



**We have included just a portion of the recipes that
have been produced at our cooking school**

**All of these recipes have been produced in our
program under adult supervision**

**If you see a recipe you like or just have a question
please feel free to drop us a note.**

Enjoy and happy cooking

GETTING STARTED

BASIC INGREDIENTS TO HAVE IN YOUR PANTRY

In order to make your cooking experience a fun & enjoyable one it is important to have the basic ingredients in stock. When we hold our summer program we make it a point to take kids to fun and different markets. This help expose them to different cultures and the different foods used. International markets are a great option for this.

Flours & Stuff

Corn,
All purpose: (unbleached preferred)
Cake flour: if you are planning on doing a lot of baking
Rice flour: for those allergic to wheat
Baking Soda
Baking Powder
Corn Starch

Sugars

**Beware of letting kids have sugar before the cooking process,
A shorter attention span is bound to happen.**

White
Powdered or 10x
Brown light and dark
Raw: great for pie tops
Date sugar: those on a restricted sugar diet
Corn syrup
Splenda

Chocolates

White Chocolate
Semi Sweet (prefer the higher end ones)
Dark
Milk
Colored dots from specialty stores
Coco powder (Hershey's)

Herbs

Allspice, basil, cumin, ginger, chili powder, oregano, garlic powder, arrowroot, cornstarch, nutmeg, cloves,

KITCHEN SAFETY RULES

- 1 Remove any spills or waste matter from the floor to avoid slips and falls
- 2 Never leave pot handles protruding over the edge of stove or countertops
- 3 Keep pot handles away from open heat sources
- 4 Always pour liquids away from yourself
- 5 Always keep knives pointed down when walking in kitchen
- 6 Always call out hot when carrying hot pots and pans
- 7 Always clean work station before starting new projects
- 8 Disconnect all machines from outlet before cleaning
- 9 Do not wear loose clothing around open flames
- 10 Use caution when working with knives and machines
- 11 Do not ever leave knives or peelers in sink (wash your own)
- 12 Clean up any spills immediately
- 13 Do not stand too close to other students that are using knives
- 14 Never use damp or wet towels to handle pots and pans
- 15 Always use spoons for tasting
- 16 Change gloves frequently
- 17 No running or horse play in kitchen at any time
- 18 Never catch a falling knife

STARTERS

Or

Appetizer's

:

“THE BEGINNING IS THE MOST IMPORTANT PART OF THE WORK”

-PLATO

If you are having friends over its great to have different dishes around the house so when friends travel from room to room there is something different in each room.

FYI!! If you have dogs like we do, they will really appreciate the food in the rooms, more so then your guests. Keep the plates high enough up so that they can not reach it.

I have added a sushi making area as I really enjoy making sushi. It is a great addition to a party or starter menu and is very easy once you get the hang of it.

We have tried this several times in our class and with practice you too can be making great sushi rolls

A few things you need to make Sushi

In order to make sushi, you will need a few items for the preparation. If you live in a large enough city, you may be lucky enough to find some of these items at the local grocery store. For the more difficult to find items, you may need to go to a store specializing in Asian foods or you can order on line . A basic list is as follows:

- 🕒 A bamboo rolling mat (Makisu) In a pinch banana leaves also work well
- Cutting board
- A sharp knife
- A wooden spoon or spatula
- A large wooden or glass bowl
- Medium grain rice
- Rice vinegar
- Sugar
- Nori Seaweed or soybean paper (for rolls)
- Wasabi (Japanese horseradish mustard)
- Gari (pickled, thinly sliced ginger)
- Fish, seafood, and /or vegetables as desired, depending upon what type of sushi you plan to make
- Soy sauce

Some of these items are optional, depending upon what kind of sushi you would like to make. For instance, you would not need nori seaweed or a rolling mat if you are making nigiri, which is a hand sculptured ball of sushi rice topped with a small slice of fish or other toppings.

Sushi Rice

2 cups short grain rice (Kokuho Rose or Nishiki)

2 cups water

1/4 cup rice vinegar

3 Tablespoons sugar

1 teaspoon salt

Rinse rice until the water runs clear, draining in a colander. Put water in a pan, add the rice, bring to a boil and simmer for 15 minutes. Mix rice vinegar, sugar and salt. With a wooden spoon, fold the mixture into the rice. Rice grains are delicate so handle with care and try not to mash them! Spread rice to cool, makes 4 cups.

Basic Rolling Method for Sushi (from The Best 50 Sushi Rolls)

Using a bamboo sushi rolling mat, lay on counter and cover with saran wrap. Take a piece of softened sushi nori (Seaweed wrap) and always lay it glossy side down. Wet your hands to handle rice, scoop 1/2 cup and make a thin loose line across the nori. Wet hands again and gently massage rice so that you distribute rice into a thin sheet.

When adding your filling, try to use long pieces of ingredients across the middle. Without rolling the bamboo mat (use it as a guide), tuck the nearest edge of nori and roll it tightly in like a sleeping bag (for best results tuck edge as tightly as you can and begin to roll).

Seal with a swipe of water from a finger bowl (water with a splash of rice vinegar). Cut the ends using a VERY SHARP knife or a bento knife. Cut straight through very quickly. Cut the roll in half and put the two identical shorter rolls next to each other. Cut these pieces into 6 equal slices with a clean, super sharp knife.

Vegetarian California Rolls (Makes 4 rolls - 32 pieces)

2 teaspoons wasabi

2 tbsp mayonnaise

4 sheets sushi nori

4 cups sushi rice

1 English cucumber, seeded, and thinly sliced to long strips

1 avocado peeled and thinly sliced long

1 carrot, coarsely shredded

1/4 cup Japanese Soy sauce

In a small bowl combine wasabi and mayonnaise. Heat nori in a 350 degree oven to soften, approx 3-4 minutes. Working with one sheet of nori at a time, with shiny side facing down and with long side facing you, spread 1/2 cup of the rice in an even layer on the sheet. Leave a 1/2 border on each long side. Spread wasabi mayonnaise across the middle line first, then layer ingredients. Roll and cut.

CHEESE STIX

Serving Size: 6

Category: Appetizer

Region: American Regional

Skill Level *

Tools needed:

Knife, cutting board, rolling pin, pastry brush, bowls, wax paper, grater, and baking sheets

Ingredients:

2 sheets puff pastry dough

2 cups grated cheese

Flour for dusting

1 egg for egg wash

Preheat oven to 375

Preparation:

Remove puff pastry from package, and let soften. Place a little flour on work surface, and lay out pastry sheet so that it is flat. Crack egg in bowl and mix. Brush egg wash over top of pastry sheet sprinkle grated cheese on top of egg wash lightly pressing cheese into dough.

Place a piece of wax paper on top of pastry and roll around rolling pin. Lay separate sheet of paper and unroll pastry cheese side down onto paper. Brush this side with egg wash and place grated cheese on this side. Press cheese into dough.

Take knife and cut pasty into ½ in strips twist each strip at both ends and place on greased baking sheet bake in preheated oven 6 to 8 minutes

BLACK BEAN AND SWEET POTATO PANCAKES

This is a great party pleaser and we have used this many times at our catering company as a great Hor D'Oeuvre we garnish these w/ Cranberry sauce and sour cream with chives

Serving Size: 2 cakes

Yield 14 to 16 pancakes

Category: Appetizer

Region: Southwest

Skill Level ***

Tools needed:

Measuring cups, spoons, mixing bowl, baking dish, cheese grater, knife, and pastry brush, wisk

Ingredients:

4 medium-sized sweet potatoes (about 2 pounds), peeled

2 Tablespoons. brown sugar

2 eggs, lightly beaten

1 t cumin

1 teaspoon cinnamon

1 cup black beans

2 Tablespoons all-purpose flour

1 teaspoon baking powder

2 teaspoon grated lemon zest

1/2 tespoon salt

1/4 cup plus 2 Tablespoons canola oil

Coarsely grate the sweet potatoes using a food processor or the large holes of a hand grater. In a large mixing bowl, combine the brown sugar, grated sweet potatoes, eggs, flour, baking powder, lemon zest and spices and black beans and salt. Mix by hand until well blended.

Heat 2 tablespoons of the canola oil in a large, heavy skillet or flat top grill. Drop sweet potato mixture by tablespoonfuls onto hot surface, and fry 3 or 4 minutes, until golden brown on bottom. Turn and brown on other side, about 2 minutes. Remove from pan, drain on paper towels and keep warm. Repeat process 2 more times with remaining canola oil and sweet potato mixture.

Pumpkin Filled Ravioli

Yield: 6 portions

Categories: App

Region: South west Seasonal

Skill Level ***

Tools and equipment needed:

Cutting board, measuring spoons and cups, knives, bowls, roasting pan, cooking cutters, wisk, rolling pin or stick

INGREDIENTS

- 1 cup ricotta cheese
- 1/2 cup pumpkin puree
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup tomato paste
- 1 tablespoon olive oil
- 2 eggs
- 2 tablespoons water

DIRECTIONS

1. Mix the cheese, pumpkin, 1/2 teaspoon salt, and the nutmeg. Set filling aside.
2. Mix the flour, and 1/2 teaspoon salt in a large bowl; make a well in the center of the flour. Beat the tomato paste, oil, and eggs until well blended, and pour into the well in the flour. Stir with a fork, gradually bring the flour mixture to the center of the bow until the dough makes a ball. If the dough is too dry, mix in up to 2 tablespoons water.
3. Knead lightly on a floured cloth-covered surface, adding flour if dough is sticky, until smooth and elastic, about 5 minutes. Cover, and let rest for another 5 minutes. Divide the dough into 4 equal parts. Roll the dough, one part at a time, into a rectangle about 12 x 10 inches. Keep the rest of the dough covered while working.
4. Drop 2 level teaspoons filling onto half of the rectangle, about 1 1/2 inches apart in 2 rows of 4 mounds each. Moisten the edges of the dough, and the dough between the rows of pumpkin mixture with water. Fold the other half of the dough up over the pumpkin mixture, pressing the dough down around the pumpkin. Cut between the rows of filling to make ravioli; press the edges together with a fork,

or cut with a pastry wheel. Seal edges well. Repeat with the remaining dough and pumpkin filling. Place ravioli on towel. Let stand, turning once, until dry, about 30 minutes.

5. Cook ravioli in 4 quarts of boiling salted water until tender; drain carefully.

Marinated Flank Steak with Chimichuri sauce

Region Middle eastern meats

Skill Level **

Portions 6

INGREDIENTS

2 pounds Flank steak or other well trimmed cuts of meat

SAUCE

4 Jalapeno peppers, remove stems and seeds, chop fine

½ cup chopped onion

4 cloves garlic, minced

¼ cup chopped fresh parsley

1 teaspoon oregano

1 teaspoon fresh ground black pepper

½ cup olive oil

¼ cup red wine vinegar

2 tablespoon's lemon juice

¼ cup water

DIRECTIONS

Combine all ingredients for the Chimichuri Sauce.

Score each side of the steak about 1/8 to 1/4" deep and rub in the sauce, reserving some of the sauce to serve with the meal. Place the meat and marinade in a ceramic or glass pan and marinate up to 24 hours in the refrigerator. Remove the meat and extra sauce from the refrigerator and allow to sit at room temperature before grilling.

Grill the meat over charcoal or under a broiler until medium-rare. Carve the steak immediately across the grain into strips about 1/4" thick and serve with extra sauce. If the meat is allowed to sit before carving, it will toughen.

Crepes are very simple to make and are a great conversation piece to any party. The fillings are endless from the classic banana and fruit to different vegetables and cheeses, kids love them because they are light and fluffy. It is important to let the batter rest a little otherwise they turn out a little rubble like in texture.

Crepes

Yield Makes 12-14 crepes.

Equipment Needed: Non Stick pan, rubber spatula, Wisk, glass jar with lid or plastic deli soup container. Mixture will hold for 1 week in refrigerator.

INGREDIENTS

Eggs
1 cup flour
1/2 cup milk
1/2 cup water
1/2 teaspoon salt
2 Tablespoons melted butter

DIRECTIONS

Measure all ingredients in to blender jar; blend for 30 seconds. Scrape down sides. Blend for 15 seconds more. Cover and let sit for 1 hour. (This helps the flour absorb more of the liquids.)

Recipe Variations:

For a Sweeter crepe:
Add 2 teaspoons sugar and 1 teaspoon vanilla.

For a Chocolate crepe:
Add 2 tablespoons chocolate sauce to sweet crepe recipe.

COCOLATE MOUSSE

Yield 4 portions for production multiply

Category: Dessert

Region: French

Skill Level ***

Tools needed:

Measuring cups, spoons, stainless bowl, wisk, mixer

INGREDIENTS

18 oz Semisweet chocolate

6 ea Egg

1 tablespoon Vanilla extract

2 cup Heavy cream; well chilled

2 Tablespoon's sugar

DIRECTIONS

Melt the chocolate over hot water. Let it cool until only warm.

While the chocolate cools, whip the cream until it forms medium-stiff peaks. Do not overbeat or the mousse will lose some of its smooth, light texture. Separate 4 of the eggs and set the whites aside. Combine yolks with the 2 remaining whole eggs in the bowl of an electric mixer. Beat until eggs are thick and lemon colored, around 5 minutes. While the yolks are beating, place the 4 egg whites in a clean copper or stainless steel bowl and whisk, preferably bymachne, until the whites start to stiffen. Sprinkle on the confectioners' sugar and beat until you have firm peaks.

Working quickly, add the cooled melted chocolate and a scoop of the whipped cream to the egg yolks. Stir until smooth, then add the remaining cream. When it is fully incorporated, add the liqueur and vanilla, then fold in the whites until just blended.. Chill at least 4hours before serving. (Chilling it overnight intensifies the flavor.) The mousse may be frozen for up to 2 weeks. Remove from the freezer and let it **sit in the refrigerator overnight before serving.**

FLOURLESS CHOCOLATE CAKE

Serving Size: 1 10 in. tart

Category: Dessert

Region: American

Skill Level **

Tools needed:

Measuring spoons and cups, whisk, bowls, knife, 8-in round baking pan, double boiler, cutting board,

INGREDIENTS

1 # semi sweet chocolate

1 cup butter

2 cup's sugar

9 large egg yolks

1/2 cup's heavy cream

1 cup unsweetened cocoa powder plus additional for sprinkling

Sweetened whipped cream (optional)

Preheat oven to 375°F (175°C).

DIRECTIONS

Butter an 8-in round slip bottom baking pan or tart pan and line bottom with a round of wax paper;

Chop chocolate into small pieces. In a double boiler or metal bowl set over a saucepan of barely simmering water melt chocolate with butter, stirring, until smooth. Remove top of double boiler or bowl from heat and set aside

In separate bowl add egg yolks, sugar and cream. Mix over heat until sugar is dissolved. Add this mixture to chocolate and whisk well. Sift 1/2 c cocoa powder over chocolate mixture and whisk until just combined. Pour batter into pan and bake in middle of oven 25 minutes, or until top has formed a thin crust. Cool cake in pan for 2 hours. Remove from pan by placing hot moist cloth around outside rim of pan allowing chocolate to soften and be pushed up from pan. Dust cake with additional cocoa powder and serve with sweetened whipped cream, if desired.

Vanilla Creme Brulée

Category: Dessert

Region: American

Skill Level **

. Tools Needed: mixing bowl, fine strainer, wire whip, blow torch,

INGREDIENTS

6 large egg yolks

6 tablespoons sugar

1 vanilla bean, split lengthwise or 1 tablespoon vanilla extract

1 1/2 cups whipping cream

6 teaspoons granulated sugar (or 8 -12 teaspoons packed brown sugar).

DIRECTIONS

Preheat oven to 325°F.

Whisk yolks and 6 tablespoons sugar in medium bowl to blend. Scrape in seeds from vanilla bean. Gradually whisk the cream into the sugar. Divide mixture among 6 - 3/4 cup custard cups or ramekins. Arrange dishes in 13x9x2-inch baking pan. Pour enough hot water into pan to come halfway up sides of dishes.

Bake custards approximately 35-40 minutes until the custard is set. Do not over bake or your custard will be rubbery. Remove the pan from the oven and remove custard cups from the water. Allow custards to cool before placing in the refrigerator. Chill overnight.

Two hours before serving:

Preheat broiler. Or use blow torch. Sprinkle 1 teaspoon sugar atop each custard. Place dishes on small baking sheet. Broil until sugar just starts to caramelize, rotating sheet for even browning, about 2 minutes. Chill until caramelized sugar hardens, about 2 hours.

PENNE PASTA W/ SHRIMP AND ROASTED PEPPERS

Serving Size: 4
Category: Entrée
Region: Italian
Skill Level ***

Tools needed:

Cutting board, measuring spoons and cups, knives, bowls, strainer, pasta pot, sauté pan, zester, and slotted spoons

INGREDIENTS

3 T olive oil
4 large shallots, sliced
2 T sliced drained oil-packed sun-dried tomatoes
24 shrimp
2 t garlic chopped
1 t grated lemon peel
1 t dried crushed red pepper
1/2 c. roasted peppers diced
1/2 c sliced artichoke hearts
8 oz canned tomatoes
1/4 c chopped fresh basil
Freshly ground pepper to taste
Grated cheese to taste
1 # penne pasta

DIRECTIONS

Heat 2 T oil in heavy large pot over medium-high heat. Add artichokes and peppers and sauté 2 minutes. Add remaining 1 T oil to same pot. Add shallots, sun-dried tomatoes, garlic, lemon peel, and crushed red pepper. Sauté until shallots are soft, about 4 minutes. Add canned tomatoes and simmer until sauce thickens, about 3 minutes. Mix in basil. Meanwhile, cook pasta in pot of boiling salted water until tender, but still firm to bite. Drain. Add pasta to sauce. Toss over medium heat until sauce coats pasta. Season with salt and pepper. Transfer to bowl; top with cheese.

Salmon Cakes & crab cakes with Creole Remoulade

Serving Size: 8

Category: Appetizer

Region:

Tools needed:

Cutting boards, measuring spoons and cups, knives, bowls, baking dish, 2 oz ice cream and an oven proof sauté pan.

INGREDIENTS

1 # poached or baked salmon - chilled, boneless, and skinless

1 sweet red pepper, diced

1 T vegetable oil

1 T thyme

2 c breadcrumbs

1 T finely chopped fresh garlic

1-2 jalapeno peppers, seeded and finely chopped

2 eggs

2 T Old Bay brand seasoning

Salt and freshly ground black pepper to taste

Flour for dredging

Vegetable oil for sautéing

DIRECTIONS :

Remove all bones and skin from salmon, poach or bake salmon Cut into pieces. Sauté the diced sweet peppers in the 1 T vegetable oil until wilted and set aside to cool. Measure and reserve 2 T of the breadcrumbs to use in the filling. The remaining breadcrumbs will be used to coat the salmon cakes. Mix the salmon with the sweet peppers, garlic, jalapeno peppers, Thyme leaves, and eggs Add the seasoning powder, 2 T of breadcrumbs, and salt and pepper. Mix well, and then refrigerate 20 minutes before continuing.

Cover a work surface with waxed paper sprinkled with the reserved breadcrumbs. Using a 2-oz ice cream scoop, form 8 equal-sized portions of salmon. With the palm of your hand, pat each portion in to a disk-shaped cake approximately 1/4-inch thick. It is important for the salmon cakes to be the same thickness so that they will cook uniformly. Press each cake into the flour, turning them so they coast evenly on all sides. Refrigerate at least 1 hour to prevent the cakes from crumbling during cooking.

Preheat the oven to 375 degrees. No more than 30 minutes before you plan to serve the salmon cakes, add enough vegetable oil to cover the bottom of an ovenproof sauté pan. Heat until just before it begins to smoke. Add the salmon cakes gently, being careful not to crowd the pan. (Cook them in two batches if necessary.) When the salmon cakes are well browned on both sides, bake them 6 minutes to ensure that they are fully cooked and hot at the center. Serve with Chili Mayonnaise or mayonnaise flavored with mustard or horseradish, and garnish with a small salad.

PASTA WITH ROASTED SALMON,GARLIC,AND ORANGE

Serving Size: 2

Category: Dinner

Region: American regional

Tools Needed:

Measuring cups and spoons, a pot, cutting board, knife, zester, large sauté pan, and a colander

INGREDIENTS

1 # spaghetti

3 cloves garlic sliced thin

2 teaspoon's butter

4 ounces salmon

1 teaspoon fresh parsley

1/2 cup fresh heavy cream

Zest from 1 orange

1/4 cup orange juice

1 teaspoon salt

DIRECTIONS

Bring 3 gallons of water to boil on the stove, add 1 t salt, slowly add pasta to boiling water and stir to keep from sticking. While the pasta is cooking, heat the butter in a large sauté pan with garlic and diced salmon and lightly brown, remove salmon and set aside to avoid over cooking, add orange zest juice and cream and reduce by half add parsley and salmon back to sauce with cooked and drained pasta, serve hot and garnish.

GRILLED CITRUS SALMON

Serve Size: 6

Category: Entrée pasta

Region: American Regional

Skill Level ***

Tools needed:

Cutting board, measuring spoons and cups, knives, bowls, blender, juicer, spatula, and zester, small sauce pan, grill

INGREDIENTS

1/3 cup fresh orange juice

1/3 cup fresh lemon juice

1/3 cup fresh lime juice

2 Tablespoon's brown sugar, packed

1/2 cup finely chopped onion

2 Tablespoon peeled, finely minced fresh ginger

1/2 cup fresh cilantro leaves, chopped

6 (6-ounce center-cut) pieces salmon fillets with skin off

Salt and freshly ground black pepper to taste

DIRECTIONS

In a blender purée citrus juices, brown sugar, onion and ginger until smooth. Reserve ½ c of the marinade. Transfer remaining marinade to a large zip-lock style plastic bag and add the cilantro and salmon fillets, seal bag, removing as much air as possible. Marinate salmon in refrigerator for 1 to 2 hours. Remove salmon from marinade and discard marinade. Pat salmon dry. Season salmon with salt and pepper. Grill presentation side down, on an oiled grill for 4 minutes. Turn and repeat on other side Carefully transfer salmon with a metal spatula to a platter. Bring reserved juice mixture to a boil in small sauce pan and pour over salmon and serve.

GREEN BEANS WITH LEMON

Serving Size: 6

Category: Side Dish

Region: French

Skill Level *

Tools needed:

Knife, cutting board, sauté pan, zester, colander, and pot for blanching

INGREDIENTS

2 # haricots verts (thin French green beans) or regular green beans

1 t fresh lemon juice

1 t finely chopped fresh flat-leafed parsley leaves (wash and dry before chopping)

1 t. freshly grated lemon zest

Freshly ground black pepper to taste

Salt to taste

DIRECTIONS

Trim regular green beans if using and in a large saucepan of boiling salted water. Cook beans until crisp-tender (2 minutes for haricots verts or 3 to 4 minutes for regular green beans) and drain in a colander

In a bowl toss beans with lemon juice, parsley, lemon zest, and pepper and season with salt.

Bread Stuffing

This recipe yields enough to stuff a 14- to 17-pound turkey. Many of the variations yield enough for an additional small casserole of stuffing.

To stuff an oven roaster or 6 to 8 rock Cornish hens, half the recipe.

For a larger turkey, increase all the ingredients by half. The optional egg makes the stuffing firm. If you prefer the bread to be moist, skip the toasting step.

Yields: 8-10 cups

INGREDIENTS

1 pound sliced firm white sandwich, French, or Italian bread, including crusts, cut into 1/2-inch cubes, or 10 cups lightly packed bread cubes

4 to 8 tablespoons (1/2 to 1 stick) unsalted butter

2 cups chopped onions

1 cup finely chopped celery

1/4 to 1/2 cup minced fresh parsley

1 teaspoon dried sage, or 1 tablespoon minced fresh

1 teaspoon dried thyme, or 1 tablespoon minced fresh

1 teaspoon salt

1/2 teaspoon ground black pepper

1/4 teaspoon freshly grated or ground nutmeg

1/8 teaspoon ground cloves

1/3 to 1 cup chicken stock

1 to 2 large eggs, well beaten (optional)

Position a rack in the center of the oven. Preheat the oven to 400°F. Toast bread until golden brown.

Heat butter in a large skillet over medium-high heat until the foam subsides. Add onions and celery then cook, stirring, until tender, about 5 minutes.

Remove from the heat and stir in parsley, sage, thyme, salt, pepper, nutmeg and cloves.

Stir into the bread cubes and toss until well combined. Depending on how much butter you started with and how firm you want the stuffing, stir in stock and egg, a little at a time, until the stuffing is lightly moist but not packed together.

Adjust the seasonings. To use as a stuffing, reheat just before spooning it into the bird(s). Or moisten with additional stock and/or egg. Then turn into a large, shallow buttered baking dish. Bake in a 350°F oven until the top has formed a crust and the stuffing is heated through, 25 to 40 minutes.

CORN PUDDING

Serving Size: 1 pan

Category: Side Dish

Region: American Regional

Skill Level **

Tools needed:

Measuring spoons and cups, whisk, bowls, knife, cutting board, and cheese grater

INGREDIENTS

½ cup chopped onion

½ cup chopped green pepper

¼ cup chopped fresh tomato

1 can cream-style corn - (16 oz)

4 large eggs

1 cup evaporated milk

½ teaspoon salt

½ teaspoon freshly ground black pepper

Preheat oven to 350

DIRECTIONS

Sauté onion and green pepper until slightly softened; add tomato and sauté for 1 minute more.

In a medium-sized bowl, whisk together the eggs, milk, creamed corn and seasonings; add the sautéed vegetables.

Lightly grease a 3 1/2- Qt soufflé dish and pour the mixture in. Cook 40 min; add grated cheese to the top and cook until cheese is melted.