

WEEK THREE

Monday:

French toast my style☺

Ingredients: 1 loaf of Italian bread, sliced 1 in thick
 1 can evaporated milk
 1 can condensed milk
 2 tsps. vanilla extract
 3-4 eggs
 Butter

Heat 1 tbsp of butter in a non-stick pan. Meanwhile, beat together eggs, evap milk, condensed milk and vanilla extract in a big bowl. Dip the slices of Italian bread in the egg-milk mixture. Pan fry in butter until each side is golden brown. Serve with pancake syrup or confectioner's sugar.

***Since this is an easy recipe, prepare ingredients for tomorrow: Boil 2 lbs of pasta and refrigerate overnight. (CREAM-CHEESE SAUCE) Boil 1 box of heavy cream with 3 c shredded cheese, cook until thick. Season with salt and pepper. Refrigerate this overnight.

Tuesday

Baked Mac and Cheese

Ingredients: 2 lbs cooked and cold pasta
 1-2 recipes cream-cheese sauce, refrigerated overnight

Pre-heat oven to 350 F.

In a big bowl, combine cold pasta and cold sauce together. Mix well. Transfer into individual baking containers/foils/bowls. Cut up 2 sticks of butter (make sure butter is also cold). Insert the cut up pcs inside the individually prepared mac and cheese. Top the pasta with grated parm/cheddar cheese and bake in the oven for approx. 15 mins. Serve.

***Perhaps can prepare garnishing for pizza for next day, sliced mushroom, sliced bell peppers, etc

Wednesday

Small Pizzas

Crust: (prepare 1 session before)

1 c lukewarm water

1 packet (2 ¼ tsps.) yeast

2 c AP flour

1 pinch salt

1 tsp sugar

1 tbsp olive oil

Mix together lukewarm water, yeast and sugar. Let it sit for ~ 5 mins. Mix in flour, salt and knead for ~ 5 mins. Add olive oil and roll into a ball. Let it sit for approx. 30 mins before use.

Pizza Sauce:

1 can tomato sauce

2 tbsps. tomato paste

Italian seasoning

Mix all 3 ingredients together.

Pizza Ensemble :

Pre-heat oven to 400 F. Line baking sheet with parchment paper.

Divide dough into 2 portions. Take ½ portion and divide it further to ~ 8 equal parts. Roll each portion to a ball. Using a rolling pin, flatten dough on a floured surface. Transfer on a baking sheet. Put pizza sauce on top, then spread mozzarella cheese all over. Top with favorite topping: pepperoni/mushroom/bell pepper etc. Sprinkle with red pepper flakes if desired. Bake for about 10-15 mins. Enjoy!

Thursday

No Bake Cheesecake (this can be taken home since it has to be refrigerated for a long time)*

Crust:

Ingredients: 3 c crushed graham crackers
1 c sugar
1 ½ stick softened butter

Combine all 3 ingredients in a food processor until it is mixed well. Transfer in an individual baking container (if none then a spring form pan, lined with parchment paper) and press the crumbs with your thumb until it is compact. Crust should be 1/8 to ¼ in thick. Place in the freezer while preparing the cheesecake.

Cheesecake:

2 lbs cream cheese, softened
1 cup heavy (whip) cream
1 c to 1 1/3 c confectioner's sugar
1 packet Knox gelatin
¼ c water

Beat cream cheese in a big bowl until very light and fluffy. Add 2/3 c confectioner's sugar while beating. Set aside. In another bowl, beat heavy cream until it is in the consistency of a whip cream. Beat in 2/3 c confectioner's sugar and mix well. Combine cream cheese and whip cream, beating well until both ingredients are properly incorporated. Set aside.

In a saucepan, combine water and Knox gelatin. Heat this on the stove top (no need to boil). Once all the gelatin is dissolved, turn the heat off.

Slowly beat in the gelatin into the cream cheese mixture making sure all the gelatin is mixed with the cream cheese. Pour this on top of your graham crust. Top with blueberry/ cherry Comstock. Refrigerate for at least 2 hours before eating.

Friday

Omelette

Salsa: 2 c chopped tomatoes
1 bunch chopped cilantro
½ minced onion
Salt and pepper

Mix all ingredients and adjust the amount of salt and pepper to taste.

Ingredients: ~ 2 servings

3 eggs
3 tbsps. cold water
Salt and pepper to taste
Chopped spinach
Minced bell pepper
Shredded cheese
(check garden for other ingredients)
Chopped ham
Veg oil

Heat 2 tbsps. of oil in a non-stick pan. Meanwhile, beat eggs and cold water together. Add a pinch of salt and pepper. When the oil is hot enough, pour the egg mixture in the pan. With a rubber scraper, slowly move the egg around so the top portion cooks but do not scramble the eggs. When the top portion is starting to harden, but still soft, add cheese, ham, bell pepper and spinach on the lower half portion of the egg. Take the upper half and fold it towards the lower half. Cook each half for another 3 mins on low fire. Transfer on a plate and top with the salsa.