup brown sugar
- 1 cup white sugar
- 1/2 cup butter
- 2 eggs
- 1 1/3 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg

For the frosting:

- 1/3 cup butter
- 1/4 cup milk
- 1 cup brown sugar
- 2 cups powdered sugar
- 1 1/2 tsp vanilla

Preparation

1. **Pour** boiling water over oatmeal and dates. **Set aside** for 20 min.
2. **Beat** this mixture with the other ingredients for about 2 min, turn into a greased 13x9 dish.
3. **Bake** for 30 min at 350°.
4. **Icing Preparation:** On the stove top, stir the butter, milk and brown sugar. Bring to a boil over low heat. Boil 2 minutes. Cool and stir in the powdered sugar and vanilla.
5. Then **frost the cake!** 😊



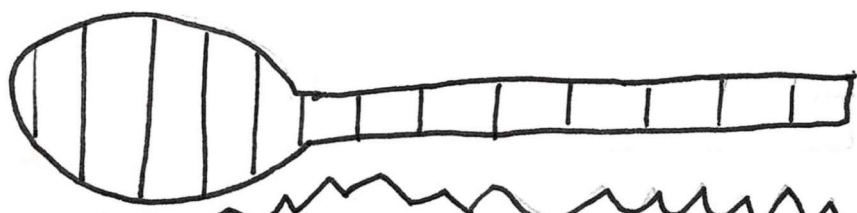
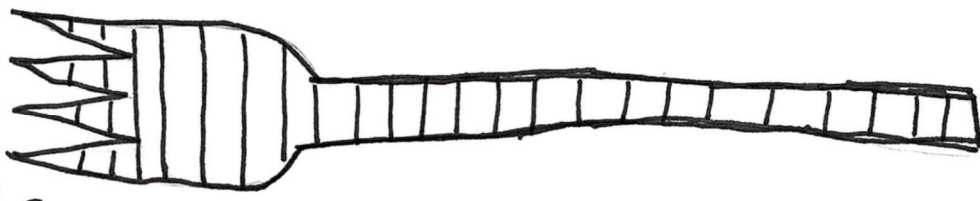
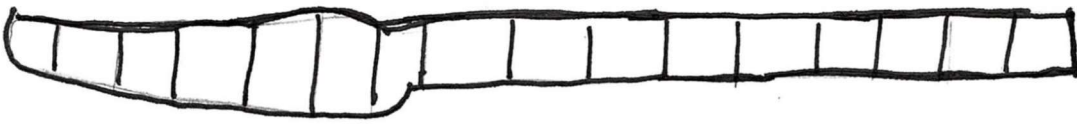
Notes

A large, empty rectangular box intended for taking notes.



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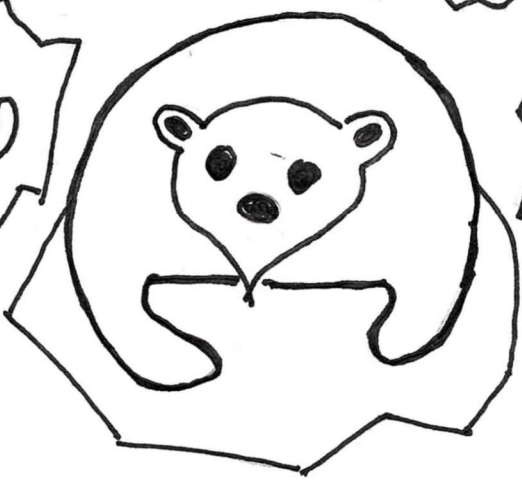
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You



Rock!