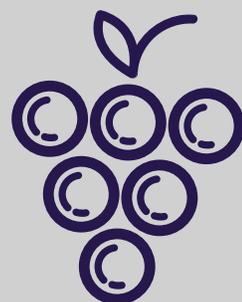




2020 SUMMER COOKING SERIES

Brought to you by Retreat and Camping
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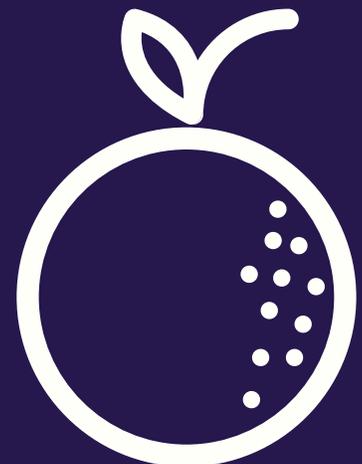
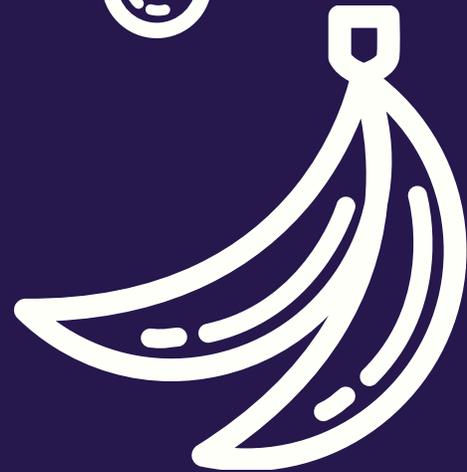
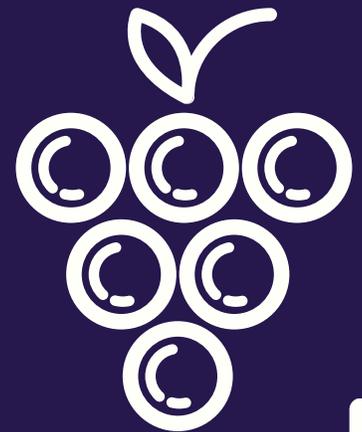


WELCOME!

We are so excited for you to join our summer cooking series! In this document you will find information on what you will need to participate in the series throughout the summer. This includes kitchen tools, ingredients, and recipes. If you have questions please reach out to Chef Matt at food@westrivercenter.org.

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Supply & Ingredient List by Week

Week One: Safety & Hygiene

Tools/Equipment:

Soap and sanitizer buckets, Cleaning cloth

Ingredients:

None

Week Two: Knife Skills

Tools/Equipment

Soap and sanitizer buckets, Cleaning cloth, Chef knife, Boning knife, Bread knife, Paring knife, Filet knife, Cutting board, Salad bowl

Ingredients:

- 2 cups lettuce leaves such as romaine green leaf, or iceberg
- 1 small yellow bell pepper
- 1 small red bell pepper
- 1/2 cup grape tomatoes
- 3 to 4 radishes
- 1 small red onion
- 1 larger cucumber
- 1/2 cup of your favorite dressing



Supply & Ingredient List by Week

Week Three: Manidokan Rolls

Tools/Equipment

Stand Mixer with dough hook (optional), Small saucepan, Large sheet pan, Liquid measuring cup, Dry measuring cup, Measuring spoons, Wisk, Large mixing bowl, Non-stick spray, Clean dish towel

Ingredients

- 5 cups of flour (plus a small amount)
- 1 egg beaten
- 1 cup hot water
- 1 cup of milk scalded, skin removed
- ½ cup, (1 stick) melted butter
- ¾ cup sugar
- 1 tsp course kosher or sea salt, plus some
- 1 packet active dry yeast

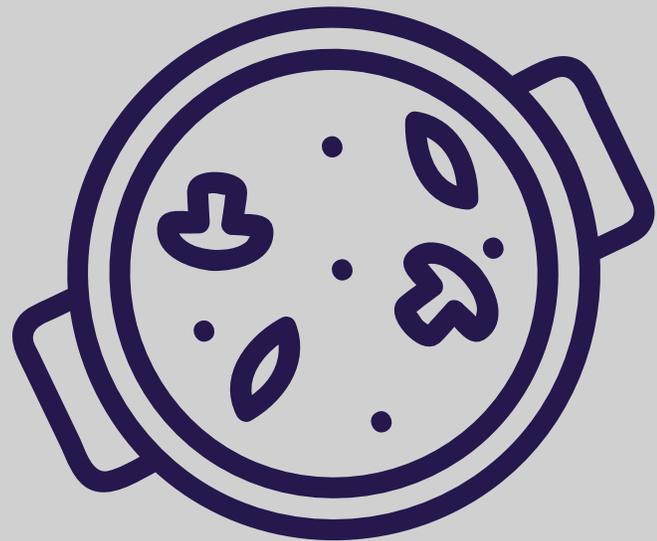
Week Four: The Perfect Burger

Tools/Equipment

Hot pads, Soap and sanitizer buckets, Cleaning cloth, Chef knife, Cutting board, Mixing bowl, Frying pan, Spatula, Measuring spoons, Meat thermometer

Ingredients

- 1 pound freshly ground chuck beef, (at least 80% lean, a.k.a. 80/20)
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 slices American cheese
- 2 large burger buns (potato or sweet)
- ketchup
- thousand island dressing
- 1 sliced red onion
- 1 sliced tomato
- 1 cup bread and butter pickles
- 4 lettuce leaves



Supply & Ingredient List by Week

Week 5: Cooking Over a Fire

Tools/Equipment

Foil, Non-stick spray, Fire grate, griddle, Long spatula, Long tongs, Hot pads, Meat thermometer, Fire safe gloves

Ingredients

- Pancake mix (and additional ingredients for mix)
- Bacon
- Chicken Breast
- Oil
- Seasoning Mix
- Potatoes
- Onion
- Garlic
- Carrots

Week 6: Lasagna

Tools/Equipment

Hot pads, Soap and Sanitizer buckets, Cleaning cloth, Chef knife, Paring knife, Cutting board, Frying pan, Strainer, Two mixing bowls, Lasagna pan, Tin foil, Plastic wrap, Spatula, Measuring spoons, Measuring cups, Non-stick spray

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large carrots, chopped (about 1 cup)
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 medium yellow onion, chopped
- 1 teaspoon salt
- 5 to 6 ounces baby spinach
- 32 oz can of your favorite marinara sauce
- 2 teaspoons of granulated garlic
- ¼ teaspoon red pepper flakes
- ¼ cup sugar
- Two tablespoons Italian seasoning
- 4 cups ricotta cheese
- Freshly ground black pepper, to taste
- 9 no-boil lasagna noodles
- 4 cups mozzarella cheese
- 2 cups shredded parmesan cheese



Supply & Ingredient List by Week

Week 7: Baking

Tools/Equipment

Stand or hand mixer, Mixing bowls, Whisk, Rubber spatula, Cupcake pan (for 12), Cupcake papers, Decorating bags, Decorating star piping tip, Food coloring (preferably gel color)

Ingredients

1 1/2 cup flour
1 cup granulated sugar
1 1/2 teaspoon baking soda
1 teaspoon salt
1 stick butter softened to room temp
2 eggs
1/2 cup milk
2 teaspoons vanilla extract
Food coloring (Gel Food Coloring)
4 cups Sifted Powdered Sugar (or 1 pound)
1 cup Butter (unsalted) (2 sticks)
1/4 cup shortening
2-3 teaspoons Vanilla
Dash of salt (unless using salted butter)
1-2 tablespoons Milk (as needed)

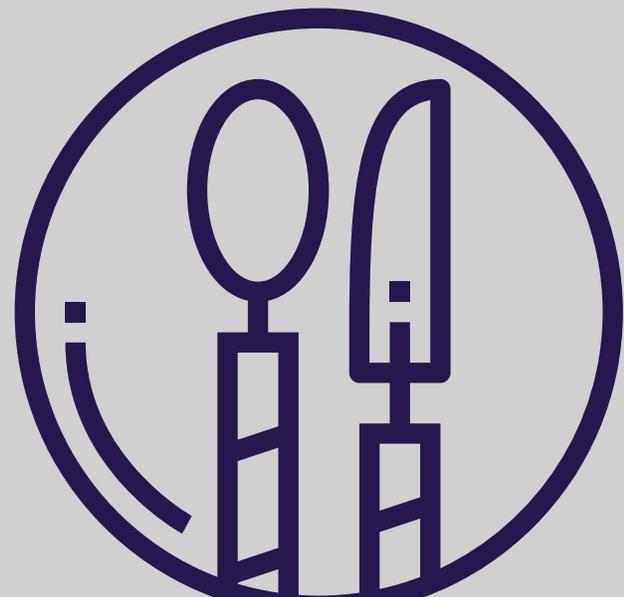
Week 8: S'mores

Tools/Equipment

Hot pads, Soap and sanitizer buckets, Cleaning cloth, Tin foil, Sheet pan

Ingredients

- 8 waffle cones
- One bag mini marshmallows
- 3 Hershey's Chocolate Bar's
- 2 slices precooked bacon
- 2 oz fresh strawberries
- 2 oz caramel topping



Week 1: Safety & Hygiene

Kitchen Cleaning Check List

Daily

- __ Clean up dishes, pots and pans after every meal
- __ Wipe down kitchen counters, table, and stove top with soapy water
- __ Disinfect kitchen counters, table, and stove top
- __ Empty trash can
- __ Sweep kitchen floor

Weekly

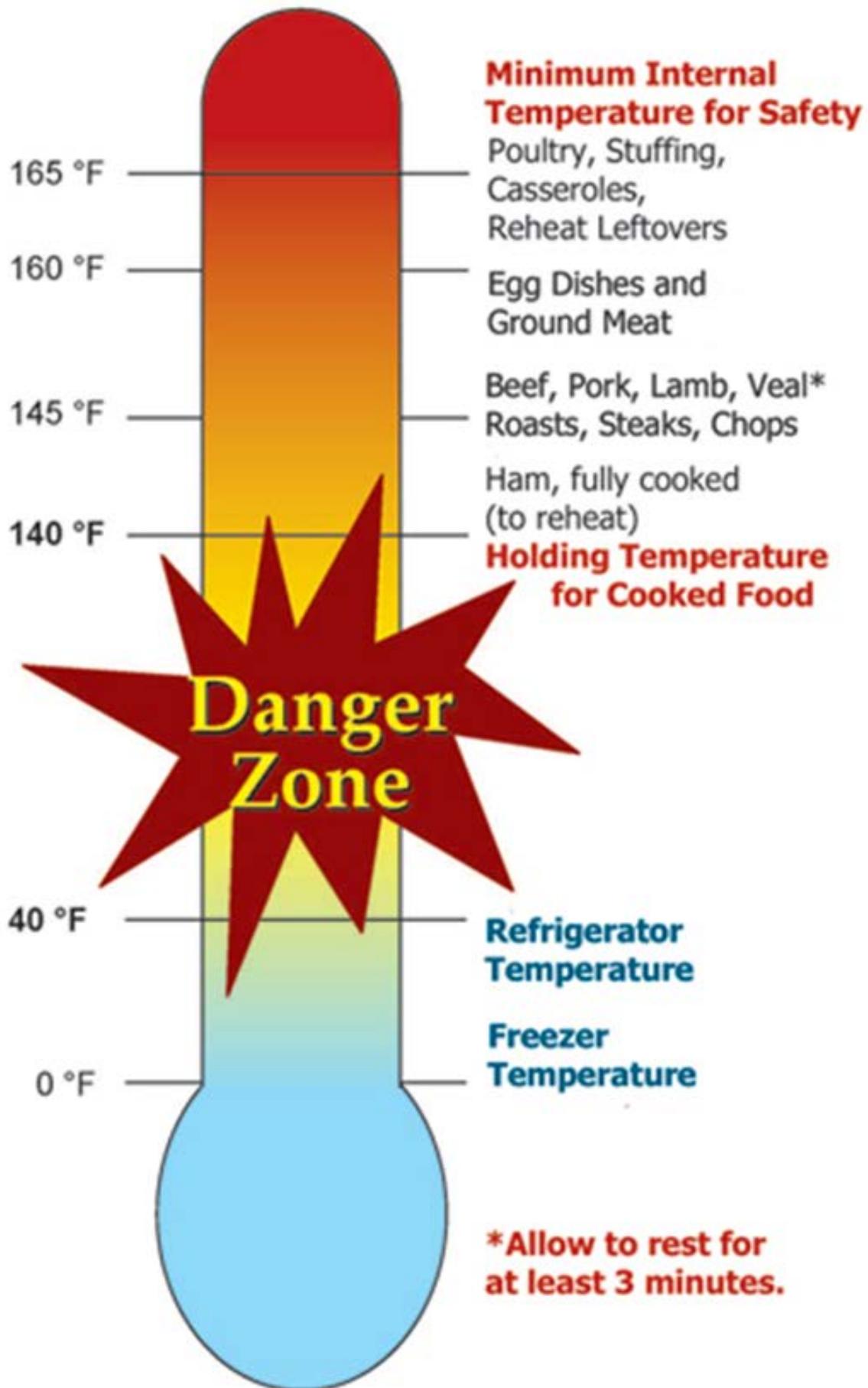
- __ De-clutter – remove items from the kitchen that don't belong there
- __ Clean out the refrigerator and freezer of older food (Check <https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts> to find out how long items stay good)
- __ Mop the kitchen floor
- __ Clean Sink

Monthly

- __ Clean appliances inside and out:
 - __ dishwasher
 - __ oven
 - __ refrigerator
 - __ microwave
 - __ coffee maker
- __ Update pantry inventory and freezer inventory
- __ Straighten cabinets and drawers
- __ Clean garbage can



Food Danger Zone



Safe Minimum Cooking Temperatures Charts

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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Week 2: Knife Skills

Types of Knives and Cuts



Photo from: <https://www.crateandbarrel.com/ideas-and-advice/types-of-kitchen-knives>



Photo from: <https://whatsfordinner.com/kitchen-tips/culinary-cutting-terms-images/>

Week 2: Knife Skills

Garden Salad

- 2 cups lettuce leaves such as romaine green leaf, or iceberg
 - 1 small yellow bell pepper
 - 1 small red bell pepper
 - 1/2 cup grape tomatoes
 - 3 to 4 radishes
 - 1 small red onion
 - 1 Larger Cucumber
- ½ cup of your favorite dressing

Remember to check next week's ingredient list so you have what you will need for our next session.



Week 3: Manidokan Rolls

In a stand mixer with dough hook combine milk, butter, egg, water and sugar. Mix together until sugar is dissolved. Add salt and mix till dissolved again. In a separate bowl combine flour and yeast. With mixer on low add flour mix 1 cup at a time. Allow to mix thoroughly. Add extra flour as needed to adjust for correct consistency. The dough should form into a ball on the dough hook but still tacky to the touch. Place dough in a greased bowl and allow to rise for approx. 3 hours. Should double in size. Portion out rolls (about the size of a golf ball) onto a greased sheet pan and cook at 400 for 12-15 minutes. Drizzle with more melted butter, sprinkle with melted butter and serve. Makes approx. 30 rolls

Ingredients:

- 5 cups of flour (plus a small amount)
- 1 egg beaten
- 1 cup hot water
- 1 cup of milk scalded*, skin removed
- ½ cup, (1 stick) melted butter
- ¾ cup sugar
- 1 tsp course kosher or sea salt, plus some
- 1 packet active dry yeast

*Scalded milk is dairy milk that has been heated to 83 °C (181 °F). At this temperature, bacteria are killed, enzymes in the milk are destroyed, and many of the proteins are denatured. Milk is typically scalded to change the consistency or cooking interactions due to the denaturing of proteins. Source: Wikipedia

Remember to check next week's ingredient list so you have what you will need for our next session.

Week 4: Prefect Burgers

Prepare buns and toppings first and cook burger patties last.

Let your meat sit at room temperature for 30 minutes before forming patties. Shape the patties 1" wider than the bun since they shrink on the grill. Season patties generously with salt, pepper and onion powder just prior to cooking. Heat your pan over medium-high heat. Once on the grill, smash patty's to get a nice brown sear on each side. Cooking time is about 2-3 mins on each side. Cook until meat thermometer reads 165 degrees. Place two slices of American cheese on each patty, cover and turn off heat.

Build your burger by putting ketchup on the bottom bun and thousand island dressing on top.

Starting on the bottom bun place your two patty's, pickles, tomato's and then lettuce. Enjoy!!

Ingredients:

- 1 pound freshly ground chuck beef, (at least 80% lean, a.k.a. 80/20)
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 slices American cheese
- 2 large burger buns (potato or sweet)
- ketchup
- thousand island dressing
- 1 sliced red onion
- 1 sliced tomato
- 1 cup bread and butter pickles
- 4 lettuce leaves

Remember to check next week's ingredient list so you have what you will need for our next session.

Week 5: Outdoor Cooking

Foil Dinners

Cut potatoes, onions, and carrots into similarly sized pieces. Lay out foil (double thickness) and spray with non-stick cooking spray. Place chicken breast, potatoes, onion, garlic, carrots. Pour a small amount of oil over chicken and vegetables. Season with favorite seasoning blend, salt, and pepper. Wrap foil pack tightly. Use tongs to place packs on coils in fire. Remove from fire when chicken breast reaches 165 degrees.

Pancakes and Bacon

Mix pancake mix per instructions on package
Cook bacon and pancakes on griddle over the fire.

Ingredients

- Pancake mix (and additional ingredients for mix)
- Bacon
- Chicken Breast
- Oil
- Seasoning Mix
- Potatoes
- Onion
- Garlic
- Carrots



Week 6: Veggie Lasagna

Preheat the oven to 425 degrees Fahrenheit.

Heat skillet on medium-high heat. Add the carrots, bell pepper, zucchini, yellow onion, and salt. Cook, stirring every couple of minutes, until the veggies are golden on the edges, about 4-5 minutes. Add spinach and cook and additional minute. Remove the skillet from the heat and set aside.

In a mixing bowl combine marinara sauce, basil, olive oil, garlic, sugar, salt, and red pepper flakes. Transfer the cooked veggies and spinach into the bowl of Marinara sauce and stir to combine.

In another bowl mix together ricotta cheese, parmesan cheese, Italian seasoning, sugar, salt and pepper.

Assemble the lasagna: (sauce, noodles, cheese)

Spray not-stick spray on 9x13 pan. Spread approximately 1/3 marinara and vegetable mixture evenly over the bottom of pan. Add one layer of lasagna noodles on top (snap off their ends to fit, and/or overlap their edges as necessary). Spread about 1/3 of the cheese mixture evenly over the noodles. Repeat process until out of noodles or you reach the top of your pan. Sprinkle ½ cup shredded cheese on top.

Wrap with plastic wrap and foil Bake, covered, for 18 minutes, then remove the cover, rotate the pan by 180° and continue cooking for about 10 to 12 more minutes, until the top is turning spotty brown.

Remove from oven and let the lasagna cool for 15 to 20 minutes, so it has time to set and cool down to a reasonable temperature. Sprinkle additional basil over the top, then slice and serve.

Ingredients:

- | | |
|---|---------------------------------------|
| 2 tablespoons extra-virgin olive oil | 2 teaspoons of granulated garlic |
| 1 large carrots, chopped (about 1 cup) | ¼ teaspoon red pepper flakes |
| 1 red bell pepper, chopped | ¼ cup sugar |
| 1 medium zucchini, chopped | Two tablespoons Italian seasoning |
| 1 medium yellow onion, chopped | 4 cups ricotta cheese |
| 1 teaspoon salt | Freshly ground black pepper, to taste |
| 5 to 6 ounces baby spinach | 9 no-boil lasagna noodles |
| 32 oz can of your favorite marinara sauce | 4 cups mozzarella cheese |
| | 2 cups shredded parmesan cheese |

Week 7: Tie-Dye Cupcakes

Preheat your oven to 350° F

Whisk the dry ingredients together. Insuring all dry ingredients are well mixed. In a separate bowl beat your softened butter, eggs, milk, and vanilla. Add wet mixture to dry, fold until there are no lumps. Distribute the batter among four small separate bowls, dropping a few drops of different food coloring to each. Stir until each portion is fully colored.

Dollop one colored portion at a time into your muffin tin in any order you like. Be sure not to mix the colors too much together, or it will become only one color...try to layer them on top of one another and maybe add a few well placed swirls. Once all of the cupcake papers are filled, bake them at 350°F for 15 minutes, or until a toothpick come out clean.

Let them fully cool before adding frosting

Note: Use piping bag or fill a plastic sealable bag with cupcake batter and cut small slit in the the corner for easy filling

Ingredients (cupcakes)

- 1 1/2 cup flour
- 1 cup granulated sugar
- 1 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 stick butter softened to room temp
- 2 eggs
- 1/2 cup milk
- 2 teaspoons vanilla extract
- Food coloring (Gel Food Coloring)

Ingredients (icing)

- 4 cups Sifted Powdered Sugar
- 1 cup Butter (unsalted)
- 1/4 cup shortening
- 2-3 teaspoons Vanilla
- Dash of salt (unless using salted butter)
- 1-2 tablespoons Milk (as needed)

Add softened butter, dash of salt and vanilla to the mixing bowl and cream / mix until completely combined. Add sifted Powdered Sugar and beat on low until it is incorporated. Then move mixer up to medium-high speed. Scrape sides and bottom of bowl often. When completely mixed the frosting may appear dry. Add milk a little bit at a time until frosting is the proper consistency. Distribute buttercream in separate bowls and add desired colors and mix by hand with whisk. Put colored frostings in separate bags, then all in one larger bag to achieve the rainbow / tie dye effect.

Week 8: S'mores

Fill your Waffle Cone with your favorite toppings. Wrap each cone tightly with foil.

Oven directions: Bake at 350 for 5-7 minutes.

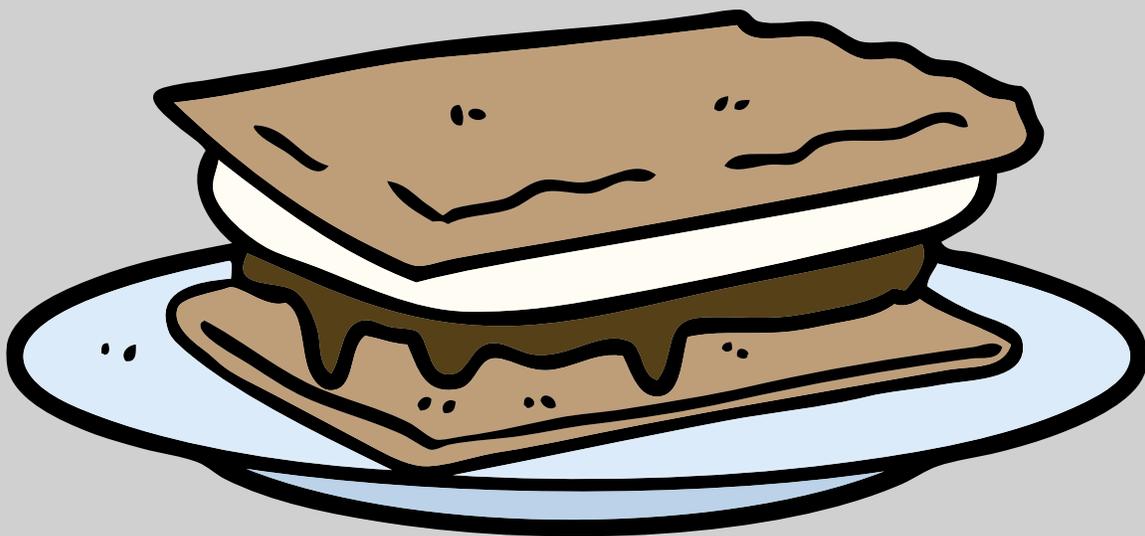
Grill directions: Place on a heated grill for 5-10 minutes, turning occasionally.

Campfire directions: Heat the foil-wrapped cones over a campfire for about 3-5 minutes, or until the chocolate and marshmallows have melted.

Ingredients:

- 8 waffle cones
- One bag mini marshmallows
- 3 Hershey's Chocolate Bar's
- 2 slices precooked bacon
- 2 oz fresh strawberries
- 2 oz caramel topping

Check out the chart on the next page for more information on different flavors and get creative with your own s'more combinations!



COOKSMARTS GUIDE TO FLAVOR PROFILES

Here's your guide to basic flavor profiles and how to balance and enhance these flavors in your cooking. With this info you'll create perfectly balanced and flavorful culinary masterpieces!



SALTY & SAVORY/UMAMI

Balances bitterness. Enhances sweetness.

IF YOU NEED TO ADD SALT/UMAMI



FOOD INGREDIENTS THAT ARE SALTY/UMAMI



SOUR

Balances spice, sweetness. Enhances saltiness.

IF YOU NEED TO ADD SOUR



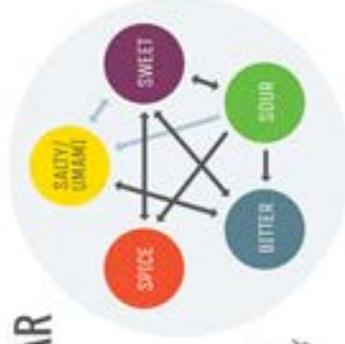
FOOD INGREDIENTS THAT ARE SOUR



THE FLAVOR STAR

ENHANCES
Brings out the other flavor

BALANCES
Counteracts the other flavor. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.



SWEET

Balances sourness, bitterness, spice. Enhances saltiness.

IF YOU NEED TO ADD SWEET



FOOD INGREDIENTS THAT ARE SWEET



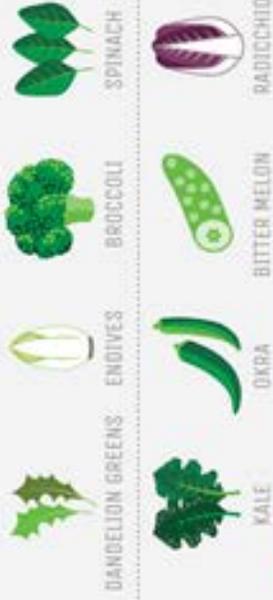
BITTERNESS

Balances sweet, salt.

IF YOU NEED TO ADD BITTER



FOOD INGREDIENTS THAT ARE BITTER



SPICY

Balances sour, sweet.

IF YOU NEED TO ADD SPICE



FOOD INGREDIENTS THAT ARE SPICY

