

## WEEK ONE

### Monday:

#### Chocolate Fettuccini

Ingredients: 1 1/3 c Pancake mix  
1/3 c cocoa powder  
1 c milk

#### Chocolate Ganache

Ingredients: 2 c choc couvertures  
1 c heavy cream

#### Strawberry Coulis:

Ingredients: 1 lb strawberry  
1/2 c water  
1/2 c sugar

Mix all 3 ingredients for chocolate fettuccini (consistency will be similar to crepes). Spray a non-stick pan with oil or butter and heat it up on the stove. Pour approx. 1/2 cup of batter into the pan and swirl the mixture around the pan so that the batter thins out and covers the pan (same way as making crepes). Any excess can be poured back into the bowl. When the top is starting to dry up a bit, slowly loosen the crepe and flip it. Cook for a few more seconds. Remove from pan and put on a cutting board. Cut the crepe into thin strips like a fettuccini and simply drop it on the plate without flattening it out (make it look like noodles). Repeat the process until you have a (small) mound on the plate (possibly 4-5 crepes). Swirl on top with chocolate ganache and decorate with whip cream topped with strawberry coulis.

\*For variation, you can alternate the ganache with strawberry coulis after each cooked and cut up crepe. For the final topping, add whip cream and shaved chocolate etc.

For ganache: Boil 1 c heavy cream in a sauce pan. Remove from heat and add 2 c chocolate. Mix very well to make sure all the chocolate is melted. Set aside to cool.

Strawberry Coulis: Mix all the ingredients in a saucepan. Let it boil for about 5-7 mins. Remove from heat and transfer to a blender. Blend at high speed for about 2 mins or until all strawberries are pureed. Set aside to cool.

## Tuesday:

### Firecracker dogs

Ingredients:    hotdogs (20 if there are 20 students)  
                     Pillsbury crescents (2 cans)  
                     2 blocks of cheese  
                     20 skewers

Preheat oven to 350 F and line baking sheet with parchment paper.

Take a skewer and insert it through the middle of the hotdog, lengthwise, leaving about an inch of the skewer exposed on top. Set aside.

Open and unroll a can of crescents. Cut it evenly into 10 strips. Take 1 strip and wrap it diagonally around the hotdog, leaving gaps in between each spiral. Bake in the oven until crescents are golden brown. While the hotdogs are baking, cut the blocks of cheese in a small triangle (or pyramid). Make sure you make 20.

When the hotdogs are cooked, cool for about 5 mins before decorating. Once cooled, place/ insert a triangular cheese on top of the skewer such that it is sticking out on the top. You can display these hotdogs on a Styrofoam ball or half a watermelon by sticking them upright like a firecracker.

### Mango + Sweet Tea:

Ingredients:    1 Recipe of sweet tea  
                     Mango Juice

Put 1 c ice in a blender or shaker. Add 1 cup each of mango juice and sweet tea (can also be unsweetened, depending on preference). Blend/ shake. Transfer in a glass and enjoy!

## Wednesday:

### Butter Cookies:

Ingredients:    2 c AP flour  
                     ½ lb (2 sticks) unsalted butter, softened but still firm  
                     ¾ c sugar

2 large egg yolks (room temp)

1 tsp vanilla extract

Preheat oven at 350 F. Line cookie sheets with parchment paper.

Beat butter in high speed for about 5 minutes or until it is pale yellow and fluffy. Add the sugar and continue on beating until mixture is very pale and light in color. Add the yolks one at a time beating well after each addition. When eggs are properly incorporated, beat in vanilla. Finally beat in flour at low-medium speed. Do not over beat since this is not bread. Just mix the flour in until it is properly incorporated with the butter mixture.

Using a 1 oz ice cream scooper, scoop the batter and drop on cookie sheet. Make sure that each cookie is approx. 2 in apart. Flatten with the back side of the fork or with you palm and bake for 8-15 mins or until sides are golden brown.

For variation: Instead of flattening the cookie with a fork, press the middle of the cookie with your thumb without making a hole underneath. Fill this "dent" with strawberry or grape jam/jelly or even choc chip morsels. Bake as directed above.

## Thursday

### Panko Breaded Chicken Strips with cheesy sauce

Ingredients:    Boneless chicken breasts  
                      1 Lemon  
                      1 c flour  
                      1 c cornstarch  
                      2 eggs  
                      1 box panko bread crumbs  
                      Salt  
                      Pepper  
                      Oil

Cut chicken breasts into thin strips. Squeeze the juice of 1 lemon in it and season with 1 tsp sea salt and ½ tsp pepper (you may adjust salt and pepper according to taste). Set aside.

Heat up 1 c oil in frying pan.

In a bowl, combine (and mix well) 1 c flour and 1 c cornstarch. Set Aside.

In another bowl, beat the 2 eggs and add 3 tbsps. cold water. Set aside.

Put 4 c panko bread crumbs in a big plate (or bowl). Set aside.

Coat the strips of chicken in the flour/cornstarch mixture 1<sup>st</sup> making sure that it is properly coated. Then transfer this strip in the egg mixture. Finally, using a fork, transfer the chicken strip from the egg to the panko bread crumbs making sure that the whole strip is coated with the bread crumbs. Pan fry on the heated oil until panko crumbs is golden brown in color. Move cooked chicken strips onto a (big) strainer or a cooling rack and not a plate with napkin. Set aside.

Cheesy Sauce: (dipping sauce)

Ingredients: 1 can Cream of mushroom  
1 c shredded cheese  
¼ c water

Mix all 3 ingredients in a saucepan and boil on the stove top. Use this as a dip for the breaded chicken.

Friday

Apple flowers:

Ingredients: 1 pkg puff pastry, thawed in the fridge  
8 apples  
1 fresh lemon  
8 tbsps. sugar  
Apricot jam  
Confectioner's sugar

Pre heat oven to 400 F.

Put 6 tbsps. of apricot jam in a saucepan and add 3 tbsps. water. Bring to boil and set aside.

Bring to boil a small pot of water and the juice of 1 lemon. Meanwhile, core the apples. After coring the apples, cut them in halves. Cut the halves in thin slices. Put the apples in the boiling water and let it sit for a minute. The aim is simply to soften so that the apple slices are "bendable" and not to mush them. Drain the apples once they are soft but not mushy. Set aside.

Place the sheet of puff pastry on a floured surface. With a rolling pin, flatten the puff pastry a little bit. Brush the apricot jam on top of the puff pastry, all over the puff pastry. Then cut the puff pastry into 1 in strips. Arrange the apple slices on the upper half part of the strip, overlapping each time you put a slice. Make sure that a portion of the semi-circle apple slices is exposed and not on the puff pastry.

Fold the bottom half of the puff pastry to meet the edge of the upper part of the puff pastry. Roll the puff pastry from left to right, creating rosettes out of the exposed apple slices on top of the puff pastry. Put the finished, rolled rosettes in muffin pans. Brush these apple rosettes with more apricot jam (or sprinkle with cinnamon sugar if preferred). Bake for 15-20 mins, checking them on a regular basis so as not to burn the bottom (you can also put a pan with water at the bottom rack to prevent rosettes from burning underneath). Once cooked, place on a plate and sprinkle with confectioner's sugar or add ice cream as desired.