

EAT THE RAINBOW

BRIDGE TO EMPLOYMENT RECIPE BOOK

CREATIVE AND FLAVORFUL
DISHES FROM AROUND THE
WORLD

ABTS 2020



PREP TIME: 3 Years

YIELDS:

50 BTE students who are college ready. A lasting partnership in the recipe book. A forever BTE family.

DIRECTIONS:

In a large bowl, mix all ingredients together. Stir vigorously and sprinkle liberally with laughter and creative ideas. Add fun to taste. Bake to perfection over 3 years. Top it with sweet accountability.

INGREDIENTS

1 cup preparation

4 cups teamwork

1 gallon of communication

35-50 energetic students

15-20 enthusiastic Johnson & Johnson volunteers

1/3 cup academic support & enrichment

1/3 cup career awareness & readiness

1/3 cup higher education exploration & preparation

2-3 youth leaders

Pinch of positivity

Splash of FHI 360 assistance

Dash of parent support



Carrot Drink

Chef Teshell Greene
FHI 360, National Institute for Work and Learning

INGREDIENTS

½ lb carrots
2 cups water
2 tsp nutmeg
8 oz. or 1 cup of evaporated milk
2 tsp vanilla
1 tsp aromatic bitters (optional)
14 oz can condense milk

DIRECTIONS

Wash and scrape carrots, then cut them into small pieces.
Place carrots and water in a blender/mixer/food processor and puree. If
using a blender/mixer strain the juice of the carrot.
Add nutmeg, milk, vanilla, and bitters to the carrot juice.
Sweeten to taste with the condense milk.
Chill and serve with ice.

Roasted Sweet Potato & Poblano Soup

CHEF LISA SUITS
FHI 360, NATIONAL INSTITUTE FOR WORK AND LEARNING



Ingredients

- 3 lbs.(1.3 kilos) sweet potatoes or yams
- 1 medium yellow onion, sliced
- 4 cloves garlic, crushed
- 1 poblano pepper, deseeded and diced
- 1 tbsp (14 ml) ground coriander
- 1 tbsp (14 ml) ground allspice
- 8-10 cups (1.9-2.4 l) chicken or vegetable broth
- 2 tbsp (29 ml) olive oil
- Salt and pepper

Directions

Peel yams and cut into half inch (2.5 cm) cubes. Toss with 1 tbsp oil, salt and pepper. Roast in a pre-heated 375 degree (190 C) oven until fork tender and lightly browned, about 30 minutes. Heat remaining oil in a large sauce pot over medium heat, then add onion, garlic and poblano pepper, sweat (soften) another 5 minutes, occasionally stirring. Add cooked yam, allspice and coriander. Sweat another 5 minutes, stirring frequently. Add about 7 cups of the broth (1.6 l) , simmer for 10 minutes. Blend well with immersion blender or in small batches with standard blender, returning to pot when completed. Return to simmer, and adjust consistency with remaining broth if necessary.

Topping

- 1 cup (240 ml) sour cream
- 1 tbsp (14 ml) cinnamon
- 1 tbsp (14 ml) maple syrup.

Combine all ingredients in a bowl, mix, and add dollop (spoonful) to each soup portion. Makes 8 servings.

A top-down view of a large, dark blue bowl filled with a fresh salad. The salad consists of bright green spinach leaves, pieces of grilled chicken with visible char marks, and numerous red pomegranate seeds. A wooden salad spoon is partially visible on the right side of the bowl. The entire image is framed with a dark blue border.

THE SALAD PLATTER

Eat well. Live Well. Be well.

BY CHEF BTE

Broccoli & Cranberry Salad

CHEF ANNE HILL
BTE WARSAW, INDIANA, USA

SALAD

- 5 cups broccoli florets, cut into 1/2-inch pieces
- 1/2 cup chopped red onion
- 1 cup shredded sharp Cheddar cheese
- 1 cup cooked and crumbled bacon pieces
- 1 cup sunflower kernels
- 3/4 cup Ocean Spray® Craisins® Original Dried Cranberries

DRESSING

- 1 cup salad dressing or mayonnaise
- 1/4 cup sugar
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

directions

Combine all salad ingredients in a large mixing bowl; Mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour. Enjoy!



Tomatoes & Mozzarella



Chef Shaun Mickus
Johnson & Johnson
BTE New Brunswick, New Jersey, USA

ingredients

- Tomatoes (sliced)
- Sea Salt
- Fresh Mozzarella
- Fresh pepper
- Garlic
- Fresh Basil
- Virgin Olive Oil
- Italian Dressing

directions

1. Slice tomatoes.
2. Add sea salt (a pinch).
3. Top slices with fresh mozzarella, fresh basil and pressed garlic.
4. Chill for 30 mins in the refrigerator.
5. Remove from refrigerator.
6. Top each slice with a little olive oil and Italian dressing.

Enjoy!

Spinach & Persimmon Salad

Chef Ashley Cheri, BTE Orange County, CA, USA

INGREDIENTS

- 1/4 cup rice vinegar
- 2 tablespoons orange marmalade
- 1 teaspoon toasted sesame oil
- Salt and pepper
- 5 quarts baby spinach leaves (1
- 1/4 lb.), rinsed and crisped
- 3 firm Fuyu persimmons (5 oz.
- each), peeled and sliced into thin wedges
- 3/4 cup glazed pecans

DIRECTIONS

Step 1: In a large bowl, mix vinegar, marmalade, and sesame oil

Step 2:

Add salt and pepper to taste. Add spinach, persimmons, and pecans.

Step 3:

Mix gently to coat with dressing





Nepali Potato Salad

Chef Sanskriti Thapa
FHI 360, National Institute for Work and Learning

INGREDIENTS

- 20 Small tennis ball sized potatoes (red and white) **available at Costco*
- 2 large Red Onions (thinly sliced)
- 4 red tomatoes (thinly sliced)
- 4 green chilies sliced in between but not separated
- Finely chopped coriander
- 1 lemon (juiced)
- 3 Tablespoon of olive oil
- 1 teaspoon of fenugreek powder **available online or asian store*
- Salt to taste
- 1/2 tablespoon of red chilli powder or Paprika (This will make it spicy so use according to taste) ** available online or asian store*
- 1 tablespoon turmeric powder **available online or asian store*
- 1/3 cup of water

PROCEDURE

1. Boil the potatoes in medium heat. Make sure they are not over boiled. You can check that by sticking a knife in the potatoes, if they are ready the knife easily goes in.
2. Once the potatoes are ready, peel them off and cut them in halves.
3. Stick the potatoes in the fridge for about 30 minutes to cool.
4. After the potatoes have been chilled and brought back to room temperature, mix the onions, salt, red chili powder, tomatoes and lemon juice in the container.
5. Add coriander.
6. Heat a pan on the stove.
7. Put the olive oil in the pan.
8. Once the oil has been heated put in the green chilies and let them fry.
9. When the chilies have been fried, turn the flame off.
10. Put the fenugreek powder and turmeric powder into the oil and stir it. The powders get burnt easily, so make sure the pan is out of the flame.
11. Pour the oil mixture into the potatoes.
12. Mix them lightly. Make sure the potatoes aren't mashed.
13. As you mix pour the water slowly as needed.
14. DONE!

Good Eats

Food is the ingredient that binds us together.

WORDS BY SANSKRITI THAPA

**FHI 360, NATIONAL INSTITUTE FOR WORK
AND LEARNING**

- Use Seasonings: Cumin seeds, asafoetida, turmeric powder, cumin powder, coriander powder, masalas (Garam masala, kitchen king masala).
- Use Chopped onion, garlic and ginger paste, chopped tomatoes, chopped cilantro and chopped green chilies.
- We also use a lot of ghee in our recipes. Add a teaspoon when cooking rice, spread on top of freshly made roti, add it to the lentil you are cooking etc.
- Serve vegetables and lentils with basmati white rice or brown rice or quinoa or roti.
- We also make a lot of marinated recipes like the potato salad. You can replace the potatoes with cucumber, carrots, radishes, boiled peas or mix it up.
- We also make dry version of vegetables like potato, okra and green beans. For this just skip adding onion and tomatoes. Also, don't use the lid just let the vegetable fry.
- We mostly shop at Lotte market or any Asian supermarket will do.
- Here are some great channels on YouTube to follow: Hebbars Kitchen, Kanak's Kitchen and Food with Chetna. These are all Indian cooking channels, but its pretty similar to our style of cooking and I wasn't able to find Nepali cooking channel where they give instructions in English.



For any vegetable you are making here is a common method of cooking:

1. Heat oil in a pan/pot. We use canola/vegetable/olive oil. We use probably 2 tablespoons and add as needed later when the veggies start sticking to the pan or you can also deglaze with splashes of water.
2. Once the oil is hot put in a tablespoon (usually when cooking for 4 people) of cumin seeds. Then add around 4 pinches of asafoetida. Make sure you turn the heat down once you add these because they can burn easily.
3. Then add garlic and ginger paste (2 teaspoons) and sauté. Let it all cook for about 45 seconds then add chopped onion (we use about 2 medium sized white onions) and sauté until it turns golden brown.

GOOD EATS CONTINUED

Words by Sanskriti Thapa

FHI 360, National Institute for Work and Learning

4. Once the onion is brown you can then add the masalas (1 teaspoon each), garam masala, and kitchen king masala if you are making vegetables. Don't add these if you are making lentil or spinach. We usually cook cauliflower/cabbage/mushrooms/peas and carrots/bell peppers/zucchini/squash/pumpkin/spinach/chickpeas (soaked and boiled)/lentils (soaked and boiled)/okra/eggplant/green beans/potatoes etc. a lot.
5. Once the vegetable is in, make sure you stir it properly and let it cook for about a minute with lid on.
6. Add salt (to taste: we add about 1 teaspoon and then taste before serving and add as needed), turmeric powder (1 teaspoon), cumin powder (1 teaspoon), coriander powder (1 teaspoon). Stir it all properly and cook it for about 2 minutes.
7. After 2 minutes add the chopped tomatoes (number of tomatoes depends on how gravy you want your vegetable. For lentil and spinach, we add about 2 medium size. For chickpeas and other vegetable, we add anywhere from 4 to 5 medium size) and then stir it all properly and let it cook again.
8. We cook it basically until we can cut/mash the vegetable we are cooking using the spatula. Once you can cut the vegetable like potato, cauliflower etc. using the spatula its ready. For spinach you will know its ready when all the water dries up. For lentil you know its ready when you can mash it with the back of your spatula.
9. Once it's cooked, we sprinkle the cilantro (handful) and stir it all up and then take it out of the stove and serve hot with rice, quinoa, brown rice or roti/chapati.

Basic Recipes

Rice: We usually make 3 cups for 4 people. Wash the rice for about 3 times and then add it to the rice cooker. The rice to water ratio is 1:2. So two cups of water for 1 cup of rice. Then once you have all that in add a teaspoon of ghee and set it to cook.

Lentil: We make lentil soup and eat the with rice almost every day. You can make it as thick or thin you want. The recipe for lentil I gave above is called "Daal Fry" that is more thick consistency. This one I am sharing here is thin and can be drank as soup on its own as well. So, we typically cook about 2 and half cup of lentil for 4 people. Wash the lentil and add it to a pressure cooker. Add about 7 cups of water. Then add salt, couple pinches of asafoetida, teaspoon of turmeric powder, one chopped medium size ripe tomato and a table spoon of olive oil. Then cover the lid and let it cook. We let it whistle for 4 times then turn the gas off and let it sit until the lid opens naturally when you try. Then we add handful of chopped cilantro and then sizzle it. Heat a pan add one table spoon of ghee and let it get hot. Then add 2 teaspoons of cumin seeds and let it turn brown. Make sure to turn the heat down and once its golden-brown pours it into the lentil. Make sure you are careful when doing this because it sizzles a lot. Then stir it all up and its ready.

Roti: We use whole wheat flour from Asian store. We make about two cups at a time. Take the flour in a bowl big enough to knead it. Add a pinch of salt, teaspoon of oil and a pinch of asafoetida into the flour. Then take some lukewarm water and add only as need to knead the dough. Basically, kneading it to form it into somewhat like pizza dough. Then cover it with a warm cloth or paper towel and let it sit for about 30 minutes. After that we knead it one more time and make it into small tennis ball size shape. Then add some dry flour as needed and with a help of a rolling pin make it into a flat bread. Once you are done rolling add it into a hot pan and cook it on medium heat. You need to keep flipping it every 30 seconds. Once it's done cooking spread a little bit of ghee or olive oil to it and its ready to eat.

CHEESY CAULIFLOWER NACHOS

Chef Destiny De La Rose
BTE Trenton, New Jersey, USA

Ingredients

- 1 tablespoon olive or avocado oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/2 teaspoon sea salt
- 5 cups cauliflower florets, cut into 1/2-inch slices
- 1/3 cup refried beans
- 3/4 cup shredded Mexican cheddar cheese
- 1 jalapeno, sliced
- 1/2 cup chopped grape/cherry tomatoes
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1 avocado, sliced or chopped (optional)

Directions

1. Preheat oven to 425°F. Spray a large baking sheet with olive oil or avocado oil cooking spray.
2. Slice cauliflower into 1/2-inch slices.
3. In a large bowl, combine oil with garlic powder, onion powder, cumin, paprika, chili powder and sea salt. Add sliced cauliflower and gently toss to coat. Place seasoned cauliflower on baking sheet, spacing out the pieces so that they roast instead of steam. Bake 20 minutes, until cauliflower is tender and starting to brown.
4. Remove the pan from the oven; push cauliflower together in the center of the pan. Top cauliflower with refried beans, sprinkle with cheese and add jalapeño slices on top. Return to the oven and bake until the beans are heated through and the cheese has melted, about 6-7 minutes.
5. Top cauliflower with chopped tomato, red onion and cilantro. Add avocado (if using) and serve directly from the sheet pan. You can also transfer to a platter for serving or portion into bowls.

Grilled Pineapple, Avocado, and Onion Salad

CHEF TESHELL GREENE, FHI 360, NATIONAL INSTITUTE FOR WORK AND LEARNING



Ingredients:

- ½ medium fresh pineapple, peeled, cored and cut in ½ inch slices
- 1 ½ tbsp extra virgin olive oil
- 1 large red onion
- 4 large avocados
- Juice of one lime

Dressing:

- Juice of 3 limes
- ¼ cup extra virgin olive oil
- 1 small Serrano/Chili pepper, seeded and minced
- 1 tsp honey
- Dash of cinnamon
- Salt to taste

Directions:

- Brush the pineapple with olive oil and grill until slightly charred.
 - Remove from the grill and cool in the refrigerator
 - Combine dressing ingredients in a small bowl and stir.
 - Cut the avocados into quarters, lengthwise and peel.
 - Drizzle lime juice over the avocado to prevent burning.
 - Cut the onion in half and slice thinly lengthwise to form strips.
 - Cut pineapple rings into quarters.
 - Arrange avocado slices on a platter along with the onion and pineapple.
 - Evenly add the dressing over the salad.
-



Mangu Con Los Tres Golpes

Chef Destiny De La Rose
BTE Trenton, New Jersey, USA

The Ingredients

- 1 red onion, sliced into rings
- salt, to taste
- 1 cup vinegar
- 6 plantains
- 5 cups water
- 2 cups canola oil, divided
- 12 slices dominican frying cheese, queso de freir
- 1 cup flour
- 18 slices dominican salami, salami frito
- 6 tablespoons butter, sliced
- 6 eggs, fried, for serving
- 1 avocado, for serving

Directions

1. Place the sliced onions in a medium bowl with a heavy pinch of salt and vinegar. Let soak while preparing the other ingredients, about 1 hour.
2. Peel the plantains and cut into quarters. Place the plantains in a large pot with enough water to cover them by 1 inch (2 cm). Add salt to taste. Bring the plantains to a boil over high heat and cook until they are very tender, about 30 minutes.
3. Meanwhile, in a medium skillet, heat the canola oil to 350°F (180°C) over high heat.
4. Coat each slice of Dominican frying cheese in flour, and then place the slices in 1¾ cups (420 ML) canola oil and fry until both sides are golden brown, about 3 minutes. Remove from skillet and transfer to a paper towel-lined plate.
5. Add another tablespoon of oil to the skillet and fry the salami until brown and crispy on both sides, 4 minutes. Remove from the skillet, transfer to a paper towel-lined plate.
6. Wipe out the skillet, and add another tablespoon of oil to the pan. Pour in the onions and their soaking liquid. Sauté until the onions are soft and bright pink, about 10 minutes.
7. Once the plantains are tender, scoop them out from the water and place in a separate large bowl, and keep the starchy boiling liquid warm on the stove.
8. Add the butter and about 1 cup (240 ml) of the hot starchy plantain liquid. Mash the cooked plantains together until it is creamy and smooth. Add more liquid as needed.
9. Serve the mangu with the fried cheese, fried salami, avocado, and fried eggs. Garnish with pickled onions. Enjoy!

Chef
**GABRIELA
HERNANDEZ**



BTE
PUEBLA, MEXICO

Mexican Tostadas

ingredients

- 1 lb. chicken breast cooked and shredded and lightly salted
- 1 16 oz. can refried beans / 2 cups homemade
- 1/2 head iceberg lettuce shredded
- 1 medium white onion very thinly sliced
- 1/2 cup Mexican cream or sour cream
- 4 oz. queso ranchero or a white crumbly Mexican cheese
- 2 cups of your favorite salsa
- 8 to 12 tostadas

directions

1. Start by gathering all your ingredients.
2. Heat the refried beans.
3. Spread about 1 tablespoon of beans on each tostada.
4. Add shredded chicken.
5. Add shredded lettuce.
6. Add sliced onion.
7. Add 1 tsp. of cream.
8. Add 1/2 oz. crumbled or grated cheese.
9. Top with salsa to taste.



AUTHENTIC AND TRADITIONAL

MEXICAN

BEAN SALAD

CHEF YEZENIA RAMOS
JOHNSON & JOHNSON
BTE NEW BRUNSWICK, NEW JERSEY, USA

Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, chopped
- ½ cup olive oil
- ½ cup red wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 clove crushed garlic
- ¼ cup chopped fresh cilantro
- ½ tablespoon ground cumin
- ½ tablespoon ground black pepper
- 1 dash hot pepper sauce
- ½ teaspoon chili powder

Directions

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly and serve cold.

MAKES ABOUT 10 SERVINGS



EXTRA JUICY BURGERS

**LIFE IS BETTER
WITH A BURGER**





SPICY TURKEY BURGERS

Chef Rob Evans

BTE High Wycome, United Kingdom

INGREDIENTS

- 1 Lb Ground turkey (1/2 breast, 1/2 leg)
- 1 Medium onion
- Garlic- as much as you like!
- Mango chutney (brand with chunks of mango)
- Good quality curry paste (A Madras is good)
- 1 Handful chopped coriander leaves (cilantro)
- 1 Small carton of plain yoghurt
- 1/4 Cucumber- peeled, deseeded, finely chopped
- Cayenne pepper to taste
- 1 Pack ready-made onion bhajis (or battered onion rings)
- Chillies to taste (habanero or Jalapeno)
- A knob of butter
- Poppy seeds (optional)
- White bread rolls (without sesame seeds)

DIRECTIONS

Put the turkey in a bowl add the chopped chillies, chopped coriander and a dollop of curry paste to taste. Mix it up. Leave it for a few hours in the fridge for the flavourings to permeate the meat. Fry the chopped onion and garlic in half the butter. Add some sea salt and ground black pepper. you want to sweat it rather than brown it until it becomes translucent- about 10 minutes. That makes the onion sweeter. After 6 minutes add the garam masala powder. Stir. Set aside to cool for a few minutes. Add the onion mixture to the turkey mince and stir thoroughly. Shape into burger patties. Cook (ideally over charcoal). Until no pink meat and juices clear- probably around 15 minutes. Cook the onion bhaji according to the instructions. Mix a few spoonfuls of yoghurt with finely chopped cucumber, finely chopped tomato (deseeded), chopped coriander leaves and cayenne pepper to taste. Spread some mango chutney on the inside lower half of the bread roll. Add the pattie. Add some crushed onion bhaji. Top with the yoghurt mix. The optional finishing touch is to brush the top of the bread roll with melted butter and sprinkle with poppy seeds. Want fries with that? Sprinkle the fries with some sea salt, crushed dried chillies and a pinch of garam masala. I'd also recommend a very cold beer- or a non-alcoholic alternative to wash it down. Enjoy.

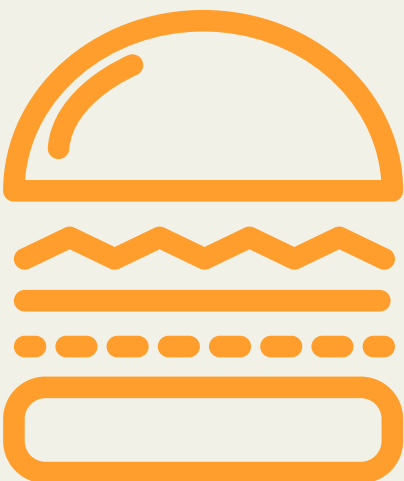


Quinoa Black Bean Burger

Chef Jenn Schacht
BTE Trenton, New Jersey, USA

Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- ¼ cup quinoa
- ½ cup water
- ½ cup breadcrumbs
- ¼ cup minced yellow bell pepper
- 2 tablespoons minced onion
- 1 large clove garlic, minced
- 1 ½ teaspoons ground cumin
- ½ teaspoon salt
- 1 teaspoon hot pepper sauce (such as Frank's RedHot®)
- 1 egg
- 3 tablespoons olive oil



Directions

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
2. Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands.
4. Form the black bean mixture into 5 patties.
5. Heat the olive oil in a large skillet.
6. Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.
7. Enjoy!

Succulent

TURKEY BURGERS

CHEF UCI
BTE ORANGE COUNTY, CALIFORNIA, USA

INGREDIENTS

1 lb ground turkey
2 tbsp extra virgin olive oil
1 tbsp organic Worcestershire sauce

½ tsp salt
¼ tsp black pepper
1 oz. cheddar cheese (for each burger)
1 large slice tomato (for each burger)

DIRECTIONS

In a large mixing bowl, knead together turkey, ½ tsp Worcestershire sauce, salt and pepper, making sure ingredients are mixed well

Divide meat into four equal patties

Heat a large skillet over medium heat and pour remaining oil in to coat the entire surface

Cook burgers, flipping on both sides until desired temperature. Place cheese on the burgers a few minutes before it's finished so that it softens and melts

Serve salad style or on a whole grain bun with tomato



WHAT'S COOKING?



CRISPY CHICKEN PARMESAN

CARNE / SEPT 2020

The Best Chicken Parmesan with a deliciously crispy breadcrumb coating, smothered in a rich homemade tomato sauce and melted mozzarella cheese! This is here best Chicken Parmesan you will ever make! Simple to make and worth every minute.

If you love a crispy crumb coating vs soggy crumb, look no further!

PREP: 15 MINS | COOK: 30 MINS | TOTAL: 45 MINS SERVES: 6 PEOPLE

Ingredients

For The Chicken:

- 2 large eggs
- 1 tablespoon minced garlic
- 2 tablespoons fresh chopped parsley
- Salt and pepper to season
- 3 large chicken breasts, halved horizontally to make 6 fillets
- 1 cup Panko breadcrumbs
- 1/2 cup breadcrumbs (Italian/golden)
- 1/2 cup fresh grated parmesan cheese
- 1 teaspoon garlic or onion powder
- 1/2 cup olive oil for frying

For The Sauce:

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 teaspoons minced garlic
- 14 ounces (400 g) tomato puree (Passata)
- Salt and pepper to taste
- 1 teaspoon dried Italian herbs
- 1 teaspoon sugar (optional)

For The Chicken:

- 8 ounces (250 g) mozzarella cheese sliced or shredded
- 1/3 cup fresh shredded parmesan cheese
- 2 tablespoons fresh chopped basil or parsley

Chef Rebecca Embleton
BTE Sydney, Australia

Instructions

Chicken:

- Preheat oven 430°F | 220°C. Lightly grease an oven tray (or baking dish) with non stick cooking oil spray; set aside.
- Whisk together eggs, garlic, parsley, salt and pepper in a shallow dish. Add chicken into the egg, rotating to evenly coat each fillet in the mixture. Cover with plastic wrap and allow to marinate for at least 15 minutes (or overnight night if time allows for a deeper flavour).
- When chicken is ready for cooking, mix breadcrumbs, Parmesan cheese and garlic powder together in a separate shallow bowl. Dip chicken into the breadcrumb mixture to evenly coat.
- Heat oil in a large skillet over medium-high heat until hot and shimmering. Fry chicken until golden and crispy, (about minutes each side). Place chicken on prepared baking tray / dish and top each breast with about 1/3 cup of sauce (sauce recipe below). Top each chicken breast with 2-3 slices of mozzarella cheese and about 2 tablespoons parmesan cheese. Sprinkle with basil or parsley.
- Bake for 15-20 minutes, or until cheese is bubbling and melted, and the chicken is completely cooked through.

Sauce:

- Heat oil in a medium-sized pot. Fry onion until transparent (about 3 minutes); then add the garlic until fragrant (about 30 seconds).
- Add the tomato puree, salt and pepper to taste, Italian herbs and sugar (if using). Cover with lid to simmer for about 8 minutes, or until sauce has thickened slightly. Taste test and adjust salt and pepper, if needed.

Note:

- For this recipe, we use both chicken thighs and breasts.
- Serve with pasta, mashed potato, a salad, steamed veggies, zucchini noodles or cauliflower rice for the perfect meal!

NUTRITION

Calories: 560kcal | Carbohydrates: 25g Protein: 31g | Fat: 36g | Saturated Fat: 11g | Cholesterol: 139mg Sodium: 203mg Potassium: 665mg Fiber: 2g | Sugar: 6g | Vitamin A: 965IU
Vitamin C: 12.6mg | Calcium: 423mg | Iron: 3.2mg



SESAME CHICKEN

Chef Shannon Smith
BTE New Brunswick, New Jersey, USA

directions

1. Toss chicken with egg, cornstarch and soy sauce. Refrigerate 15 minutes.
2. Combine sauce ingredients in a small bowl.
3. Heat vegetable oil over medium-high heat. Add chicken in batches and stir-fry until browned and cooked through, about 5 minutes.
4. Add sauce and simmer until thickened, about 3-4 minutes.
5. Garnish with sesame seeds and green onions.

ingredients:

3 tablespoons cornstarch
2 tablespoons soy sauce
1 egg
1 pound chicken breast diced
2 teaspoons vegetable oil

sauce:

1 clove garlic minced
1 teaspoon ginger minced
 $\frac{1}{4}$ cup brown sugar
3 tablespoons soy sauce
 $\frac{3}{4}$ cup chicken broth
2 teaspoons toasted sesame oil
2 tablespoons cornstarch
2 tablespoons sesame seeds toasted

The background of the entire page is a close-up, slightly blurred photograph of several Japanese egg rolls. The rolls are golden-brown and have a textured, slightly wrinkled surface. They are arranged in a way that some are in the foreground and others are slightly behind, creating a sense of depth. The lighting is warm, highlighting the texture of the egg rolls.

MASTER THE ART OF

JAPANESE EGGROLLS

CHEF KAREEM NESBEY ON BEHALF OF TIFFANY NESBEY
FHI 360, NATIONAL INSTITUTE FOR WORK AND LEARNING

Instructions

- Heat 1 Tbsp of the oil in skillet
- Sauté garlic for 1 minute
- Add turkey and sauté until browned
- Add salt and mix together
- Add half of the teriyaki and mix; set aside
- Heat 1/4 cup oil in a large pot
- Add coleslaw blend, heat, and mix until slightly tender about 1 minute
- Add rest of teriyaki, mix, and heat for another minute
- Add meat to coleslaw and mix
- Cover and heat for 5 minutes to meld flavors
- Remove from heat and add more teriyaki to taste if needed

To assemble rolls... place 2 tbs of mixture near the corner towards you. Fold over left and right sides. Dampen edge of the corner that is away from you with water, and then fold over the corner closest to you and finish rolling away from you.

- Heat up the remaining oil to 350 (or just use a fry daddy); Cook 1 minute on each side until lightly brown
- Drain on paper towels and enjoy!

These can also be frozen and fried later. Some people like a dipping in duck sauce, but these are so tasty, they really don't need it.

Ingredients

1/2 cup vegetable or canola oil
1 lb ground lean Turkey
2 Tbsp minced garlic
Pinch of salt
12oz coleslaw blend
1 Tbsp salt of choice
1/4 cup teriyaki or soy sauce
20 egg roll wraps

Homemade Shepard's Pie

CHEF JAMILA CHADDAD
BTE LIMERICK, IRELAND

Ingredients

1 tbsp sunflower oil
1 large onion, chopped
2-3 medium carrots, chopped
500g pack lamb mince
2 tbsp tomato purée
large splash Worcestershire sauce 500ml beef stock
900g potatoes, cut into chunks

Procedure

Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins. When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway. Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like). Leave to stand for 5 mins before serving.





CHEF RICHARD LAKE
BTE BRACKNELL, UNITED KINGDOM

Blackened Salmon

Ingredients

- 2 tablespoons ground paprika
- 1 tablespoon ground cayenne pepper
- 1 tablespoon onion powder
- 2 teaspoons salt
- ½ teaspoon ground white pepper
- ½ teaspoon ground black pepper
- ¼ teaspoon dried thyme
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 4 (6 ounce) fillet BLANKS salmon fillets, skin and bones removed
- ½ cup unsalted butter, melted

MAKES 4

Directions

Step 1

In a small bowl, mix paprika, cayenne pepper, onion powder, salt, white pepper, black pepper, thyme, basil and oregano.

Step 2

Brush salmon fillets on both sides with 1/4 cup butter, and sprinkle evenly with the cayenne pepper mixture. Drizzle one side of each fillet with 1/2 remaining butter.

Step 3

In a large, heavy skillet over high heat, cook salmon, butter side down, until blackened, 2 to 5 minutes. Turn fillets, drizzle with remaining butter, and continue cooking until blackened and fish is easily flaked with a fork.

CODFISH CAKES

Chef Teshell Greene
FHI 360, National Institute for Work and Learning

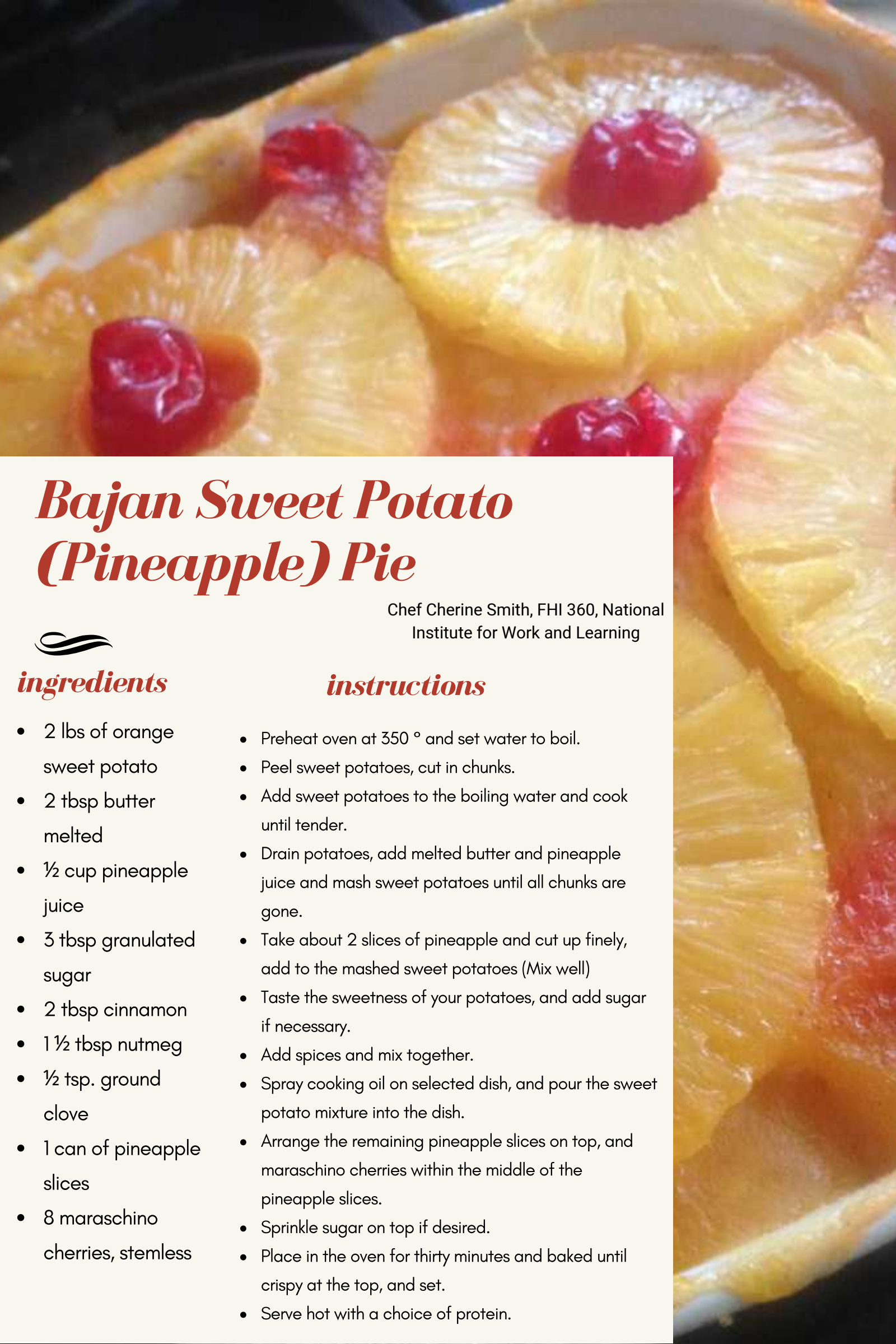
Ingredients

- 1 cup (250g) of salted codfish
- 0.5 cup (100g) of flour
- 1 tsp (5ml) baking powder
- ½ tsp (2.5ml) salt
- 1 egg lightly beaten
- 6 tbsp (90ml) milk
- 1 tbsp (15ml) melted butter/margarine
- 1 finely chopped onion (or 3 stalks of green onions)
- 1 chopped hot pepper (can eliminate or add a small amount of hot sauce)
- Oil for frying

Directions

1. Soak fish overnight, remove water, add fresh water and then boil until tender.
2. Remove water, skin and bones, then shred the fish.
3. Sift flour, baking powder and salt together.
4. Lightly beat the egg and then add the milk, butter to the egg.
5. Add the egg mixture to the dry flour ingredients.
6. Add fish, onions, and pepper, then mix well.
7. Taste the batter and add more salt if needed.
8. Drop by spoonful into the oil and fry until golden brown on each side





Bajan Sweet Potato (Pineapple) Pie

Chef Cherine Smith, FHI 360, National
Institute for Work and Learning



ingredients

- 2 lbs of orange sweet potato
- 2 tbsp butter melted
- ½ cup pineapple juice
- 3 tbsp granulated sugar
- 2 tbsp cinnamon
- 1 ½ tbsp nutmeg
- ½ tsp. ground clove
- 1 can of pineapple slices
- 8 maraschino cherries, stemless

instructions

- Preheat oven at 350 ° and set water to boil.
- Peel sweet potatoes, cut in chunks.
- Add sweet potatoes to the boiling water and cook until tender.
- Drain potatoes, add melted butter and pineapple juice and mash sweet potatoes until all chunks are gone.
- Take about 2 slices of pineapple and cut up finely, add to the mashed sweet potatoes (Mix well)
- Taste the sweetness of your potatoes, and add sugar if necessary.
- Add spices and mix together.
- Spray cooking oil on selected dish, and pour the sweet potato mixture into the dish.
- Arrange the remaining pineapple slices on top, and maraschino cherries within the middle of the pineapple slices.
- Sprinkle sugar on top if desired.
- Place in the oven for thirty minutes and baked until crispy at the top, and set.
- Serve hot with a choice of protein.



BIRYANI

Chef Noor Khan
BTE High Wycombe, United Kingdom

Here is my favourite dish from my culture I would to share, the perfect balance between sweet and savoury and of course, spice!

If spice is not so much your thing, you can pair it up with Raita, which is a dressing you can add on top combined with a mixture of yoghurt with fruits, vegetables, and herbs mixed into it such as cucumber. The two complement each other perfectly! Hope you enjoy!

INGREDIENTS

- Chicken ½ kg
- Dahi (Yogurt) 1 Cup
- Haldee powder (Turmeric powder) ½ tsp
- Lal mirch powder (Red chilli powder) ½ tbs or to taste
- Namak (Salt) ½ tbs or to taste
- Dhania powder (Coriander powder) 1 tbs
- Adrak lehsan paste (Ginger garlic paste) 2 tbs
- Hari mirch (Green chilli) chopped 4-5
- Pyaz (Onion) sliced 1 large
- Podina (Mint leaves) chopped 2 tbs
- Hara dhania (Fresh coriander) chopped 2 tbs
- Pyaz (Onion) fried 1 Cup
- Lemon juice 2 tbs
- Water 2 & ½ litres
- Darchini (Cinnamon stick) 1
- Laung (Cloves) 4-5
- Sabut Kali mirch (Black peppercorns) ½ tsp
- Hari elaichi (Green cardamom) 2
- Badiyan ka phool (Star anis) 1
- Tez patta (Bay leaves) 2
- Namak (Salt) 1 & ½ tbs
- Sirka (Vinegar) 2 tbs
- Chawal (Rice) Sella 500g soaked for 30 minutes
- Cooking oil 5-6 tbs
- Zeera (Cumin seeds) 1 tbs
- Zarda ka rang (Yellow food color) ½ tsp
- Water 2-3 tbs

DIRECTIONS

1. ***In a bowl add chicken, yogurt, turmeric powder, red chilli powder, salt, coriander powder, ginger garlic paste, green chilli, onion, mint, fresh coriander, fried onion, lemon juice & mix well. Marinate the chicken for 30 minutes.***
2. ***In a pot add water, cinnamon stick, clove, black pepper corns, green cardamom, star anis, bay leaves, salt, vinegar & bring it to boil.***
3. ***Add rice & let it cook until ¾ done (approx. 8-10 minutes). Strain & set aside.***
4. ***In a pot add cooking oil, cumin seeds, marinated chicken & stir fry for 2-3 minutes.***
5. ***Cover & cook on low flame for 10-12 minutes.***
6. ***Remove the lid and cook on high flame until oil separates. Now turn the flame off.***
7. ***Take half amount of korma in a dish & reserve it for later use.***
8. ***Now add & spread half amount of boiled rice, reserved korma, fresh coriander, mint, fried onion, remaining boiled rice.***
9. ***Dissolve Orange food colour in water and add in it. Cover & steam cook on low flame for 8-10 minutes.***
10. ***Mix and serve!***

INGREDIENTS

- 1 large egg, lightly beaten
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour, divided
- 1/2 cup cornmeal 1 teaspoon salt 1/2 teaspoon
- pepper
- 3 medium-size green tomatoes, cut into 1/3-inch slices
- Vegetable oil
- Salt to taste

FRIED GREEN TOMATOES

Chef Caitlin Dawkins,
FHI 360, National Institute for Work and Learning

DIRECTIONS

Step 1

- *Combine egg and buttermilk; set aside.*

Step 2

- *Combine 1/4 cup all-purpose flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan.*

Step 3

- *Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture.*

Step 4

- *Pour oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 375°. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden. Drain on paper towels or a rack. Sprinkle hot tomatoes with salt.*





CHICKEN

CRUST

PIZZA

What You Need:

- 1lb ground chicken (we used Perdue antibiotic free)
- 1- 9.7 oz can of Swanson white and dark chicken (I know it gross but it worked, I don't think name brand matters but I try to get a natural as possible)
- 1 cup shredded (NOT grated) Parmesan cheese
- ½ cup shredded mozzarella
- 2 eggs
- 1 teaspoon of Penzey's pizza season (or basil, oregano, Italian seasoning, whatever you have)
- Parchment paper (you will need it)

Toppings

Hints about toppings: We fried some sausage, sautéed some onions and mushroom – would have also used red peppers but we were out!! I would precook them to prevent sogginess. I read all the labels at our grocery store and learned that Delgrosso or Mezzetta have only 3 carbs per ¼ cup. Top crust with your favorites and bake again at 400 until desired melted appearance. We wrapped our 2nd crusting plastic wrap and froze it – hoping it will be good later.

How To Do It

We read lots of recipes and then created our own from our learning!

Preheat oven to 400 Cut two pieces of parchment paper the length of a jellyroll pan; fold each piece in half like a hamburger. Open can of chicken, drain, place in paper towel and squeeze all the water out of it. In a medium size bowl, crack both eggs and mix well Add remaining ingredients, including dried off chicken – mix really well – I use a gloved hand because I like to mix in some love!! LOL Divide the mixture in two equal piles and place one pile inside each piece of parchment paper Cover the pile and press flat, use rolling pin, whatever works – till it is as flat/big as your pizza pan or as thin or thick as you want it. Working them into a circle – unless you have decided to bake in a jellyroll pan then you probably only need one pan. Sprinkle with garlic, more seasoning and some salt. (We needed more in ours) Bake at 400 for 15 minutes and then check – we popped ours to convection for 5 additional minutes but we LOVE crunchy pizza crust (it still wasn't crunchy enough but you could eat it like a slice of pizza! 10. Let it rest 15 minutes! It helps it set otherwise it might get soggy.

IRISH BROWN BREAD

*Chef Cliona O'Geran
BTE Limerick, Ireland*



Ingredients

150g Plain Flour
250g Wholemeal Flour
25g Pinhead Porridge Oats
25g Wheat Bran
1 ½ tsp Baking Powder
45g Treacle
500ml Buttermilk

Yield

MAKES ONE LOAF OF
BREAD

Directions

1. Pre-heat oven to 180°C.
2. Mix all dry ingredients together in a bowl.
3. Add treacle & buttermilk to form runny dough.
4. Butter a baking loaf tin, line with baking parchment and pour mixture onto tin.
5. Bake for 1 hour



Gratin of Brussel Sprouts, Gruyere, and Prosciutto

CHEF JEREMY RAFF
BTE LANCASTER, PENNSYLVANIA, USA

Ingredients

- 1 ½ lbs of Brussel sprouts, trimmed and cut in half
- 1 medium white onion, diced
- Extra virgin olive oil
- Kosher salt
- Freshly ground pepper
- 6 ounces prosciutto, chopped
- 1 cup heavy cream
- ½ lb Gruyere cheese, grated
- 1 lb of bowtie pasta

Instructions

1. Heat oven to 400° F.
2. Put Brussel sprouts and onions on a rimmed baking sheet. Pour a glug or two of olive oil and season with salt and ground pepper. Roast in the oven for 15-20 minutes.
3. Transfer the vegetables to a baking dish. Sprinkle the prosciutto on top, pour over the heavy cream, and top with the gruyere.
4. Bake for 15-20 minutes more. Let cool for 3-5 minutes.
5. After you return the gratin to the oven, heat a pot of water on the stove and cook your bowtie pasta following the directions on the packaging. Serve with the gratin on top of the pasta.
6. Enjoy!



Kedgeree

CHEF GILL MANNING
BTE HIGH WYCOMBE, UNITED KINGDOM

You will need:

For the Base:

- 300g Undyed smoked haddock fillet, skin on
- 2 Bay leaves
- 300ml Milk
- 4 Eggs
- Handful chopped parsley
- Handful chopped coriander

For the Rice:

- 2 tbsp Vegetable oil
- 1 Large onion, finely chopped
- 1 tsp Ground coriander
- 1 tsp Ground turmeric
- 2 tsp Curry powder
- 300g easy-cook long grain rice, rinsed under running water

RICE: For the rice, heat 2 tbsp vegetable oil in a large, lidded pan, add 1 finely chopped large onion, gently fry for 5 mins until softened but not coloured. Add 1 tsp ground coriander, 1 tsp ground turmeric and 2 tsp curry powder, season with salt, then continue to fry until the mix starts to go brown and fragrant; about 3 mins. Add 300g rinsed easy-cook long grain rice and stir in well. Add 600ml water, stir, then bring to the boil. Reduce to a simmer, then cover for 10 mins. Take off the heat and leave to stand, covered, for 10-15 mins more. The rice will be perfectly cooked if you do not lift the lid before the end of the cooking.

FISH AND EGGS: Meanwhile, put 300g skin-on undyed smoked haddock fillet and 2 bay leaves in a frying pan, cover with 300ml milk, then poach for 10 mins until the flesh flakes. Remove from the milk, peel away the skin, then flake the flesh into thumb-sized pieces. Place 4 eggs in a pan, cover with water, bring to the boil, then reduce to a simmer. Leave for 4½-5 mins, plunge into cold water, then peel and cut the eggs into quarters.

MIX Gently mix the fish, eggs, a handful each of chopped parsley and coriander, and rice together in the pan. Serve hot, sprinkled with a few extra herbs

ONE OF OUR FAMILY FAVORITES DURING LOCKDOWN! TO LEARN
MORE ABOUT CERTAIN INGREDIENTS, VISIT
WWW.BBCGOODFOOD.COM/GLOSSARY

Bramboracky (Czech Savory Potato Pancakes)

Ingredients

*4 large potatoes
3 cloves garlic, crushed
salt and black pepper to taste
1 pinch dried marjoram
2 teaspoons caraway seeds
2 eaches eggs
1 tablespoon milk
3 tablespoons all-purpose flour
oil for frying*

Directions

Step 1

Peel and coarsely grate the potatoes, squeezing out as much liquid as you can. Transfer the shredded potatoes to a mixing bowl. Stir in the crushed garlic, salt, pepper, marjoram, and caraway seeds

Step 2

Beat the eggs with the milk. Add the egg mixture to the potatoes and stir well to combine. Gradually mix in the flour to form a thick but still pourable batter.

Step 3

Heat the oil in a skillet over medium-high heat; the oil should be about 1/4-inch deep. Spoon about 1/4 cup of batter into the hot oil, flattening it slightly. Fry the pancake until golden brown, about 3 minutes on each side. Drain on paper towels. Taste the first pancake and adjust the seasoning if necessary; repeat with remaining batter.

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SEP 2020

Irish Soda Bread

CHEF TERESA LEAHY
BTE LIMERICK, IRELAND

INGREDIENTS

- 250g plain white flour
- 250g plain wholemeal flour
- 100g porridge oats
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 25g butter, cut in pieces
- 500ml buttermilk

METHOD

1. Preheat the oven to 200C/gas 6/ fan 180C and dust a baking sheet with flour. Mix the dry ingredients in a large bowl, then rub in the butter. Pour in the buttermilk and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently). Now shape it into a flat, round loaf measuring 20cm/8in diameter.
2. Put the loaf on the baking sheet and score a deep cross in the top.
3. Bake for 30-35 minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few more minutes.
4. Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool.
5. To serve, break into quarters, then break or cut each quarter in half to make 8 wedges or slices- or simply slice across.
6. Eat very fresh.

Hey Sugar!

D E S S E R T S

HEAVENLY DESSERT
RECIPES, PLUS HEALTHY VARIATIONS!





• Gram's Fudge •

Chef Lisa Johnson
FHI 360, National Institute for Work and Learning

Melt 2 cups of sugar with 1 stick of butter and 5 ounces of evaporated milk. Bring to a boil over medium heat for 3 minutes, stirring consistently. Add 12 ounces of semi-sweet chocolate chips and 1 teaspoon of vanilla. Stir until smooth and pour into foil-lined pan. Refrigerate until hardened if you like it cooler or leave out for a warmer fudge Enjoy!

Patishapta Pitha



Chef Tanzina Choudhury
BTE High Wycombe, United Kingdom

Ingredients

- 1 Litre milk
- Sugar
- Grated coconut
- 2 Eggs

Filling: Boil 1 litre milk until dried whilst stirring constantly. When milk becomes a thick consistency add desired amount of sugar and stir. Finally, add in grated coconut and stir until done.

Crepe batter: Whisk milk, sugar and eggs together. Proceed to make like normal as well as it being thin. Add filling into the crepe and spread in one line. Proceed to roll and enjoy! (Decoration is optional and you may do it however you like!)

This is an authentic Bangladeshi sweet dish which is one of my favourite dishes from my culture! The sweet and creamy filling always leaves you wanting more! There are many ways to make this dish, but this recipe is one I have grown up with and I couldn't love anything as simple as this! It's a perfect, simple dessert which just tastes too good!

Sticky Date Pudding

Chef Brooke Moon
BTE Sydney, Australia



INGREDIENTS

- 250g pitted dates, chopped
- 1 teaspoon bicarbonate of soda
- 1 1/2 cups boiling water
- 125g Lurpak unsalted butter, softened
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 3/4 cups self-raising flour, sifted

Caramel sauce

- 1 cup brown sugar
- 300ml thickened cream
- 1/2 teaspoon vanilla extract
- 60g butter

DIRECTIONS

- Preheat oven to 180°C. Grease and line the base of a 7cm deep, 22cm (base) cake pan.
- Place dates and bicarbonate of soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes.
- Using an electric mixer, beat butter, sugar and vanilla until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well combined.
- Spoon mixture into prepared cake pan. Bake for 35 to 40 minutes or until a skewer inserted into the centre comes out clean. Turn onto a plate.
- Make sauce Combine all ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes.
- Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining sauce.

Tim's Delicious Brownies

CHEFF TIM JOHNSON
BTE ATHENS, GEORGIA, USA

Issue No. 24 • September 2020

2 sticks butter
4 squares unsweetened baking chocolate
2 cups brown sugar (or white)
4 eggs
1 cup whole wheat flour (or white)
1 tablespoon vanilla extract
Cocoa powder

Directions: Melt butter and chocolate over low heat. Stir in sugar. Let cool. Beat in eggs. Stir in flour and vanilla. Butter a 9x13" pan and dust with cocoa powder. Put mixture in pan and bake at 350 for 25 minutes. Cool, cut, and enjoy!

Guilt-free Brownies

Get the same decadent taste
without the calories!

Five Fresh Picks

Five food bloggers share
their favorite recipes


Sweater Weather

Keep warm with these
recipes from Bella Alfieri



CHEF LUCY PHILLIPS
BTE SYDNEY, AUSTRALIA

Aussie Pavlova



150ml egg whites (approximately 4 x 60g eggs)
1 cup (220g) caster (superfine) sugar
3 teaspoons cornflour (cornstarch)
1 teaspoon white vinegar
whipped cream
fresh fruit, to serve

Preheat oven to 150°C (300°F). Place the eggwhites in the bowl of an electric mixer and beat until soft peaks form. Gradually add the sugar, beating well until the mixture is glossy. Sift the cornflour over, add the vinegar and fold through. Pile into an 18cm-round on a baking tray lined with non-stick baking paper. Place in the oven, reduce the heat to 120°C (250°F) and cook for 1 hour. Turn the oven off and allow the meringue to cool in the oven. To serve, top with whipped cream and fresh fruit.

Healthy Banana Pancakes

RECIPES STRAIGHT FROM HOME

Chef Paola Martinez Chinas
BTE Mexico City, Mexico



Ingredients

- 2 ripe bananas
- 2 eggs
- 1 tsp vanilla extract
- 1/2 cup quick cook oats
- 1 tsp cinnamon

Directions

1. Mash bananas in a large bowl until smooth. Mix in eggs and vanilla until well combined, then mix in oats and cinnamon.
2. Heat a skillet to medium and add in a scoop* of the pancake batter. Smooth out to form an even layer. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.
3. Garnish your pancakes with your favorite toppings! We used banana slices, chopped walnuts & maple syrup.

*Note: Use 1/2 cup (65) for scooping the batter to yield 4 thicker pancakes. Use 1/3 cup (40 g) to yield 6 smaller pancakes. Enjoy!



CHEF YEZENIA RAMOS
JOHNSON & JOHNSON
BTE NEW BRUNSWICK, NEW JERSEY, USA

Cheesecake Flan

1 cup (200g) sugar
2 tsp (10ml) fresh lemon juice, optional
1 package (8oz -230g) cream cheese, room temperature
5 large eggs, room temperature
2 tsp (10g) vanilla extract
1 can (14oz- 397g) sweetened condensed milk
1 can (12oz -350g) evaporated milk

Directions

1. Preheat oven to 350F (180C).
2. In a small saucepan add sugar and lemon juice. Melt over low-medium heat until golden. Remove from heat and pour the hot caramel into the bottom of a 9 inch (23cm) pan. Swirl the pan to spread evenly. Set aside until you prepare the cream cheese mixture.
3. In a large bowl mix cream cheese until smooth. Incorporate eggs one at a time, vanilla extract, sweetened condensed milk and evaporated milk. Mix well until combined.
4. Skim off the foam using a spatula and pour the cream cheese mixture over the caramel into the pan.
5. Place the pan in a larger pan, place on oven rack and add boiling water halfway up the sides of the pan.
6. Bake for 45-50 minutes until set or until a toothpick inserted into the center comes almost clean.
7. Remove the pan from water and cool completely on a cooling rack.
8. Cover and refrigerate for at least 4 hours or better overnight.
9. Run a knife around the edges of the cake to unmold it and invert onto a serving plate.

Sodoma Family Farm's Apple Pie

CHEF AMANDA MCMAHON
FHI 360, NATIONAL INSTITUTE FOR WORK AND LEARNING

FILLING

4-5 apples, peeled and
cored

Use a firm apple, such
as North Spy, Rome,
Jazz,
Jonagold, or York.

1 cup sugar

1 tsp cinnamon

2 Tb flour

CRUST

2 cups flour

1 tsp salt

3/4 cup shortening

1/4 cup very cold water

CREAMY SAUCE

For special occasions and holidays.

1 egg

1/3 cup melted butter

1 1/2 tsp confectioner's sugar

1 tsp. vanilla

1 cup whipping cream, whipped
stiff

DIRECTIONS

Make the crust:

Combine crust ingredients, working
ONLY until
necessary. (Light, flakey crust comes
from minimal mixing.) Divide and
roll two
crusts.

Make the filling:

Slice apples very thin. In large bowl,
toss
apples with filling ingredients. Place
into prepared pie crust. Top
with remaining crust. Bake in a 400°
for 50 minutes.

Make the creamy sauce:

Beat egg until foamy. Blend in
butter,
sugar, vanilla. Fold in shipping
cream. Cool. Serve on apple pie for a
great
treat.



BEST-EVER BROWNIES

Chef Michelle Gilliard
FHI 360, US Education and Workforce

INGREDIENTS

- 2 squares unsweetened chocolate
- 1/2 cup margarine or butter
- 2 eggs
- 1 cup sugar
- 1/2 teaspoon vanilla
- 1/2 cup sifted flour
- 1/8 teaspoon salt
- 1 cup chopped walnuts (optional) (An alternative is chocolate morsels, or 1/2 cup of both)

DIRECTIONS

01

Preheat oven to 350 degrees F.

Melt chocolate with butter in small pan

02

Beat eggs and sugar until foamy (10 minutes --this is a very important step, do not skip)

03

Stir in vanilla and chocolate mixture

Fold in flour, salt and nuts

04

Pour batter into a well greased 8X8X2 baking dish

Bake in pre-heated 350 degree oven for 30 minutes or until done.

MUST MAKE

BELGIAN SPICE COOKIES

RECIPES

Chef Cathy Baker
BTE Athens, Georgia, USA

Ingredients

1½ cups (7½ ounces) all-purpose flour
5 teaspoons ground cinnamon
1 teaspoon ground cardamom
¼ teaspoon ground cloves
¼ teaspoon baking soda
¼ teaspoon baking powder
¼ teaspoon salt
¾ cup (6 ounces) turbinado sugar
8 tablespoons unsalted butter, cut into ½-inch
pieces and chilled
1 large egg

Before you Begin

For the proper flavor, we strongly recommend using turbinado sugar (commonly sold as Sugar in the Raw). If you can't find it, use ¾ cup plus 2 tablespoons (6 ounces) of packed light brown sugar and skip the sugar grinding in step 2. In step 3, use a rolling pin and a combination of rolling and a smearing motion to form a rectangle. If the dough spreads beyond the rectangle, trim it and use the scraps to fill in the corners; then, replace the parchment and continue to roll. Do not use cookie molds or an embossed rolling pin for the speculoos; they will not hold decorations.

Instructions

Whisk flour, cinnamon, cardamom, cloves, baking soda, baking powder, and salt together in bowl. Using pencil and ruler, draw 10 by 12-inch rectangle in center of each of 2 large sheets of parchment paper, crisscrossing lines at corners. (Use crisscrosses to help line up top and bottom sheets as dough is rolled.) Process sugar in food processor for 30 seconds (some grains will be smaller than granulated sugar; others will be larger). Add butter and process until uniform mass forms and no large pieces of butter are visible, about 30 seconds, scraping down sides of bowl as needed. Add egg and process until smooth and paste-like, about 10 seconds, scraping down sides of bowl as needed. Add flour mixture and process until no dry flour remains but mixture remains crumbly, about 30 seconds, scraping down sides of bowl as needed. Transfer dough to bowl and knead gently with spatula until uniform and smooth, about 10 seconds. Place 1 piece of parchment on counter with pencil side facing down (you should be able to see rectangle through paper). Place dough in center of marked rectangle and press into 6 by 9-inch rectangle. Place second sheet of parchment over dough, with pencil side facing up, so dough is in center of marked rectangle. Using pencil marks as guide, use rolling pin and bench scraper to shape dough into 10 by 12-inch rectangle of even 3/8-inch thickness. Transfer dough with parchment to rimmed baking sheet. Refrigerate until dough is firm, at least 1½ hours (or freeze for 30 minutes). (Rolled dough can be wrapped in plastic wrap and refrigerated for up to 5 days.) Adjust oven racks to upper-middle and lower-middle positions and heat oven to 300 degrees. Line 2 rimless baking sheets with parchment. Transfer chilled dough to counter. Gently peel off top layer of parchment from dough. Using fluted pastry wheel (or sharp knife or pizza cutter) and ruler, trim off rounded edges of dough that extend over marked edges of 10 by 12-inch rectangle. Cut dough lengthwise into 8 equal strips about 1¼ inches wide. Cut each strip crosswise into 4 equal pieces about 3 inches long. Transfer cookies to prepared sheets, spacing them at least ½ inch apart. Bake until cookies are lightly and evenly browned, 30 to 32 minutes, switching and rotating sheets halfway through baking. Let cookies cool completely on sheets, about 20 minutes. (Cookies can be stored at room temperature for up to 3 weeks.)



NEW YORK CHEESE CAKE

INGREDIENTS

Crumb crust:

- 8 ounces (15 4 3/4 x 2 1/2-inch sheets of graham cracker; yes, I am crazy enough to both count and measure) finely ground graham crackers or cookies such as chocolate or vanilla wafers
- 8 tablespoons (1 stick or 4 ounces or 113 grams) unsalted butter, melted
- 1/2 cup sugar
- 1/4 teaspoon salt

Very tall cheesecake filling:

- 5 (8-ounce) packages cream cheese, softened (Philadelphia is recommended for cheesecakes but if you've had success with other brands, feel free to use them again)
- 1 3/4 cups sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon finely grated lemon zest
- 1 teaspoon finely grated orange zest
- 5 large eggs
- 2 large egg yolks
- 1/2 teaspoon vanilla

Cherry topping:

- 10 ounces sweet or sour cherries, pitted (they're not in season here so I used frozen; worked just fine)
- 2 tablespoons lemon juice
- 1/4 cup sugar*
- 1 tablespoon cornstarch
- 1/2 cup water

DIRECTIONS

To make the crumb crust:

1. ***Stir together crust ingredients and press onto bottom and up the sides, stopping one inch shy of the top rim**, of a buttered 9 1/2-inch (or 24 cm) springform pan.***

To make the very tall cheesecake filling:

1. ***Preheat oven to 550 F degrees***. Beat together cream cheese, sugar, flour and zest with an electric mixer until smooth. Add vanilla, then eggs and yolks, one at a time, beating on low speed until each ingredient is incorporated. Scrape bowl down between additions.***
2. ***Put springform pan with crust in a shallow baking pan (to catch drips).***
3. ***Pour filling into crust (springform pan will be completely full) and baking in baking pan in the middle of the oven for 12 minutes or until puffed.***
4. ***Reduce the temperature to 200 degrees and continue baking until cake is mostly firm (center will still be slightly wobbly when pan is gently shaken), about one hour more.***
5. ***Run a knife around the top edge of the cake to loosen it and cool the cake completely in springform on a rack, then chill it, loosely covered, at least 6 hours.***

Make cherry topping (optional):

1. ***Place all ingredients together in a medium saucepan.***
2. ***Bring to a boil. Once it is boiling, cook it for an additional one to two minutes then remove from heat. Cool completely.***
3. ***Remove side of pan and transfer cake to a plate***
4. ***Spread topping (if using) over chilled cheesecake.***

Chef Sara Nolan
BTE Franklin, New Jersey, USA



VANILLA CUPCAKES

*Chef Michlle Du Preez,
BTE East London, South Africa*

INGREDIENTS

- 125g of Baking Margarine
- 170g of Caster Sugar
- 5ml of Vanilla Essence
- 2 Large Eggs
- 280g of Self Raising Flour
- 200ml of Milk

Icing/Frosting

- 150g of soft baking margarine
- 275g of Icing sugar
- 25ml to 40ml Milk

PROCEDURE

01

Preheat oven to 350 degrees F. Beat the baking margarine and the castor sugar with an electric beater until light.

02

Add the eggs one at a time, eating fter each addition. Add the Vanilla essence and beat the mixture.

03

Fold in the sifted flour, alternating with milk.

04

Spoon into cup cake trays that have been lined with cupcake papers. Bake in a preheated oven for 12 to 15 minutes until golden brown and cooked through.

05

Remove from the trays and leave to cool on cooling racks.

Once cool, beat all ingredients for the frosting together and ice your cupcakes



BANANA CHOCOLATE CHIP MUFFINS

Ingredients

- 2 1/3 cups all-purpose flour, spooned and leveled
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup unsalted butter melted 3/4 cup light brown sugar*
- 2 large eggs
- 1 tablespoon vanilla
- 3/4 cup mashed bananas (about 2-3 brown bananas)
- 1/4 cup milk buttermilk preferred
- 1 cup chocolate chips

Directions

1. Preheat the oven to 375F. Line a muffin tin with muffin papers. You'll end up with 12-14 muffins total.
2. In a large bowl whisk together the flour, baking powder and salt.
3. In a second large bowl whisk together the melted butter, sugar, eggs, and vanilla.
4. Whisk in the mashed bananas and milk.
5. Gently fold in the dry ingredients into the wet ingredients. Be careful not to over mix.
6. When the flour is about 80% folded in, fold in the chocolate chips.
7. Spoon the muffin batter into your prepared muffin pan until each cavity is filled to the top. Optionally sprinkle a few chocolate chips on top of each muffin.
8. Bake for 16-20 minutes, or until an inserted toothpick comes out clean (except for melted chocolate).
9. Allow to cool for 5 minutes in the muffin pan, then remove from the pan and continue cooling on a wire rack for 5-10 minutes before eating.

CHEF SHANNON SMITH
BTE NEW BRUNSWICK, NEW JERSEY, USA

If I'm Being Honest...

Tiffany Nesbey

FHI 360, National Institute for Work and Learning

PROJECT



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