

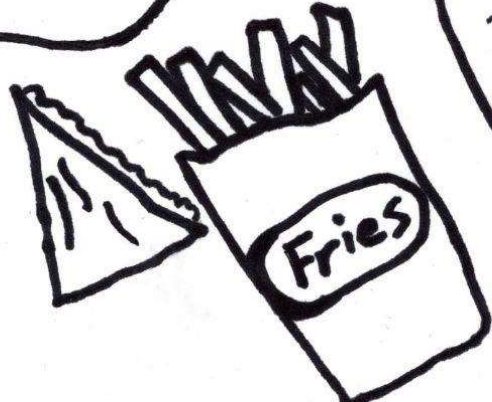
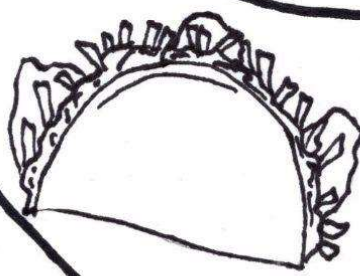
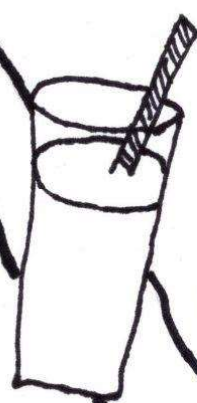
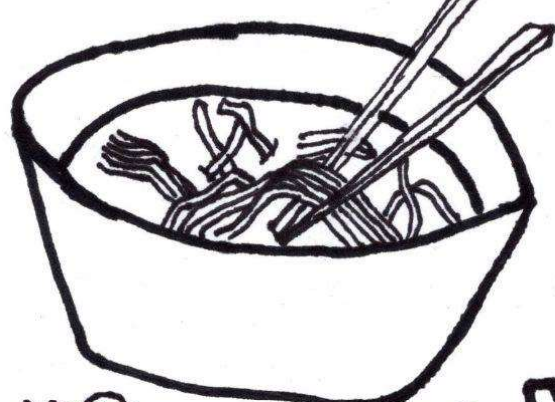
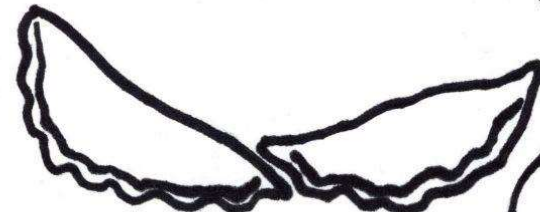
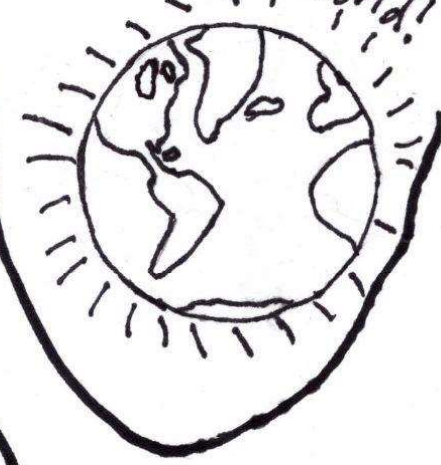
Kehmora Elementary

Year 2024-2025

Cook Book

try new foods!

explore different cultures from over the world!



Class: Ms. Bowen-Pope^(4th) Made By: Ellie Watson

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.



Artwork by: Lightning Waq Waq, Ty Juvinel (Tulalip Tribes)

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

I Belong



Building Community Together

The Family Culture Week logo was designed by Grace Kurcinka (KE alumna) to represent the birth countries of our Kenmore Cubs in 2022.

The flags displayed below represent the birth countries of our Kenmore Cubs this year (2024-2025):



Front cover is designed by Ellie Watson (grade 4) and back cover is designed by Elliott Linville (grade 3). Enjoy coloring them however you like.

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.

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Something Savory





Momo

From Neil Kahanal (Kindergarten)

Making momo is a group effort. Everyone participates in making momo. This is special as everyone involved comes together.

Ingredients

- chicken
- momo spices (cumin powder, coriander powder)
- salt
- all-purpose flour
- tomatoes
- chiles
- cilantro
- sesame
- salt
- oil

Preparation

1. Make dough and roll to make thin round wraps.
2. Make filling by adding ground chicken, momo spices, salt.
3. Heat skillet with tomatoes, chiles, cilantro, sesame, salt, oil, and grind to chutney.
4. Wrap dough wraps with the filling.
5. Steam for 15 minutes.
6. Serve with chutney.



"If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart."

Cesar Chavez, American farm labor leader and civil rights activist



Mongolian Beef

From Ellie Memmel (Kindergarten)
It's just simple and yummy.

Ingredients

- 1 lb. beef (thinly sliced against the grain)
- 1/4 cup Coconut Oil
- 1 lb. asparagus or green beans
- 3-4 green onions (cut into 1-inch diagonal slices)

Marinade ingredients:

- 1/2 cup coconut aminos
- 1 Tbsp. fresh root ginger (peeled and grated)
- 4 cloves garlic (chopped) or 1 Tbsp minced garlic works well too

Preparation

1. Prepare the marinade first by mixing all the marinade ingredients together. Cut the beef into thin slices against the grain and add 1/3 cup of the marinade to the beef in a small ziplock bag. Let marinate 30-60 min in the fridge (if there's time).
2. Cut asparagus or vegetable of choice and green onions into 1-inch pieces. Cook vegetables - Heat some of the coconut oil and sauté the vegetables of choice for a few minutes. Add the remaining sauce to the vegetables for the last minute of cooking. Remove and set aside.
3. Cook beef - Add more coconut oil and when very hot, add the beef removing it from the marinade. Cook beef for 1-3 minutes attentively, turning it over to cook on both sides. Do not crowd the beef, you might need to cook it in two batches.
4. Add the green onions in with the last batch of beef and cook for 1 minute.
5. Add any leftover marinade over the last batch of beef and cook for a minute.
6. Add everything back into the pan to reheat all together.
7. Serve hot over rice.

Notes:

- Beef Shaved Steak works well for this recipe
- my kids don't like crunchy or hard vegetables, so I cheat and microwave the asparagus or green beans in a little water for 3-4 minutes before I sauté them.



Hungarian Lecsó

From Niko Toth (Grade 5)

It's special to my family because my dad's side of the family is Hungarian.

Ingredients

- 5 tomatoes
- 2 peppers (all colors)
- 1 yellow onion
- paprika
- kielbasa
- salt and pepper to taste



Preparation

1. Dice tomatoes and peppers.
2. Thickly chop onion.
3. Cut kielbasa into slices.
4. Cook onions into oil.
5. Brown kielbasa.
6. Add peppers and tomatoes. Add a generous amount of paprika, and salt and pepper to taste.
7. Cook until veggies are soft.

Did you know?

Kielbasa means sausage in Polish. There are many different types, some with a smoky flavor.



Frikadeller (Danish Meatballs)

From Harper DeMarco (Grade 2)

This recipe originated from my grandmother, and she passed away before I was born. My dad makes this dish for our family in remembrance of my Grandma Lis. The recipe originated from Denmark, where my grandmother was born.

Ingredients

- 1 1/2 lbs. of ground pork
- 1/2 lbs. ground beef or veal
- 1 large white onion
- 1 cup flour
- 1 cup rolled oats
- 1 tsp salt
- 2 eggs
- Add pepper for desired taste



Preparation

1. Rough chop white onion.
2. Add pork, ground beef, flour, salt, oats, pepper (if desired) into stand mixer. Mix ingredients until they are all blended together.
3. Form mixture into good size meatballs.
4. Using a hot skillet with desired cooking oil, fry the meatballs on medium until brown on all sides.
5. After frying, if needed, bake meatballs in oven at 350°F until internal temperature is 165°F. This can take up to 20-30 minutes.
6. In our family this recipe is also served with mashed potatoes, pickled beets, sweet pickles, and steamed carrots.

Note:

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



Meat Bourekas

From Manny and Lucia Altaras (Kindergarten; Grade 3)

Manny and Lucia's dad's paternal side of the family are Sephardic Jews. Their family ended up in Seattle by way of Spain, Turkey and Rhodes as part of the diaspora. Bourekas are part of a shared culinary tradition from the former Ottoman Empire, the Middle East, and the Mediterranean basin. These are easy to make, versatile and tasty! Feel free to experiment with fillings, spices and even shapes to see which combination you like best.

Ingredients

For the filling:

- 1 large onion, finely diced
- 1 lb. ground beef
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 tsp paprika
- 1 tsp ground cinnamon
- 1/2 cup water
- 1/2 cup Italian parsley, finely chopped
- 1/2 cup toasted pine nuts (optional)

For the pastry:

- 1 store-bought puff pastry, thawed but kept cold
- 1 large egg beaten with 1 tsp of water
- 2 Tbsp sesame seeds (optional)

Preparation

1. Preheat oven to 425°F.
2. In a skillet brown the meat and onion over medium heat. Drain excess fat.
3. Add salt, pepper, paprika, cinnamon and sauté. Use a wooden spoon to break the meat into small pieces. Add the water, cover and simmer until all the water evaporates.
4. Add parsley and pine nuts (if using) and stir to combine. Set aside.
5. Line a baking sheet with parchment paper (you can cook in two batches or use two baking sheets).
6. On a lightly floured surface, roll out the puff pastry dough to a 12-by-12-inch square. Use a pizza cutter to cut the pastry into 9 equal-size squares (about 4-inch squares).
7. Spoon about 2 tablespoons of the filling onto each pastry square, near one corner. Fold the pastry over the top of the filling diagonally to make a triangle. Pinch firmly along the outer open edge of the triangles to seal. Alternatively, you can use the tines of a fork to crimp the edges closed.
8. Place each filled pastry on the baking sheet. Repeat with the rest of the pastry squares and filling.
9. In a small bowl, whisk together the egg and water and brush it onto the pastries with a pastry brush. Sprinkle on the sesame seeds if using.
10. Bake for 25 to 30 minutes, rotating halfway through if baking two pans at once, until they are puffed and golden brown. Remove from the oven and let cool for a few minutes before serving.



Buuz

From Dansal Amra (Grade 4)
It's our national food.

Ingredients

- 4 cups wheat flour
- 1.1 lbs. ground beef
- 1 onion
- 10 oz. water
- 1 egg
- 2 tsp. salt
- A pinch black pepper
- 0.44 lbs. pork meat

Preparation

1. First, you need to prepare the mince.
Traditionally, the mince is made from beef and pork (pork should be with lard), since pork adds juiciness to the dish. Mince the beef, pork, onion, add salt (about 2 teaspoons, taste), pepper (2-3 pinches, but not too much) and some water, about 1-2 tablespoons. Mix everything and leave until you prepare the dough.
2. Then you need to prepare the dough, but it should not be too hard, because the shape of the product may suffer when sculpting. Pour flour on the table (or in a large plate), make a hole and pour 1 egg into it. You can add a little salt, and then a glass or a little less than a glass of water. Then you need to knead the dough with your hands until it becomes soft, but at the same time elastic (about 15 minutes).
3. Next, you need to form a sausage from the dough and divide it into small pieces. Form balls from these pieces and roll them out (about 8-9 centimeters in diameter).
4. Put about 1 tablespoon of minced meat into the rolled out pieces of dough and start pinching in a circle. There should be 33 pinches in an ideal buuza.
5. Place the buuzy in a steamer, having previously greased the bottom with oil, and cook for 15-20 minutes. After 20 minutes, you can already enjoy this dish.



Lumpia

From Taharra Danielle and Alani Kate Dela Cruz (Grade 2; Grade 4)

This recipe is special to our family because it symbolizes our culture and lumpia is a very delicious snack or it can serve as an entree.

Ingredients

- package lumpia wrappers
- ground beef
- pound ground pork
- finely chopped onion
- finely chopped green bell pepper
- finely chopped carrot
- oil for frying
- oysters sauce
- pepper
- light soy sauce
- salt
- garlic powder
- sesame oil

Preparation

1. Cook the pork, breaking it into tiny crumbles, until no pink remains. Drain off any grease.
2. Add the veggies. Add the garlic and ginger, cook until fragrant, then stir in the veggies. Sauté for 2-3 minutes, until tender, then add the seasonings, soy sauce, and sesame oil. Remove from heat and set aside until cool enough to touch.
3. Assemble the lumpia. Set a wrapper on a clean surface with one corner towards you. Spoon 2 & 1/2 tablespoons of filling 1 & 1/2 inches from the bottom point, into a 4-5-inch-long strip. Fold the bottom over the filling, fold in the edges, and continue rolling toward the top point until you have 2 inches of wrapper left. Moisten the remaining wrapper with water and finish rolling. Place on a plate, seam side down, and cover with plastic wrap while you repeat the process.
4. Fry. Heat an inch of oil in a skillet until it reaches 350°F. Fry 4 lumpia at a time, starting with the seam side down, for 1-2 minutes per side. Drain on a paper towel-lined plate.
5. Enjoy. Serve immediately with sweet chili sauce.



Adas palo

From Celine Sadighi (Grade 3)
A dish of protein. This dish is from Iran.

Ingredients

- basmati rice
- dried green or brown lentils
- raisins
- onions, sliced
- saffron
- oil
- salt
- ground beef
- turmeric

Preparation

1. Rinse the rice. Place it in a pot with water 2 inches above the rice.
2. Cook the lentils for 20 minutes then drain using a fine mesh strainer.
3. Sauté onions until shimmer, then add ground beef, salt and pepper, and turmeric for 20 minutes. Set aside.
4. Mix the lentils and rice together, let them cook in a pot for 20 minutes. Then stir in the ground beef to this and add raisins at the end!

"Food is memories."

José Andrés, Spanish-American chef and founder of World Central Kitchen



Slow Cooker Barbacoa Beef

From Brooke Kroll (Grade 5)

Our family likes Mexican food and my grandma's barbacoa is my favorite.

Ingredients

- 3 lbs. beef Chuck Roast
- Salt and freshly ground pepper
- 2 Tbsp vegetable oil
- 4 tsp mild chili powder
- 6 cloves garlic
- 1 1/4 cup beef broth
- 1 1/2 Tbsp ground cumin
- 1 Tbsp dried oregano
- 1/4 tsp ground cloves
- 3 bay leaves
- 1/4 cup fresh lime juice

Preparation

1. Cut roast into 6 portions removing large fat pieces. Heat oil in skillet.
2. Pat roast dry w/paper towel. Season with salt & pepper. Sear pieces 3 at a time until browned on all sides. Transfer to slow cooker.
3. In food processor, pulse chili powder, garlic and 1/4 cup broth until pureed.
4. Whisk mixture, remaining broth, cumin, oregano, and cloves. Pour over beef and nestle bay leaves in beef.
5. Cover and cook on low heat 6-8 hours.
6. Remove beef from cooker (leave broth) and shred. Stir lime juice into broth and return beef to slow cooker and cook additional 20-30 min.
7. Strain liquid from beef and serve in tortillas with desired toppings.

“Cooking is a bit like cinema. It’s the emotion that counts.”

Anne-Sophie Pic, French chef



Tacos de Pastor

From Iker Alcaraz Morales (Grade 2)

It's special because in my family in Mexico they have always had taco stands to sell tacos and they are very tasty.

Ingredients

- pork meat
- tinil ? chiles
- oregano, cumin, pepper
- garlic and salt
- pineapple
- onions
- cilantro
- tortillas

Preparation

1. Cut the meat into strips.
2. Remove the veins and seeds from the tenil chiles and simmer/cook.
3. Once the chiles are cooked, put them in the blender and blend all the seasonings such as garlic, oregano, cumin, pepper and salt and blend until smooth.
4. Incorporate it into the pork and let it rest for half an hour and then cook the pork.
5. Once it is ready, make the tacos and serve them with toppings.



Pancetta, Pea and Pesto Gnocchi

From Lucy Lepine (Grade 5)

This dish is currently a Lepine favorite in our house--it is always challenging to find a recipe that everyone in our house is excited about eating. This is Lucy's current favorite savory dish. It was created in our kitchen trying various combinations until everyone's mouths were happy.

Ingredients

- Avocado oil (any oil will work)
 - 1/2 medium chopped onion
 - 3 cloves of chopped garlic
 - 1 1/2 cups of frozen peas
 - One package of diced pancetta
 - 2 containers of refrigerated Potato Gnocchi (our favorite is Cucina Fresca)
 - lots of pesto (store bought or freshly made)
 - Fresh grated parmesan cheese
 - Squeeze of lemon to taste
- Optional:
- 1 tsp or Tbsp of red pepper flakes
 - Sauteed mushrooms
 - Roasted asparagus tips
 - Chopped mint

Preparation

1. Sauté the onion and garlic in the oil on medium heat in a very large pan.
2. Add diced pancetta until the meat is no longer translucent.
3. Add the peas (cooked or frozen--works both ways depending on how long you cook this mixture.) Mix in the pesto until everything is evenly coated.
4. Cook the gnocchi in boiling water--once finished, spoon out the gnocchi and add it to pan. Carefully stir mixture until all is coated with pesto.
5. Add grated parmesan cheese to taste.
6. Squeeze lemon before serving dish hot.



Squash soup

From Roly-Arthur Pierre Noel (Grade 3)

"The story behind the tradition of squash soup on our Independence Day:

When the French colonists established themselves on the land now called Haiti, they stumbled upon squash. And they loved it so much that they forbade slaves to even taste it, despite the fact that the slaves were the ones cooking it. When our ancestors became independent on January 1st 1804, each household made huge pots of squash soup to enjoy and share with each other.

Since that day, squash soup is the meal that you are certain to find in most Haitian households on January 1st.

Every year, I enjoy mine with pride, remembering the price that was paid for me to be free, meditating on how powerful we Haitians are, when we are united, and sending thoughts in the universe for the awakening of the Haitian people."



Meat

Ingredients

- 1 lb of beef
- 1/2 cup of olive oil
- water as needed
- 1 large scallions, diced
- 1 half medium cabbage, diced
- 2 potatoes, peeled and chopped
- 2 yams, peeled and chopped
- 2 malangas, peeled and chopped
- 2 butternut squash, peeled and chopped
- 2 turnips, peeled and chopped
- 1 stalk of celery chopped
- 3 medium carrots, chopped
- 1 6 oz. package of spaghetti (Optional. I personally do not like to add pasta)
- 1 Tbsp of tomato paste
- 1 scotch bonnet pepper
- 4 parsley sprigs

Meat seasoning (Vary from one household to another):

- 1 tsp black pepper
- 1 tsp thyme
- 2 shallots, diced
- 1 tsp seasoning salt
- 2 chicken or beef bouillon cubes
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp epis (blended spices, again, vary from one household to another)

Preparation

For the meat:

1. Marinate the meat overnight or for at least 1 hour.
2. Place the seasoned meat in a stockpot and cover. Let the meat give out its own juice.
3. Add warm water, oil if needed, and let boil over high heat. Keep covered until the water has evaporated.
4. Uncover, stir and simmer a few drips of water occasionally to brown the meat.
5. Keep stirring and simmer water occasionally until you have a nice browning color to the meat.
6. Stir in one tbsp of tomato paste. Remove meat and set aside the pot for the vegetables.

For the vegetables:

1. In a separate bowl, cut into small pieces the large scallions and half medium cabbage.
7. Peel & chop the potatoes, yams, malanga, butternut squash, carrots, and turnip.
8. Wash the vegetables. In a separate pot, boil water and add the vegetables. Cover and cook over high heat for about an hour.
9. Reduce heat and add scotch bonnet pepper.
10. Once the squash is fully cooked, remove it from the pot. Use some of the cooking water to blend the squash into a purée.
11. Strain the purée through a fine sieve set over a bowl. Press it through with a spoon or rubber spatula.
12. For best flavoring, pour the cooked vegetables, the squash purée and cooking liquid into the pot that cooked the meat.
13. Add parsley, thyme, and if using pasta, add broken spaghetti (or substitute with macaroni).
14. Let it all cook, until tender.
15. Combine meat into soup. Let steam on low heat for a while. Serve hot.



Chicken and Corn Chowder

From Brooklyn Cone (Grade 5)

Started with my Mom long ago to warm us up on a cold eastern Washington night.

Ingredients

- chicken
- carrots
- potatoes
- celery
- onion
- corn on cobs
- garlic
- broth
- milk/cream
- herbs

Preparation

1. Season chicken thighs with salt/pepper and brown both sides in a dutch oven with oil.
2. After 10 minutes, add chopped carrots, celery, onions and garlic. Add 1/4 cup flour (reg or gluten free) and stir into veggies and chicken. Cook until a light roux is formed.
3. Add 2.5 cups chicken broth, thyme or rosemary, chopped potatoes and while this is simmering, cut corn off two ears and add the ears to the soup pot.
4. Simmer for 20 minutes until chicken is tender.
5. Remove corn cobs and chicken thighs and pull meat off bones so you can add back to the pot. Add corn from cobs, 1/2 cup milk or cream and frozen peas, if desired.
6. Let simmer briefly until thickened and season with salt and pepper to taste.



Chicken cutlets

From Fares and Benaia Sánchez-Cabrera (Kindergarten;Grade 4)
Originally from Oaxaca

Ingredients

- Whole chicken
- Tomatillo
- Tomato
- Chile de arbol, or chile costeño
- Garlic and onion
- Chicken consommé
- Epazote

Preparation

1. Cut the chicken in pieces and wash it and put it to cook in a pot with garlic, onion and salt.
2. Boil some tomatillos and tomato and blend them with a little bit of dry roasted chile (chile de árbol or chile costeño) and add to the pot where the chicken is sewn, preferably blend also the garlic and onion that are with the chicken.
3. Let it boil until the chicken is cooked and add the epazote sprigs. The flavor is rectified either with a little chicken bouillon or salt.



Mommy's Chicken Noodle Soup

From Seven O'Guin (Kindergarten)

This is Seven's favorite soup and she is the best helper when cooking it. Her favorite thing is to peel the garlic and cut the vegetables.

Ingredients

- 2 Tbsp olive oil
- 1 large yellow onion
- 5 large carrots, sliced
- 6 celery, chopped
- 1 1/2 tsp kosher salt
- 1 1/2 tsp black pepper
- 4 1/2 chopped garlic
- 12 cups chicken broth
- 12 oz noodles (any noodles or egg noodles)
- 6 cups shredded cooked chicken (use rotisserie chicken)
- 3/4 cup finely chopped parsley
- grated parmesan for serving

Preparation

1. Heat the olive oil in a large soup pot over medium heat.
2. Add the onion, carrots, celery, salt, and pepper. Cook vegetables for 15 minutes until veggies are soft- stirring frequently.
3. Add garlic until fragrant, about 1 min.
4. Add broth or stock and bring to a boil.
5. Then add noodles and cook for 6 minutes.
6. Then add the chicken and cook for about 2 minutes more. Season to taste and stir in the parsley. Serve with grated parmesan on top. Enjoy!



One-Pot Hamburger Helper

From Chelsie Quinn (Grade 5)

This recipe from The Defined Dish is our easy go to meal when we have events that require a quick dinner! Sneak in zucchini or mushrooms if you want some added veggies!

Ingredients

- 2 Tbsp. olive oil
- 1/2 cup finely diced yellow onion
- 1 lb. ground beef
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. chili powder
- 1 Tbsp. tomato paste
- 12 oz. dried elbow pasta (I use Jovial Brown Rice Pasta for Gluten-Free)
*regular pasta or even chickpea pasta works here
- 2 cups beef broth
- 2 cups milk *for dairy-free, sub 2 cups almond milk or just do 4 cups of beef broth
- 1 cup shredded cheddar cheese optional, omit for dairy-free
- 1/4 cup freshly chopped parsley optional, for garnish

Preparation

1. Heat a deep skillet or pot over medium-high heat. Add olive oil, onions, and ground beef. Season with the salt, pepper, garlic powder, paprika, and chili powder. Sauté, breaking up the ground beef with the back of a spoon, until the beef is cooked through, no longer pink, about 5-7 minutes. Drain off excess fat if necessary (I like to keep at least 2 Tbsp in there for added flavor).
2. Add in the tomato paste and stir to combine.
3. Add the pasta, the beef broth and the milk and Stir to combine. Bring contents in the pot to a boil and once boiling, reduce the heat to a very subtle simmer and let cook until pasta is tender, stirring very often, until most of the liquid has absorbed and the pasta is al dente, 12 to 15 minutes.
4. Remove from heat and fold in the cheese. Garnish with parsley, if using.
5. Serve and enjoy!



Jollof Rice

From Hawa Musah (Grade 4)

Because it is an African food from Ghana and Nigeria.

Ingredients

- tomatoes
- onion
- oil
- Maggi (seasoning cube)
- tomato sauce
- rice

Preparation

1. First, put oil and second put the onion and tomatoes, Maggi, then rice.
2. Leave it until cooked.

Did you know?

Ghana is one of the major sources of cocoa beans (to make chocolate) for the U.S.



Kashk Bademjan

From Benita Sadri (Grade 5)

Because it is very delicious, and it is a famous Iranian food and it is a vegan food.

Kashk Bademjan is a traditional Persian dish that combines the tangy flavor of kashk (whey) with the smoky taste of eggplant. It's a simple yet delicious dish that is perfect for any occasion.

Ingredients

- 5 medium eggplants
- 2 medium onions
- 4 cloves garlic
- 2 cups kashk
- 2 tablespoons dried mint
- Chopped walnuts, to taste
- Olive oil
- Salt and pepper to taste

Preparation

1. Prepare the eggplant: Wash the eggplants, peel them, and cut them into cubes or slices.
2. Sauté the eggplant: Heat olive oil in a pan over medium heat. Add the eggplant and sauté until it becomes tender and slightly browned.
3. Sauté the onion and garlic: In a separate pan, sauté the chopped onion and garlic until they become golden brown.
4. Combine ingredients: Add the sautéed eggplant, onion, and garlic to a bowl. Stir in the dried mint, salt, and pepper.
5. Add kashk: Pour the kashk over the mixture and stir until well combined. If the mixture is too thick, add a little warm water to thin it out.
6. Serve: Transfer the Kashk Bademjan to a serving dish and garnish with chopped walnuts.

Tips:

- * For a smokier flavor, you can grill the eggplant instead of sautéing it.
- * If you can't find kashk, you can substitute it with yogurt, but the flavor will be slightly different.
- * You can add other herbs and spices to the dish, such as turmeric or cumin, to customize the flavor.

Serving suggestions: Kashk Bademjan is traditionally served with fresh bread.



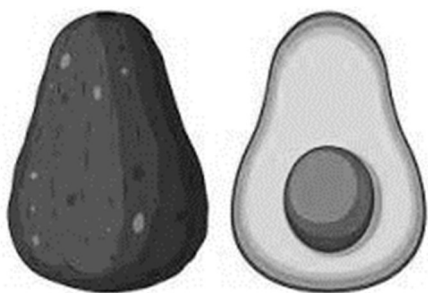
Tomato, Corn & Avocado Salad

From The Foster Family (Grade 5)

We stumbled upon this recipe a few years back and it has become a favorite of all our family and friends. Usually, we make a double batch!

Ingredients

- 2 avocados
- 2 cups of corn (either frozen or two ears of corn)
- 1 pint grape tomatoes
- 1 small bunch green onions
- 1 jalapeno pepper
- 1-2 limes (depending on taste)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp cumin



Preparation

1. Add oil to a pan and, when hot, add the corn and grill it until softened and slightly browned on one side. Let cool.
2. Half the tomatoes and put in a large bowl.
3. Dice the avocados (after removing the pit and scooping out the inside from the skin) and add to the bowl.
4. Finely dice the jalapeno pepper and add to the bowl.
5. Chop the green onions crosswise into about 1/4 inch pieces and add to the bowl.
6. Add cooled corn to the bowl.
7. Juice the lime(s) into the bowl.
8. Add the oil, salt, pepper, and cumin to the bowl.
9. Mix and enjoy.



Mexican Street Corn

From Cue Casa (Grade 2; Grade 5)

While our friends and family like corn they absolutely love this recipe. It is very fresh tasting, and we have never had leftovers when we make it.

Ingredients

- 6 ears fresh corn on the cob husked
- vegetable oil
- 2-3 Tbsp. mayonnaise - can add more if you want it more creamy
- 2-3 Tbsp. sour cream - can add more if you want it more creamy
- 1 Tbsp. lime juice
- 1 tsp. chili powder
- Dash of cayenne pepper
- Salt and pepper to taste
- 1/4 cup crumbled queso fresco - or any cheese that you like
- 1/4 cup chopped fresh cilantro

Preparation

1. Preheat grill for high heat. Brush 6 ears fresh corn on the cob with vegetable oil. Grill corn, turning every 2-3 minutes, until slightly charred on all sides. Cool and cut corn kernels off cob.
2. In a medium bowl, combine corn kernels, 2-3 tablespoons mayonnaise, 2-3 tablespoons sour cream, 1 tablespoon lime juice, 1 teaspoon chili powder and dash of cayenne pepper. Season with salt and pepper, to taste.
3. Garnish with 1/4 cup crumbled queso fresco and 1/4 cup chopped fresh cilantro.





Pupusas

From Jacqueline Alvarado (Grade 3)

It is very special for my family because they are very tasty, especially the ones my mother makes.

Ingredients

- corn flour
- cheese
- malidos /fried beans
- oil
- tomato sauce
- cabbage with carrots
- sliced jalapeno

Preparation

1. Mix the flour with hot water.
2. Mix the beans with the cheese.
3. Make the tortilla and fill with the bean and cheese mixture.
4. Place on a griddle/skillet to cook for several minutes.



Vegetarian

Pupusas el Salvador

From Lorena Sibria (Kindergarten)

Pupusas is a typical Salvador food and a traditional family meal.

Ingredients

- Maseca corn flour
- tomato
- mozzarella cheese
- vinegar
- cabbage
- oil
- beans

Preparation

1. Mix maseca with water.
2. Grate the cabbage.
3. Add vinegar, salt, oregano and cheese.
4. Blend the beans and fry them, then mix the cheese with the beans and if they are pupusas.





Pizza Cheese

From Pimwalan Chaivichachan (Grade 3)
My home.

Ingredients

- pizza dough
- pizza sauce
- cheese

Preparation

1. Spread pizza sauce on the dough.
2. Top with cheese.
3. Put in the oven.





New York Style Pizza Dough

From Elliott Linville (Grade 3)

"Our family makes some pretty good food; Every time we would try to make pizza dough, it would never turn out. During Covid, we embraced the challenge and found a recipe and technique that guarantees great dough every time.

This is work, but it's worth it.

We always save 2-3 dough balls in the freezer. You wouldn't believe how easy it is to make a calzone or some flat bread on a weeknight. Just take them out of the freezer the day before, and once thawed, leave on the counter for the day in the same way for the final proof (in the recipe but will take all day as they're cold)."

Ingredients

For the pre-ferment (poolish):

- 300ml luke-warm water
- 300g flour
- 5g dry bread yeast
- 5g honey

For the dough:

- clean working surface
- 300ml cold water
- 450g flour
- 200g semolina flour
- 30g salt
- 3g dry yeast
- 50g olive oil + more to keep the dough moist

Preparation

The night before (12-24hr):

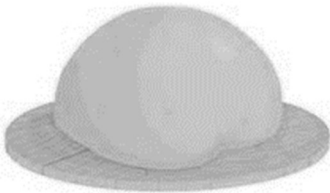
1. In a small bowl, combine water, then honey, then yeast, and mix until incorporated. Then mix in flour.
2. Mix all pre-ferment ingredients until they become a consistent paste.
3. Scrape down sides and cover with plastic wrap and put in fridge for 12-24hr.

Day of pizza dough:

1. As a tip, just use one of your hands.
4. Put cold water in large bowl, add yeast and mix until incorporated.
5. Scrape pre-ferment and incorporate until fairly well mixed. It will look "snotty."
6. Add Semolina flour & salt and mix until thoroughly incorporated. At this point it will look like "grainy snot."



7. At this point, add the flour in parts as you continue to mix.
8. Incorporate until, you begin to get clumps of dough.
9. Scrape out bowl onto clean working surface and begin kneading dough until a dough ball forms. It's helpful to use a pastry scraper or a flat tool to combine the dough that is stuck to the surface and your hand.
10. Once you have the beginnings of a dough ball, begin incorporating the olive oil little by little by kneading and using the scraper to keep the dough together.
11. Continue kneading and incorporating the olive oil until a "mostly" smooth ball is made ~15-20 minutes.
12. Clean the large bowl, rub additional olive oil on the fresh dough ball surface to prevent it from drying out and cover for 30 minutes.
13. After the bench rest, use a pastry scraper or tool to scrape the dough ball from the surface and into your lightly oiled hands. While in your hands, gently move the ball in a circle and stretch it into a balloon until the surface is tight and smooth - but not so tight it begins to rip. the top should be smooth, and the bottom will have the creases from the stretching.
14. Place the ball seam side down in an oiled bowl and oil the dough ball. cover with plastic wrap and keep on your counter for 4-6 hours. (This is called the bulk ferment).
15. Once the dough is ready, clean and lightly oil your working surface and dump out the dough.
16. Using a pastry scraper or tool, begin cutting the dough into 230g pieces. It's not a perfect system, so sometimes you cut too much, just adjust until you get close to that number. If too big, cut some off.
17. Once you have the right amount of dough, make another balloon, if you cut pieces to add, keep them in the middle and stretch the outer dough around until the pieces are inside the dough balloon.
18. Place the balls seam side down on an oiled tray or bread box and lightly cover them with oil. This is the time where if you'd like, you can oil the individual pizza dough and place them in freezer bags and place them in the freezer save them for another time.
19. Once you have your individual balls, lightly oil them and cover them with plastic wrap. Let them proof for 1-2 hours.
20. Now you're ready to make Pizza, Calzones, or Flatbread!





Vegetarian

Cheese bread

From Livia Ferreira Pires (Grade 3)

*Because it comes from my grandparents and has been part of our family for many years.
And our breakfast.*

Ingredients

- 3 cups starch
- 1 cup of water
- 1 cup of oil minus 2 fingers to fill the cup
- 1 cup of cheese
- 5 eggs
- Milk until smooth
- Salt to taste

Preparation

1. In a bowl, add the starch.
2. Then take a saucepan and add the water and oil and bring to the boil.
3. Then pour the water and oil into the starch already in the pan and stir until it cools.
4. Then add the eggs and cheese and keep mixing, add salt to taste and the milk.

“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



Grandma's Macaroni

From Jose luis bravo cortes (Grade 3)

That recipe my mom used to make for me all the time to make us happy, it is our favorite food.

Ingredients

- macaroni
- puree
- cream cheese
- butter
- pepper
- garlic powder

Preparation

1. You put to cook the macaroni and when it is soft you throw the hot water and put cold water so that it does not soften too much.
2. Then in a pot you put to heat butter. You put the pepper and garlic powder, you drain the macaroni and pour it into the pot with the butter, pepper and garlic. Mix it and cook for 5 minutes.
3. Add the mashed cream cheese mix it, wait for it to boil.
4. It is ready for you to enjoy the best macaronis.





Vegetarian

Spaghetti

From Keily Marcial

Because my mom makes it for me with love and it tastes delicious.

Ingredients

- red tomato
- onion
- garlic
- oil
- salt
- a little water

Preparation

1. First bring to boil 1 liter of water, with oil, salt to taste and onion.
5. When the water boils add the pasta and let it boil for 15 minutes.
6. In a pan put the oil. Once it is hot, put the tomato and then add the pasta and let it boil for 15 minutes.
7. It is ready to eat.





Baleadas

From Sharon Cardenas (Grade 2)

It is very important because it is traditional food for our country.

Ingredients

- 1 lb white flour
- 1 scoop baking powder
- 2 spoons butter
- half spoon salt
- 1 cup milk
- 1 cup water

Preparation

1. Mix ingredients and wait for 20 min.

Did you know?

Baleadas is a traditional food from Honduras.



Kimchijeon (Kimchi Pancake)

From Saige Kwon (Grade 4)

This recipe is special because it's so easy and is full of flavor that represents our family heritage (Korean). You can also use the base for different types of korean pancakes commonly sold in restaurants, such as chives or seafood.

Ingredients

- equal parts flour and water
- well fermented kimchi, cut into small pieces
- dash of sugar or agave
- kimchi brine if available
- oil for frying

Optional:

- pork, pork belly or spam, cut into small pieces
- chopped green onion

Sauce (optional)

- soy sauce
- rice vinegar
- sesame oil
- chili pepper flakes
- toasted sesame seeds

Preparation

1. Combine all ingredients. add extra water or flour to achieve a pancake mix consistency - more water for thinner cakes, less water for thicker and fluffier cakes.
2. Heat pan on medium heat, add oil and swirl.
3. Pour in batter and spread out with spoon.
4. Cook until crispy, then carefully flip.
5. Add more oil and cook until crispy gold.

Optional: mix all sauce ingredients together to taste and serve with the kimchijeon.

Did you know?

Kimchi is a traditional Korean dish made with salted and fermented vegetables.



Chinese steamed eggs

From Saige Kwon (Grade 4)

It's an easy recipe that is common in many Chinese households and has variations across different cultures.

Ingredients

- 1 egg to .5 cups warm water. We typically do 5 eggs and 2.5 cups of water for our family of 5
- chicken base flavoring (better than bouillon, chicken bouillon, etc)
- oil
- garlic powder
- soy sauce
- white pepper (optional)
- chopped green onions (optional)

Preparation

1. Using a large pot and steamer rack or a small bowl mouth side down, add water and bring to boil.
2. In a flat dish bowl, crack eggs, add dash of oil, white pepper and soy sauce and mix.
3. Add chicken base flavoring to warm water to taste.
4. Slowly stir in the warm water to the eggs with a whisk.
5. Remove bubbles with a spoon (optional).
6. Add chopped green onions and give it a light stir.
7. Put bowl on top of steamer rack or small bowl inside the large pot and cover.
8. Turn water down to medium, steam for ~ 8 minutes, until the middle of the dish shakes like JELLO consistency, jiggly but firm.
9. If you over cook a layer of harder bubbles will form at the bottom. While it won't look nice, taste will be fine.

Something Sweet





Fruit

Binghulu

From Shemmin Lau (Grade 5)
I like eating it.

Ingredients

- fruit
- bamboo sticks
- ice

Preparation

1. Put fruit on bamboo sticks.
2. Freeze overnight.
3. Put on a plate or bowl, and ice and water.
4. Let it soak for 1 minute.
5. It should form an ice crust around it.



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



Waffles

From Brianna Lemus Bedolla (Grade 3)

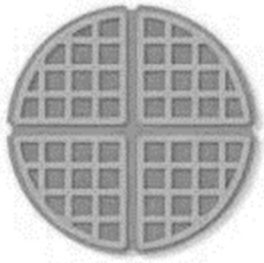
Because it was my grama's, my mom's, and now mine and I like how it tastes.

Ingredients

- 3 eggs
- 1 1/2 cup flour
- 1 cup sugar
- 2/3 cup yogurt
- 3/4 cup milk
- 1/4 cup oil
- 1/4 cup melted butter
- 2 spoons royal
- 1/2 tsp baking soda

Preparation

1. Blend the egg whites.
2. In a different bowl, mix the flour, royal, baking soda.
3. In a different bowl, add milk, butter, oil, egg yolks, sugar and yogurt.
4. Mix everything.
5. Add the egg whites and mix slowly and softly so it stays puffy.





Dutch Baby Pancake

From Declan and Daphne Derr (Grade 2)

My mother made them for me, so I now make them as a special treat for my kids.

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup whole or 2% milk
- 2 large eggs
- 2 Tbsp granulated sugar
- 1 tsp vanilla extract
- 1/2 tsp kosher salt
- 2 Tbsp unsalted butter
- Powdered sugar, maple syrup, and jam, for serving

Preparation

1. Blend the batter: Place the flour, milk, eggs, sugar, vanilla, and salt in a blender or food processor fitted with the blade attachment. Blend for 10 seconds, scrape down the sides, and then blend for another 10 seconds. The batter will be quite loose and liquidy.
2. Rest the batter: Leave the batter in the blender and set aside to rest 20 to 25 minutes. This gives the flour time to absorb the liquid.
3. Heat the pan and oven: Meanwhile, place a 9 to 10-inch oven-safe skillet on the middle rack of the oven and remove any racks above it. Heat the oven to 425°F.
4. Melt the butter: When ready to make the pancake, remove the skillet from the oven using oven mitts and place it on top of the stove. Add the butter and swirl the pan to melt the butter and coat the bottom and sides of the pan.
5. Add the batter: Pour the batter on top of the butter. Tilt the pan if needed so that the batter runs evenly to all sides. Place the skillet in the oven.
6. Bake the Dutch baby: Bake until the Dutch baby is puffed, lightly browned across the top, and darker brown on the sides and edges, 15 to 20 minutes.
7. Serve while hot: You can either serve from the pan or transfer the Dutch baby to a serving platter. Dust with powdered sugar. Cut into wedges and serve with maple syrup or jam.





Green Pancakes

From Mona May-Jones and mom, Allie (Grade 1)

We made this recipe together! We experimented with adding healthy ingredients to our favorite breakfast foods. The spinach adds no flavor but makes pancakes a fun green color! It's special to us because we all like it, it's healthy, and breakfast is our favorite meal of the day.

Ingredients

- 1/2-1 ripe banana
- 1 handful fresh spinach
- 2/3 cups quick cook oatmeal
- 1/4 cup milk
- 1 egg
- Pinch salt
- 1/2 tsp baking soda
- 1/4 tsp cinnamon
- 1 Tbsp maple syrup

Preparation

1. Blend all ingredients in a NutriBullet or blender.
2. Let batter sit for a few minutes while griddle or pan heats up.
3. For a sweeter pancake add syrup into mix, or save to serve on top.
4. Cook until bubbles form on one side and flip, about 3 minutes each side.
5. We like ours with butter, too! Makes about 6-8 small pancakes.



Pumpkin bars

From Ruby Poort (Grade 5)

We make this every fall. My mom's friend introduced us to this recipe.

Ingredients

Bars:

- 4 eggs
- 1 2/3 cups granulated sugar
- 1 cup vegetable oil
- 15-ounce can pumpkin
- 2 cups sifted all-purpose flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp salt
- 1 tsp baking soda

Icing:

- 8-ounce package cream cheese, softened
- 1/2 cup butter or margarine, softened
- 2 cups sifted confectioners' sugar
- 1 tsp vanilla extract

Preparation

1. Preheat the oven to 350 degrees.
2. Using an electric mixer at medium speed, combine the eggs, sugar, oil, and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt, and baking soda in a different bowl. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 by 10-inch baking pan. Bake for thirty minutes. Let cool completely before frosting. Cut into bars.
3. To make icing: Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again. Spread on cooled pumpkin bars. Enjoy!



Butter Mochi

From Nolan & Morgan Ebisuzaki (Kindergarten; Grade 1)
We love to bake as a family and we love mochi! This is a Hawaii favorite.

Ingredients

- 1 lb (16 oz box) Mochiko flour
- 2.5 cups Sugar
- 2 tsp baking powder
- 1 tsp vanilla
- 0.5 cups butter, melted
- 1 can (12 oz) coconut milk
- 2 cups evaporated milk

Preparation

1. Preheat oven to 350 °F.
2. Combine mochiko, sugar, and baking powder; set aside.
3. Mix together melted butter, coconut milk, evaporated milk, and vanilla.
4. Add dry mixture to wet mixture; mix well.
5. Bake for 1 hour, cool.

Tip: Cut mochi with a plastic knife.



Pumpkin Chocolate Chip Cookies

From Jack Skuse (Grade 4)

We started making these as a special Autumnal treat after moving to Kenmore from California.

Ingredients

- 2 1/2 cups of flour
- 1 tsp baking soda
- 1 tsp pumpkin pie spice
- 2 sticks butter, softened
- 3/4 cup brown sugar
- 1/2 cup sugar
- 3/4 cup pumpkin purée
- 1 large egg
- 2 tsp vanilla
- 2 cups chocolate chips

Preparation

1. Preheat the oven to 375°F, and line a cookie sheet with parchment paper.
2. In a bowl, combine flour, baking soda, and pumpkin pie spice, set aside.
3. Cream sugar and butter in mixer until fluffy.
4. With the mixer on low, slowly add pumpkin purée, egg, and vanilla. Then, slowly add in the flour mixture. Mix just until all ingredients are incorporated. You may want to add a little flour, depending on the consistency of the dough/batter. Please note that this is a cake-like/soft cookie.
5. Fold in chocolate chips to the dough.
6. Spoon heaping tablespoons of dough, approximately 2 inches apart from each other, onto cookie sheet lined with parchment.
7. Bake for 11 to 14 minutes, serve warm with vanilla ice cream!





Nutella Cookies

From Leilani Zeleke (Grade 2)
It's not that special.

Ingredients

- flour
- milk
- 1 stick butter
- Sugar
- Nutella

Preparation

1. Mix all ingredients for 30 seconds then fill with Nutella (or vanilla).
2. Put in a cookie pan and back in oven preheated to 350°F for 15 minutes.





Cinnamon Rolls

From Ethan McVey (Grade 2)

This is special to me because my grandma Sandy always makes rolls for us when we come to her house for dinner. We eat them warm with butter and homemade jam. She has the dough ready so we can make cinnamon rolls together when I visit. The cinnamon rolls are based off of her famous dinner rolls.*

Ingredients

Dough:

- Totalling 1 1/4 cup of liquids: 1 egg, 1/4 cup milk, warm water
- 1/4 cup + 1 Tbsp butter, softened
- 1 tsp salt
- 3 Tbsp sugar
- 3 cups bread flour
- 2 tsp yeast

Filling:

- cinnamon
- brown sugar
- butter

Preparation

Dough can be made in a bread machine, store bought or:

1. In a stand mixer with the dough hook or paddle attachment, mix all dough ingredients together until smooth and sticky.
2. Remove dough hook, form the dough into a ball in the mixing bowl, cover with cling wrap and let rise until it doubles in size, about 1 1/2 hrs.
3. Punch the dough down and place the dough onto a floured surface.

**If you want to make dinner rolls, proceed to step #11. For cinnamon rolls, continue and stop at step #10.*

4. Gently press and spread dough into a circle 1/4 inch thick.
5. Spread either softened or melted butter all over the dough and sprinkle generously with cinnamon and brown sugar.
6. Butter a 9x13 glass dish.
7. Roll the dough into a tight log. Cut into 1 1/4 inch wide pieces. Turn them so that the cut side is facing up and place them into the greased glass dish, with about 1/4 inch of space in between (they will expand!).

Sweet Breads



8. Cover with a thin cotton dish towel and let rise for 30-45 min until risen and puffy.
9. Uncover the dish, and bake in a preheated oven at 365°F for 30-35 minutes or until lightly browned.
10. Remove from oven. Either let cool in dish, and serve OR flip them on to a foil lined cookie sheet and cool.
11. *(Continued from step 3 for dinner rolls) Pull sections off the dough into small pieces. (if the dough resists when pulling, let it rest for 5 minutes).
12. Create into desired shape or Tie the knot: Roll each piece into an even rope, about 6 inches long.
13. Gently take both ends, bring them up and then cross them, leaving one end slightly longer than the other end. Loop the longer end through the circle you created when you crossed the ends, like tying a knot. Tuck the loose ends back under the roll for a more finished look.
14. Place on a greased cookie sheet and let rise for 30-45 min.
15. Bake at 365°F for 15-18 minutes until lightly browned. Serve warm with butter and homemade jam.



Grandmother's Famous Cranberry Bread

From Luke Pendleton (Grade 2)

We have made this in our family for years and it has been passed down through the generations.

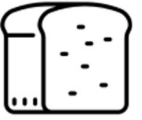
Ingredients

- 2 cups flour, sifted
- 1 cup sugar
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1/4 cup butter or margarine
- 1 egg, beaten
- 1 tsp orange zest
- 3/4 cup orange juice (fresh squeezed is best!)
- 1 1/2 cups fresh cranberries or frozen cranberries, chopped

Preparation

1. Sift flour, sugar, baking powder, salt and baking soda into a large bowl.
2. Cut in butter until mixture is crumbly.
3. Add egg, orange peel and orange juice all at once.
4. Stir just until mixture is evenly moist.
5. Fold in cranberries.
6. Spoon into a greased 9 x 5 x 3 inch loaf pan.
7. Bake at 350°F for 1 hour and 10 minutes or until a toothpick inserted into the center comes out clean.
8. Remove from pan and cool on a wire rack.
9. Enjoy!





Bread, Pan

From Vale Miranda (Grade 3)

My aunt's grandma used to make this recipe many years ago. Now I like to make it with my aunt every once in a while.

Ingredients

- 1 cup of flour
- 1 cup of pancake mix
- 1 tsp of baking powder
- 1 cup of sugar
- 1 cup of milk
- 1 cup of oil
- 3 eggs
- 2 tsp of vanilla extract

Preparation

1. Place all ingredients in bowl and mix.
2. Spread butter in baking pan.
3. Add all mixed ingredients to baking pan.
4. Back at 375°F for 40 minutes.
5. Let cool, then serve.



Air Fryer Mandazi

From Arianna Matenda (Grade 4)

We enjoy this dish as a sweet bread appetizer at family gatherings and big occasions. They originate from East Africa (Uganda, Kenya & Tanzania).

Ingredients

- 1 cup self-rising flouring
- 3-4 Tbsp sugar
- 1 pinch of salt
- 1 cup plain yogurt
- 1 Tbsp melted unsalted butter or margarine
- vanilla extract"

Preparation

1. Sift self-rising flour into a bowl. Add salt and combine. Separately, combine yogurt & vanilla extract then add this to the bowl with the flour.
2. Knead until dough is smooth. Cover dough with cling film, then place it in a warm place in the kitchen for 20 minutes or overnight, for best results.
3. Transfer the dough to a floured surface and divide into 4 equally sized portions.
4. Roll each portion between the palms of your hands to form a ball. Then roll each ball of dough into a circle. Using a pizza cutter/knife, divide the dough into small rectangles. Brush the tops with melted butter or avocado oil.
5. Preheat your air fryer to 350°F. Carefully, line your air fryer basket.
6. Place the mandazi inside your air fryer basket with the greased side facing down. Similarly, brush the other side with butter/avocado oil (2 tablespoons).
7. Do not over crowd the air fryer basket, cook in batches, if necessary. Air fry for 6-7 min, until the edges start to brown. Flip and air fry on the other side for a further 5-7 minutes.
8. Serve with tea, coffee, or enjoy them on their own!



Steamed Sponge Cake

From Yumo and Emily Zhang (Grade 5 and Kindergarten)

This recipe comes from China.

In China, this recipe called "Fa Gao". "Fa" means become rich, "Gao" means to be a high level at any field. It is the parents' good wishes and blessing for their children. On the other way, this recipe has rich nutrition, good taste, and children love it.

Ingredients

- 200g corn meal
- 4 eggs
- 40g milk
- 80g hot water
- 40g sugar
- 4g yeast

Preparation

1. Put the corn meal in a big bowl, add the hot water, stir well to form small particles.
2. Wait the corn meal a little cool, add the egg, sugar, yeast and warm milk, stir well.
3. Cover the bowl with plastic wrap and let rise in a warm place.
4. Rise until doubled in size.
5. Heat hot water in a steamer, put the bowl in the steamer and steam for 20 min.
6. Remove to cool, unmold and cut into pieces.
7. All done, start eating. YUMMY!





"Scones" Buttery Crescent Rolls

From Dennison Family (Grade 4)

Thomas's great grandparents were from Czechoslovakia before it was divided into two countries. Thomas' great grandmother would make a soft buttery roll that we struggled to replicate for years. Thomas' Dad tried many recipes but with changes in flour, altitude, and ingredients, we finally came across this recipe 5 years ago. Thomas' dad and aunt called this soft buttery bread "scones" growing up, but they are very unlike the English Scones. These also make a great base for homemade cinnamon rolls.

Ingredients

- 1 Tbsp active dry yeast
- 1 tsp plus 1/3 cup sugar
- 1/2 cup boiling water
- 1/2 cup butter, softened
- 1/2 cup milk
- 1 large egg, room temperature
- 1/2 tsp salt
- 4 cups all-purpose flour

Preparation

1. In a large bowl, dump boiling water and milk. Take the temperature to make sure it isn't over 115°F. Let it sit for a minute to cool to 110°-115°F if the mixture is above temperature. Dissolve yeast and 1 teaspoon sugar in the warm milk and water allow to sit for 5 min and bubble up. Add butter, egg, salt, remaining 1/3 cup sugar and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Turn onto a lightly floured surface; divide in half. Roll each portion into a 12-in. circle; cut each circle into 12 wedges. Roll up wedges from the wide end and place point side down 2 in. apart on greased baking sheets. Curve ends to form crescents. Cover and let rise in a warm place until doubled, about 30 minutes.
4. Preheat oven to 350°F. Bake until golden brown, 10-12 minutes. Remove from pans to wire racks or kitchen towel. Melt stick of butter on top as they come out of the oven.



Mom's Chocolate Banana Bread

From London Brooks (Grade 5)

It's special to us because it's a way we can hang out or bake for a special occasion.

Ingredients

- 2 bananas
- 1/2 cup apple sauce
- 6 oz chocolate chips
- 1 tsp of vanilla
- 2 eggs
- 1/2 tsp salt
- 1 tsp baking powder
- 3/4 cup sugar
- 2 cups flour
- 1/2 cup of butter

Preparation

1. Preheat oven 325°F.
2. Mix vanilla, eggs, bananas, apple sauce, and melted butter in a bowl.
3. In separate bowl mix salt, baking powder, sugar, and flour.
4. Pour the first bowl into the flour mixture and mix.
5. Pour in pan.
6. Bake for 50-55 minutes.



Banana Bread

From Ethan Zeleke (Grade 4)

This is not a special food to my family but everyone in my family likes it.

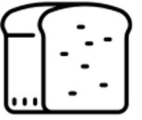
Ingredients

- 4 sliced bananas
- 4 Tbsp oil
- 2 1/2 cup all-purpose flour
- sugar
- 3 eggs

Preparation

1. Preheat oven to 350°F.
2. Oil a loaf pan.
3. In a large bowl, sift together the flour, baking soda, and salt.
4. In a medium skillet, combine the oil, bananas and eggs in a blender or food processor, and process to a smooth puree.
5. Fold the banana mixture into the flour.
6. Pour the batter into a loaf pan.
7. Bake the bread for 42 minutes. Let it cool for 30 minutes.





Healthy Banana Bread

From Camilla Dockery (Grade 2)

It's become a family favorite, but I originally found it online.

Ingredients

- 2 cups old fashioned oats
- 1 tsp. baking soda
- 1/2 tsp. sea salt
- 3 medium ripe bananas
- 1/4 cup maple syrup
- 2 large eggs, room temp
- 2 Tbsp. melted coconut oil
- 1/4 cup mini chocolate chips

Preparation

1. Preheat oven to 350°F.
2. Grease a loaf pan.
3. Place oats and baking soda in a blender and process until flour-like consistency.
4. Add in the remaining ingredients, except the chocolate chips and pulse for about 1 minute until everything is combined.
5. Pour into the prepared loaf pan.
6. Sprinkle the chocolate chips on top.
7. Bake for 35-45 minutes.



Banana Bread

(3 Generations)

From Avi Moishe Yarbrough Seidel (Kindergarten)

One of our family favorites we have been making for the past 3 generations. We love to make it for our family or to give it away as gifts to the people we love.

Ingredients

Wet ingredients:

- 1 1/2 cup of sugar
- 1/2 cup of oil (vegetable or avocado)
- 2 eggs
- 4 large bananas (ripe)
- juice of 1 lime (optional)

Dry ingredients:

- 2 cups of flour
- 1 tsp of baking soda
- 2 tsp of baking powder
- 1/2 tsp of salt
- 1 tsp vanilla
- 3/4 cup of milk of your preference or watered down yogurt

Optional:

- chopped nuts
- raisins
- shredded coconut

Preparation

1. Mix the sugar, oil, and eggs.
2. Mash the bananas, add the lime juice to prevent browning and add them to the wet ingredient mix.
3. In a separate bowl, mix the flour, baking soda, baking powder, and salt. Add dry ingredients to wet and mix little by little.
4. Add vanilla and milk slowly into mix. If you want to add nuts, raisins, or coconut, fold them in.
5. Preheat oven to 400°F and bake for 30 minutes. Makes two 8-9 inch pans.



Churro Cheesecake

From Oscar Tagle (Grade 5)

Because it is one of our favorite desserts. We always eat it on special occasions. It's a mix of our favorite Mexican dessert (churro) and an American classic cheesecake.

Ingredients

- 1/2 cup sugar
- 2 Tbsp cinnamon
- 3 packages cream cheese (softened)
- 3 eggs
- 1 tsp vanilla extract
- 1 can sweetened condensed milk
- 2 cans Pillsbury crescent dough sheets



Preparation

1. Preheat oven to 350°F.
2. Combine sugar and cinnamon in a small bowl. Set aside.
3. Beat 24 oz cream cheese until smooth. Add the condensed milk, eggs, vanilla and beat until smooth and creamy. Set aside.
4. Spray a 9x3-inch pan with non-stick spray, then sprinkle half of the cinnamon sugar mixture evenly in the bottom of the pan.
5. Unroll the 2 sheets of Pillsbury crescent dough and carefully lift into the pan on top of the cinnamon sugar. Spread the cream cheese layer evenly over the dough.
6. Unroll the second can of Pillsbury crescent dough, trimming the long sides an inch or so and place it on top of the filling. Sprinkle the remaining cinnamon sugar on top of the dough.
7. Bake for about 45 min until light brown. If desired, serve topped with diced strawberries and a drizzle of cajeta, condensed milk or nutella.
8. Provecho/Enjoy!



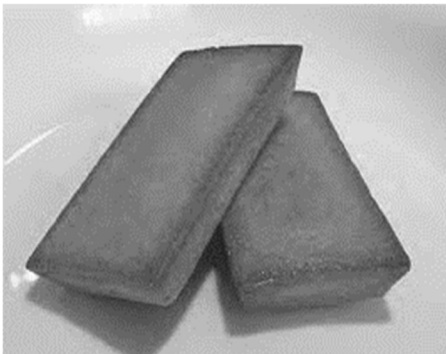
Matcha Financier

From Anoushka Lassalle (grade 3)

This recipe is from one of our favorite tearooms in Paris, called Mariage Frères. Financier is a very traditional French almond cake, but it is even tastier with matcha (japanese green tea)! Perfect for 'le goûter', an afternoon snack French kids get after school.

Ingredients

- 350g butter
- 100g all-purpose flour
- 300g powdered sugar
- 15g powdered matcha
- 150g fine almond flour
- 8 egg whites



Preparation

1. Preheat the oven at 480°F.
2. In a small pan, heat the butter until it boils and takes a brown-ish color (called 'beurre noisette'). Strain and set aside.
3. In a medium-sized bowl, sift together and mix the flour, powdered sugar, matcha powder, and almond flour. Add the egg whites then the butter, while mixing.
4. Butter individual rectangular molds, and fill them 2/3 with the cake batter.
5. Bake for 5 minutes, then lower the oven temperature to 410°F without opening the oven door. Bake for an additional 10 to 15 minutes.
6. Remove from the molds and let them cool down at room temperature.



Caramel Chocolate Brownies

From The Hollander family (Grade 4)

My sister-in-law introduced these to our family and they have become a favorite!

Ingredients

- 1 package chocolate cake mix
- 1 cup chopped nuts (optional)
- 1/2 cup (1 stick) butter, melted
- 1 cup evaporated milk, divided
- 10- ounce package of caramels
- 2 cups (12 ounce package) of semi-sweet chocolate chips

Preparation

1. Combine the cake mix and nuts in a large bowl. Stir in butter. Stir in 2/3 cup evaporated milk (batter will be thick). Spread half of batter into ungreased 13 x 9-inch baking pan. Bake in oven at 350°F for 15 minutes.
2. Cook caramels and remaining (1/3 cup) of evaporated milk in small saucepan over low heat, stirring constantly until caramels are melted. Sprinkle chocolate chips over hot base; drizzle caramel mixture.
3. Drop remaining batter by heaping teaspoons over caramel mixture. Bake at 350°F for 25 minutes or until center is set. Cool completely in pan. cut into bars and enjoy!.

Did you know?

October is National Caramel Month.



Easy Peasy Pumpkin Pie

From Emerson Rudholm (Grade 3)

This is Emerson's favorite part of Thanksgiving dinner.

Ingredients

- 1 (15-ounce) can pumpkin purée
- 1 (14-ounce) can sweetened condensed milk
- 2 large eggs
- 1 Tbsp pumpkin pie spice
- 1 unbaked 9-inch-deep dish pie shell
- vanilla ice cream

Preparation

1. Set oven rack to lowest position and preheat the oven to 425°F.
2. Combine 15 ounces pumpkin purée, 14 ounces sweetened condensed milk, 2 large eggs, and 1 tablespoon pumpkin pie spice in a large bowl. Whisk until combined.
3. Pour the filling into 1 unbaked 9-inch-deep dish pie shell.
4. Bake for 15 minutes.
5. Reduce temperature to 350°F and bake 35-40 minutes, until a knife inserted in the center comes out clean.
6. Let cool on a wire rack for 2 hours.
7. Serve with vanilla ice cream.





Lemon-Lime Charlotte (Mexican Icebox cake)

From Sofia Cornejo Zarate (Grade 4)

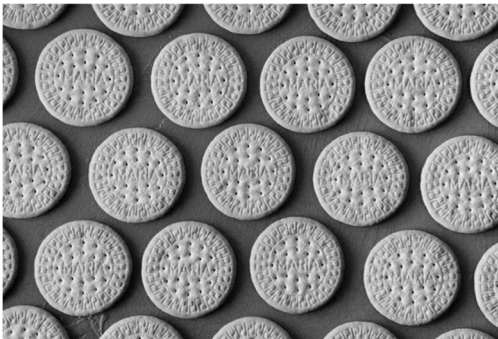
This recipe is special to me because my grandmother taught it to me and I shared time with her.

Ingredients

- 3 packages of Marías cookies
- 1 can of La Lechera or sweetened condensed milk
- 1 can Media Crema or heavy cream
- 3 lemons or limes, juiced

Preparation

1. Blend the juice with the cream and la Lechera or sweetened condensed milk.
2. Put some of the cream in the mold, then a layer of cookies and cream. Repeat the layers until it ends in cream.
3. Refrigerate 4 hours or overnight, and decorate as you like (ex. cookie crumbs or lemon/lime zest).





Grandma's Blueberry Buckle

From Minna Weaver (Grade 5)

This is an older family recipe that has been passed down mother to daughter for four generations. Our relative grew up with a blueberry patch on the San Juans and this was something they made.

Ingredients

- 2 cups flour
- 3/4 cup sugar
- 2 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup shortening
- 3/4 cup milk
- 1 egg
- 2 cups well rinsed blueberries

Substitution option:

- 1/4 cup salted butter instead of salt and shortening

Topping, mix together:

- 1/2 cup sugar
- 1/3 cup flour
- 1/2 tsp cinnamon
- 1/4 cup butter

Preparation

1. Heat oven to 375°F.
2. Grease square pan 9x9x2.
3. Blend all ingredients together except blueberries - save for last and fold into batter.
4. Pour batter into pan. Sprinkle topping over batter.
5. Cook for 45-50 minutes.



Bas Boosa or Basbousa

From Adam Saleem (Grade 3)

Bas Boosa is a special dessert in our family. I had great memories with my mom and my kids making it together. Bas Boosa originated from the Ottoman Empire and it is very popular in the Middle East, North Africa, and Turkey.

Ingredients

- 2 cups semolina flour
- 1 cup all-purpose flour
- 1 cup sugar
- 1 cup oil
- 1/2 cup coconut
- 1 cup milk
- 1 tsp baking powder
- syrup
- 2 cups sugar
- 3 cups water
- lemon juice

Preparation

1. Mix all-purpose flour with baking powder and semolina flour.
2. In a medium bowl, mix oil, sugar, coconut, and milk. Add the flour mixture.
3. Spread the batter into the pan.
4. Bake 350°F until brown.
5. Remove from oven and add the syrup.





Lecheflan (Filipino Creme Caramel)

From Natalie Acacio (Grade 1)

"It's a popular dessert served at parties in the Philippines. It's similar to Mexican flan in that it has the same ingredients, but the use of only egg yolks makes for a creamier, denser custard.

It is special in our family because each of our relatives always has their own spin on the recipe that makes it slightly different from everyone else's. It's a fairly simple dessert that can be easily paired with other desserts, too."

Ingredients

- 2 pieces 5-inch (in diameter) ramekins
- small saucepan
- fine mesh sieve or a cheesecloth
- large baking dish that can hold your 2 ramekins
- 10 egg yolks
- 12 oz evaporated milk
- 14 oz sweetened condensed milk
- 1 tsp vanilla extract
- 1 cup sugar

Preparation

1. Preheat oven to 375°F / 190°C.
2. Make the Caramel: Heat sugar in saucepan over medium heat until you get a very thick consistency. Once it turns into a golden brown caramel color, pour and divide the caramel evenly into 2 ramekins (or a small 8x8 baking pan). Set aside to cool and harden for 5 minutes. Be careful not to overcook the sugar or it will taste bitter.
3. Make the Custard: In a bowl, preferably with a spout, blend the ingredients (eggs, milks, vanilla) thoroughly. Break the yolks gently, do not beat them to mix. Use a fine mesh sieve or cheesecloth strain the mixture (at least twice). Do not skip this step; it removes the bits of egg and makes the custard silky. Then pour mixture into the ramekins/pan with hardened sugar and cover with foil.
4. Bake in a Bain-Marie (fancy term for hot water bath): Get baking dish with high sides that will hold all your ramekins, like a roasting pan or a rectangular cake pan. Place covered ramekins inside the pan and pour hot water in so that it comes to about halfway up the outsides of the ramekins.
5. Transfer the whole dish in an oven and bake for about 40-50 minutes, or until a toothpick inserted in the middle of custard comes out clean.
6. Cool and Serve: Remove ramekins from the oven. Let them cool before putting in the fridge to set, about three hours. To serve, turn flan over on a serving plate ending with the caramel on top.



Pudding

From Milena de Almeida Martins (grade 4).

This recipe is important because it is typical of our Christmas dinner.

Ingredients

- 1 condensed milk
- 1 Tbsp cornstarch
- 3 eggs
- 1 can of milk (the same size as the can of condensed milk)

For the syrup:

- 1 tsp sugar
- 1/2 water

Preparation

Pudding

1. First, beat the eggs well in a blender.
2. Add the condensed milk, cornstarch and milk and blend again.

Syrup

1. Melt the sugar in the pan until it turns brown, add the water and let it thicken.
3. Place in a round tin and pour the pudding mixture on top.
4. Bake in a medium oven for 45 minutes, with the round pan inside a larger one filled with water.
5. Prick it with a fork to see if it's done.



Berry Best Breakfast

From Riley Corcoran (grade 5).

I am picky about eating breakfast so my mom realized that I love cobbler so she came up with a healthier version.

Ingredients

- 2 cups old fashioned rolled oats
- 1 lemon zested, then squeeze for 1 Tbsp of juice
- 1 cup brown sugar
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 cup milk
- 2 tsp vanilla extract
- 1 egg (or substitute w/apple sauce)
- 1/2 tsp almond extract
- 1/4 cup coconut oil plus more for greasing
- 2 cups fresh or frozen berries (do not thaw)

Preparation

1. Preheat the oven to 375°F.
2. Grate the lemon to get 2 tsp of zest, then squeeze 1 Tbsp juice set aside.
3. In a large bowl, mix together your dry ingredients. Pack the brown sugar into a 1 cup measuring cup before adding.
4. To the same bowl, add milk, egg, vanilla extract, almond extract, lemon juice, and zest, stirring to combine.
5. Melt coconut oil and mix in.
6. Gently put some of the berries into the bowl (save some for later).
7. Lightly grease an 8 x 8-inch baking dish and pour in mixture. Top with reserved fruit.
8. Bake for 30-40 minutes or until top is golden brown and a knife comes out clean.
9. Rest until firm.
10. Enjoy a warm hearty breakfast!

Resources:

Mealtimes can be full of joy & connection AND sometimes they can be stressful & frustrating. Here are some helpful resources for families wanting to create healthy mealtime habits and positive relationships with food.



YOUR JOB

- Offer food consistently
- Include a variety of food groups
- Decide what, when, where food is provided



CHILD'S JOB

- Eat food in any order they choose
- Decide how much they eat
- Eat or don't eat any of the food provided

Nicole Cruz, MS, RDN

Websites:

On the Division of Responsibility <https://kidseatincolor.com/division-of-responsibility-in-feeding/>
<https://nicolecruzrd.com/division-of-responsibility/>

Tools:

Easy Family Meals: <https://nicolecruzrd.com/easy-family-meals-everyone-will-eat/>
Picky Eating Guide: <https://kidseatincolor.com/picky-eating-guide/>

Podcasts:

<https://christyharrison.com/foodpsych>
<https://theheartfulparent.com/> Episodes 40 and 42 *Eliminating Mealtime Battles*

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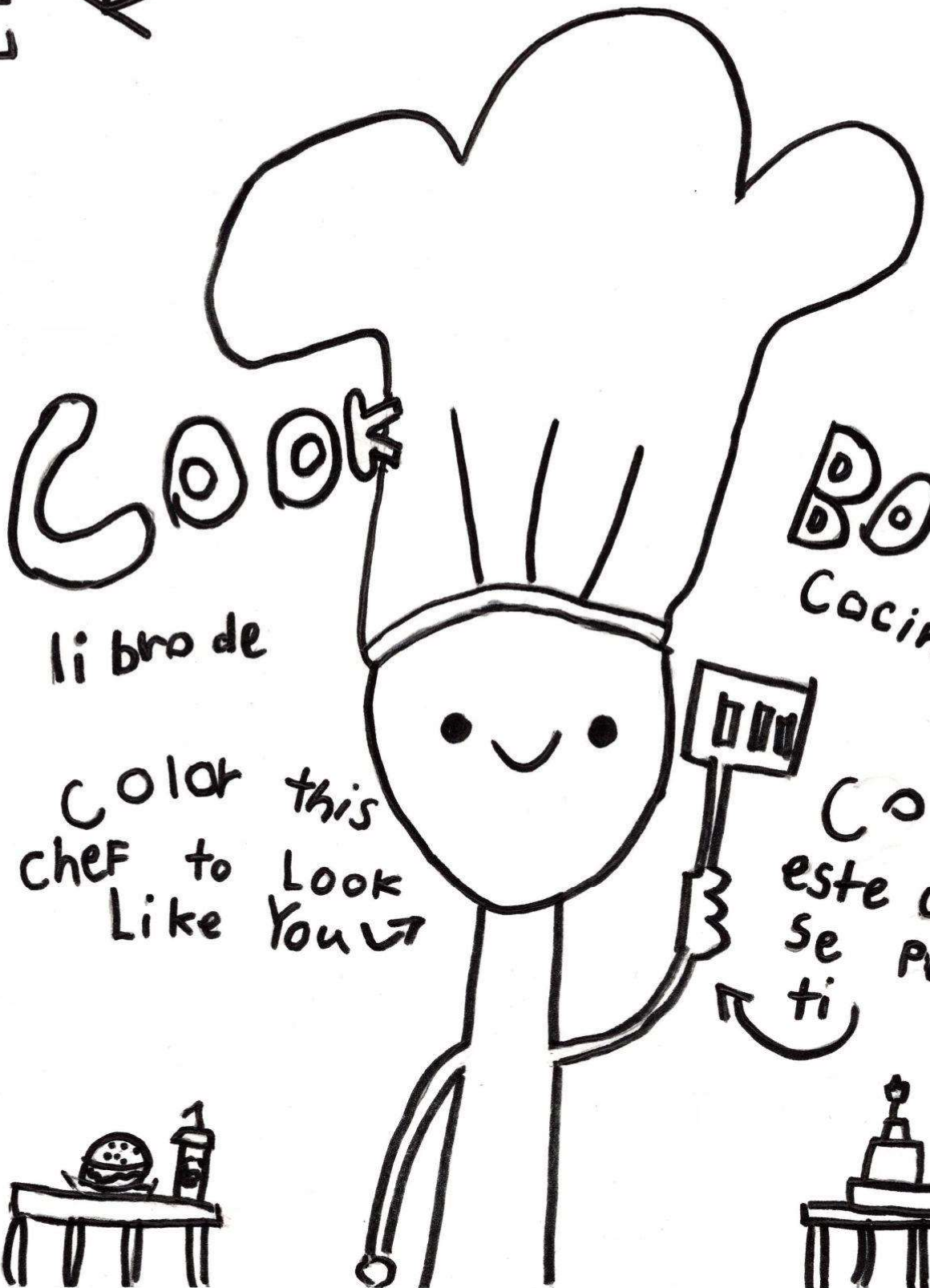


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