




CREATING  
COMMUNITY

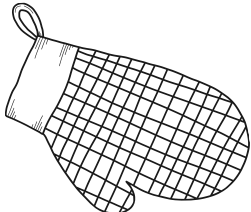
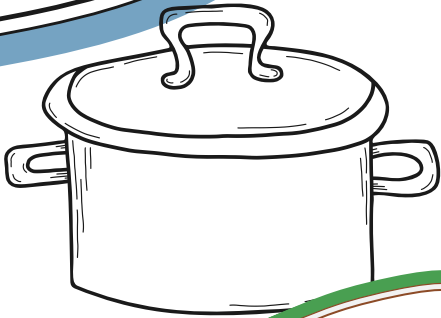
LEARNING WITH  
COMMUNITY

GESHER  
RECIPE  
BOOK

SUMMER  2023!

GROWING WITH  
COMMUNITY



JOY IN  
COMMUNITY



THE TABLE OF

# CONTENTS

①	<b>Our Goal</b>	<b>03</b>
	Learning how to cultivate community with food and friends.	
③	<b>Inclusive Recipes</b>	<b>04</b>
	Recipes for all, regardless of dietary restrictions and allergies.	
②	<b>4 Week Outline</b>	<b>05</b>
	Each week will focus on a new way to create and nurture your community.	
④	<b>The Recipes</b>	<b>09</b>
	Where the magic happens. Each recipe page has a notes page after it to write additional comments.	

# Intensive Objectives

## **Week 1: Creating Community - Food to Share**

A fundamental building block of community is food, and there's no better way to create a sense of community with new friends than by making food to share with them. This week focuses on recipes for food that you can share with those around you.



## **Week 2: Learning with Community - Indian Cooking**

Our ability to learn new things helps us adapt and be resilient. In week 2 we'll be learning how to cook Indian food together. The goal is to fail fast and learn from everyone's tasty mistakes.



## **Week 3: Growing with Community - Baking and Cooking with Leaveners.**

Our ability to learn new things helps us adapt and be resilient. In week 2 we'll be learning how to cook Indian food together. The goal is to fail fast and learn from everyone's tasty mistakes.



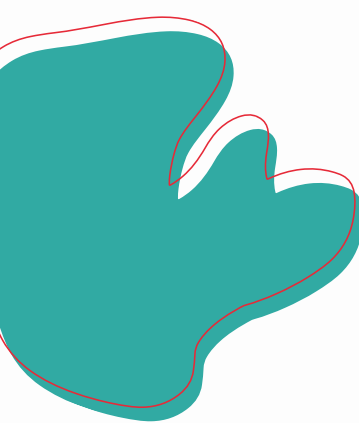
## **Week 4: Joy in Community - The Great Jewish Baking Challenge!**

In our final week you will create and participate in a very food-centric event: The Great Jewish Baking Challenge! The event will include a homemade ice cream sunday bar for your unit guests that they will eat while watching your teams compete for the title of the Great Jewish Baker!



# Inclusive Recipes

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Building an inclusive community means cooking food for everyone. These recipes are vegetarian, follow OSRUI Kosher guidelines, and follow OSRUI allergy guidelines (i.e. do not contain nuts or sesame).

Recipes will also indicate when dairy or gluten is used.

## Thank You!



# WEEK 1

CREATING COMMUNITY:  
FOOD TO SHARE

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

MONDAY

NO CLASS

TUESDAY

1. WELCOME!
2. OVERVIEW OF 4 WEEKS
3. SAFETY REVIEW
4. CLEANING UP REVIEW
5. GOAL OF INTENSIVE
6. DIVIDE INTO GROUPS
7. QUICK BAKE: COW PIE COOKIES
8. PROUD MOMENTS AND CLEAN UP

WEDNESDAY

1. REVIEW PLAN FOR DAY
2. MAKE OF THE DAY:
  - A. CHOCOLATE CHIP COOKIES
3. START CLEAN UP AND PROUD MOMENTS
4. FINISH CLEAN UP

THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. GRAHAM CRACKERS
  - B. CHOCOLATE TEMPERING
4. START CLEAN UP AND PROUD MOMENTS
5. FINISH CLEAN UP

FRIDAY

1. REVIEW PLAN FOR DAY
2. MAKES OF THE DAY:
  - A. SCOTCHEROOS
3. START CLEAN UP AND PROUD MOMENTS
4. SNEAK PEAK OF WEEK 2 & FINISH CLEAN UP

SATURDAY

NO CLASS

TO DO

TO DO

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NOTES

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# WEEK 2

## LEARNING WITH COMMUNITY: INDIAN COOKING

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

### SUNDAY

1. WELCOME BACK AND TREATS
2. OVERVIEW OF WEEK 2
3. MAKES OF THE DAY:
  - A. COCONUT CHUTNEY
  - B. BASMATI RICE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### MONDAY

1. REVIEW PLAN FOR DAY
2. GETTING SPICY--LESSON ON INDIAN SPICES
3. MAKES OF THE DAY:
  - A. DOSA BATTER PART 1: SOAK
  - B. MASALA OMELETTES
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### TUESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON W/CHUTNEY TREAT
3. MAKES OF THE DAY:
  - A. DOSA BATTER PART 2: BLEND
  - B. OATMILK KHEER (W/SUNDAY'S RICE)
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### WEDNESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. BOIL POTATOES
  - B. KNIFE SKILLS W/ONIONS
  - C. ALOO MASALA
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. DOSA MAKING DEMO
4. MAKES OF THE DAY:
  - A. DOSA MAKING IN 2 SESSIONS
    - I. GROUPS OF 4 MAKE AND SERVE OTHER AND THEN SWITCH
5. START CLEAN UP AND EAT
6. PROUD MOMENTS AND FINISH CLEAN UP

### FRIDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. MASALA FRIED RICE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### SATURDAY

**NO CLASS**



### NOTES

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# WEEK 3

GROWING WITH COMMUNITY:  
BAKING/COOKING WITH  
LEAVENERS.

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

## SUNDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. FRUIT JELLY
  - B. BUTTERMILK BISCUITS
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## MONDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. BANANA BREAD MUFFINS
  - B. PITA BREAD PART 1
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## TUESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. PITA BREAD PART 2
  - B. PITA BREAKFAST PIZZAS
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## WEDNESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. CINNAMON ROLLS
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. GUEST CHEF: CHALLAH BREAD
  - B. OVERNIGHT CHALLAH BREAD PUDDING
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## FRIDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. BAKE BREAD PUDDING
  - B. CHOCOLATE CUP CAKES
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## SATURDAY

**NO CLASS**

## TO DO

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## NOTES

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# WEEK 4

JOY IN COMMUNITY:  
THE GREAT JEWISH BAKING  
CHALLENGE!

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

## SUNDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. FUDGE BROWNIES
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## MONDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. VEGAN CHOCOLATE ICE CREAM MIX
  - B. STRAWBERRY FANTA ICE CREAM MIX
  - C. FUDGE SAUCE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## TUESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. CHURN FANTA ICE CREAM
  - B. CHURN VEGAN CHOCOLATE ICE CREAM
  - C. CARAMEL SAUCE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## WEDNESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. TEAM STRATEGY AND BAKE TIME FOR BAKE-OFF
  - B. FINISH REMAINING ICE CREAM CHURNING
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. FINAL TEAM STRATEGY AND BAKE TIME FOR BAKE-OFF
  - B. FINISH REMAINING ICE CREAM CHURNING
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## FRIDAY

**THE GREAT JEWISH  
BAKEOFF!  
(BY GESHER INTENSIVE)  
W/HOMEMADE ICE CREAM  
SUNDAY BAR**

## SATURDAY

**NO CLASS**

## TO DO

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## NOTES

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# Cow Pie Cookies



**Makes:** 18 Cookies  
**Cook Time:** 30 minutes

## INGREDIENTS

- 1 cup brown sugar
- 1 cup sugar
- 1/2 cup butter (1 stick)  
(can sub w/ coconut oil)
- 1/2 cup milk (can sub  
with oat milk)
- 1/2 cup cocoa
- 1/2 cup butterscotch  
chips (can sub with  
chocolate chips)
- 2 cups quick oats
- 1/2 tsp salt
- 1 tsp vanilla  
extract/flavor

## MATERIALS

- 1 large microwave-safe  
bowl
- 1 spatula
- 1 medium scoop
- 2 baking sheets
- roll of parchment paper

## DIRECTIONS

1. Cover 2 baking sheets with parchment paper.
2. Mix sugar, butter, milk, and cocoa in bowl.
3. Microwave on high for 4 minutes and 30 seconds, stirring halfway.
4. Mixture should boil for about 1 minute.
5. Stir in oatmeal, salt, and vanilla.
6. Drop scoops of mixture onto prepared baking sheets OR serve over ice cream while hot.





# Chocolate Chip Cookies

(Nestle Recipe)



**Makes:** 24 cookies

**Cook Time:** 25 minutes

## INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels

## MATERIALS

- 2 baking sheets
- 1 small scooper
- 1 large bowl
- 1 medium bowl
- 1 spatula for mixing
- parchment sheets

## DIRECTIONS

1. Preheat oven to 350 F
2. Combine flour, baking soda and salt in small bowl.
3. Beat butter, granulated sugar, brown sugar and vanilla extract in large bowl until creamy. Add eggs, one at a time, beating well after each addition.
4. Gradually beat in flour mixture. Stir in chocolate chips.
5. Place 1 sheet of parchment on each baking sheet. Using the scooper, scoop balls of the cookie dough onto the parchment-lined baking sheet.
6. Put in oven and bake for 9 to 11 minutes (or until your personal crispy to chewy preference).





# Graham Crackers

(America's Test Kitchen)



Dairy



Gluten



**Makes:** 48 crackers

**Cook Time:** 2 hours, plus 16 hours resting

## INGREDIENTS

- 1 ½ cups (8 1/4 ounces) graham flour or whole wheat stone ground
- ¾ cup (3 3/4 ounces) all-purpose flour
- ½ cup (3 1/2 ounces) sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- 8 tablespoons unsalted butter, cut into 1/2-inch pieces and chilled
- 5 tablespoons water
- 2 tablespoons molasses
- 1 teaspoon vanilla extract

## MATERIALS

- 1 baking sheet
- 1 plastic wrap
- 1 spatula
- parchment sheets

## DIRECTIONS

1. Adjust oven racks to upper-middle and lower-middle positions and heat oven to 375 degrees. Process graham flour, all-purpose flour, sugar, baking powder, baking soda, salt, and cinnamon in food processor until combined, about 3 seconds. Add butter and process until mixture resembles coarse cornmeal, about 15 seconds. Add water, molasses, and vanilla and process until dough comes together, about 20 seconds.
2. Transfer dough to counter and divide into 4 equal pieces. Working with 1 piece of dough at a time (keep remaining pieces covered with plastic wrap), roll into 11 by 8-inch rectangle, ⅛ inch thick, between 2 large sheets of parchment paper. Remove top piece of parchment and trim dough into tidy 10 by 7½-inch rectangle with knife, then score into twelve 2½-inch squares. Prick each square several times with fork.
3. Slide 2 pieces of rolled-out and scored dough, still on parchment, onto separate baking sheets. Bake until golden brown and edges are firm, about 15 minutes, switching and rotating sheets halfway through baking. Slide baked crackers, still on parchment, onto wire rack. Repeat with remaining 2 pieces of rolled-out dough. Let crackers cool completely. Transfer cooled crackers, still on parchment, to cutting board and carefully cut apart along scored lines. Serve. (Graham crackers can be stored at room temperature for up to 2 weeks.)





# Chocolate Tempering Temperatures

(Nunu Chocolates, Bakery Art)

## INGREDIENTS

- Chocolate of your choice

## MATERIALS

- Microwave safe bowl
- Spatula
- Parchment paper
- Spoon



### STRUCTURES OF CHOCOLATE

The molecules in cocoa butter can be stacked together in different ways - these are known as **polymorphs**. Tempering chocolate is required to obtain only form V, the most desirable. This is achieved by allowing the chocolate to cool at room temperature, which leads to some of all the polymorphs except VI forming, then heating gently to just below the melting point of form V, so it is the major form remaining.

FORM & MELTING POINT	DESCRIPTION & PROPERTIES
<b>I</b> 17.3°C	<b>BOTH SOFT AND CRUMBLY WITH NOTICEABLE BLOOMING</b> Form I is produced by cooling melted chocolate rapidly (e.g. by putting it in the freezer). Form II is produced by cooling melted chocolate at 2°C per minute. Form I crystals also gradually become Form II after a short time of freezing temperature storage.
<b>II</b> 23.3°C	
<b>III</b> 25.5°C	<b>BOTH FIRM, BUT DON'T GIVE A GOOD 'SNAP', &amp; SHOW SOME BLOOMING</b> Form III is produced by cooling at 5-10°C. Form II becomes Form III after storage at low temperatures above freezing.
<b>IV</b> 27.3°C	Form IV is produced by allowing melted chocolate to cool at room temperature; Form III also becomes Form IV after storage at room temperature for some time.
<b>V</b> 33.8°C	<b>SHINY, SMOOTH TEXTURE, GOOD 'SNAP', AND MELTS IN THE MOUTH</b> Formed by tempering chocolate slowly at room temperature. Most desirable!
<b>VI</b> 36.3°C	<b>HARD AND MELTS SLOWLY IN THE MOUTH, SHOWS SOME BLOOMING</b> Can't be formed from melted chocolate - can only be formed after solid, tempered chocolate has rested for at least 4 months.

**INCREASED STABILITY & DENSITY**

Tempering chocolate is a precise technique that involves pre-crystallizing cocoa butter, which is essential for achieving a perfect final product with a hard snap and a glossy finish.

Tempering Chocolate		
Tempering Chart:	Milk Chocolate	Dark Chocolate
Melting	113 - 118° F (45 - 47.7° C)	131 - 136° F (55 - 57.7° C)
Crystallization	81 - 82° F (27.2 - 27.7° C)	82 - 84° F (27.7 - 28.8° C)
Working (Tempered)	84 - 86° F (28.8 - 30° C)	88 - 90° F (31.1 - 32.2° C)





# Chocolate Scotcheroos

(Todd Recipe)



**Makes:** 24 bars

**Cook Time:** 20 min, plus 2 hours resting

## INGREDIENTS

- 1 cup light corn syrup
- 1 cup sugar
- 1/2 cup coco powder
- 1 tsp vanilla
- 1 stick butter (can sub with coconut oil)
- 1/4 tsp salt
- 6 cups Rice Krispies® cereal
- 1 package (6 oz., 1 cup) semi-sweet chocolate morsels
- 1 package (6 oz., 1 cup) butterscotch morsels
- canola cooking spray

## MATERIALS

- 1 9x13 pan
- 1 large sauce pan
- 1 spatula
- medium microwave safe bowl

## DIRECTIONS

1. Butter the bottom and sides of the pan.
2. In a large sauce pan, place corn syrup, sugar, coco powder, butter, 1/2 cup of the butterscotch chips, and salt. Turn on medium-low heat and stir while melting. NOTE: can also do this in a microwave in a microwave safe bowl.
3. Allow mixture to come to a boil and let boil for 1 minute while continuously stirring.
4. Take off heat and add rice krispies and mix with a spatula.
5. Pour the mixture into the prepared butter pan.
6. Pour chocolate chips and remaining 1 cup of butterscotch chips into the bowl.
7. Microwave chocolate chip mixture for 30 second intervals until 3/4 of the mixture is melted. Stir the mixture until residual heat melts remaining chips.
8. Pour the chocolate butterscotch frosting over the rice krispies pan and smooth out with the spatula.
9. Let bars set for an hour and enjoy!





# WEEK 2

## LEARNING WITH COMMUNITY: INDIAN COOKING

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

### SUNDAY

1. WELCOME BACK AND TREATS
2. OVERVIEW OF WEEK 2
3. MAKES OF THE DAY:
  - A. COCONUT CHUTNEY
  - B. BASMATI RICE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### MONDAY

1. REVIEW PLAN FOR DAY
2. GETTING SPICY--LESSON ON INDIAN SPICES
3. MAKES OF THE DAY:
  - A. DOSA BATTER PART 1: SOAK
  - B. MASALA OMELETTES
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### TUESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON W/CHUTNEY TREAT
3. MAKES OF THE DAY:
  - A. DOSA BATTER PART 2: BLEND
  - B. OATMILK KHEER
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### WEDNESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. BOIL POTATOES
  - B. KNIFE SKILLS W/ONIONS
  - C. ALOO MASALA
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. DOSA MAKING DEMO
4. MAKES OF THE DAY:
  - A. DOSA MAKING IN 2 SESSIONS
  - I. GROUPS SERVE EACH OTHER
5. START CLEAN UP AND EAT
6. PROUD MOMENTS AND FINISH CLEAN UP

### FRIDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. MASALA FRIED RICE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

### SATURDAY

**NO CLASS**



### NOTES

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# Homemade Yogurt

[/www.thekitchn.com](http://www.thekitchn.com)



**Makes:** 8 cups

**Make Time:** 20 minutes + 4 hours

## INGREDIENTS

- 8 cups milk (1/2 gallon) – whole or 2% are best, but skim can also be used
- 1/2 cup commercial yogurt containing active cultures

## MATERIALS

- 3 quart or larger Dutch oven or heavy saucepan with a lid
- [Spatula](#)
- Instant-read or candy thermometer (one that can clip to the side of the pan)
- Small measuring cup or small bowl
- [Whisk](#)



## DIRECTIONS

1. **Heat the milk.** Pour the milk into a Dutch oven and place over medium to medium-high heat. Warm the milk to right below boiling, about 200°F. Stir the milk gently as it heats to make sure the bottom doesn't scorch and the milk doesn't boil over. According to the [National Center for Home Food Preservation](#), this heating step is necessary to change the protein structure in the milk so it sets as a solid instead of separating.
2. **Cool the milk.** Let the milk cool until it is just warm to the touch, 112°F to 115°F. Stir occasionally to prevent a skin from forming. (Though if one does form, you can either stir it back in or pull it out for a snack!) You can help this step go faster by placing the Dutch oven in an [ice water bath](#) and gently stirring the milk.
3. **Thin the yogurt with milk.** Scoop out about a cup of warm milk into a bowl. Add the yogurt and whisk until smooth and the yogurt is dissolved in the milk.
4. **Whisk the thinned yogurt into the milk.** While whisking gently, pour the thinned yogurt into the warm milk. This inoculates the milk with the yogurt culture.
5. **Transfer the pot to the (turned-off) oven.** Cover the Dutch oven and place the whole pot in a turned-off oven – turn on the oven light or wrap the pot in towels to keep the milk warm as it sets (ideally around 110°F, though some variance is fine). You can also make the yogurt in a dehydrator left at 110°F or using a yogurt maker.
6. **Wait for the yogurt to set.** Let the yogurt set for at least 4 hours or as long as overnight – the exact time will depend on the cultures used, the temperature of the yogurt, and your yogurt preferences. The longer yogurt sits, the thicker and more tart it becomes. If this is your first time making yogurt, start checking it after 4 hours and stop when it reaches a flavor and consistency you like. Avoid jostling or stirring the yogurt until it has fully set.
7. **Cool the yogurt.** Once the yogurt has set to your liking, remove it from the oven. If you see any watery whey on the surface of the yogurt, you can either drain this off or whisk it back into the yogurt before transferring to containers. Whisking also gives the yogurt a more consistent creamy texture. Transfer the to storage containers, cover, and refrigerate. Homemade yogurt will keep for about 2 weeks in the refrigerator.
8. **Your next batch of homemade yogurt.** Once you start making your own yogurt, you can use some of each batch to culture your next batch. Just save 1/2 cup to use for this purpose. If after a few batches, you notice some odd flavors in your yogurt or that it's not culturing quite as quickly, that means that either some outside bacteria has taken up residence in your yogurt or that this strain is becoming weak. As long as this batch still tastes good to you, it will be safe to eat, but go back to using some store-bought commercial yogurt in your next batch.



# Coconut Chutney

(Todd Recipe)



**Makes:** 12 servings

**Make Time:** 15 minutes

## INGREDIENTS

- 1 cup dried coconut
- 1 cup yogurt
- 1 tbsp ginger
- 1 small garlic clove
- 1/2 tsp salt
- 1 1/2 tsp conaola oil
- 5 curry leaves
- 1 tsp black mustard seeds
- 1/2 tsp asafetida pwd (optional)
- 3/4 cup water

## MATERIALS

- 1 blender
- 1 spatula
- 1 cutting board
- 1 knife
- 1 small sauce pan w/lid

## DIRECTIONS

1. Place coconut, ginger, garlic, yogurt, water, and salt in the blender. Coarsely blend for 15 seconds and pour coconut mixture into a bowl.
2. Place sauce pan on stove burner and turn onto medium heat. Add oil and mustard seeds. Once seeds begin to spatter add the asafetida powder and turn off stove. Take curry leave off sprig and grab lid for sauce pan. Place leave into pan and quickly put the lid on to avoid hot oil spatter.
3. Pour the curry leaf mixture over the coconut mixture and stir until fully incorporated. Let sit for 10 minutes and enjoy or store in air-tight tupperware in fridge for up to a week.







# Dosa Batter



*(Todd Recipe)*

**Makes:** 24 dosa

**Make Time:** 24 hours

## INGREDIENTS

- 1/2 cup Channa dal
- 1 cup split urad dal or split green moong dal
- 2 cups Basmati Rice
- 1 tbsp fenugreek seeds/methi seeds (optional)
- 2 tsp salt
- canola oil - as required, about 1/2 cup on hand

## MATERIALS

- 1 large griddle pan
- 1 metal spoon
- 1 large bowl
- 1 medium bowl
- 1 blender

## DIRECTIONS

1. Take a bowl add rice, urad dal, channa dal, fenugreek seeds, wash and soak for about 6 hours.
2. After 6 hours blend it into a fine paste and keep it for ferment overnight.
3. Next day add salt and mix well.
4. Heat griddle , pour the batter on it and spread it.
5. Apply oil remove once it is golden brown color.



R E C I P E   N O T E S

Lined writing area consisting of 25 horizontal lines.

# Aloo Masala

(Todd Recipe)



**Makes:** 10 servings

**Cook Time:** 35 mins

## INGREDIENTS

- 3 russet potatoes peeled and cut into 1 inch cubes
- 2 large white onions cut into 2 inch slices
- 1 tbsp channa dal
- 2 tsp black mustard seed
- 2 tsp cumin seeds
- 1 tsp asafetida powder
- 2 tbsp diced ginger
- 2 tsp turmeric powder
- 1 tsp black pepper powder
- 1 sprig curry leaves (about 8 leaves)
- 1 cup cooked/steamed green peas
- 1 diced green chili pepper
- 3 tbsp canola oil
- 3 tbsp coconut oil
- salt to taste

## MATERIALS

- 1 large sauce pan
- 1 large frying pan
- 1 spatula
- 1 strainer

## DIRECTIONS

1. Fill large sauce pan with water (add salt to taste) and add in potato cubes. Place over medium flame and cook until soft. Leave in water until ready to use.
2. In a large frying pan, add canola oil and place over medium heat on stove. Add add mustard seeds, cumin seeds, and channa dal.
3. Once mustard seeds begin to sputter, add asafetida powder and onions to frying pan.
4. After 1 minute of cooking, add curry leaves, black pepper, and turmeric to onion mixture.
5. Cook mixture until onions are translucent and begin to brown.
6. Add coconut oil and let melt into mixture and then add the frozen peas. Add green chili if using.
7. Taking pot of potatoes to the sink, with the strainer drain 3/4 of potatoe water and add potatoes to frying pan.
8. Turn to low heat and cook until most water has steamed off and turn off stove.
9. Serve with dosa or on own.





# Boiled Rice



*(Todd Recipe)*

**Makes:** 2 to 3 servings

**Cook Time:** 30 minutes

## INGREDIENTS

- 1 cup basmati rice
- 1 3/4 cup water
- 1/2 tsp salt
- 1/2 tsp canola oil

## MATERIALS

- 1 medium saucepan with lid
- 1 fork
- 1 mesh strainer (optional)

## DIRECTIONS

1. Add 1 cup of rice to saucepan and wash rice over sink with room temperature or cold water from running faucet. Drain rice using lid of pan or strainer.
2. Add water to rice plus salt
3. Place rice on stove uncovered, turn on medium heat, and bring to a boil.
4. Once boiling, turn stove heat to lowest setting and cover rice.
5. Once all water has evaporated, turn off heat.
6. Let rice sit for 10 minutes.
7. Take off lid and fluff rice with fork before serving.





# Oatmilk Kheer

(Todd Recipe)



**Makes:** makes 4 servings

**Cook Time:** 30 minutes

## INGREDIENTS

- 1 cup rice boiled rice
- 1 tbsp canola oil
- 1 cardamom pod, crushed
- 1 whole clove
- 1 bay leaf
- 1 cup oat milk + 2 tbsp
- 1 tsp corn starch
- 1/2 cup sugar
- 1/8 tsp cardamom powder
- cinnamon powder for dusting (optional)

## MATERIALS

- 1 medium sauce pan/lid
- small bowl or liquid measuring cup
- 1 spatula

## DIRECTIONS

1. Heat oil in a saucepan and add cardamom, cloves and bay leaf and cook for 1 minute and turn off heat.
2. Add sugar, boiled rice, and 1 cup oat milk (save 2 tbsps for corn starch) to pan and turn heat back on and bring mixture to a boil.
3. While mixture comes to a boil, mix cornstarch and 2 tbsp oat milk
4. Once mixture comes to a boil, turn heat to low and add cornstarch mixture.
5. Once mixture is thickened, turn off heat. (should stick to back of spoon)
6. Put in bowl and chill in fridge
7. Serve and dust with cinnamon to taste.







# Green Chutney

(Vah.Chef Recipe)



**Makes:** 8 servings

**Cook Time:** 15 minutes

## INGREDIENTS

- 1 tbsp onion
- 1/2 tsp sugar
- 1 green chili (optional)
- 1 tsp lemon juice
- 2 bunches cilantro
- 1 bunch mint leaves
- 1 tsp canola oil
- salt to taste

## MATERIALS

- Blender

## DIRECTIONS

1. Wash and clean the mint and coriander leaves.
2. In a blender add mint, coriander leaves, green chili (optional) salt, sugar, onions, lemon juice then grind it till chutney turns fine paste.



RECIPE NOTES

Lined area for writing notes, consisting of multiple horizontal lines.

# Masala Omelette

(Todd Recipe)



**Makes:** 1 omelette

**Cook Time:** 15 minutes

## INGREDIENTS

- 2 large eggs
- 2 tbsp diced onions
- 1 tbsp diced tomatoes (fresh or canned)
- 1 tbsp cilantro leaves, chopped
- 1/2 tsp diced green chili
- 1/2 tsp cumin powder
- 1/4 tsp black pepper powder
- 1/4 tsp turmeric powder
- 1/4 tsp salt
- 1 tsp canola oil

## MATERIALS

- 1 small frying pan
- spatula for flipping
- 1 medium bowl
- 1 cutting board
- 1 knife

## DIRECTIONS

1. In the bowl, crack eggs and beat with fork.
2. Add and mix all the remaining ingredients except canola oil as it's for the pan.
3. Pour this mixture over a hot griddle pan with butter or oil and cook for few minutes.
4. Flip over cook for few more minutes and serve hot.







# Masala Fried Rice

(Todd recipe)

**Makes:** 5 to 6 servings

**Cook Time:** 40 minutes

## INGREDIENTS

- 1 cup boiled rice (old rice ok)
- 1/2 white onion diced
- 2 tsp ginger
- 1 cup frozen french beans
- 1/2 cup chopped frozen carrots
- 1/2 cup peas
- 8 curry leaves
- 1/2 tsp aseptida powder
- 1/2 tsp black mustard seed
- 1/2 tsp cumin seeds
- 1/2 cup unsweetened shredded coconut (optional)
- 1/2 cup tamarind water
- 1 tsp turmeric powder
- 1 tsp black pepper powder
- 1/2 tbsp channa dal
- 1/4 cup diced cilantro
- 1 tsp salt
- 2 tbsp canola oil

## MATERIALS

- 1 medium sauce pan with lid
- 1 spatula

## DIRECTIONS

1. In medium size sauce pan, add oil and turn heat to medium high. Let heat for a minute.
2. Add channa dal and let heat for 1 minute, then add cumin and black mustard seed.
3. Once mustard seed starts to sputter (make cracking sounds), add aseptida powder, turmeric powder, and black pepper powder. Heat for 30 seconds.
4. Add ginger, stir, then add onions and curry leaves.
5. Once onions are translucent and begin to brown, add all veggies (carrots, beans, and peas). Stir and let cook for 5 to 7 minutes, or until thawed and begin to cook.
6. Add tamarind water and coconut and cook for 2 to 3 minutes.
7. Add rice and stir until well mixed, then cover.
8. If no liquid remains, add 1/2 cup water and cover to cook for 3 more minutes.
9. Turn off heat and stir in optional diced cilantro.





# Garham Masala



**Makes:** ratio based

**Cook Time:** 15 minutes

## INGREDIENTS

- Cumin seeds - 1
- Black pepper - 2
- Cardamom - 1/2
- Cinnamon sticks - 2
- Cloves - 1
- Coriander seeds - 1.
- Bay leaf - 1

## MATERIALS

- Blender or pestal and mortar

## DIRECTIONS

1. Dry roast all the above spices on slow flame till they are slightly colored and grind to a coarse powder and store it in a tightly sealed container.







# WEEK 3

GROWING WITH COMMUNITY:  
BAKING/COOKING WITH  
LEAVENERS.

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

## SUNDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. FRUIT JELLY
  - B. BUTTERMILK BISCUITS
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## MONDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. BANANA BREAD MUFFINS
  - B. PITA BREAD PART 1
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## TUESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. PITA BREAD PART 2
  - B. PITA BREAKFAST PIZZAS
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## WEDNESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. CINNAMON ROLLS
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. GUEST CHEF: CHALLAH BREAD
  - B. OVERNIGHT CHALLAH BREAD PUDDING
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## FRIDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. BAKE BREAD PUDDING
  - B. CHOCOLATE CUP CAKES
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## SATURDAY

**NO CLASS**

## TO DO

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## NOTES

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# Easy Monkey Bread Muffins

(Todd recipe)



Dairy



Gluten



**Makes:** 12 monkey bread muffins

**Cook Time:** 40 minutes

## INGREDIENTS

- 1/2 cup granulated sugar
- 1 teaspoon cinnamon
- 2 cans (16.3 oz) refrigerated Pillsbury™ Grands!™ Flaky Layers Original Biscuits (8 Count)
- 1 cup firmly packed brown sugar
- 2 cups powdered sugar
- 1 tsp vanilla
- water to preferred consistency
- Non-stick spray

## MATERIALS

- 1 regular 12 muffin tin
- 1 medium bowl
- 1 fork
- 1 gallon storage bags
- 1 metal butter knife

## DIRECTIONS

1. Heat oven to 350°F. Generously grease 12-cup muffin pan with shortening or cooking spray. In large 1-gallon plastic food storage bag, mix granulated sugar and cinnamon.
2. Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Put 4 to 5 quarters per muffin. Sprinkle any remaining sugar over biscuits.
3. Bake for 20 to 30 minutes or until golden brown and take out of oven.
4. For glaze, add the powdered sugar and vanilla to the bowl and mix in water to preferred consistency.
5. Loosen edges with metal knife, being careful to not burn yourself on hot pan.
6. Pour glaze over cooled muffins.



R E C I P E N O T E S

Lined area for writing notes.

# Fruit Jam

(Cooks Illustrated Recipe)



**Makes:** 40 servings

**Cook Time:** 20 minutes + 2 hours to fully cool

## INGREDIENTS

- 1 pound fruit about 3 cups
- 1 1/2 cup sugar (amount according to chart below)
- 2 tablespoons lemon juice from 1 lemon

## MATERIALS

- 1 small sauce pan
- 1 spatula

## DIRECTIONS

1. Set small bowl over larger bowl of ice water; set aside.
2. In 10- or 12-inch skillet, bring fruit, sugar, and lemon juice to boil over medium-high heat, stirring occasionally. Reduce heat to medium and cook, stirring constantly and skimming foam as necessary, until mixture begins to look syrupy and thickens slightly, about 5 minutes for strawberries and apricots and 8 to 9 minutes for plums, peaches, and nectarines; remove from heat. Spoon 1/2 teaspoon fruit mixture into bowl over ice water; allow to set for 30 seconds. Tip bowl 45 degrees to one side; jam should be a soft gel that moves slightly. If mixture is liquid and runs to side of bowl, return skillet to heat and cook, stirring constantly, 1 to 2 minutes longer; then repeat test. Cool jam to room temperature before serving. (It will keep, covered and refrigerated, for up to two weeks.)





# Buttermilk Biscuits

*(Cooks Illustrated Recipe)*



Dairy



Gluten



**Makes:** 12 biscuits

**Cook Time:** 1 hour

## INGREDIENTS

- 1 cup unbleached all-purpose flour
- 1 cup cake flour
- 2 tsp baking powder
- 1 tsp granulated sugar
- 1/2 tsp salt
- 1/2 teaspoon baking soda
- 8 tablespoons unsalted butter (cold), cut into 1/4-inch cubes
- 3/4 cup buttermilk cold, preferably

## MATERIALS

- 1 baking sheet
- 1 food processor
- 1 spatula
- parchment sheets
- 1 large bowl
- rolling pin

## DIRECTIONS

1. Adjust an oven rack to the middle position and heat the oven to 450 degrees. Pulse the flours, baking powder, sugar, baking soda, and salt together in the food processor.
2. Add the butter to the food processor and pulse 12 to 15 more times, until incorporated.
3. Transfer mixture to a large bowl and add buttermilk. Stir in with a large spatula until forms a slightly sticky ball.
4. Turn dough out onto a lightly floured counter and roll out dough until about 3/4 inch thick.
5. Using biscuit cutters, cut out as many biscuits from the dough. Combine scraps of dough to make a ball when all biscuits are cut out and repeat the process until no dough left.
6. Place cut biscuits on parchment lined baking sheet and bake in oven for 10 to 12 minutes or until tops are golden brown.







# Banana Bread Muffins

(Todd Recipe)



Makes: 12 muffins

Cook Time: 1 1/2 hours

## INGREDIENTS

- 1 $\frac{3}{4}$  cups (9 $\frac{3}{8}$  ounces) bread flour
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon table salt
- 4 - 5 very ripe large bananas, peeled and mashed (2 cups)
- $\frac{3}{4}$  cup (5 $\frac{1}{4}$  ounces) plus 2 tablespoons sugar, divided
- 2 large eggs
- $\frac{1}{3}$  cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup butterscotch chips (optional)

## MATERIALS

- 1 12 muffin tin
- whisk
- large bowl
- fork
- portion scoop

## DIRECTIONS

1. Adjust oven rack to middle position and heat oven to 425 degrees. Grease 12-cup muffin tin. Whisk flour, baking powder, baking soda, and salt together in medium bowl.
2. Whisk bananas,  $\frac{3}{4}$  cup sugar, eggs, oil, and vanilla in large bowl until fully combined. Add flour mixture and whisk until fully combined. Stir in butterscotch chips if using. Using portion scoop or large spoon, divide batter evenly among prepared muffin cups (about  $\frac{1}{2}$  cup batter per cup; cups will be very full). Sprinkle with remaining 2 tablespoons sugar.
3. Bake until tops are golden brown and toothpick inserted in center comes out clean, 14 to 18 minutes. Let muffins cool in muffin tin on wire rack for 10 minutes. Remove muffins from muffin tin and let cool for at least 5 minutes. Serve warm or at room temperature.





# Pita Bread

(Cooks Illustrated Recipe)



Dairy



Gluten



**Makes:** eight 7-inch pita breads

**Cook Time:** 2 hours, plus 16 hours resting

## INGREDIENTS

- 2 $\frac{2}{3}$  cups (14 $\frac{2}{3}$  ounces) King Arthur bread flour
- 2 $\frac{1}{4}$  teaspoons instant or rapid-rise yeast
- 1 $\frac{1}{2}$  cups (10 $\frac{1}{2}$  ounces) ice water
- $\frac{1}{4}$  cup
- extra-virgin olive oil
- 4 teaspoons honey
- 1 $\frac{1}{4}$  teaspoons salt
- Vegetable oil spray

## MATERIALS

- 1 baking sheet
- 1 plastic wrap
- 1 spatula
- parchment sheets

## DIRECTIONS

1. Whisk flour and yeast together in bowl of stand mixer. Add ice water, oil, and honey on top of flour mixture. Fit stand mixer with dough hook and mix on low speed until all flour is moistened, 1 to 2 minutes. Let dough stand for 10 minutes.
2. Add salt to dough and mix on medium speed until dough forms satiny, sticky ball that clears sides of bowl, 6 to 8 minutes. Transfer dough to lightly oiled counter and knead until smooth, about 1 minute. Divide dough into 8 equal pieces (about 3 $\frac{3}{4}$  ounces each). Shape dough pieces into tight, smooth balls and transfer, seam side down, to rimmed baking sheet coated with oil spray. Spray tops of balls lightly with oil spray, then cover tightly with plastic wrap and refrigerate for at least 16 hours or up to 24 hours.
3. 1/2 an hour before baking pitas, adjust oven rack to lowest position, set baking sheet on rack, and heat oven to 425 degrees.
4. Remove dough from refrigerator. Coat 1 dough ball generously on both sides with flour and place on well-floured counter, seam side down. Use heel of your hand to press dough ball into 5-inch circle. Using rolling pin, gently roll into 7-inch circle, adding flour as necessary to prevent sticking. Roll slowly and gently to prevent any creasing. Repeat with second dough ball. Brush both sides of each dough round with pastry brush to remove any excess flour. Transfer dough rounds to unfloured peel, making sure side that was facing up when you began rolling is face-up again.
5. Slide both dough rounds carefully onto stone and bake until evenly inflated and lightly browned on undersides, 1 to 3 minutes. Using peel, slide pitas off stone and, using your hands or spatula, gently invert. (If pitas do not puff after 3 minutes, flip immediately to prevent overcooking.) Return pitas to stone and bake until lightly browned in center of second side, 1 minute. Transfer pitas to wire rack to cool, covering loosely with clean dish towel. Repeat shaping and baking with remaining 6 pitas in 3 batches. Let pitas cool for 10 minutes before serving.





# Cinnamon Rolls



Dairy



Gluten



(ATK Recipe)

Makes: 8 Buns

Cook Time: 1 1/2 hours

## INGREDIENTS

### FILLING

- $\frac{3}{4}$  cup packed (5  $\frac{1}{4}$  ounces) light brown sugar
- $\frac{1}{4}$  cup (1  $\frac{3}{4}$  ounces) granulated sugar
- 1 tablespoon ground cinnamon
- $\frac{1}{8}$  teaspoon salt
- 2 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract

### DOUGH

- 1  $\frac{1}{4}$  cups whole milk, room temperature
- 4 teaspoons instant or rapid-rise yeast
- 2 tablespoons granulated sugar
- 2  $\frac{3}{4}$  cups (13  $\frac{3}{4}$  ounces) all-purpose flour
- 2  $\frac{1}{2}$  teaspoons baking powder
- $\frac{3}{4}$  teaspoons salt
- 6 tablespoons unsalted butter,  
• melted

### GLAZE

- 3 ounces cream cheese, softened
- 2 tablespoons unsalted butter,  
• melted
- 2 tablespoons whole milk
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{8}$  teaspoon salt
- 1 cup (4 ounces) confectioners' sugar, sifted

## DIRECTIONS

1. FOR THE FILLING: Combine brown sugar, granulated sugar, cinnamon, and salt in bowl. Stir in melted butter and vanilla until mixture resembles wet sand; set aside.
2. FOR THE DOUGH: Grease dark 9-inch round cake pan, line with parchment paper, and grease parchment. Pour  $\frac{1}{4}$  cup milk in small bowl and microwave until 110 degrees, 15 to 20 seconds. Stir in yeast and 1 teaspoon sugar and let sit until mixture is bubbly, about 5 minutes.
3. Whisk flour, baking powder, salt, and remaining 5 teaspoons sugar together in large bowl. Stir in 2 tablespoons butter, yeast mixture, and remaining 1 cup milk until dough forms (dough will be sticky). Transfer dough to well-floured counter and knead until smooth ball forms, about 2 minutes.
4. Roll dough into 12 by 9-inch rectangle, with long side parallel to counter edge. Brush dough all over with 2 tablespoons butter, leaving  $\frac{1}{2}$ -inch border on far edge. Sprinkle dough evenly with filling, then press filling firmly into dough. Using bench scraper or metal spatula, loosen dough from counter. Roll dough away from you into tight log and pinch seam to seal.
5. Roll log seam side down and cut into 8 equal pieces. Stand buns on end and gently re-form ends that were pinched during cutting. Place 1 bun in center of prepared pan and others around perimeter of pan, seam sides facing in. Brush tops of buns with remaining 2 tablespoons butter. Cover buns loosely with plastic wrap and let rise for 30 minutes. Adjust oven rack to middle position and heat oven to 350 degrees.
6. Discard plastic and bake buns until edges are well browned, 23 to 25 minutes. Loosen buns from sides of pan with paring knife and let cool for 5 minutes. Invert large plate over cake pan. Using potholders, flip plate and pan upside down; remove pan and parchment. Reinvert buns onto wire rack, set wire rack inside parchment-lined rimmed baking sheet, and let cool for 5 minutes.

## MATERIALS

- 1 9 inch round cake pan
- 1 spatula
- 1 Whisk





# Chocolate Cupcakes (Vegan)



**Makes:** 24 cupcakes  
**Make Time:** 30 minutes

## INGREDIENTS

- 3 cups all purpose flour
- 1/2 cup cocoa powder
- 1 tsp salt
- 2/3 cup oil
- 2 cups sugar
- 2 tsp baking soda
- 2 cups cold or room temp water
- 1 tsp vanilla
- 2 tsp vinegar

## MATERIALS

- 1 large bowl
- 1 spachula
- 1 medium scoop
- 2 cupcake tins
- 24 cupcake liners

## DIRECTIONS

1. Pre-heat oven to 350 F.
2. Line cupcake tins with cupcake liners.
3. In your large bowl, combine all ingredients except vinegar and whisk until incorporated.
4. Add vinegar and whisk in—batter should start to bubble.
5. Scoop cupcakes into lined tin.
6. Bake for 15 to 20 minutes, or until toothpick comes out clean.







# Challah Bread Pudding

(ATK Recipe)



Dairy



Gluten



**Makes:** eight 7-inch pita breads

**Cook Time:** 2 hours, plus 16 hours resting

## INGREDIENTS

- 2 tablespoons light brown sugar
- $\frac{3}{4}$  cup plus 1 tablespoon granulated sugar (5  $\frac{1}{4}$  ounces)
- 1 (14-ounce) loaf challah bread, cut into  $\frac{3}{4}$ -inch cubes (about 10 cups) (see note)
- 9 large egg yolks
- 4 teaspoons vanilla extract
- $\frac{3}{4}$  teaspoon table salt
- 2  $\frac{1}{2}$  cups heavy cream
- 2  $\frac{1}{2}$  cups milk
- 2 tablespoons unsalted butter, melted

## MATERIALS

- 1 9x13 pan
- 1 plastic wrap
- 1 spatula

## DIRECTIONS

1. Adjust oven racks to middle and lower-middle positions and heat oven to 325 degrees. Combine brown sugar and 1 tablespoon granulated sugar in small bowl; set aside.
2. Spread bread cubes in single layer on 2 rimmed baking sheets. Bake, tossing occasionally, until just dry, about 15 minutes, switching trays from top to bottom racks halfway through. Cool bread cubes about 15 minutes; set aside 2 cups.
3. Whisk yolks, remaining  $\frac{3}{4}$  cup sugar, vanilla, and salt together in large bowl. Whisk in cream and milk until combined. Add remaining 8 cups cooled bread cubes and toss to coat. Transfer mixture to 13 by 9-inch baking dish and let stand, occasionally pressing bread cubes into custard, until cubes are thoroughly saturated, about 30 minutes.
4. Spread reserved bread cubes evenly over top of soaked bread mixture and gently press into custard. Using pastry brush, dab melted butter over top of unsoaked bread pieces. Sprinkle brown-sugar mixture evenly over top. Place bread pudding on rimmed baking sheet and bake on middle rack until custard has just set, and pressing center of pudding with finger reveals no runny liquid, 45 to 50 minutes. (Instant-read thermometer inserted into center of pudding should read 170 degrees.) Transfer to wire rack and cool until pudding is set and just warm, about 45 minutes. Serve.





# WEEK 4

JOY IN COMMUNITY:  
THE GREAT JEWISH BAKING  
CHALLENGE!

WEEK OF \_\_\_\_\_

MONTH \_\_\_\_\_

## SUNDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. FUDGE BROWNIES
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## MONDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. CREAM SODA ICE CREAM
  - B. STRAWBERRY FANTA ICE CREAM
  - C. FUDGE SAUCE
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## TUESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. VEGAN VANILLA ICE CREAM
  - B. VEGAN CHOCOLATE ICE CREAM
  - C. CARAMEL SAUCE
  - D. STRAWBERRY JAM X 2
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## WEDNESDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. TEAM STRATEGY AND BAKE TIME FOR BAKE-OFF
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## THURSDAY

1. REVIEW PLAN FOR DAY
2. Q&A: PREVIOUS DAY LESSON
3. MAKES OF THE DAY:
  - A. FINAL TEAM STRATEGY AND BAKE TIME FOR BAKE-OFF
4. START CLEAN UP AND EAT
5. PROUD MOMENTS AND FINISH CLEAN UP

## FRIDAY

**THE GREAT OSRUI  
BAKEOFF!  
W/HOMEMADE ICE CREAM  
SUNDAY BAR**

## SATURDAY

**NO CLASS**

## TO DO

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## NOTES

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# Fudge Brownies



Dairy



Gluten



*(Tasty Recipe)*

**Makes:** 24 bars

**Make Time:** 1 1/2 hours

## INGREDIENTS

- 2 ½ sticks unsalted butter, plus more, softened, for greasing
- 8 oz good-quality semisweet chocolate, or bittersweet chocolate, 60-70% cacao, roughly chopped
- ¾ cup unsweetened dutch process cocoa powder, divided
- 1 tablespoon espresso powder
- 2 cups granulated sugar
- ½ cup dark brown sugar, packed
- 2 teaspoons vanilla extract
- 2 teaspoons kosher salt
- 6 large eggs
- 1 cup all-purpose flour

## MATERIALS

- 1 9x13 pan
- 1 spatula
- 1 stand mixer
- 1 small sauce pan

## DIRECTIONS

1. Grease a 9x13-inch (23x33-cm) dark metal pan with softened butter, then line with parchment paper, leaving overhang on all sides. Grease the parchment with softened butter.
2. Combine the chopped chocolate, ¼ cup (30 g) of cocoa powder, and espresso powder in a heatproof liquid measuring cup or medium bowl and set aside.
3. Add the butter to a small saucepan over medium heat and cook until the butter just comes to a vigorous simmer, about 5 minutes, swirling the pan occasionally. Immediately pour the hot butter over the chocolate mixture and let sit for 2 minutes. Whisk until the chocolate is completely smooth and melted, then set aside.
4. Combine the granulated sugar, brown sugar, vanilla extract, salt, and eggs in a large bowl. Beat with an electric hand mixer on high speed until light and fluffy, about 10 minutes. It will be similar to the texture of very thick pancake batter.
5. With the mixer on, pour in the slightly cooled chocolate and butter mixture and blend until smooth.
6. Position a rack in the middle of the oven and preheat to 350°F (180°C).
7. Sift in the flour and remaining cocoa powder and use a rubber spatula to gently fold until just combined.
8. Pour the batter into the prepared baking pan and smooth the top with a spatula. Bake until lightly puffed on top, about 20 minutes.
9. Remove the baking pan from the oven using oven mitts or kitchen towels, then lightly drop the pan on a flat surface 1-2 times until the brownies deflate slightly.
10. Return the pan to the oven and bake until a wooden skewer inserted into the center of the brownies comes out fudgy but the edges look cooked through, about 20 minutes more. The center of the brownies will seem under-baked, but the brownies will continue to set as they cool.
11. Set the brownies on a cooling rack and cool completely in the pan.
12. Use the parchment paper to lift the cooled brownies out of the pan. Cut into 24 bars and serve immediately.





# Cream Soda Ice Cream

(Modified from Mosquito Supper Club)



Dairy



**Makes:** 1 gallon of ice cream

**Cook Time:** 4 hours 45 minutes

## INGREDIENTS

- 1 large egg
- 2 cans (14 oz) condensed milk
- 3 cans (12 oz) evaporated milk
- 1 tsp salt
- 3 cans (12 oz) vanilla cream soda (or your preferred soda flavor)
- 1 tbsp pure vanilla extract

## MATERIALS

- 1 Ice cream maker
- 1 Large bowl
- 1 Whisk
- 1 large freezer-safe container (10 x 10 in and min 4 in deep)

## DIRECTIONS

1. In your large bowl, whisk the egg until it is light in color and frothy.
2. Add the condensed milk, then fill one empty can with water and add to the bowl. Add the evaporated milk and stir to combine.
3. Add the salt, soda, and vanilla. Whisk mixture for 1 minute.
4. Transfer mixture to an ice cream maker and churn according to manufacturer's instructions.
5. While ice cream is churning, chill your ice cream container(s).
6. After 25 to 30 minutes of churning, turn off the ice cream machine and pour ice cream mixture into their container(s).
7. Put ice cream in freezer to set for 4 hours. Serve and enjoy!





# Strawberry Soda Ice Cream

(Modified from Mosquito Supper Club)



**Makes:** 1 gallon of ice cream

**Cook Time:** 4 hours 45 minutes

## INGREDIENTS

- 1 large egg
- 2 cans (14 oz) condensed milk
- 3 cans (12 oz) evaporated milk
- 1 tsp salt
- 3 cans (12 oz) strawberry soda (or your preferred soda flavor)
- 1 tbsp pure vanilla extract

## MATERIALS

- 1 Ice cream maker
- 1 Large bowl
- 1 Whisk
- 1 large freezer-safe container (10 x 10 in and min 4 in deep)

## DIRECTIONS

1. In your large bowl, whisk the egg until it is light in color and frothy.
2. Add the condensed milk, then fill one empty can with water and add to the bowl. Add the evaporated milk and stir to combine.
3. Add the salt, soda, and vanilla. Whisk mixture for 1 minute.
4. Transfer mixture to an ice cream maker and churn according to manufacturer's instructions.
5. While ice cream is churning, chill your ice cream container(s).
6. After 25 to 30 minutes of churning, turn off the ice cream machine and pour ice cream mixture into their container(s).
7. Put ice cream in freezer to set for 4 hours.  
Serve and enjoy!







# Strawberry Fanta Ice Cream

*(Modified from Mosquito Supper Club)*



**Makes:** 1 gallon of ice cream

**Cook Time:** 4 hours 45 minutes

## INGREDIENTS

- 1 large egg
- 2 cans (14 oz) condensed milk
- 3 cans (12 oz) evaporated milk
- 1 tsp salt
- 3 cans (12 oz) strawberry Fanta soda (or your preferred soda flavor)
- 1 tbsp pure vanilla extract

## MATERIALS

- 1 Ice cream maker
- 1 Large bowl
- 1 Whisk
- 1 large freezer-safe container (10 x 10 in and min 4 in deep)

## DIRECTIONS

1. In your large bowl, whisk the egg until it is light in color and frothy.
2. Add the condensed milk, then fill one empty can with water and add to the bowl. Add the evaporated milk and stir to combine.
3. Add the salt, soda, and vanilla. Whisk mixture for 1 minute.
4. Transfer mixture to an ice cream maker and churn according to manufacturer's instructions.
5. While ice cream is churning, chill your ice cream container(s).
6. After 25 to 30 minutes of churning, turn off the ice cream machine and pour ice cream mixture into their container(s).
7. Put ice cream in freezer to set for 4 hours. Serve and enjoy!





# Vegan Chocolate Ice cream

(Banana Diaries)



**Makes:** 1 gallon of ice cream

**Cook Time:** 4 hours 45 minutes

## INGREDIENTS

- 2 1/3 cups unsweetened vanilla oat milk
- 1 1/2 cups granulated sugar
- 1/2 tsp salt
- 7oz vegan dark chocolate
- 1/2 cup cocoa powder

## MATERIALS

- 1 Ice cream maker
- 1 medium sauce pan
- 1 spatula
- 1 Whisk
- 1 large freezer-safe container (10 x 10 in and min 4 in deep)

## DIRECTIONS

1. Make sure that you've frozen the ice cream container for at least 24 hours before beginning.
2. Make the chocolate custard: in a medium saucepan on medium heat, whisk together all the ingredients. Continue whisking until the chocolate has completely melted into the oat milk. Remove the custard from the heat and allow the mixture to cool at room temperature for 10 minutes. Then transfer the custard to chill in the fridge for 2-3 hours. There should be no heat coming from the custard when you're ready to make the ice cream. If there is, then you need to chill longer. Any heat will alter the temperature of the ice cream mixer, preventing the ice cream from actually forming.
3. Make the ice cream: once your custard is chilled, follow the instructions of your ice cream machine, pouring the custard into the ice cream container and turning the machine on. With the specific ice cream maker I recommended, it took about 25 minutes to churn.
4. Once the ice cream has churned and thickened, transfer the ice cream to an [ice cream storage container](#) and store in the freezer. Scoop and serve as desired!





# Vegan Chocolate Ice cream

(Banana Diaries)



**Makes:** 1 gallon of ice cream

**Cook Time:** 4 hours 45 minutes

## INGREDIENTS

- 3 cups unsweetened vanilla oat milk
- 1 1/2 cups granulated sugar
- 2 3.5 oz vanilla pudding mix

## MATERIALS

- 1 Ice cream maker
- 1 spatula
- 1 Whisk
- 1 large freezer-safe container (10 x 10 in and min 4 in deep)

## DIRECTIONS

1. Make sure that you've frozen the ice cream container for at least 24 hours before beginning.
2. Make the vanilla custard: In a medium bowl, whisk together the milk and pudding mix, and vanilla until smooth.
3. Add the heavy whipping cream, and stir to combine.
4. Pour your ice cream base into an ice cream maker, and churn, until it freezes to the consistency of soft-serve, about 20 minutes.





# Caramel Sauce



(ATK Recipe)

**Makes:** 2 cups

**Cook Time:** 20 minutes

## INGREDIENTS

- 1  $\frac{3}{4}$  cups (12  $\frac{1}{4}$  ounces) granulated sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup light corn syrup
- 1 cup heavy cream
- 1 teaspoon
- vanilla extract
- $\frac{1}{4}$  teaspoon salt

## MATERIALS

- 1 small sauce pan
- 1 spatula
- 1 storage container

## DIRECTIONS

1. Bring sugar, water, and corn syrup to boil in large heavy-bottomed saucepan over medium-high heat. Cook, without stirring, until mixture is straw-colored, 6 to 8 minutes. Reduce heat to low and continue to cook, swirling saucepan occasionally, until mixture is amber-colored and registers between 360 and 370 degrees, 2 to 5 minutes longer.
2. Off heat, quickly but carefully stir in cream, vanilla, and salt (mixture will bubble and steam). Continue to stir until sauce is smooth. (Sauce can be refrigerated for up to 2 weeks. Reheat in microwave, stirring frequently, until warm and smooth.)







# Fudge Sauce



**Makes:** 2 Cups

**Make Time:** 25 minutes

*(Todd Recipe)*

## INGREDIENTS

- 1  $\frac{1}{4}$  cups (8  $\frac{3}{4}$  ounces) sugar
- $\frac{2}{3}$  cup whole or 2 percent low-fat milk
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup (1 ounce) unsweetened cocoa powder,
  - sifted
- 3 ounces unsweetened chocolate, chopped fine
- 4 tablespoons unsalted butter, cut into 8 pieces and chilled
- 1 teaspoon vanilla extract

## MATERIALS

- 1 whisk
- 1 small sauce pan
- 1 spatula
- 1 storage container

## DIRECTIONS

1. Heat sugar, milk, and salt in medium saucepan over medium-low heat, whisking gently, until sugar has dissolved and liquid starts to bubble around edges of saucepan, 5 to 6 minutes. Reduce heat to low, add cocoa, and whisk until smooth.
2. Remove saucepan from heat, stir in chocolate, and let stand for 3 minutes. Whisk sauce until smooth and chocolate is fully melted. Add butter and whisk until fully incorporated and sauce thickens slightly. Whisk in vanilla and serve. (Sauce can be refrigerated for up to 1 month. Gently reheat sauce in microwave [do not let it exceed 110 degrees], stirring every 10 seconds, until just warmed and pourable.)





# Brown Sugar Whipped Cream

(Cooks Illustrated Recipe)



**Makes:** eight 7-inch pita breads

**Cook Time:** 2 hours, plus 16 hours resting

## INGREDIENTS

- 2 $\frac{2}{3}$  cups (14 $\frac{2}{3}$  ounces) King Arthur bread flour
- 2 $\frac{1}{4}$  teaspoons instant or rapid-rise yeast
- 1 $\frac{1}{2}$  cups (10 $\frac{1}{2}$  ounces) ice water
- $\frac{1}{4}$  cup
- extra-virgin olive oil
- 4 teaspoons honey
- 1 $\frac{1}{4}$  teaspoons salt
- Vegetable oil spray

## MATERIALS

- 1 baking sheet
- 1 plastic wrap
- 1 spatula
- parchment sheets

## DIRECTIONS

1. Whisk flour and yeast together in bowl of stand mixer. Add ice water, oil, and honey on top of flour mixture. Fit stand mixer with dough hook and mix on low speed until all flour is moistened, 1 to 2 minutes. Let dough stand for 10 minutes.
2. Add salt to dough and mix on medium speed until dough forms satiny, sticky ball that clears sides of bowl, 6 to 8 minutes. Transfer dough to lightly oiled counter and knead until smooth, about 1 minute. Divide dough into 8 equal pieces (about 3 $\frac{3}{8}$  ounces each). Shape dough pieces into tight, smooth balls and transfer, seam side down, to rimmed baking sheet coated with oil spray. Spray tops of balls lightly with oil spray, then cover tightly with plastic wrap and refrigerate for at least 16 hours or up to 24 hours.
3. 1/2 an hour before baking pitas, adjust oven rack to lowest position, set baking sheet on rack, and heat oven to 425 degrees.
4. Remove dough from refrigerator. Coat 1 dough ball generously on both sides with flour and place on well-floured counter, seam side down. Use heel of your hand to press dough ball into 5-inch circle. Using rolling pin, gently roll into 7-inch circle, adding flour as necessary to prevent sticking. Roll slowly and gently to prevent any creasing. Repeat with second dough ball. Brush both sides of each dough round with pastry brush to remove any excess flour. Transfer dough rounds to unfloured peel, making sure side that was facing up when you began rolling is face-up again.
5. Slide both dough rounds carefully onto stone and bake until evenly inflated and lightly browned on undersides, 1 to 3 minutes. Using peel, slide pitas off stone and, using your hands or spatula, gently invert. (If pitas do not puff after 3 minutes, flip immediately to prevent overcooking.) Return pitas to stone and bake until lightly browned in center of second side, 1 minute. Transfer pitas to wire rack to cool, covering loosely with clean dish towel. Repeat shaping and baking with remaining 6 pitas in 3 batches. Let pitas cool for 10 minutes before serving.



