

delicious dish

Teen Virtual Cooking Classes – After School Program – Spring Semester Grocery, Tool List and Prep list - for ALL 4 weeks - 3 pages

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Week 1				
lemony red lentil soup	<ul style="list-style-type: none"> • 1 large onion • 2 garlic cloves • 1 large carrot • 1 lemon 	<ul style="list-style-type: none"> • Olive oil • Tomato paste • Ground cumin • Kosher salt • Ground black pepper • Ground chili powder or cayenne • 4 cups chicken or vegetable broth • 1 cup red lentils 	<ul style="list-style-type: none"> • Med size pot • Cutting board • Knives • Measuring cups/ spoons 	Have ALL ingredients and TOOLS ready
oven cedar plank blackened salmon with pickled cucumbers	<ul style="list-style-type: none"> • 4 baby cucumbers • 1 side of salmon, or as much as you need, can be one piece or fillets 	<ul style="list-style-type: none"> • Brown sugar • Instant espresso powder or cocoa • Ancho chili powder • Granulated garlic • Dried oregano leaves • Black pepper • Cayenne • Honey • Kosher salt • Toasted sesame seeds, optional 	Measuring cups and spoons 1 cedar plank, SOAKED IN WATER FOR SEVERAL HOURS OR OVERNIGHT	Have ALL ingredients ready Soak cedar plank all day or overnight

Week 2				
sheet pan fajitas	<ul style="list-style-type: none"> • 2 lb of chicken tenders (or boneless, skinless chicken thighs, chicken breasts) • 1 lime • 1 red pepper • 1 yellow pepper • 1 red onion • Sour cream for serving, optional 	<ul style="list-style-type: none"> • 8 tortillas, wheat or corn • Low-sodium soy sauce or tamari • Canola, sunflower or olive oil • Chili powder • Salt • Onion powder • Garlic powder • Ground cumin • Paprika • Dried red pepper flakes 	<ul style="list-style-type: none"> • Sheet pan • Tin foil, optional 	<ul style="list-style-type: none"> • Wash veggies • Have all ingredients ready
skillet buttermilk cornbread	<ul style="list-style-type: none"> • Buttermilk or non dairy milk + lemon juice • Unsalted butter or vegan butter • 1 egg • Optional Ingredients • 1 minced jalapeño pepper • Shredded cheese 	<ul style="list-style-type: none"> • Cornmeal • All Purpose flour • Sugar • Baking powder • Sea salt or kosher salt 	<ul style="list-style-type: none"> • Large mixing bowl • Square baking dish (8*8 or 9*9, metal or pyrex or Oven safe skillet - I use cast iron) 	<ul style="list-style-type: none"> • Have all ingredients ready on hand • Preheat oven to 400°F, and place the baking skillet or dish in the oven while the oven preheats (see step 1 of the recipe)

Week 3				
oven “fried” chicken	<ul style="list-style-type: none"> • 2-3 chickens cut in eight's, or 12 boneless chicken breasts • 2 lemons • 6 garlic cloves 	<ul style="list-style-type: none"> • Kosher salt • Honey • Sugar • Bay leaves • Whole peppercorns • Matzo meal or breadcrumbs • Potato starch or • Garlic powder • Paprika • Oil spray • Sunflower oil 	<ul style="list-style-type: none"> • Large cookie sheet • Foil (preferably XL Heavy duty) 	<p>If possible, brine the chicken the day before, see step 1 of the recipe</p> <p>Have ALL ingredients ready</p>
one pot chocolate chip cookies	<ul style="list-style-type: none"> • 1 stick unsalted butter or margarine • 1 large egg 	<ul style="list-style-type: none"> • Light brown sugar • Granulated sugar • All purpose flour or Cake Meal + Potato Starch for Passover • Salt • Vanilla • Chocolate chips • Nuts, optional (pecans or walnuts) 	<ul style="list-style-type: none"> • Medium sized pot • 2 cookie sheets • Parchment paper • Mixing spoon or spatula 	<p>Have ALL ingredients ready</p>

Week 4				
chicken, veal or eggplant parmesan	<ul style="list-style-type: none"> • 2 cloves garlic • 1½-2 lb or 4 butterflied chicken breasts • 2 eggs • Shredded mozzarella cheese, or vegan mozzarella • Grated Parmesan cheese, or vegan Parmesan cheese 	<ul style="list-style-type: none"> • 1 28-oz can San Marzano whole peeled tomatoes • Tomato paste • Olive oil • Kosher salt or sea salt • Sugar • Freshly ground pepper • Granulated garlic • Granulated onion • Paprika • Flour • Fne breadcrumbs (preferably not panko) • Sunflower oil 	Parchment paper	Have ALL ingredients ready
orchietti pasta with broccoli and garlic	<ul style="list-style-type: none"> • 6-8 large garlic cloves • 1 head of broccoli • Parmesan cheese, optional 	<ul style="list-style-type: none"> • 12 oz./340 gm short pasta, I like orchietti (small ears) • Olive oil • Kosher salt 	Skillet	Have ALL ingredients ready