

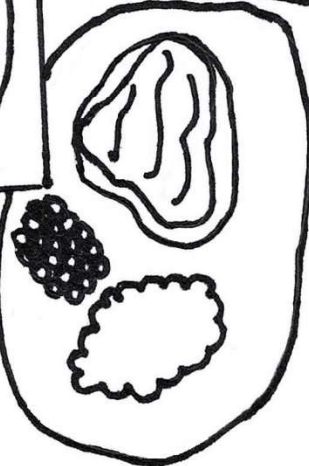
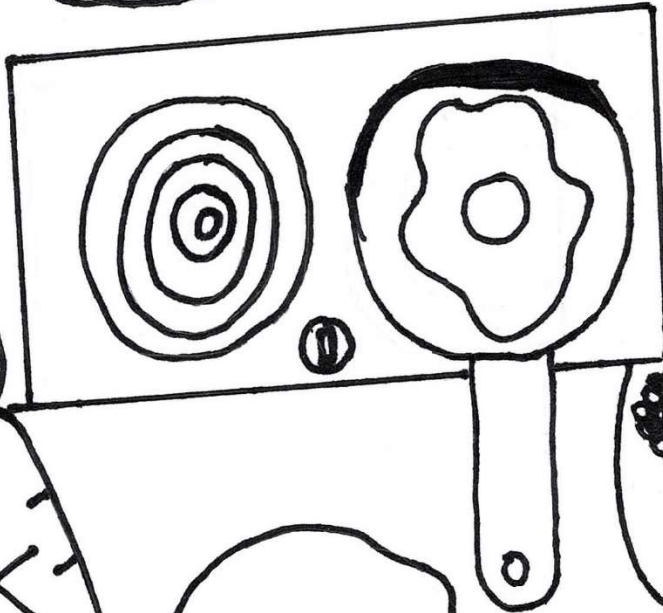
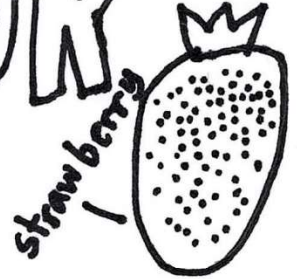
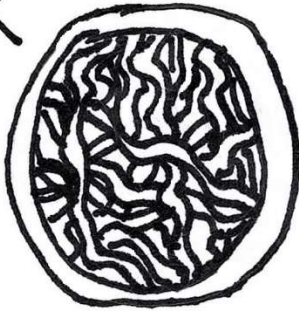
KENMORE

Elementary

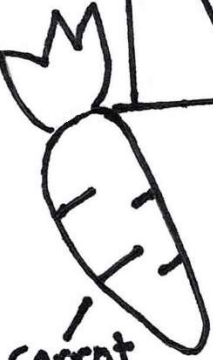
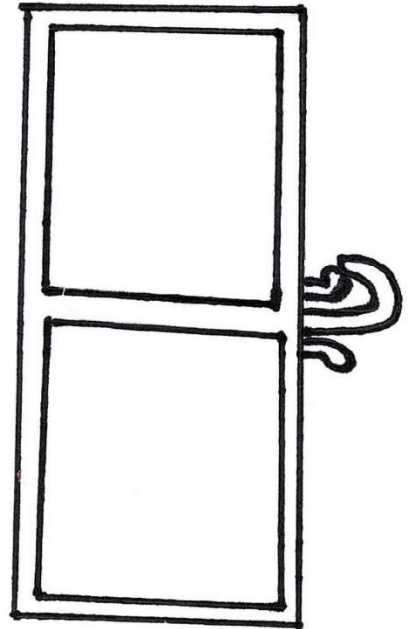
COOKBOOK

2023-2024

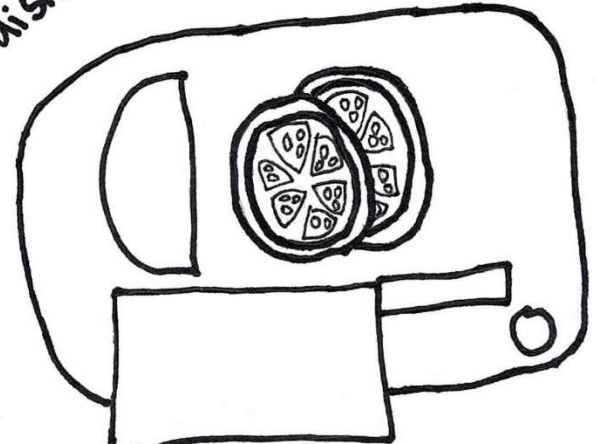
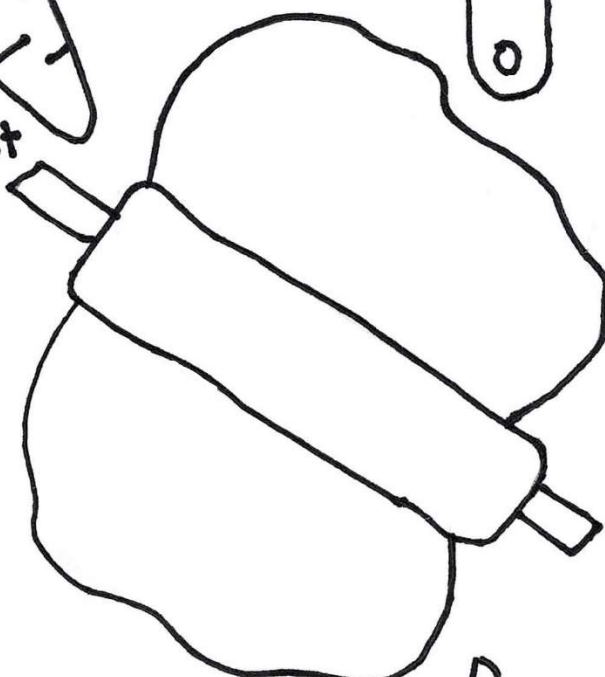
noodles



steak dish



carrot



Drawn By Amelia Goey

KEPTA LAND AND PEOPLES ACKNOWLEDGEMENT

We acknowledge that present day Kenmore Elementary School stands on the unceded and ancestral lands of the Coast Salish people, who are still here, continuing to honor and bring light to their ancient heritage. We acknowledge that this does not take the place of authentic relationships with Indigenous communities but serves as a first step in honoring the land on which we learn and resisting the erasure of Indigenous past, present and future.

Definitions:

unceded- land that has never been surrendered, relinquished or handed over in any way.

ancestral- lands possessed, occupied or utilized by Indigenous cultural communities since time immemorial.

Coast Salish- a group of ethnically and linguistically related Indigenous peoples of the Pacific Northwest Coast, living in the Canadian province of British Columbia and the U.S. states of Washington and Oregon.

Indigenous- native

erasure- removal of all traces of something; obliteration

RECONOCIMIENTO DE LA TIERRA Y LOS PUEBLOS DE KEPTA

Reconocemos que la actual Escuela Primaria de Kenmore se encuentra en las tierras ancestrales y sin concesiones del pueblo Coast Salish, que todavía está aquí, continuando con el honor y la luz de su antigua herencia. Reconocemos que esto no sustituye a las relaciones auténticas con las comunidades indígenas, pero sirve como un primer paso para honrar la tierra en la que aprendemos y resistirse al borrado del pasado, el presente y el futuro de los indígenas.

Definiciones:

no concedida- tierra que nunca ha sido cedida, renunciada o entregada de ninguna manera

ancestral: tierras poseídas, ocupadas o utilizadas por comunidades culturales indígenas desde tiempos inmemoriales.

Coast Salish- grupo de pueblos indígenas étnica y lingüísticamente relacionados de la costa noroeste del Pacífico, que viven en la provincia canadiense de Columbia Británica y en los estados estadounidenses de Washington y Oregón.

Indígena- nativo

borrado- eliminación de todo rastro de algo; obliteración

Traducción realizada con la versión gratuita del traductor www.DeepL.com/Translator

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I Belong



Building Community Together

The flags displayed in this logo were especially chosen to represent the top 20 birth countries of our Kenmore Cubs:

the US	Israel
Angola	Japan
Australia	Mexico
Brazil	Russian Federation
Cambodia	Singapore
China	Slovenia
Colombia	Sweden
Ecuador	Thailand
France	Uganda
Germany	Ukraine

The Family Culture Week logo was designed by Grace Kurcinka (KE alumna).

“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, brings 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 Amelia Goey and back cover is designed by Shemmin Lau. Enjoy coloring them however you like.

Something Savory





Chicken Alfredo with Broccoli

From Kaiden Hollinshead (Kindergarten)

My mom, Raven, LOVES pasta just like me! Her favorite is Olive Garden – so she makes a copycat version – hers is so yummy!

Ingredients

- 1 package chicken tenders
- 1/2 stick butter
- Any seasoning(s)
- 1 head of broccoli
- 1 clove garlic, minced
- 32 oz heavy whipping cream
- 2 bags of shredded parmesan cheese
- 1 package thin noodles

Preparation

1. **Season** and **chop** up chicken. **Cook** on medium heat with butter.
2. In a second pan, **melt** the butter and **chop up** the garlic clove. **Sautee** on low heat until golden brown.
3. **Add** 1/2 of the heavy whipping cream, bring to a slight bubbling. Add the second half of the heavy whipping cream, bring to a boil, then slowly add cheese.
4. **Boil** noodles separately.
5. **Steam** broccoli separately.
6. **Mix together** the chicken, sauce, noodles and broccoli.



“Food is our common ground, a universal experience”

James Beard (American author and cook)



Chicken Piccata

From Rachel Henne (3rd grade)

This is Rachel's favorite dinner! I grew up eating this frequently at weddings, and my husband has perfected dish. The sauce is so yummy!

Ingredients

- 1 package chicken cutlets
- Flour to dredge
- Juice of a half lemon
- 1-2 Tbsp capers
- 1.5 to 2 cups chicken stock
- 3 Tbsp Butter
- oil
- Noodles or rice for serving

Preparation

1. **Dredge** chicken in seasoned flour (salt and pepper).
2. **Heat** butter or oil in pan, **sauté** chicken until brown on both sides. **Remove** from heat, set chicken aside.
3. **Add** to the pan: butter, chicken stock, rinsed capers, lemon juice. Bring to a low simmer, scrape bottom for goodness and add chicken back in.
4. **Cook** to thicken for 5-10 min.
5. **Serve** over noodles or rice with parsley if you have it.



Did you know?

Capers are the un-ripened green flower buds of the caper bush that have been preserved in salt or brine.



Ham and Egg Sandwich

From Charlie (1st grade)
*It's a delicious grab-and-go sandwich in Taiwan.
People always have the sandwich with milk tea.*

Ingredients

- 2 toasts
- 1 egg
- 1/2 cucumber
- 1 or 2 slices of ham
- Peanut butter
- Tomato sauce (ketchup)
- Black or white pepper

Preparation

1. **Toast** 2 sandwich bread slices.
2. **Spread** one with butter and the other with peanut butter (or both with peanut butter, your choice)
3. **Cut** cucumber (circles or shredded, your choice)
4. **Fry** the ham.
5. **Put** ham on the toast first. Top with cucumber and add some ketchup and finally put an egg and some pepper.
6. **Cover** with the other toast.
7. **Voilà!**



“Gastronomy is the art of using food to create happiness.”
Theodore Zeldin (British philosopher and writer)



Mexican Pozole

From Marcos Ramos de los S. (Kindergarten)

It is from Mexico and important because they are always traditions at an event.

Ingredients

- Cans of hominy (mexican corn kernels)
- Pork or chicken meat
- Tomatoes
- Onion
- Garlic
- Ancho chiles
- Red
- Oregano

Preparation

1. First the meat is cooked in a large pot of water. Let it simmer gently.
2. Once it is cooked, the hominy are **added** to the pot. (Continue cooking.)
3. Separately, **cook** the ancho chili, tomatoes, garlic and onion.
4. Once everything is sewn, **blend** it and **strain** it.
5. Then **add** it to the pot with the hominy and the meat are sewn.
6. **Add** salt and 1 cube of chicken bouillon (Knorr suiza) and lastly oregano.
7. The pozole is ready to **serve**.



Did you know?

Pozole is an ancient dish made by many different civilizations in Mesoamerica, including the Aztecs.



Pozole (Mexican Soup)

From Alana E. Romero (4th grade).

The recipe is important to me and my family because when the weather goes cold we make this to keep warm and humble in our tummies.

Ingredients

- Hominy
- Pork meat
- ~1/2 pan filled with water
- Lettuce, chopped
- 1 Garlic clove
- 1/2 Onion cut

Toppings:

- Lettuce, chopped
- Lime
- Radish, sliced
- Sour cream
- Avocado
- Oregano
- Salt
- Tortilla chips

Preparation

1. **Fill** the pot with water, **add** salt, garlic clove, onion, and then the pork.
2. Let it **cook** on the stove for about 40 minutes.
3. Then **rinse** the hominy and add to the pot and **cook** for an additional 40 min.
4. **Chop** the veggies (lettuce, lime, radish and avocados) and **set aside**.
5. Once the meat and hominy are cooked, **serve** in bowls and top with toppings. **Eat** and enjoy!





Filipino Chicken Arrozcaldo

From Natalie Acacio (Kindergarten)

It's a very warm, comforting, and hearty rice-porridge dish that our family would always have on Christmas Eve or during any times that we were feeling under the weather.

Ingredients

- 2 Tbsp vegetable oil
- 3 cloves garlic, minced
- 1 inch ginger, finely grated or sliced
- 1 small onion, diced
- 2-3 boneless chicken thighs, diced
- 1 cup. uncooked rice
- 4 cups chicken broth
- 2 Tbsp patis (fish sauce)
- 3 hard boiled eggs
- green onion

Preparation

1. **Sauté** garlic in oil over medium heat until golden brown. **Transfer** to paper towel. Set aside.
2. **Add** ginger, onion and cook until translucent. Add chicken and brown for about 5 minutes.
3. **Add** rice, broth, patis to pot and gently combine. Cover and **simmer** on medium low heat. Stir frequently until chicken and rice are done. (25-30 minutes)
4. The consistency will be fairly thick and whatever your preference is, you can add more liquid to make it a little thinner.
5. **Serve** in a bowl. Top with sliced egg, chopped green onion and sauteed garlic, and a dash of lemon juice or citrus (optional).



Note:

To reheat in a bowl, make sure to add a little more stock or water.



Puff Pastry Chicken with roasted tomatoes and green beans

From Riley Corcoran (4th grade)

It's a recipe that everyone loves and is so easy to make!

Ingredients

- 320 g sheet of all-butter puff pastry, (cold)
- 4 x 120 g free-range skinless chicken breasts
- 4 heaped teaspoons green pesto
- 400 g ripe cherry tomatoes, on the vine
- 400 g green beans



Preparation

1. **Preheat** the oven to 425°F. **Unroll** the pastry, cut it in half lengthways, then cut each half widthways into 8 equal strips.
2. **Flatten** the chicken breasts by pounding with your fist until the fat ends are the same thickness as the skinny ends.
3. **Place** them in a roasting tray, **season** with sea salt and black pepper, spread over the pesto, then lay 4 overlapping strips of pastry over each breast, tucking them under at the edges. **Brush** with a little olive oil.
4. **Lightly dress** the tomato vines in olive oil, season and put into a second tray. Place the chicken tray on the top shelf of the oven with the tomatoes below, and cook for 20 minutes, or until the pastry is golden and the chicken is cooked through.
5. Meanwhile, **line up** the beans, trim off just the stalk ends, then **cook** in a pan of boiling salted water for 7 minutes, or until tender.
6. **Remove** the chicken to a board with half the tomatoes, squashing the rest in the tray and discarding the vines. **Drain** and toss in the beans, taste and season to perfection. **Slice** the chicken at an angle and serve on top of the beans, with the whole tomatoes.



Linville Boys' Chicken Alfredo

From Elliott Linville (2nd grade)
This is Declan & Elliott's favorite comfort meal.

Ingredients

For the chicken:

- 2 boneless skinless chicken breasts
- 1/2 tbs of butter
- 1 tbs of high smoke point oil (like canola)
- 1 tsp paprika
- 1 tsp garlic powder
- Salt to taste
- Pepper to taste

For the alfredo:

- 10oz Rotini or Penne.
- 1tbs butter
- 1 cup heavy cream + 1/2 cup to adjust sauce consistency as needed.
- 8 oz grated parmesan cheese
- 2 garlic cloves
- Fresh chives
- A few sprigs of fresh thyme
- Salt to taste
- Pepper to taste

Preparation

1. **Preheat** oven to 350°F.
2. While the oven is heating, **mix** dry ingredients for chicken together and season both sides of the chicken breasts.
3. **Heat** a heavy-bottomed cast iron pan to medium high heat, place oil in the pan.
4. When oil is hot, **put** chicken breasts in a pan.
5. **Sear** on medium-high for 3-5 minutes until fragrant and crisp.
6. **Put** the butter between the two and flip chicken breasts. **Sear** the other side for 3-5 minutes.
7. **Put** cast iron with chicken in the oven and bake for 20-25 minutes until done.
8. **Heat** a pot of water & a pinch or two of salt and put on high for pasta.
9. When water comes to a boil, follow instructions on the pasta box.
10. **Prep** garlic cloves by removing skin and lightly smashing them with the side of a knife so they're open, but still mostly whole.
11. In a large pan, **heat** butter on medium.



12. When butter is melted, **add** heavy cream and whisk until mixed.
13. **Reduce** heat to medium-low.
14. **Add** garlic cloves and thyme sprigs to the butter-cream mixture.
15. Occasionally **whisk** mixture to prevent burning - if the mixture begins to bubble and wants to overflow, temporarily remove from heat and whisk until it's under control and turn down the heat.
16. **Reduce** mixture for roughly 10-15 minutes or reduced by roughly 1/3, remove fresh thyme and garlic with a slotted spoon or fork.
17. **Add** half of the grated parmesan and whisk until entirely melted and incorporated into the sauce. If the sauce is too thin for your liking, continue to reduce and can add 2oz more parmesan cheese.
18. If it's too thick, or if your sauce is done before the pasta is done and thickens too much, add a little bit of reserved cream and whisk until well incorporated. This sauce is super easy to fix. If it goes too far either way, don't panic and just adjust as needed.
19. Finely **chop** chives.
20. When chicken is done, pull from the oven and let the chicken **rest** on a plate for 5 or so minutes.
21. Once rested, **slice** into strips.
22. **Toss** drained pasta in sauce, or spoon sauce over pasta in a bowl. your preference!
23. **Put** cut chicken over the dressed pasta.
24. **Top** with grated parmesan, black pepper, and chives.



Egg Fried Rice

From Ben Peck (5th grade)

This is a recipe that the entire family can agree on any day of the week. Though it has been perfected over the years with family feedback and collaboration, it originated as a riff off a go to dish whenever we ordered Chinese take-out.

Ingredients

- 1 cup diced ham
- 1 Tbsp bacon fat
- 1 egg, beaten
- 1/4 cup chopped kimchi
- 1/4 cup soy sauce
- 2 cloves roasted garlic
- 2 1/2 cups cold, leftover rice
- 1 Tbsp white miso paste dissolved in 1/2 cup warm water
- 1/4 cup corn kernels
- 1/4 cup peas
- 1/4 cup shelled edamame
- Chopped green onion

Preparation

1. Lightly **crisp** diced ham in a large pan or wok on medium-high heat, set aside. **Cook** egg in bacon fat until just set, then set aside.
2. **Add** kimchi and soy sauce to pan and cook until soy sauce bubbles, add roasted garlic and stir together. **Add** rice and dissolved miso liquid and start incorporating all the ingredients in the pan while breaking up the large chunks of rice.
3. **Take** and put all the vegetables in the pan to warm. **Add** the ham and the egg, and finish tossing together making sure the egg is broken into small bits and distributed evenly. (Optional addition of Sriracha or other hot sauce at this time). **Salt** if needed and **serve** with green onions as garnish.





Fried ham and eggs

From Thomas Dennison (3rd grade)

It's not really special to my family but it is a meal that I made myself and is really good!

Ingredients

- sugar
- eggs
- ham

Preparation

1. **Put** a teaspoon (or tablespoon it depends on how sweet you want it) of sugar in a bowl. Next, put one egg in the bowl, then put little diced slices of ham in the bowl.
2. **Microwave** it for 1 minute.
3. You have a delicious meal!





Rice with Vegetables

From Celma Domingos (4th grade)

It is special because it has almost all the vitamins and my son likes it a lot.

Ingredients

- Rice
- Carrots
- Green pepper
- Yellow pepper
- Red pepper
- Salt
- Oil
- Onion
- Sausage

Preparation

1. **Cut** up all the vegetables and sausage.
2. **Soak** the carrots.
3. **Heat** oil in a pan on the stove.
4. Depending on the thickness of the rice, **fry** everything together for about 3 minutes.
5. **Add** salt and water and let it **boil** like any other rice.





Broiled Sushi Rice

From Nolan Ebisuzaki (Kindergarten)

In Hawaii, people love to come together to share a meal with each other. This is an easy, go-to pupu (or appetizer) for our family, which people of all ages can enjoy.

Ingredients

- 4 cups uncooked short-grained white rice
- 1 bottle nori komi furikake
- 9 diced shiitake mushrooms
- 10 sticks chopped imitation crab meat
- 1 cup sour cream
- 1 cup mayonnaise
- approximately 10 Korean nori packs

Preparation

1. Use rice cooker measuring cup to **measure** out 4 cups of uncooked short-grained rice. **Cook** rice.
2. In a large bowl, **mix** diced shiitake mushrooms, chopped imitation crab meat, sour cream, and mayonnaise.
3. To a 9x13 pan, evenly **layer** hot cooked rice, furikake, and shiitake mushroom & crab mixture.
4. **Broil** for 6-8 minutes, or when top is slightly browned.
5. **Scoop** onto Korean nori and **enjoy!**

Did you know?

Furikake is a Japanese rice seasoning. It includes sesame seeds and seaweed.



Tuna ceviche

From Jose Luis Bravo (2nd grade)
Family recipe from Puerto Vallarta jalisco.

Ingredients

- 2 cans of tuna in water
- 5 tomatoes
- 1 onion
- 2 green chiles
- 10 lemons
- Salt
- Tostadas
- 1 bunch of Cilantro
- 2 cucumbers

Preparation

1. **Remove** water from the tuna and **squeeze** about 8 lemons in the tin cans. **Chop** the two green chili peppers and **add** a little salt. Let it **rest** in the lemon with the chili peppers for about 2 hours.
2. **Chop** all the vegetables, mix them. After 2 hours, **pour** the tuna out, and **mix** it with the juice of the remaining 2 lemons, a pinch of salt. It is ready to be served in Tostadas. An easy and fast recipe.





Massaged Kale Salad

From The McVey Family (1st and 5th grade)

We make this at almost every potluck. It was shared with us from a beloved parent-baby instructor and everyone enjoys how yummy and nutritious it is.

Ingredients

- 1 bunch kale (dark lacinato or curly), stalks removed and discarded, leaves thinly sliced
- 1 lemon, juiced
- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- Kosher salt and Himalayan sea salt
- 2 teaspoons honey
- Freshly ground black pepper
- 1 mango, diced small (about 1 cup)
- 1/4 cup toasted pepitas (pumpkin seeds)
- 1/4 cup dried cranberries

Preparation

1. **Wash** and dry the chopped kale in a salad spinner.
2. **Add** the kale to a very large bowl, **drizzle** the oil over the kale and **add** at least 1/4 teaspoon of each salt.
3. With clean hands (or with gloves) **massage** the kale until it starts to soften and wilt, about 1-2 minutes. **Set aside** while you make the dressing.
4. **Combine** lemon juice, 2 Tbsp olive oil, honey, and black pepper.
5. **Top** salad with mango, pepitas, and dried cranberries. **Toss** with dressing.

Alternative to mango/dressing: sliced strawberries, toasted pecans, toasted pepitas, and balsamic vinaigrette.





Stuffed peppers

From Lorena (1st grade)

We enjoy it very much as a family and it is originally from Mexico.

Ingredients

- Green chiles
- mozzarella cheese
- egg
- tomato salsa

Preparation

6. **Heat** the chiles in the oven for 10 minutes.
7. Once they are ready, **remove** the top and cut them in the middle. Stuff them and dip them in beaten egg.
8. **Fry** them in oil in a frying pan. Then add the tomato sauce and leave them for 6 minutes.
9. **They are ready to be tasted** 😊



Did you know?

Green peppers are unripe fruits from the pepper plant. If you let them ripe, they turn from green to yellow, then orange, then red.



Potato Latkes

From Talia Estefani (4th grade)

This recipe originates from our Jewish Traditions. We enjoy this during Hannukah.

Ingredients

- 10 medium russet or baking potatoes
- 2 medium onions
- 2 large or 3 medium eggs
- 1/4 cup matzah meal (add more if too loose)
- salt and white pepper
- vegetable oil

Preparation

1. **Peel** 10 medium potatoes. Keep in cold water.
2. Alternately **grate** 2 medium onions on the large holes of the grater and the potatoes on the smallest holes. This will keep the potato mixture from blackening. **Press out** as much liquid as possible and **reserve** the starchy sediment at the bottom of the bowl. **Return** the sediment to the mixture.
3. **Blend** potato mixture with 2 large or 3 medium eggs, 1/4 cup matzah meal, salt and white pepper to taste.
4. **Heat** 1" of oil in a frying pan. Drop about 1 tablespoon of mixture for each latke into the skillet and **fry**, turning once. When golden and crisp on each side, **drain** on paper towels.
5. **Serve** with yogurt, sour cream, sugar, or applesauce.

Notes:

Makes about 40 latkes.

These can be frozen in a single layer on cookie sheets, and then put into plastic freezer bags. When ready to serve, put in 450-degree oven for several minutes.

Don't refrigerate latkes-they turn out soggy. If you make them early in the day, drain, leave them out on a cookie sheet, and reheat before serving...or follow the freezing directions.

ALSO...the steel blade of a food processor or the grating blade are less painful ways of grating the potatoes and the onions. The blade makes a smooth consistency and the grater a crunchy one...hand grating is still the best...but be careful of scraping your knuckles!





Lecsó

From Niko Toth (4th grade)

This recipe is important to our family because it comes from Hungary and my grandfather makes it.

Lecso is a Hungarian pepper stew. You can keep it vegetarian or add sausage.

We love to eat it in the fall when it gets cold out!

From: <https://www.thespruceeats.com/hungarian-lecso-tomato-pepper-stew-recipe-1136692>

Ingredients

- 1 medium onion, thinly sliced
- 2 tablespoons bacon grease, or oil
- 1 pound peppers, such as Hungarian wax, banana, Italian, or green bell peppers, cut into 1/4-inch strips
- 8-9 chopped Roma tomatoes, or use 2 (14 1/2-ounce) cans drained diced tomatoes instead
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons salt
- 1 tablespoon sweet Hungarian paprika

Preparation

1. In a large skillet, **sauté** the onion in bacon fat or oil over low heat for 5 minutes.
2. **Add** pepper strips and **cook** another 15 minutes.
3. **Add** tomatoes, sugar, salt, and paprika, and **cook** for another 25 to 30 minutes, stirring occasionally, or until the mixture resembles chunky tomato sauce.





Buckwheat Galettes

From Anoushka Lassalle (2nd grade)

This is the traditional French way of preparing savory 'crepes', with buckwheat flour instead of wheat flour (as for sweet crêpes).

This is probably one of our favorite family dinners as everyone can have the filling of their choice, just like ordering at the restaurant.

Ingredients

For the batter:

- 330g buckwheat flour
- 1 egg, beaten
- 750mL water
- A pinch of salt
- Oil or butter

For the fillings:

- Shredded cheese (gruyere, cheddar...)
- eggs
- mushrooms
- diced tomatoes
- roasted zucchini
- salt and pepper
- or any other ingredients you like



Preparation

1. **Mix** the flour, water, egg and salt. **Let it rest** for at least 30 minutes (but you can prepare it up to the day before and store it, covered in the fridge).
2. In the meantime, **prepare** the fillings of your choice: roast the veggies, shred the cheese...
3. Before cooking the galettes, **verify** the batter. It should be liquid enough to flow easily from a spoon, but not too runny (it should still slightly coat the spoon). Add water to the batter accordingly.
4. When you are ready, **heat** up a cast iron skillet (or nonstick pan) on low heat for at least 5 minutes, with butter or oil to coat. Then add some batter, just enough to coat the whole pan by swirling it around.
5. **Cook** the galette until bubbles appear at the surface. **Flip** it and cook the other side (about an extra minute). Put the galette aside on a plate.
6. **Repeat** steps 4 and 5 until you run out of batter.
7. **Add** some butter to the pan, and **reheat** one of the galette for a few seconds, flip it, and **add** in the middle your filling of choice. A traditional way of preparing it is by adding shredded cheese and cracking an egg (with or without ham). Salt and pepper to taste.
8. When the fillings are well cooked, **fold** the sides of the galettes to form a square or a triangle.
9. **Serve** immediately!

Note:

Galettes are usually served with apple juice for kids, and hard cider for adults.



Mexican Corn Salad (Esquites)

From Nicol Rodriguez (5th grade)

It is made with corn and my grandparents grow it. The esquites are homemade.

Ingredients

- Corn kernels
- Chopped onion
- Butter
- Salt
- Serrano chile
- Epazote (dried Mexican herb)

Accompaniments:

- Cheese
- Mayonnaise
- Lime
- Chili powder

Preparation

1. In a casserole **pan fry** the butter, **add** the onion and serrano chiles and **sauté**.
2. **Add** the corn kernels and cook for about 5 minutes.
3. **Add** salt and a little epazote.
4. **Serve**, prepare and enjoy.



Did you know?

Epazote, an aromatic herb, can be used for cooking and preparing herbal teas.

Something Sweet





Fruit Salad

From Gunner Gizynski (4th grade)
I made it up.

Ingredients

- 2 Bananas
- 1 small box of blueberries
- 2 small boxes of strawberries
- 2 Tbs of honey
- Bowl
- Stirring spoon

Preparation

1. First **slice** up the bananas then put them in the bowl.
2. **Slice** up the strawberries and put them in the bowl.
3. **Add** the blueberries.
4. Now **put** the honey in the bowl and **stir** it nicely and you should have a fruit salad.



“There is no love sincerer than the love of food.”
George Bernard Shaw, Irish playwright and Nobel Prize winner



Crepes

From Skyla Robinson (4th grade)

This recipe originated in France. Skyla's grandmother learned to make crepes when she lived in Paris.

Ingredients

- 2 cups milk
- 3 eggs
- 1 cup flour
- 1 tsp vanilla
- 1/4 tsp sea salt (optional)

Preparation

1. **Mix** all ingredients in a bowl or blender.
2. **Heat** up your cast iron skillet on medium-low heat before starting.
3. **Grease** the warm skillet with butter. **Pour** just enough batter to cover the skillet, tipping it so the batter covers the entire bottom of the skillet without getting too thick.
4. **Cook** until bubbles appear on the surface and the crepe readily flips without breaking.
5. **Cook** the other side for less than a minute, or until golden brown.
6. **Grease** the skillet with butter before each crepe.



Notes:

Makes approximately 8 crepes.

Fill with stewed fruit and whipped cream, lemon and sugar, Nutella and bananas or strawberries, or whatever strikes your fancy!

Or you can omit the vanilla and make savory crepes with creme fraiche and herbs, smoked salmon and cream cheese, ham and Swiss cheese, roasted veggies, the options are infinite. Crepes are versatile and can be rolled up or folded.

Don't get too frustrated if your first crepes break when you flip them. The more you practice, the easier it comes. And don't forget to make sure your skillet is warm before you pour the batter.



Dutch Baby Pancake

Pfannkuchen

From Lucy Lepine (4th grade)

*We have German ancestry on my mom's side. We love to make this recipe on the weekends or for special occasions. It is fun to see the pancake puff up in the skillet and then sink down when it cools. Our favorite way to eat it is with powdered sugar and a squeeze of lemon.
Enjoy from Lucy's kitchen!*

Ingredients

- 4 tablespoons butter
- 3 eggs at room temperature
- 1/2 cup whole milk, room temperature
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons vanilla extract
- 1 pinch salt
- Confectioners' sugar to taste and a squeeze of lemon

Preparation

1. **Preheat** the oven to 425 degrees F. **Place** butter in a cast iron skillet and place in the oven.
2. Meanwhile, **combine** eggs and milk in a bowl. **Add** flour, sugar, vanilla extract, and salt and whisk for 1 minute to remove lumps.
3. **Remove** hot pan from oven and **swirl** melted butter to coat. **Pour** batter into the hot pan and return it to the oven.
4. **Bake** in the preheated oven until the pancake is puffed in the center and golden brown on the edges, 20 to 25 minutes.
5. **Dust** with confectioners' sugar & lemon and **serve** immediately.





Chocolate Chip Cookie Bars

From Matthew Harris (1st grade)

The recipe is special to us because it is one I've made Matthew's whole life. My mom would bake us homemade chocolate chip cookies and I took that recipe and turned them into cookie bars. Matthew loves them so they are special to him.

Ingredients

- 2 sticks of softened salted butter
- 2 large eggs
- 2 tsp vanilla
- 3/4 cups white granulated sugar
- 1 cup brown sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 2 1/4 cups all-purpose flour
- 2 cups chocolate chips



Preparation

1. **Preheat** oven to 350 degrees F.
2. **Grease** 9X13 glass pan with Crisco.
3. In a large mixing bowl, **beat** the butter for 3 minutes in medium speed.
4. **Add** in the white and brown sugar and beat on medium speed for 8 minutes until color turns a lighter brown and is a fluffy texture.
5. **Add** in the two eggs and vanilla.
6. Next **add** in the dry ingredients: Flour, salt, and baking soda
7. **Mix** only until all combined well but don't over mix.
8. **Add** in chocolate chips.
9. **Spread** mixture into pan.
10. **Bake** for 23 minutes - until lightly golden brown.
11. Let cookie bars **sit** for a few hours before eating, or best to have sit overnight. They will continue to bake while cooling, so keep this in mind to not overcook.



Hamentashen

From Talia Estefani (4th grade)

This recipe originates from our Jewish Traditions and I make it with my Nana when she comes to visit.

Ingredients

- 2 cups of 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

For Fruit Fillings -- variety of flavors (Solo Brand if you are able to find):

- Apricot
- Prune/Plum
- Raspberry
- Strawberry
- Cherry
- Blueberry

Preparation

1. **Preheat** oven to 375 degrees.
2. **Mix** flour, baking powder and salt.
3. **Cream** butter and sugar - use back of wooden spoon -- mush together so sugar is absorbed by butter (yellowish/white color).
4. **Add** egg (lightly mixed) to butter/sugar mixture.
5. **Alternate** in adding some of the dry mixture, then a little of the milk to butter/sugar mixture.
6. Finally **add** vanilla extract.
7. **Mush** together with hands (makes hand greasy). **Make** baseball size balls (about 3 or 4).
8. **Place** each in a baggy. **Refrigerate** for 1/2 hour (more or less, can even be overnight).
9. **Flour** rolling pin and table.
10. **Roll** each ball out (one at a time) until about 1/4 inch thick.
11. **Make** circles using a glass rim; about 1 1/2-inch (more or less) diameter.
12. **Use and reuse** dough until it is all used up.
13. Take tsp of filling, **put** in the center of the circle.
14. **Draw up** the sides of the circle to form a triangle, leaving a little opening in the center to show the fruit.
15. **Place** on a nonstick cookie sheet.
16. **Bake** in 375-degree oven until lightly browned15-20 minutes.
17. **Remove** cookies from cookie sheets and **cool** on baking rack.



Pumpkin Oatmeal Chocolate Chip Cookies

From Gracie Burrell (5th grade)
From LemonTreeDwelling.com

Ingredients

- 1 cup salted butter
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 tsp pumpkin pie spice
- 1 cup pumpkin puree
- 1 egg yolk
- 1 1/2 cups flour
- 1/2 tsp baking powder
- 2 1/2 cups quick oats
- 1 1/2 cups semisweet chocolate chips

Preparation

1. **Combine** butter, sugars, and pumpkin pie spice in a medium mixing bowl and beat with an electric mixer until creamy.
2. **Add** pumpkin and egg yolk and beat until smooth.
3. **Mix** in flour and baking powder and beat on low speed until combined; stir in oats and chocolate chips.
4. **Drop** dough 2 inches apart on ungreased cookie sheet (*cookies are easiest to remove if sheets are lined with parchment paper.)
5. **Bake** at 350° F 16-20 minutes or until edges are golden brown.
6. **Cool** on cookie sheet 10 minutes; remove to a wire rack to cool completely.



Recipe variations

- ~ Substitute white chocolate chips, butterscotch chips, or peanut butter chips for the semisweet chocolate chips
- ~ Add chopped nuts
- ~ Add dried cranberries
- ~ Add pepitas
- ~ Substitute cinnamon for pumpkin pie spice or add extra pumpkin pie spice for more flavor



Dirty Bird Bread

From Cohen Schiefer (4th grade)

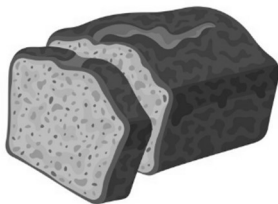
This recipe was given to us by Cohen's great grandmother. She was born and raised in Huntsville, AL. She was a wonderful woman that loved to bake and loved her family even more. Cohen was lucky enough to have known her for 8 years before she passed away. She came across this recipe from a friend of hers and felt it was a more delicious take on banana bread. Not sure why it is called "Dirty Bird", but it's too delicious to care. Enjoy!

Ingredients

- 2 cups sugar
- 3 cups sifted all-purpose flour
- 1 tsp salt
- 1 tsp baking soda
- 3 eggs (slightly beaten)
- 1 cup crushed pineapple with juice
- 1 1/2 tsp vanilla
- 1 cup oil
- 2 cups diced banana
- 1 cup chopped pecans or walnuts

Preparation

1. **Sift** together sugar, flour, salt and baking soda.
2. **Add** eggs, pineapple, vanilla, oil, bananas and nuts. **Stir** together to blend. Do not beat!
3. **Bake** in seasoned loaf pan 350°F for 55 minutes.





Gluten Free Chocolate Chip Zucchini Bread

From Talia Estefani (4th grade)

We make this recipe every summer with zucchini from our garden. This recipe is 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
- 3/4 tsp sea salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 3/4 cup applesauce
- 3/4 cup maple syrup
- 1/3 cup melted virgin 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.
2. **Oil** a 9x13 inch baking dish.
3. In a large bowl, **mix** together rice flour, tapioca flour, baking soda, xanthan gum, sea salt, cinnamon, and nutmeg; **set aside**.
4. In another bowl, **whisk** together the applesauce, maple syrup, olive oil (or coconut oil), apple cider vinegar, and vanilla. **Add** this mixture to the dry ingredients and gently **mix** together with a large wooden spoon.
5. **Fold in** the grated zucchini and chocolate chips. Gently **mix**.
6. Immediately place mixture in 9x13 inch pan. **Spread** batter evenly and place into the oven. **Bake** for 25-30 minutes.
7. When cool -- **cut** into squares and serve.





Peanut Butter Pie

From Zach Brown (5th grade)

This is Zach's favorite dessert, and we make it every year for his birthday.

The recipe is from a blog, kevinandamanda.com.

Ingredients

- 1 (14.3oz) package whole Oreos (can use gluten free)
- 1 cup butter, divided
- 1 1/2 cups + 2 Tbsp creamy peanut butter, divided (can use sunbutter)
- 1 cup powdered sugar
- 1 cup chocolate chips
- 1/2 cup heavy whipping cream



Preparation

1. Finely **crush** the Oreos with a food processor, blender, or in a Ziploc bag. **Stir** crumbs together with 8 tablespoons melted butter until well combined. **Press** into the bottom and sides of a pie pan. **Freeze** crust for 10 minutes until set.
2. **Add** the remaining 8 tablespoons of softened butter, 1 1/2 cups creamy peanut butter, and 1 cup of powdered sugar to a large mixing bowl or the bowl of a stand mixer. **Beat** on low speed until smooth and creamy. **Spoon** the peanut butter mixture over the crust into a smooth layer. **Place** back in freezer.
3. Place chocolate chips and remaining 2 tablespoons of peanut butter in a large glass or heat-proof bowl. In a saucepan, bring the heavy whipping cream to a rolling **simmer** over medium-high heat. **Pour** the cream over the chocolate chips and peanut butter and let sit for 5 minutes, then whisk until completely smooth. **Pour** the chocolate layer over the peanut butter layer. **Refrigerate**, covered, at least 1 hour until ready to serve.

Did you know?

40 billion Oreo cookies are produced every year. If stacked together, these cookies would circle the earth five times!



Sour Cream Coffee Cake

From Chelsie Quinn (4th grade)

We love this recipe from Chelsie's great grandma because it is SO easy and the best part is that you make it one day ahead! We love all the cinnamon and how pretty it looks in a bundt pan. Enjoy!

Ingredients

Cake ingredients:

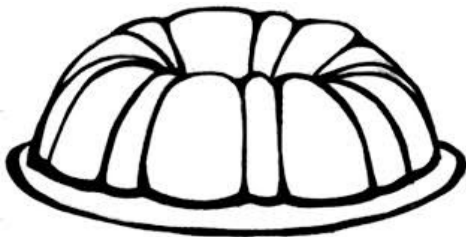
- 1 yellow cake mix
- 1 small instant vanilla pudding
- 4 eggs
- 3/4 cup water
- 1 cup sour cream
- 1 tsp. vanilla
- 1/4 cup oil

Toppings ingredients:

- 3/4 cup sugar
- 2 Tbsp. cinnamon
- 1 cup walnuts

Preparation

1. **Grease** bundt pan well with Crisco shortening. **Coat** sides with some of the topping (optional). **Layer** rest of batter and topping ending with batter.
2. **Bake** at 350 degrees for 1 hour. **Cool** 10 minutes and remove from pan. After it has thoroughly cooled, **wrap** well and **let it sit** for 24 hours. Do not eat it any sooner! Really!





Snowy Mooncake or New Year Cake

From Yumo Zhang (4th grade)

The recipe originated from Chinese Mid-autumn Festival and Chinese New Year. It means "Reunion" and "Good Luck".

Ingredients

- 40g Sweet rice flour
- 30g rice flour
- 25g wheat starch
- 165g milk
- 40g sugar
- 15g butter
- Some red bean paste
- Moon cake mold



Preparation

1. **Put** all the flour, milk, butter and sugar in a large glass bowl, stir well.
2. **Use** a lid cover the bowl, put it into a steamer, **steam** for 30 minutes.
3. **Take out** the bowl, wait the temperature turned warm, **knead** into dough.
4. **Cover** the dough, and put it into the refrigerator for 2 hours.
5. **Roll** the red bean filling into small balls, every ball is 25g.
6. Take out the dough from the refrigerator, **roll** the dough into small balls, every ball is 30g.
7. **Roll** the small dough ball into a pastry, wrap the filling in the pastry, make it like a ball.
8. **Put** it in the mold to make a beautiful shape, and you are done.



Blueberry Muffins

From Shemmin Lau (4th grade)
It's yummy.

Ingredients

- 2/3 cup water
- 1/2 cup vegetable oil
- 2 eggs
- ~1 cup (429 grams) muffin and quick bread mix
- 30 blueberries

Preparation

1. **Set** oven to 425 degrees if using an aluminum muffin pan; If not set to 400 degrees.
2. **Mix** all ingredients in a bowl, then **fold in** blueberries.
3. **Bake** 20 minutes.





Christmas punch

From Ayden Romero (Kindergarten)

Because it is a fusion of many fruit flavors. It indicates that the time is approaching for all families to gather.

Ingredients

- Sugar cane sticks
- Tejocote
- Apple
- Guava
- Tamarind
- Hibiscus
- Cinnamon
- Piloncillo

Preparation

1. **Cut** all the fruits into slices.
2. **Boil** them in enough water.
3. When they are soft and smelling delicious, **serve** them, adding a little bit of walnuts.
4. **Enjoy**.



Did you know?

Tejocote is the fruit of the Mexican Hawthorn, a cousin to apple and pear trees.
Piloncillo is unprocessed cane sugar.



Dad's Almondmilk Milkshake

From Cora McVey (5th grade).

My Dad's shake is important to me because I can't always have a milkshake because of my dairy intolerance and he makes one I can have.

Ingredients

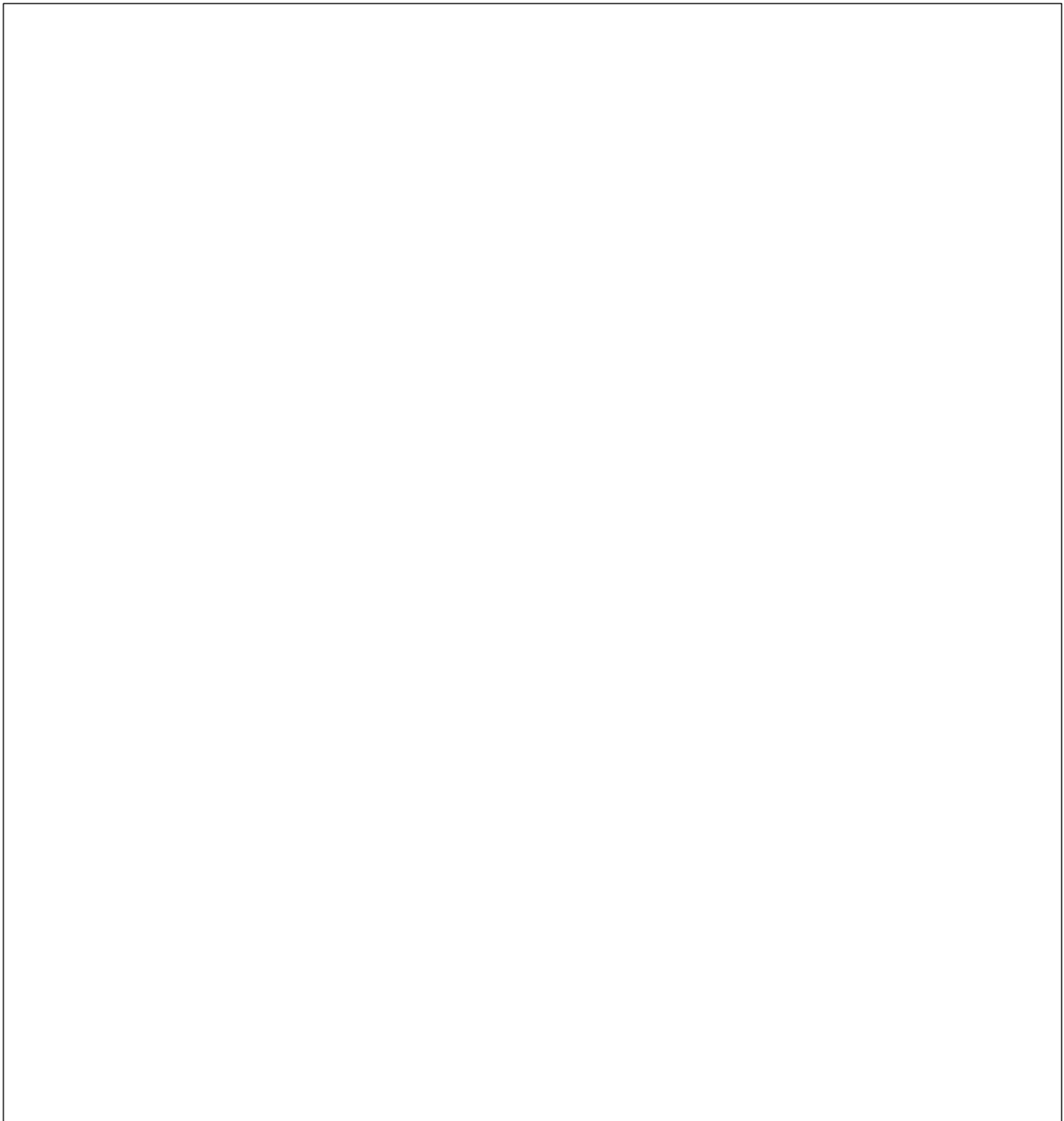
- 2 cups unsweetened almond milk (or any milk)
- 2-3 cups cashew milk vanilla ice cream (or regular vanilla ice cream)
- 1 big spoonful Chunky peanut butter (~1/4 cup)
- 2 long drizzles of Hershey's chocolate syrup

Preparation

1. **Combine** milk, ice cream, and chunky peanut butter in a blender.
2. **Add** chocolate syrup.
3. **Blend** for 30 seconds (not too long or the peanuts won't be chunky).
4. **Serve** in fun cups or glasses and drizzle with chocolate syrup. Serve immediately. Enjoy!

Serves 2-4.





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