

SUMMER 2021 CAMP AKEELA COOKBOOK



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Common measurements

- 1 Cup=16 tablespoons
- $\frac{3}{4}$ Cup= 12 tablespoons
- $\frac{2}{3}$ Cup= about 10 tablespoons
- $\frac{1}{2}$ Cup= 8 tablespoons
- 1 tablespoon= 3 teaspoons
- 1 teaspoon= 4 dashes
- Pinch/ dash= is less than an $\frac{1}{8}$ tsp

Common abbreviations:

- Cup- C.
- Tablespoon- Tbsp
- Teaspoon- Tsp
- Pound- lb.
- Ounce- oz.

A Note from Zoe

A massive thank you to all the fabulous campers who contributed and to the wonderful staff for all their support. Thank you to everyone who worked so hard to make Camp Akeela 2021 a great summer.

Staff favorites from home

Best Chili

Submitted by Amy Bollt

Serves: about 4

Ingredients:

- 1 lb ground beef
 - 28 oz black beans
 - 28oz diced tomatoes
 - 1 onion chopped
 - 3-4 cloves of garlic
 - Cumin
 - Garlic powder
 - Salt
 - Pepper
 - Chili powder
- (For extra kick you can add one jalapeno)

Directions:

Dice onion and cook in a skillet until translucent. Add ground beef and salt and pepper to taste. Put tomatoes and black beans in a sauce pan on a simmer. Add your onions and ground beef to tomatoes and black beans. Mince garlic and add. Add cumin, garlic powder, salt, pepper, chili powder, and jalapenos (if you like). Bring to a boil and then reduce heat. Keep on a low simmer for about 20 minutes. Serve with shredded cheese, sour cream or crackers.

BA's Best Banana Bread

Submitted by Maddie Hsu

makes: one 8 ½ by 4 ½ loaf

Ingredients:

- 1 ½ cups all-purpose flour
- 1¼ teaspoons baking soda
- ¾ teaspoon kosher salt
- 1 cup (packed) dark brown sugar
- ⅓ cup mascarpone, plain whole-milk yogurt, or sour cream
- ¼ cup (½ stick) unsalted butter, room temperature
- 2 large eggs
- 4 large very ripe bananas, mashed (about 1½ cups)
- ½ cup chopped bittersweet or semisweet chocolate (optional)
- ½ cup chopped walnuts (optional)

Directions:

1. Preheat oven to 200°. Using an electric mixer, beat egg whites, cornstarch, and cream of tartar in a large bowl until frothy. Gradually beat in 1/2 cup sugar, 1 table-spoonful at a time, until stiff peaks form. Beat in fennel seeds.
2. Spread out meringue on a parchment-lined baking sheet into an 8-inch round about 3/4 inch thick in the center and 1 1/2 inches thick at the edges, creating a well for the filling.
3. Bake meringue until firm to the touch, about 3 hours. Turn off oven and let meringue cool in oven, about 2 hours.
4. About 30 minutes before serving, toss strawberries, raspberries, lemon zest and juice, and remaining 1/3 cup sugar in a large bowl; let stand to let fruit release juices.
5. Meanwhile, using an electric mixer, beat cream until soft peaks form. Beat in mascarpone just to blend.

Berry and Tarragon Pavlova

submitted by Maddie Hsu

serves: 8 people

ingredients:

- 3 large egg whites
- 1/2 teaspoon cornstarch
- 1/8 teaspoon cream of tartar
- 1/2 cup plus 1/3 cup sugar
- 1 teaspoon fennel seeds, lightly crushed
- 12 ounces fresh strawberries, hulled, halved or quartered if large (about 3 cups)
- 6 ounces fresh raspberries (about 2 cups)
- 1 teaspoon finely grated lemon zest
- 1 tablespoon fresh lemon juice
- 3/4 cup chilled heavy cream
- 3/4 cup mascarpone
- 2 tablespoons fresh tarragon leaves

Directions:

1. Preheat oven to 200°. Using an electric mixer, beat egg whites, cornstarch, and cream of tartar in a large bowl until frothy. Gradually beat in 1/2 cup sugar, 1 table-spoonful at a time, until stiff peaks form. Beat in fennel seeds.
2. Spread out meringue on a parchment-lined baking sheet into an 8-inch round about 3/4 inch thick in the center and 1 1/2 inches thick at the edges, creating a well for the filling.
3. Bake meringue until firm to the touch, about 3 hours. Turn off oven and let meringue cool in oven, about 2 hours.

4. About 30 minutes before serving, toss strawberries, raspberries, lemon zest and juice, and remaining 1/3 cup sugar in a large bowl; let stand to let fruit release juices.
5. Meanwhile, using an electric mixer, beat cream until soft peaks form. Beat in mascarpone just to blend.
6. Carefully transfer meringue to a serving platter. Fill with whipped cream mixture. Top with berry mixture and tarragon.
7. DO AHEAD: Meringue can be made 1 day ahead. Store airtight in a cool, dry place.

Banana Bread

Submitted by Abby Thinakaran

yields: 1 loaf or about 12 slices

Ingredients:

- ½ C softened butter
- 1 C granulated sugar
- 2 eggs
- 1 C medium ripe mashed bananas
- 2 C flour
- 1 ½ Tsp baking powder
- ½ Tsp Salt
- 1 C chocolate chips

Directions:

1. Preheat oven to 350 degrees F.
2. Cream cold butter and sugar together, adding one egg at a time.
3. Slowly incorporate mashed bananas.
4. In a second bowl, combine remaining dry ingredients.
5. Combine wet and dry ingredients just until they are fully mixed and the flour has disappeared.
6. Bake for about 1 hour.

Ziggy Pizza

Submitted by David "Ziggy" Roy

Serves: About 8

Ingredients:

- 1 tbs. yeast
- 1 ½ tsps. Sugar
- ¾ cup water
- ¾ tsp. salt
- 1 tbs. Olive oil
- 1 tbs. honey
- 2 cups all-purpose flour

Directions:

1. In a large bowl, mix yeast, sugar, and water. Cover with a towel and let it sit for 5 minutes to allow the yeast to begin to bubble and foam.
2. Add salt, olive oil, and honey and mix with a whisk until the honey dissolves.
3. With a whisk, stir in the first 1 cup flour until combined. Switch to a wooden spoon and mix in the remaining flour ½ cup at a time until it starts to form a ball. Push the dough to the middle of the bowl. Cover with a towel and let the dough rest 10 minutes.
4. Meanwhile, preheat oven to 350 degrees
5. Get desired toppings cut and prepared
6. Divide dough in half and set one half on a lightly floured surface. Form it into a disk and then roll out into a pan
7. Layer on sauce and toppings.
8. Place pizza in the oven. Bake for 10-12 minutes until crust is golden and cheese is melted.

Chicken Riggies

Submitted by Levi Carvalho

Serves: 4 people

ingredients:

- 1/2 lb rigatoni pasta - al dente
- 1/2 lb chicken breast or thighs - diced
- 3 slices pancetta or prosciutto
- 1 whole cherry peppers - diced
- 1 whole sweet peppers - diced
- 3 cloves garlic
- 6 oz tomato paste
- 1/2 cup vodka
- 2 cups heavy cream
- Nutmeg
- Salt

Directions:

1. Drizzle oil on the bottom of saucepot and warm the pot, dice garlic and toss in
2. Pour vodka in, let cook until alcohol is evaporated (4-5 min), chop pancetta, peppers, and chicken
3. Add tomato paste once alcohol is evaporated and mix
4. Add cream and mix until creamy and add pinch of nutmeg and salt
5. Drizzle oil in sauté pan and warm up, add chicken, cook for a few minutes and add pancetta and peppers
6. Add pasta once meat is cooked, mix
7. Slowly pour in sauce from pot and mix

Better Than Just a Bagel

Submitted by Richy Swinford

Serves: Just 1

Ingredients

- 1 large apple wood chicken sausage
- 1 bagel

ingredients continued

- 1 egg
- 1 slice of pepperjack cheese
- Butter
- Sriracha
- Garlic salt

Directions:

1. Toast the bagel to your liking.
2. Melt the butter.
3. Cook the egg Sunnyside up with and sprinkle on the garlic salt just at the end with the slice of pepperjack.
4. Slice the chicken sausage in half and fry in the left over egg pan.
5. Assemble the sandwich by cutting the bagel in half and stack the egg on top of the sausage halves. Top with Sriracha and the top of the bagel. Enjoy!

Camper favorites from home

Lucas's Favorite Bean Soup

Camper Name: Lucas Marsh

serves: 3 to 4 people

Ingredients:

- 1 large or 2 small white onions, diced
- 3 or 4 stalks of celery, including leaves, chopped
- 2 carrots, chopped
- 1 zucchini, chopped
- 1 white potato, diced and boiled until tender (about 7 min)

ingredients continued

- 3 bay leaves
- 1 tbsp mixed dried herbs (Italian seasoning or basil, oregano & thyme)
- 3 x 15 oz cans drained and rinsed mixed beans (chickpeas, red kidney beans, black-eyed peas, romano beans, black beans)
- 4 - 6 cups vegetable broth

Directions:

1. In a soup pot, saute the onions, carrots, celery (including leaves) and zucchini, along with the bay leaves and mixed herbs, until tender (about 6 min).
2. Add cooked potatoes, beans and broth. Simmer for 10 minutes.
3. Before serving, add a drizzle of olive oil on top and season with salt and pepper.

J-T's fav parmesan cheese sauce

Camper name: Noah Jacoby-Twigg

yields: about 1 ½ cups

ingredients:

- 2 C milk
- 2 Tsp butter
- 1 Tbsp flour
- ½ tsp white pepper
- ½ tsp salt
- ¾ cup parmesan cheese

Directions:

1. In a saucepan over medium heat, melt butter.
2. Add flour and whisk with butter until fully combined to make a roux.
3. While whisking, add milk slowly. Keep stirring until the sauce has thickened.
4. Add salt, pepper, and parmesan cheese. Reduce heat and keep stirring until the sauce has thickened.
5. Remove from heat and place on steamed vegetables, pasta, potatoes or anything else you like! Noah likes it best on pasta!

J-T'S favorite crepe recipe

camper name: Noah Jacoby-Twigg

yields about 12

Ingredients:

- 1 C unbleached flour
- 1 Tbsp granulated sugar
- ¼ Tsp kosher salt
- 1 ½ C whole milk
- 4 large eggs, room temperature
- 3 Tbsp unmelted butter (plus more for brushing)

Directions:

1. In a blender, puree flour, sugar, salt, milk, eggs, and butter until smooth, about 30 seconds. Refrigerate for 30 minutes or up to 1 day; stir for a few seconds before using.
2. Heat an 8-inch nonstick skillet over medium. Lightly coat with butter.
3. Quickly pour 1/4 cup batter into center of skillet, tilting and swirling pan until batter evenly coats bottom.
4. Cook until crepe is golden in places on bottom and edges begin to lift from pan, 1 to 1 1/2 minutes. Lift one edge of crepe with an offset spatula, then use your fingers to gently flip crepe.
5. Cook on second side until just set and golden in places on bottom, about 45 seconds. Slide crepe onto a paper towel-lined plate.
6. Repeat with remaining batter, coating pan with more butter as needed, and stacking crepes directly on top of one another. Let cool to room temperature before using, wrapping in plastic wrap and refrigerating up to 5 days, or freezing up to 1 month.

Cook's Notes:

Using a blender ensures a smooth crepe batter that has the consistency of heavy cream. If not using immediately, stack cooked, cooled crepes with wax paper and refrigerate, up to 3 days.

Cornflake Chicken

Camper name: Ilana caye

serves: 4 people

Ingredients:

- 4 chicken breast
- 1 Tsp onion powder
- 1 Tsp garlic powder
- ½ Tsp black pepper
- ½ Tsp paprika
- ½ Tsp salt
- 2 eggs beaten
- 1 ½ C cornflakes lightly crushed

Directions:

1. Preheat oven to 350 degrees F
2. Season chicken with onion, garlic, pepper, paprika, salt.
3. Dip chicken in eggs then dip into cornflakes
4. Grease baking pan and place cutlets next to each other in a single layer on the pan.
5. Spray cutlets with cooking spray and cook for 35-40 minutes or until meat is thoroughly cooked. Flip once halfway through bake time.

Our Favorite Chili Recipe!

Camper name: Christian Jones and family

Serves: 8-10 people

cook time: 3 Hrs

Ingredients:

- 2 lbs. very lean ground beef
- 2 TB. olive oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped

Ingredients continued

- 4 TB. Penzey's Spices Chili 3000
- 1 Cup water
- 4 14.5 oz. cans chili-ready diced tomatoes or regular diced tomatoes
- 2 15 oz. cans chili beans
- 2 15 oz can kidney beans
- 1-2 tsp. salt (as desired)

Directions:

1. Brown beef in two batches in a thick-bottomed soup pot or dutch oven.
2. Drain off the fat (there should be very little) and set browned beef aside. Heat 2 Tbsp. oil in the kettle over medium high heat, adding onions when hot. Sauté for 4-5 minutes, stirring often.
3. Add the green bell pepper and continue cooking for 2 more minutes.
4. Add the CHILI 3000, stirring until fully combined with vegetables.
5. Add the beef, stir to combine with spices, onion, and pepper.
6. Slowly add the water while stirring.
7. Using blender, pulse tomatoes and the juice they were packed in. They should be not be pureed completely. Add to pot.
8. Add the chili beans- (do not drain!), kidney beans (only drain if they are not chili flavored) and salt. Stir.
9. When the chili begins to boil, reduce heat to low and cover.
10. Chili should be simmered 2 hours to let all the flavors blend together.
11. Stir about every 15 minutes, while simmering on low.

Hawaiian Chicken Kabobs

Camper Name: Nathan Rosen

serves: 4 people

Ingredients:

- 1/4 cup soy sauce
- 1/4 cup canned pineapple juice
- 3 tablespoons honey
- 3-4 tablespoons sesame oil (can use olive oil if there are allergies)

Ingredients continued

- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup cold water whisked
- 1 tablespoon corn starch
- 4 boneless, skinless chicken breasts, trimmed and cut into 1 1/2-inch pieces
- 3-4 bell red, yellow and/or orange peppers, cut into 1 1/2-inch pieces
- 1 large red onion, cut into 1 1/2-inch pieces
- 2 cups pineapple chunks

Directions:

1. Create marinade in a small sauce pan over medium heat by whisking together soy sauce, pineapple juice, honey, sesame oil, garlic powder, ground ginger, salt and pepper. Bring to a simmer. Separately, whisk together cold water and corn starch until combined. Slowly stream cornstarch mixture into marinade. Whisk all together. Return to a simmer; allow to simmer, whisking occasionally, for 3-4 minutes until marinade thickens. Remove from heat. Set aside.
2. Place diced chicken in a large plastic zip-top bag or bowl. Add half of marinade; toss to coat chicken. Seal/cover chicken; refrigerate at least 1 hour up to 4 hours.
3. If using wooden skewers, soak in water for at least 30 minutes.
4. Preheat grill to medium heat and spray with grill cooking spray.

5. Alternately thread chicken, peppers, onion and pineapple onto skewers. Brush olive oil on vegetables.
6. Oil grill grate. Place kabobs on grill over medium heat. Grill, turning every 4-5 minutes and basting with remaining marinade until chicken is done; about 15-20 minutes

Dick Maxcy's Apple Crisp (borrowed from colleague of camper's grandmother)

Camper Name: Gabe Hong

serves: 5 to 6 people

Ingredients:

- lots of Macoun apples (enough to fill a small loaf pan or casserole)
- 3/4 cup flour
- 1 cup sugar
- 1/3 cup butter
- dash of salt
- 1 teaspoon cinnamon
- 1 tablespoon water

Directions:

1. Preheat oven to 350 degrees
2. Butter a loaf pan or small casserole dish
3. Peel and core and slice enough apples to fill the dish
4. Sprinkle with a dash of salt, 1 teaspoon cinnamon, and 1 tablespoon water
5. Separately crumble together the flour, sugar and butter and then spoon over the top of the apples
6. Bake uncovered at 350 degrees for 40+ minutes until the crumble on top appears golden

Rosalie's Cookies (from Gabe's great-grandmother's friend)

Camper name: Gabe Hong

serves: 12 people

Ingredients:

- 1 cup brown sugar
- 1 cup butter
- 2 cups flour
- 6-8 regular (big) Hershey bars

Directions:

1. Preheat oven to 325 degrees
2. Melt the butter
3. Mix the sugar, butter and flour gradually with a mixer
4. Spread into a casserole dish
5. Bake for approximately 20 minutes or until hot
6. Remove from oven then place the Hershey bars over the top while still hot, and spread the melty chocolate
7. Cut while warm then refrigerate

Chocolate Decadence Cake Recipe

Camper name: Liv MacPherson

*Our family's favorite holiday dessert (we skip the raspberry sauce & substitute fresh whipped cream or vanilla ice cream instead). SO "decadent" you only need a small slice to satisfy your chocolate craving!!

serves: 10 to 12 people

Ingredients:

-For batter:

- 12 ounces semisweet chocolate, chopped (or 1 pkg. good quality semisweet chocolate chips)
- 1 1/2 sticks unsalted butter, cut into Tbsp. pieces (melts easier)
- 4 large eggs

- 1/2 cup sugar
- You will need to heat water in a kettle or large pot which will be used to cook the decadence cake in a water bath- make sure to have this ready ahead of time.

-For Sauce:

- 10-ounce package frozen unsweetened raspberries, thawed
- 1/4 cup sugar

Directions:

Preheat oven to 350°F. Butter a 9” round springform pan and line the bottom of the pan with a fitted piece of parchment paper. Butter paper and sides of the pan. Dust pan with flour, knocking out excess. Cover the OUTSIDE of pan (bottom and sides) with extra wide aluminum foil so that the water from the water bath doesn't get into the springform pan while baking.

-Making the Batter:

1. Melt chocolate and butter in a metal or glass bowl set over a saucepan of simmering water, whisking until smooth. Bowl should not touch the simmering water but rest just above the water line. Cool slightly.
2. Beat together eggs and sugar with an electric mixer until pale yellow, thick, and a ribbon forms when beaters are lifted, about 4 minutes with a standing mixer or 8 minutes with a handheld. Fold one fourth of egg/sugar mixture into chocolate mixture to lighten, then gently fold in remaining egg mixture into the chocolate.
3. Pour batter into prepared springform pan and rap pan sharply on counter to eliminate any air bubbles.
4. Put cake pan in a large roasting pan. Add hot water to the roasting pan being careful NOT to get any water into the springform pan. The hot water should come roughly halfway up the outside of the springform pan. Place roasting pan containing the decadence cake in the middle of the oven. Bake 45 minutes (top will be set, but a tester will not come out clean).

Camper Kitchen recipes

Loaded Nachos

Serves: 3 to 4 people

Ingredients:

-cheese sauce:

- 2 Tbsp cream cheese
- ½ Tsp salt
- ½ C of milk
- scant C of shredded cheese

-Guacamole:

- 1 ripe avocado
- lemon or lime juice
- salt to taste

-Toppings:

- ½ lb of ground beef or chicken
- salt and pepper to taste
- tomatoes
- olives
- jalapenos
- beans
- onions

Directions:

Dice and cook onions on heated skillet with oil until translucent. Add ground beef and cook until browned and season with salt and pepper to taste. Add paprika, garlic powder and cumin for extra flavor if desired. Set aside to cool. To make guacamole, mash avocado and add salt and lime juice to taste. Set aside. For the cheese sauce, pour milk into saucepan on medium low heat and stir continuously. Once bubbles form, add cream cheese and whisk until completely combined and thickened. Slowly incorporate shredded cheese until you reach desired consistency. Add salt and paprika to taste if desired. Set aside to cool, but be sure to keep it on a warmer so it does not cool completely. Assemble your toppings over tortillas. Enjoy!

Fancy Grilled Cheese

serves: 1 person

Ingredients:

- sliced bread
- butter for spreading
- shredded cheese of your choice

-optional additions:

- apple slices and feta cheese
- cranberries
- ground beef and onions
- tomatoes and avocado
- bell peppers

Note: If you would like to make it as we did at camp, the fillings we used most often were seasoned ground beef, onion, feta cheese, tomatoes, and olives. If you would like the “sweet” version, we often mixed feta, apple slices, cranberries and cheddar cheese together, you may also try brie instead of feta or cheddar.

Directions:

Prepare your additions first. Chop any veggies or fruit and grate your cheese if not already pre-grated. Ensure butter is softened so it applies easily and does not tear bread. Spread butter onto one side of each piece of bread. Place your toppings on one piece of bread, starting with cheese. Put your second piece of bread on when done with the butter side facing up. Preheat the skillet. Once warmed, place grilled cheese onto skillet and wait until bottom side has browned. When ready, carefully flip sandwich. It’s okay if you lose a few toppings because you can easily put them back onto your sandwich! Once the other side has browned and your cheese has melted, your fancy sandwich is ready to eat.

Yummy Fresh Fruit Smoothies

Serves: 1 to 2 people

Ingredients:

- ½ C milk (soy, coconut, 2 percent, and almond work well)
- ½ C of strawberries
- ½ C of bananas
- ½ squeezed lemon (optional)
- scant ¼ C of greek yogurt (coconut cream for dairy free)
- 2 heaping Tbsp of sugar for added sweetness (optional)

Directions:

Chop strawberries and bananas. You can always use frozen fruit if you want a thicker, colder smoothie. Add lemon juice, yogurt, sugar, milk and fruit to blender. Blend until smooth. You may add chia seeds, flax seeds, protein powder, peanut butter to bulk it up. You may substitute strawberries and bananas for your favorite fruit if you like.

Blueberry Muffins

Serves: About 8

Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup white sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg
- ⅓ cup milk, or more as needed
- 1 cup fresh blueberries
- ½ cup white sugar
- ⅓ cup all-purpose flour
- ¼ cup butter, cubed
- 1 ½ teaspoons ground cinnamon

Directions:

Preheat oven to 400 degrees F and grease muffin tins. Combine flour, sugar, salt and baking powder. Mix in blueberries. In a separate dish, add milk, oil, and egg. Fold wet ingredients into dry ingredients. Once combined, pour into muffin tins and bake for 15 to 20 minutes or until toothpick comes out clean when tested.

To make crumble topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.

Pierogis

yields 3 1/2 dozen

ingredients:

-Dough

- 2 cups All-Purpose Flour
- 1/2 teaspoon salt
- 1 large egg
- 1/2 cup sour cream (or greek yogurt for healthier alternative)
- 4 tablespoons butter, room temperature

-Filling

- 1 cup warm mashed potatoes
- 1 cup shredded cheddar or preferred cheese

-To finish

- 4 tablespoons butter, cold
- one medium onion, sliced

Directions:

To make the filling: Combine the warm mashed potato and cheese. Stir and mash until the cheese is melted and the filling is cool to the touch. Taste and adjust the seasonings with salt and pepper.

1. To fill the pierogi: Roll half the dough 1/8" thick. Use a 2" round cutter to cut circles of dough (I used the top of a cup). Repeat with the other half of the dough. Place 1 1/2 teaspoons of filling on each round of dough. Gently fold the

dough over, forming a pocket around the filling (sort of like our calzones).

Crimp with a fork.

2. Pierogi can be frozen for up to 4 weeks, or refrigerated overnight, or cooked in a large stockpot of boiling salted water. Only cook about 10 pierogi at a time, so that they have room to float without sticking. When the pierogi float, they're done. The time will vary depending on if they're fresh or frozen.
3. Sauté the onion in the butter in a large skillet until the onion begins to brown. Add the drained pierogi and cook until browned and crisped. Serve hot with additional sour cream or plain Greek yogurt.

Dutch Babies

Serves: 2 to 4 people

Ingredients:

- 1/2 cup whole or 2% milk
- 2 large eggs
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon kosher salt
- 2 tablespoons unsalted butter
- Powdered sugar, maple syrup, and jam, for serving

Notes: For best results, heat an iron skillet on the stove and transfer to oven. If you do not have an iron skillet, you can preheat an oven safe dish with butter in the oven.

Directions:

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 liquidy.

Leave the batter in the blender and set aside to rest 20 to 25 minutes. This gives the flour time to absorb the liquid. 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. 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. 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. Bake until the Dutch baby is puffed, lightly browned across the top, and darker brown on the sides and edges, 15 to 20 minutes. Serve hot with your preferred toppings.

Elote

Serves: 6 to 8 people

Ingredients:

- 6 to 8 medium ears sweet corn, husks removed
- 1/2 cup Mexican crema (or sour cream)
- 1/2 cup mayonnaise
- 1/2 cup chopped cilantro
- 1 clove garlic, minced
- 1/4 teaspoon ground chipotle pepper, to taste
- 2 teaspoons finely grated lime zest, from 1 lime
- 2 tablespoons lime juice, from 1 lime
- 1/2 cup cotija cheese, crumbled
- Lime wedges, to serve

Note: you may substitute precut corn to corn on the cob easily by grilling the cut corn in a skillet. You may also substitute cotija with parmesan if you're really in a pinch.

Directions:

1. In a bowl, whisk together the crema, mayonnaise, cilantro, garlic, chipotle pepper, lime zest and lime juice. Taste and season the mixture with salt if needed. (Crema has a little salt already) Set aside.
2. Place the husked corn directly onto grill grates if doing whole corn. Grill the corn for about 3 minutes, undisturbed, or until kernels begin to turn golden brown and look charred. Turn over and repeat. When all sides are browned, remove from the grill onto a plate.
3. Using a brush or a spoon, coat each ear of corn with the crema mixture. Sprinkle with crumbled cotija cheese. Sprinkle with additional chipotle pepper, if desired. Serve immediately with extra lime wedges.

Tortillas and Hummus

Serves: 24 small tortillas

Ingredients:

- 4 cups all-purpose flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons vegetable oil
- 1½ cups water

Directions:

1. Whisk the flour, salt, and baking powder together in a mixing bowl. Mix in the lard with your fingers until the flour resembles cornmeal. Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 24 equal pieces and roll each piece into a ball.
2. Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla. Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side. Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

-Hummus

ingredients:

- 1 (15-ounce) can chickpeas (or 1 1/2 cups cooked chickpeas)
- 1/4 cup fresh lemon juice (or 1 large lemon)
- 1/4 cup tahini
- 1 small garlic clove, minced (or about a tsp jarred garlic)
- 2 tablespoons olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water
- Dash ground paprika to top

Directions:

Blend chickpeas, lemon juice, tahini, minced garlic, olive oil, salt and water until smooth. Add paprika as a garnish. You may also choose to add edamame or roasted red bell pepper for a little extra flair.

Note: We did not use tahini sauce at camp due to nut allergies. You may choose to omit completely or substitute with greek yogurt. Yogurt will maintain the thickness, but may also give your hummus a mild sweet flavor that can be balanced out with other spices.

Thumbprint Cookies

serves: about 2 dozen

- 1 c. unsalted butter softened to room temperature
- $\frac{1}{3}$ c. sugar
- $\frac{1}{3}$ c. light brown sugar, tightly packed
- 1 large egg yolk
- $\frac{3}{4}$ tsp vanilla extract
- 2 $\frac{1}{4}$ c. all purpose flour
- 2 tsp cornstarch
- $\frac{1}{2}$ tsp salt
- $\frac{1}{3}$ c. jam or chocolate kisses

Directions:

1. Place butter in the bowl of a stand mixer and beat until creamy. Scrape down the sides of the bowl, add sugars, and beat.
2. Add egg yolk and vanilla extract and beat well.
3. In a separate bowl, whisk together flour, cornstarch, and salt.
4. Gradually add flour mixture to wet ingredients until completely combined. This dough will seem very dry and crumbly, so be sure to pause occasionally to scrape the sides and bottom of the bowl. If it starts to strain your mixer you can use your hands to finish working the dough together.

5. Scoop cookie dough into balls (use a Tbsp measurement to help) and roll. This may prevent your dough from cracking, but if it does then it will still cook just fine.
6. Use your thumb to press a small indent into the center of your doughball. Be gentle and do not press all the way through your dough. Repeat until all of the dough has been used.
7. Transfer cookie dough to freezer and chill for 30 minutes. Remember, the more you touch your dough, the more the butter melts so work quickly.
8. Once dough is done chilling, preheat oven to 375F and place your jam in a small microwave-safe bowl. Heat briefly (about 5-10 seconds) or until jam is not hot and easy to mix.
9. Spoon jam into each thumbprint, filling each indent to the brim. We used a measurement to keep the filling consistent.
10. Once oven is preheated, place cookies at least 2" apart on a parchment paper-lined cookie sheet and bake on 375F for about 11 minutes or until edges are just beginning to turn golden brown.
11. Allow cookies to cool completely on baking sheet before enjoying.

Deviled Eggs

serves: 4 people

ingredients:

- 6 eggs
- 1/4 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 ½ Tsp relish
- 1/8 teaspoon salt
- Freshly ground black pepper
- Smoked Spanish paprika and parsley for garnish

Directions:

1. Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs. Heat on high until water begins to boil, then

cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.

2. Crack egg shells and carefully peel (putting under cool running water may help). If you are struggling, you may use a spoon to wedge between the egg and the shell. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. This part can be tricky, so work slowly. Mash the yolks into a fine crumble using a fork. Add mayonnaise, relish, mustard, salt, and pepper, and mix well.
 3. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve. We made piping bags out of ziplock baggies to distribute our filling.
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Pinwheels

serves: 5 people

Ingredients:

- Deli sliced ham or other meats of your choice
- Cheese of your choosing
- Large tortillas (you can use spinach or tomato and herb for extra flavor)
- 1- 8oz package cream cheese – softened
- 1/4 cup mayonaise
- 1/2 tsp dill weed
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Directions:

In a medium sized bowl, combine cream cheese, mayonnaise, dill weed, garlic powder, and onion powder. Mix until blended well. You may choose to use just mayonnaise or cream cheese. Spread a thin layer of cream cheese mixture on your tortilla. Spread it out well so that the whole tortilla has a thin layer. Down the middle of the tortilla, place a few slices of deli ham to cover the width of the tortilla. On top of the ham, place a layer of cheese to cover the width of the tortilla. This ensures that each

pinwheel has meat and cheese. Roll up the tortilla tightly, then cut tortilla into 6-8 slices, about 1 inch thick.

Note: We also added lettuce and tomatoes to our wheels

Mini Blueberry Pies

Serves: 12 people

Ingredients:

-Dough:

- 2 1/2 cups all-purpose flour
- 1 tsp salt
- 1 tsp sugar
- 1 c. cold unsalted butter, cut into 1/2-inch cubes (2 sticks)
- 4 to 8 tablespoons ice water

Directions:

combine dry ingredients. Toss in cold, cubed butter and work with your fingers until flakey. Don't overmix or the butter will melt. Add water until dough forms cohesive ball, but is not too tacky. Freeze for at least an hour.

-Filling:

- 3 1/2 cups fresh blueberries or whatever fruit you prefer
- 1/2 cup granulated sugar
- 1 tsp cornstarch
- 2 tbsp water
- 1 tbsp lemon juice

Directions:

Take dough out of fridge, flour surface, and roll dough out into 12 small circles. Ensure they cover the entire cupcake pan. Place in the oven for 5-8 minutes at 475 degrees. While crust bakes, combine water and cornstarch. In a separate bowl mix fruit, sugar, and lemon juice. Cook on medium low heat until sugar begins to melt. Add the cornstarch and stir regularly until filling begins to form. It should look a little bit like a gel or thick syrup. Fill cupcake crusts $\frac{3}{4}$ full and cover with more dough if desired. Depending on your design, you may need to double the dough recipe. Place

mini pies in the oven for another 8-10 minutes or until crust is golden brown. set to cool before enjoying.

Personal Calzones

Serves: 1-2 Calzones

Ingredients:

- 1 pound pizza dough (see Ziggy recipe)
- ½ cup pizza sauce
- ½ cup yellow onion diced
- ½ cup green bell pepper diced
- ½ cup sliced pepperoni or preferred meat
- 1 cup mozzarella cheese shredded
- 1 tablespoon olive oil if desired

-Optional:

- Olives
- Spinach
- Banana peppers
- mushrooms

Directions:

Premake dough and allow to rise. While dough is resting, chop vegetables and grate cheese. You can purchase pre seasoned sauce or buy plain tomato puree. If you choose tomato puree, add minced garlic, onion powder, Italian seasoning and a little bit of sugar all to taste.

Roll out dough to about ¼" thickness. For an easier fold, I suggest rolling into a circle. However, if you are feeling creative then you may make any symmetrical shape (so you know it will fold and cover all of your filling evenly). Mix sauce, cheese and other fillings in a bowl and spoon onto half of your dough circle. Fold over the empty half of your dough to cover filling and crimp edges with a fork. Place on foil and cook for 10 to 15 minutes at 495 degree or until crust is golden brown.

Note: you can choose to paint dough with an eggwhite wash, but we did not do this at camp and it isn't necessary.

Trail Mix Bites

Serves: 2 to 3 bites

Ingredients:

-Syrup:

- 2 tsp honey
- 1 Tbsp brown sugar
- 1 tsp canola oil (you may also use coconut oil)

-Oats:

- Scant $\frac{1}{4}$ C oats
- 1 tsp choc. Chips
- 1 tsp cranberries
- 1 tsp chia seeds (optional)
- $\frac{1}{4}$ tsp cinnamon

Directions:

Combine syrup ingredients in a sauce pan on medium low heat. Stir constantly to prevent burning. Wait for syrup to bubble the remove from heat. Continue to stir until slightly cooled.

Combine oats, berries, chocolate, cinnamon and chia seeds. Incorporate syrup into oats, stirring until fully mixed together. If syrup has seized a little, you can always put into microwave for 10 seconds at a time.

This is the tricky part. To shape, I recommend gloves to prevent sticking to your hands. You can make cubes or circles and dip them in melted chocolate for some extra sweetness. You may also flatten mixture onto parchment paper and make granola bars. Chill for at least 30 minutes. When removing from the freezer they will be very cold. So let them rest for a few minutes before taking a bite!

Note: There were several ingredients we omitted to ensure we were allergen friendly. If you would like to add peanut butter or mixed nuts to this recipe I would suggest starting with small amounts (1 tbsp PB and $\frac{1}{2}$ Tbsp nuts) and working up from that if you would like more. Keep in mind that the more fillings you have the more “glue” you may need to hold it together.

Taco cupcakes

Serves: 12 people

Ingredients:

- 4 large tortillas cut into
- 1 Tomato diced
- 1 can Black beans
- 1 can whole corn kernels
- 12 oz bag shredded cheese
- 1 tsp paprika and chili powder
- Salt and pepper
- Butter to spread
- 1 to 2 minced garlic cloves optional
- Guacamole optional

Directions:

Preheat oven to 375 degrees. Cut tortillas into 8ths. Take a section of tortilla and tear into 4-5 pieces. Spread a thin layer of butter on one side of each tortilla shred. Layer shredded tortilla strips into cupcake tin with butter side facing up (you may use oil spray for a less messy alternative). The tortilla should cover the whole bottom and side of the cup, leaving no gaps or spaces. The idea is to make a mini tortilla bowl. Place in the oven and bake for 5 minutes or until edges are golden brown. While baking, season beans with paprika, chili powder, and garlic if desired. Season corn with salt and pepper. Chop tomatoes. Once tortillas are out of the oven, fill with cheese, beans, and corn. Cook for another three minutes. Once cooled, top with tomatoes, guacamole, and any other taco toppings you love.

Sweet French Toast

Serves: 4

Ingredients:

- 1 egg
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon Cinnamon (you can add more if you like the flavor)
- 1/4 cup milk
- 4 slices bread

-Toppings (optional)

- Fruit (see mini pies recipe to make an extra sweet fruit topping)
- Powdered sugar
- Honey
- Syrup

Directions:

Crack and whisk the egg until beaten. Add vanilla, milk and cinnamon. Mix. Take a slice of bread and dip into the egg mixture. Flip after five seconds to evenly coat both sides. Place coated bread onto pan with parchment paper. Heat skillet with about 1 tbsp of butter. Once butter has melted, place bread on skillet. Wait until the bottom is golden brown, then flip. Once fully cooked, serve with your favorite toppings.

Corn Fritters/Sweet Fritters

Serves: 15 to 20 fritters

Ingredients:

- 1 1/2 cups all-purpose flour
- 2 tablespoons fine white cornmeal
- 1 tablespoon granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon paprika (optional)
- 3 cups corn kernels
- 1 diced onion (optional)
- 1/2 teaspoon chili powder (optional)

- 1/2 cup whole milk
- 2 large eggs
- 1/2 cup vegetable oil

Note: If you don't have cornmeal, you can always substitute with more flour. Your final batter should be thick like biscuit batter. If it is runny, it will be difficult to place in the oil. Simply add about a tbsp of flour at a time until you get desired consistency.

Directions:

Mix together dry ingredients: flour, sugar, baking powder, salt, paprika, chili powder. Toss in corn and chopped onions. In a separate bowl, combine wet ingredients: milk, eggs. Pour into dry ingredients and stir until combined. Don't overmix your batter.

Heat the oil to about 350 degrees. Don't let it get too hot because you risk burning the outside of your fritter with an undercooked inside. I recommend using a thermometer if you can. Cook until crispy, making sure to flip once (so both sides cook). Place on a paper towel to cool.

Note: I use this recipe to make apple fritters. I substitute the corn for chopped apple, exclude the onion, and substitute chili powder and paprika for nutmeg and cinnamon. You may also choose to top with brown sugar or syrup.

Homemade Poptarts

Serves: 8 people

Ingredients:

- 2 cups + 2 Tbsp all-purpose flour (plus more for rolling)
- 1 tsp salt
- 1 tsp granulated sugar
- 1 cup unsalted butter, cold and diced into 1/2-inch cubes
- 4 - 5 Tbsp ice water
- 3/4 cup strawberry preserves , divided (or use the pie filling recipe like we used in class)

-Frosting

- 1 cup powdered sugar
- 2 Tbsp half and half , plus more as needed
- 1/4 tsp vanilla extract

- Food coloring if you want

Directions:

Make the dough by adding cold, chopped butter to flour. Mix until flakey. Add salt and water. Combine until dough ball forms. If tacky, add more flour. If too dry, add a little more water. Chill. (Just like our pie crust recipe)

While dough is chilling, make filling (unless you are simply using jam). Remove dough and portion into 8 balls. Cut each one into halves. Flour surface and roll out each section of dough. Cut into rectangles and spoon filling onto 8 of the rectangles. Take the remaining shapes. Crimp edges with a fork. Bake for 10 to 15 minutes or until golden brown at 375 degrees. Make frosting while waiting. Allow pop-tarts to fully cool before applying frosting. If you choose to freeze, do so before baking or frosting.

Caramel Apples

Serves: 8 people

Ingredients:

- 2 cups granulated sugar
- 1/4 cup corn syrup
- 3/4 cup water
- 1/2 teaspoon red food coloring
- 8 small-medium apples

Directions:

Insert stick into each apple and set onto parchment paper. Make a syrup by mixing water, sugar and corn syrup in a sauce pan until it boils. Lower to medium heat and add food coloring. Measure temperature with a candy thermometer. Wait for syrup to reach 310 degrees before dipping apples. Remove from heat before dipping. It helps to rotate the apple in the syrup to evenly coat. Place apples on parchment to cool.

Vanilla Cupcakes

Serves: 12 people

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 eggs
- 2/3 cup sugar
- 12 tablespoons unsalted butter, melted
- 2 teaspoons pure vanilla extract
- 1/2 cup milk
- Your favorite frosting

Directions:

Preheat oven to 350 degrees and line cupcake tin with paper liners or grease pan with butter. Mix flour, baking powder, salt in one bowl. Cream together eggs and sugar in a different bowl. Slowly add in butter and then vanilla. Add the milk before adding in the dry ingredients to the wet. Fill cupcake tins about $\frac{3}{4}$ full and bake about 18 minutes. Allow to cool completely before frosting. Get creative! We used sprinkles, choc. chips, cranberries, brown sugar, food coloring, and fresh fruit as options to decorate our cupcakes.

Lemonade

Serves: about 8

Ingredients:

- 1 $\frac{3}{4}$ cups white sugar
- 8 cups water
- 1 $\frac{1}{2}$ cups lemon juice

Directions:

Boil 2 to 3 cups of water. Add sugar and stir until dissolved. Add lemon juice and stir. Add remaining 5 to 6 cups of water, but make sure it is cold. Add ice and serve.

Dining Hall Favorites

Chef Trina's Famous Brookies

Serves: 10 to 12 people

Ingredients:

Cookie layer:

- 1 pouch (1 lb 1.5 oz) cookie mix chocolate chip
- 4 tablespoons butter or margarine, softened
- 1 tablespoon water
- 1 egg

Brownie layer:

- 1 box (1 lb 2.3 oz) brownie mix (fudge)
- $\frac{1}{4}$ cup water
- $\frac{2}{3}$ cup vegetable oil
- 2 eggs

Directions:

Preheat oven to 350 degrees. Grease 13x9 inch pan. Prepare brownie mix and cookies mix in separate bowls. Layer cookie mix into pan and top with brownie mix. Bake for 25 to 30 minutes or until toothpick comes out clean.

Note: This is a quick and easy way to make a time-honored camp favorite. If you choose, you may make the batters from scratch.

Baked Mac n' Cheese

Serves: 8 people

Ingredients:

- 1 lb. dried elbow pasta
- 1/2 cup unsalted butter
- 1/2 cup all purpose flour
- 1 1/2 cups whole milk
- 2 1/2 cups half and half
- 4 cups grated medium sharp cheddar cheese divided (measured after grating)
- 2 cups grated mozzarella, or other preferred cheese, divided (measured after grating)
- 1/2 Tbsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. paprika (optional)

Directions:

1. preheat oven to 375 degrees fahrenheit and grease pan.
2. Bring water to a boil and cook pasta. Be sure to only cook halfway because the noodles will finish cooking during the baking process.
3. While the pasta cooks, grate cheese and separate into three piles.
4. place butter into sauce pan on low medium heat. once melted, add flour and whisk continuously until combined. Add milk and continue to stir until it thickens. This takes a little patience. Add one of your three piles of shredded cheese to the milk. Save the other two piles for later. Stir until thick. Once removed from the heat, you may add spices if you choose.
5. pour cheese sauce onto pasta and mix until fully incorporated.
6. Fill the pan halfway with pasta, sprinkle with grated cheese (this is your second pile of cheese), top with the remaining pasta, and sprinkle with your last pile of cheese.
7. place in the oven and cook until cheese is fully melted, bubbly and lightly browned. Allow time to cool before serving.

Chef Notes

(Write your cooking notes here)