

FRIENDS SCHOOL BAKING CLASS



Fall 2017

Recipes collected and adapted by
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Thanks for hosting our field trips!
*Noe Valley Bakery, 4073 24th St.
and Mission Pie, 2901 Mission St.*



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BRAN MUFFINS

INGREDIENTS:

2 cups wheat bran
1 cup white flour
1 cup brown sugar
1½ cups buttermilk or yogurt
3 eggs
1 stick sweet butter
1 cup raisins or other dried fruit
1 teaspoon vanilla extract
1 teaspoon baking soda
1/4 teaspoon salt

COOKING TOOLS:

big plastic tray
measuring cups: 1, 1/2
measuring spoons, 2 big mixing bowls
small porcelain bowl, wooden spoon
sifter, whisk, mug
ice cream scoop, rubber scraper
12-cup muffin pan or 4 mini pans
cooking spray, toothpick
oven mitts, timer
optional: paper muffin cups

Spray a 12-cup muffin pan with cooking spray or use paper muffin cups. (Optional: use 4 mini muffin pans to make 48 mini muffins.)

Put 1 stick butter in a mug, cover with a napkin, and melt in the microwave.

Break 3 eggs into a small porcelain bowl. Beat with a fork and put aside.

Pour the melted butter into a big mixing bowl. Add 1 cup brown sugar and 1 teaspoon vanilla. Mix with a wooden spoon. Slowly stir in 1½ cups buttermilk. Have a taste! Then add the beaten eggs.

Preheat oven to 350 degrees (convection oven: 300 degrees).

Sift into another big mixing bowl: 1 cup white flour, 1 teaspoon baking soda, 1/4 teaspoon salt. Whisk in 2 cups bran.

Gradually add the dry mix to the wet mix. Stir in 1 cup raisins or other dried fruit.

Using an ice cream scoop, transfer the batter into the muffin cups.

Bake 20 minutes, or 16 minutes for mini muffins (convection oven: 16 minutes or 12 minutes). Check with a toothpick.



CHEESE BREAD (page 1)

INGREDIENTS:

2 cups white flour
1 cup whole wheat flour
1 Tablespoon dry yeast
1/2 cup warm milk
1 Tablespoon white sugar
2½ Tablespoons taco blend
1/4 teaspoon black pepper
1 teaspoon salt
2 Tablespoons butter

optional: 2 Tablespoons finely cut rosemary

TOOLS FOR MAKING DOUGH:

2 big mixing bowls
small ceramic bowl
small bowls, mug
measuring cups: 1, 1/2
measuring spoons
wooden spoon, whisk
small spoon
cooking spray
timer

Microwave 2 Tablespoons butter in a mug with a napkin on top until melted. Set aside.

Whisk 2 cups white flour, 1 cup whole wheat flour, 1 teaspoon salt, 2½ Tablespoons taco blend and 1/4 teaspoon black pepper in a big mixing bowl and set aside.

Bring 1/2 cup water to a boil. Put it in a small bowl containing 1 cup water at room temperature. Let it sit for about 30 seconds. This will make water that's about 110 degrees.

Discard all except 1/2 cup of the warm water. Sprinkle 1 Tablespoon dry yeast on top of the liquid. Stir with a spoon. Let sit about 7 minutes.

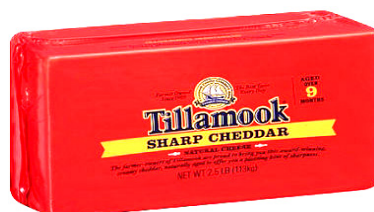
Dissolve 1 Tablespoon sugar in 1/2 cup warm milk. Stir it into the yeast and water, then pour all the liquid into a big mixing bowl.

Add the flour to the liquid a little bit at a time, stirring with a wooden spoon, until most of the flour is gone. Then add 2 Tablespoons melted butter and the rest of the flour.

Knead for a few minutes with the hands. If too dry, add milk 1 Tablespoon at a time.

Spray a big mixing bowl with cooking spray. Put the dough in the bowl and cover with a warm damp cloth. Put it in a warm place for 1½ to 2 hours.

Afterward, knead the dough for several minutes, return to the mixing bowl, cover with a warm damp cloth, and let rise again in a warm place for about 20 minutes. Now it can be refrigerated for up to 2 days.



CHEESE BREAD (page 2)

INGREDIENTS FOR CHEESE BREAD:

ball of dough
1/4 pound sharp cheese
white flour for kneading
optional: 2 Tablespoons rosemary

TOOLS FOR CHEESE BREAD:

big plastic tray, cloth
rolling pin, scissors
cutting board, knife
2 Silpat sheets or parchment paper
2 baking sheets, timer

Ahead of time: Rub a plastic tray with a little white flour. Place the dough on top, cover with a cloth, and let it rest for about 1/2 hour before using.

Cover 2 baking sheets with a Silpat sheets or parchment paper.

Slice 1/4 pound sharp cheese into 16 flat pieces about 2 inches across.

If not using rosemary, simply knead the dough for a few minutes.

(Optional: Cut rosemary with scissors until it's in very small pieces. Knead 2 Tablespoons of rosemary into the dough.)

Preheat oven to 400 degrees (convection oven: 375 degrees).

Divide the dough into 32 pieces. Press or roll each piece into a flattened circle. Place 16 dough circles on the prepared baking sheets.

Cover the middle of each piece with a slice of cheese. Leave space around the edges. Cover with another dough circle and press down.

Bake 22 minutes (convection oven: 11 to 12 minutes), then check.



CHOCOLATE CHIP COOKIES

INGREDIENTS:

2 ½ cups white flour
1/2 cup whole wheat flour
3½ sticks sweet butter
2/3 cup brown sugar
4 eggs
2 teaspoons vanilla extract
2 teaspoons baking powder
½ teaspoon salt
2 cups sweet chocolate chips
optional: raisins, toasted sunflower seeds,
grated coconut

COOKING TOOLS:

big plastic tray, 3 baking sheets
Silpat sheets or parchment paper
2 big mixing bowls, medium bowl
small porcelain bowl, food gloves
sifter, whisk
measuring cups: 1, 2/3, 1/2, 1/4
measuring spoons, fork
wooden spoon, plate
small bowls, rubber scraper
cooling racks, spatula
oven mitts, timer

Put in separate bowls ahead of time: chocolate chips, raisins, grated coconut, toasted sunflower seeds. Place Silpat sheets or parchment paper on top of 3 baking sheets.

Put 3½ sticks sweet butter in a medium porcelain bowl. Put a plate on top. Melt in the microwave.

Sift into a big mixing bowl: 2½ cups white flour, 2 teaspoons baking powder, ½ teaspoon salt. Whisk in 1/2 cup whole wheat flour.

Put 2/3 cup brown sugar into a big mixing bowl. Add the melted butter and 2 teaspoons vanilla. Mix with a wooden spoon. Have a taste!

Break 4 eggs into a porcelain bowl. Beat with a fork, then stir into the sugar & butter mix.

Preheat oven to 375 degrees (convection oven: 325 degrees).

Gradually stir the dry mix into the wet mix with a wooden spoon. Divide the dough into 6 chunks.

For each chunk, add 1/4 cup chocolate chips. If you want, add 1/4 cup of another ingredient (raisins, sunflower seeds or grated coconut).

Put on food gloves. Squeeze the dough until the ingredients are well mixed. Divide each chunk into 4 cookies. Make them round and flat. Place them on a baking sheet, with a little space between them.

Bake 12 minutes (convection oven: 8 minutes). Lift them with a spatula and put them on a cooling rack. The chocolate will remain melted and hot for a long time, so cool them before serving.

Note: Chopped walnuts make a good addition.

GINGERBREAD COOKIES

INGREDIENTS:

2½ cups white flour
1 cup whole wheat flour
¾ cup dark molasses
½ cup packed brown sugar
¼ cup (½ stick) shortening
1 teaspoon baking soda
1 Tablespoon minced fresh ginger
½ teaspoon ground allspice
½ teaspoon ground cinnamon
½ teaspoon ground cloves
¼ teaspoon salt
extra white flour for rolling

COOKING TOOLS:

2 big plastic trays, 3 baking sheets
cookie cutters, timer
electric mixer, pastry bags
food coloring, sharp knives
measuring cups: 1, ¾, ½, ¼
sifter, whisk, mug
measuring spoons, food gloves
2 big mixing bowl, small bowls
cutting board, grater
rolling pin, wooden spoon
rubber scraper, spatula
Silpat sheets or parchment paper
cooking spray, oven mitts

Cover 3 baking sheets with Silpat sheets or parchment paper.

Put ¼ cup (½ stick) shortening in a mug with a napkin on top and melt it in the microwave for about 30 seconds.

Peel some fresh ginger with a sharp knife, then discard the peelings and grate the ginger roughly with a grater. Put aside 1 Tablespoon.

Put the melted shortening in a big mixing bowl. Add ¾ cup dark molasses, ½ cup brown sugar, 1 Tablespoon grated ginger, ½ cup cold water. Stir well with a wooden spoon. Have a taste!

In a separate big mixing bowl, sift 2½ cups white flour, 1 teaspoon baking soda, ½ teaspoon allspice, ½ teaspoon cinnamon, ½ teaspoon cloves, ¼ teaspoon salt. Whisk in 1 cup whole wheat flour. Put on a food glove, spray with cooking spray and knead the dough until all the flour is absorbed.

Sprinkle 2 big plastic trays with flour. Divide the dough in half. Put one piece on each of tray. Roll the dough about 1/8 inch thick. If it's too dry, add a little water.

Preheat oven to 350 degrees. (convection oven: 300 degrees)

Cut into cookie shapes with cookie cutters. Transfer to the baking sheets using a spatula. Keep a little space between them. **Bake 7 to 10 minutes** (convection oven: 5 to 7 minutes), depending on whether you want soft or crisp cookies.

EASY CREAMY FROSTING

INGREDIENTS:

2-1/3 cups powdered sugar
1/4 cup soy creamer
1 teaspoon vanilla
food coloring

COOKING TOOLS:

medium mixing bowl, electric mixer
measuring cups: 2, 1/3
wooden spoon, rubber scraper
measuring spoons, pastry bag

Stir together in a medium bowl: 2-1/3 cups powdered sugar, 1/4 cup soy creamer, 1 teaspoon vanilla. Mix until smooth with an electric mixer. Add a little food coloring if desired. Squeeze onto the cookies using a pastry bag.



Poem

No written word, no spoken plea
Can teach our youth what they should be,
Nor all the books on all the shelves:
It's what the teachers are themselves.

PIZZA DOUGH (for 2 large pizzas)

INGREDIENTS:

2 cups + 2 Tablespoons white flour
1 cup whole wheat bread flour
4 teaspoons dry yeast
1/2 Tablespoon honey
3/4 cup + 2 Tablespoons warm water
1/2 teaspoon salt
2 Tablespoons olive oil
extra flour for kneading

COOKING TOOLS:

small saucepan
very big mixing bowls
big mixing bowl, whisk
measuring cups: 1, 1/3
measuring spoons, teaspoon,
gallon baggie, small bowl
wooden spoon, small towel
plate, cooking spray

Ahead of time: Put 1 cup of water in a small saucepan and bring it to a boil. As soon as it boils, pour it into a big bowl containing 2 cups water at room temperature. This will make water that's approximately 110 degrees.

Put 1/4 cup of the warm water in a small bowl. Add 8 teaspoons dry yeast and 1/2 Tablespoon honey, stirring with a teaspoon until it dissolves. Set aside.

In a very big mixing bowl, whisk 2 cups + 2 Tablespoons white flour plus 1 cup whole wheat bread flour with 1/2 teaspoon salt. Add 2 Tablespoons olive oil and stir with a wooden spoon. When the oil is completely absorbed, add the dissolved yeast and start kneading the dough in the bowl.

Add 3/4 cup plus 2 Tablespoons warm water and continue kneading for several minutes. Make into a ball. If it seems too dry, add a little more water. If it seems too wet, add a little more flour.

Transfer the dough to a plate. Wipe the mixing bowl clean, then spray it with cooking spray and put the dough back. Cover with a damp cloth and put in a warm place to rise.

* * *

After 1 to 1½ hours, knead the dough for several minutes.

Put the dough into a mixing bowl and cover with a damp cloth. Let it rest for 15 to 20 minutes. Then divide it in half and put it into 2 gallon baggies. At this point the dough can refrigerated for up to 2 days.



PIZZA SAUCE (for 2 large pizzas)

INGREDIENTS:

28-ounce can chopped tomatoes
3 ounces (1/2 can) tomato paste
2 bay leaves
1 pound shredded mozzarella cheese
small bunch fresh basil
2 Tablespoons fresh oregano
1/2 Tablespoon fresh thyme
1½ Tablespoons fried garlic
1/2 teaspoon black pepper
1/4 teaspoon salt
1/4 cup white flour (for kneading)
optional: sliced mushrooms, vegetarian
sausage, chopped green pepper, purple onion
marinated in vinegar

COOKING TOOLS:

big plastic trays, 2 baking sheets
2 Silpat sheets or parchment paper
rolling pin, 2 gallon baggies
colander, oven mitts
saucepan & lid, scoop
big plastic tray, cloth
cutting board, table knife
measuring spoons, wooden spoon
rubber scraper
medium bowl, small bowls
pizza cutter, can opener
oven mitts, timer

Ahead of time: Put the 2 bags of pizza dough at room temperature for about 1 hour. Then smear a big plastic tray with flour and put the pizza dough on the tray. Cover it with a cloth and let it rest for about 20 minutes before using.

Cover 2 baking sheets with Silpat sheets (or use parchment paper).

Open a 28-ounce can of tomatoes (or roughly cut 2 pounds fresh tomatoes), put in a saucepan, add 2 bay leaves, and bring to a boil, then reduce heat and simmer for about 15 minutes.

Rinse a small bunch of fresh basil. Discard the stems. Tear the leaves into small pieces. Then tear 2 Tablespoons of fresh oregano and 1/2 Tablespoon fresh thyme into tiny pieces. Put aside.

Sprinkle the tray with white flour. Roll each ball of dough flat with a rolling pin. If possible, roll up edges of the dough to make a ridge. Place each flattened dough on a prepared baking sheet.

Preheat the oven to 500 degrees (convection oven: 525 degrees).

When the tomatoes have cooked, remove from heat, discard the bay leaves, and mash with a masher. Stir in 3 ounces tomato paste, 1½ Tablespoons fried garlic, the torn basil, oregano and thyme, 1/2 teaspoon black pepper, and 1/4 teaspoon salt.

Scoop the sauce and place the toppings on top of the dough. Keep a few bare patches so the cheese sticks. Sprinkle grated mozzarella cheese on top. **Bake about 11 minutes** (convection oven: 6 minutes), then check to make sure the cheese has completely melted. When slightly cooled, cut with a pizza cutter.

PUMPKIN BREAD

INGREDIENTS:

1 cup white flour
3/4 cup whole wheat flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ground cloves
1 cup vegetable oil
15-ounce can pumpkin
4 eggs

COOKING TOOLS:

big plastic tray, can opener
nutmeg grater, rubber scraper
2 big mixing bowls
medium ceramic bowl
whisk, sifter
measuring cups: 1, 1/2, 1/4
measuring spoons, wooden spoon
big tray, fork
9"x13" baking dish
toothpick, cooking spray
oven mitts, timer

Spray a 9"x13" baking dish with cooking spray.

Grate a whole nutmeg onto a tray until you have 1/2 teaspoon.

Sift into a big mixing bowl: 1 cup white flour, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 1 teaspoon cinnamon, 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 1/2 teaspoon cloves.

Whisk in 3/4 cup whole wheat flour and 1 cup white sugar.

Preheat convection oven to 350 degrees (convection oven: 300 degrees).

Break 4 eggs into a medium ceramic bowl. Beat with a fork. Pour into a big mixing bowl. Stir in 1 cup vegetable oil and a 15-ounce can of pumpkin with a wooden spoon.

Gradually stir the dry ingredients into the wet ingredients.

Pour the mixture into a large baking dish. **Bake 25 minutes** (convection oven: 18 minutes). Test with a toothpick. Let it cool a little before putting frosting on top.



FROSTING FOR PUMPKIN BREAD (double recipe)

INGREDIENTS:

2 cups powdered sugar
2/3 stick (1/3 cup) butter
3 Tablespoons cream cheese
1 Tablespoon milk
1 teaspoon vanilla extract
orange food coloring

COOKING TOOLS:

electric mixer
measuring cup
measuring spoons
medium mixing bowl
wooden spoon
knife, spoon
mug & lid
rubber scraper

Leave 3 Tablespoons of cream cheese at room temperature for several hours ahead of time to soften.

Put 2/3 stick butter in a mug with a lid. Microwave it for about 30 seconds so that it's melted but not very hot.

Add 3 Tablespoons of softened cream cheese to the mug. Mix with a spoon.

Add 1 Tablespoon milk, 1 teaspoon vanilla, and a few drops of food coloring to the mug. Mix everything together with the spoon.

Measure 2 cups powdered sugar into a medium mixing bowl.

Gradually add the wet ingredients to the powdered sugar and blend with a wooden spoon, or use an electric mixer.

Serve the pumpkin bread on a plate with a little frosting on the side. The frosting is extremely sweet, and a little goes a long way.



VANILLA CUPCAKES

INGREDIENTS:

1 stick butter
2/3 cup white sugar
2 eggs
1½ cups white flour
1/4 cup whole wheat flour
1/4 teaspoon salt
2 teaspoons baking powder
2/3 cup milk
1 teaspoon vanilla extract
optional: ½ cup currants or chocolate chips

COOKING TOOLS:

big plastic tray, wooden spoon
12-cup muffin pan
measuring cups: 1, 1/2, 1/3
measuring spoons, rubber scraper
2 big mixing bowls, mug
sifter, whisk
small porcelain bowl
ice cream scoop
cooking spray, oven mitts
toothpick, timer

Put 1 stick butter in a mug. Cover with a napkin and melt in the microwave. Pour the melted butter into a big mixing bowl. Stir in 2/3 cup sugar, 2/3 cup milk and 1 teaspoon vanilla with a wooden spoon.

Break 2 eggs into a small porcelain bowl. Beat with a fork, then stir into the butter mixture.

Preheat oven to 350 degrees (convection oven: 300 degrees).

Sift into another big mixing bowl: 1½ cups white flour, 2 teaspoons baking powder, 1/4 teaspoon salt. Whisk in 1/4 cup whole wheat flour. Gradually stir the dry ingredients into the wet ingredients. Optional: add 1/2 chocolate chips or currants.

Spray muffin pan with cooking spray. Use an ice cream scoop to put batter into the baking cups. **Bake 22 minutes** (convection oven: 15 minutes), then check with a toothpick.

CHOCOLATE FROSTING (for 24 cupcakes)

INGREDIENTS:

1-3/4 cups powdered sugar
1/4 cup unsweetened cocoa powder
1/2 stick softened butter
1/4 cup soy creamer
1 teaspoon vanilla extract

EXTRA COOKING TOOLS:

electric mixer
2 medium mixing bowls
masher
scoop
rubber scraper

Leave the butter out overnight to soften.

Sift into a medium bowl: 1-3/4 cups powdered sugar, 1/4 cup cocoa powder. In another medium bowl, cream the butter with a wooden spoon, then gradually add the sugar mixture and 1/4 cup soy creamer.

Blend in 1 teaspoon vanilla. Beat until fluffy with the electric mixer. If necessary, add a little more creamer or powdered sugar to make it the right thickness. Apply the frosting with a rubber scraper.

WHOLE WHEAT CHALLAH (page 1)

INGREDIENTS:

1 Tablespoon dry yeast
1/4 cup honey
2 cups whole wheat flour
1½ cups white flour
1/4 cup olive oil
2 eggs
1 teaspoon salt
1½ teaspoons ground cinnamon
1½ teaspoons vanilla extract

COOKING TOOLS:

big plastic tray
2 big mixing bowls
small ceramic bowl, fork
small bowl, small spoon
measuring cups: 1, 1/2, 1/4
measuring spoons, wooden spoon
sifter, whisk
small cloth
cooking spray
oven mitts, timer

Put aside 2 cups water until it reaches room temperature. Then pour it in a bowl and stir in 1 cup boiling water. Let it rest for about 30 seconds. This will make water that's about 110 degrees, which is just right.

Put 1/4 cup of this warm water in a small bowl. Stir in 1/2 teaspoon honey, then sprinkle 1 Tablespoon dry yeast on top. When all the yeast is soaked in, stir it and set the bowl aside.

Sift into a big mixing bowl: 1½ cups white flour, 1½ teaspoons cinnamon, 1 teaspoon salt. Whisk in 2 cups whole wheat flour.

Break 2 eggs into a small ceramic bowl. Stir with a fork and set aside.

In another big mixing bowl, dissolve 1/4 cup honey in 3/4 cup hot (not boiling) water. Then stir in 1/4 cup olive oil, 1½ teaspoons vanilla, the yeast mixture and the eggs. This is the wet mix.

Gradually stir the dry mix into the wet mix with a wooden isn't until well combined. If it's too dry, add a little water. If it's too wet, add a little more flour. Optional: Put on food gloves and finish mixing the dough by hand.

Wipe the empty mixing bowl clean, spray it with cooking spray, and put the dough in the bowl.

Wet a small cloth with hot water. Wring it out, then place the towel on top of the mixing bowl. Put it in a warm place for about 1 hour to rise. If it's cold outside, warm the oven slightly and put the bowl inside.

After the dough has risen, knead it for a few minutes, return it to the bowl, cover again with a damp cloth, and let it rise again in a warm place for about 30 minutes. At this point the dough can be put in a gallon baggie and refrigerated up to 2 days.

WHOLE WHEAT CHALLAH (page 2)

INGREDIENTS:

raisins
poppy seeds
sesame seeds
1 egg
flour for rolling

COOKING TOOLS:

big plastic trays, 2 baking sheets
small ceramic bowl, fork
Silpat sheets or parchment paper
pastry brush, cloth
oven mitts, timer

About 30 minutes before using the dough, rub a big plastic tray with white flour, place the dough on top, and cover it with a cloth.

Cover 2 baking sheets with a Silpat sheet or parchment paper. Divide the ball of dough into 6 pieces. Each student gets 1 piece.

Preheat oven to 350 degrees (convection oven: 300 degrees).

Knead each piece of dough for a minute or so. Optional: Mix in some raisins.

Break each piece into 3 equal-size pieces. Roll each small piece into a long snake. Then braid them together.

Break an egg in a small ceramic bowl, then stir with a fork. Paint the braided dough with egg. Optional: sprinkle with poppy or sesame seeds.

Place the braided dough on the covered baking sheet. **Bake 19 minutes** (convection oven: 15 minutes), then check for doneness.

Optional: serve with a little honey on the side.



~ BEVERAGES ~



"BLOODY" SODA

INGREDIENTS:

soda water
cherry syrup or red velvet syrup
ice cubes

When I first served this beverage to the baking class, I called it Italian soda. But in 2014, because of its bright red color, one student renamed it "bloody soda." Since then, the new name has stuck.

To make the beverage, pour a little syrup in a glass. Fill the glass halfway with soda water, stir until dissolved, then add ice cubes. The usual proportion is about 1 part syrup to 5 parts soda water. Adjust the amount of syrup and juice until it's just right. Drink through a straw.

The Torani company makes dozens of flavors including cherry and red velvet, which tastes of cinnamon and vanilla. Many flavors, both regular and sugar-free, are sold at Cost Plus World Market, 2552 Taylor Street. When Torani was founded in San Francisco in 1925, Italian sodas were especially popular in North Beach. They soon became a national hit, and now they are available in 40 countries worldwide.

CHAI WITH BOBA (TAPIOCA BALLS)

INGREDIENTS:

1/2 cup dry boba balls
2 Tablespoons chai tea leaves
milk
sugar

COOKING TOOLS:

kettle, quart-size teapot
big saucepan, strainer
big Pyrex bowl, plate
ladle, timer

Fill a big saucepan with water. Bring it to a boil, then put in 1/2 cup dry boba balls. Stir and let boil for 45 minutes or until soft. Then remove from heat, strain out the water, and put the boba aside until cooled.

Fill a kettle with water and bring it to a boil. Pour it into a quart-size teapot, then pour it back into the kettle and return it to a boil. Put 2 Tablespoons loose chai tea into the empty teapot and pour the boiling water on top. Put on the lid, set the timer, and let it steep for 3 minutes.

Strain the tea into a big Pyrex bowl. Cover with a plate, then refrigerate until cold.

Put the boba balls in the bowl of cold tea. Scoop some boba and tea in the bottom of a cup, add milk and sugar, and drink with a straw.

Chai is a flavored black tea, which is available decaffeinated. Some versions include flavors of cinnamon, cardamom, ginger, black pepper and cloves.

COFFEE MILK

INGREDIENTS:

2 cups strong decaf coffee
1 quart milk
2 Tablespoons sugar
ice cubes

Make 2 cups of strong decaf coffee. Stir in 2 Tablespoons sugar, then let it cool down.

When it has cooled, pour it into a big mixing bowl and stir in 1 quart milk. Add some ice cubes and serve with a ladle. If desired, add more sugar or milk.

HOT MULLED GRAPE JUICE

Seal in a large empty tea bag or coffee filter: 1 Tablespoon ground allspice, 1 Tablespoon ground cloves, 2 large pieces dried orange peel, 2 large slices peeled ginger.

Break 2 cinnamon sticks in half and put them in a big Pyrex bowl with the flavorings. Pour 1/2 gallon grape juice on top. Cover with a ceramic plate. Heat in the microwave until hot.

Remove the tea bag and serve the beverage with a ladle.

HIBISCUS TEA

Bring 1 quart of water to a boil.

Pour it into a quart-size teapot. Wait about 30 seconds for the water to cool a little, then put in 2 Tablespoons dried hibiscus flowers.

Put the lid on the teapot and let it steep for at least 5 minutes. Then pour the tea through a strainer into a cup and add a little honey if desired.

You may also flavor it with cinnamon sticks, lemon juice, orange rind, or mint.

Hibiscus tea is equally good served hot or iced.

HORCHATA

INGREDIENTS:

1-1/3 cups long-grain white rice
1½ cups milk
2 teaspoons vanilla extract
1 Tablespoon ground cinnamon
1/2 cup brown rice syrup
4 cups water

Put 1-1/3 cups rice in a blender with 2 cups water. Blend for about 2 minutes. Add 2 more cups water and blend again.

Pour into a container with a cover. Leave at room temperature for 8 hours or overnight.

Pour through a strainer. Discard the rice.

Stir in 1½ cups milk, 2 teaspoons vanilla, 1 Tablespoon ground cinnamon, 1/2 cup brown rice syrup. Pour half of it in a blender and blend. It will foam, so don't blend it all at once. Serve over ice.

ROOIBOS TEA

INGREDIENTS:

3 Tablespoons rooibos
1 quart water
soy creamer
agave syrup

Boil 1 quart of water and pour into a big teapot. Let the water sit for about 1 minute, because rooibos tastes better when the water isn't quite boiling.

Stir in 3 Tablespoons rooibos, put on the lid, and let it brew for at least 5 minutes. It's OK to leave it in the pot for a long time because, unlike black tea, it doesn't turn bitter.

Serve with soy creamer and agave syrup to taste. Optional: add a little vanilla extract, or serve with vanilla soy creamer.

Rooibos is a red herbal tea from South Africa that tastes very much like English black tea, but is caffeine-free. It's not really a tea at all, but a type of grass.

Rooibos is available in several flavors. It's also called honeybush tea. It tastes good both hot and cold.

ICED GREEN TEA WITH LIME

INGREDIENTS:

4 decaf green tea bags
about 4 limes
1/2 cup honey
ice cubes

COOKING TOOLS:

kettle, teapot
cutting board, sharp knife
lemon squeezer, big bowl
strainer, pitcher
small bowls, teaspoons

Fill a kettle with cold water and bring it to a boil.

When the water boils, pour it into a quart-size teapot. Wait about 30 seconds for the water to cool a little, then put in 4 green tea bags.

Put the lid on the teapot and let the tea steep for about 3 minutes. Then remove the tea bags and pour the tea into a big bowl. Add about 1/2 cup honey and stir with a wooden spoon until dissolved.

Cut about 4 limes into quarters on a cutting board, then squeeze them with a lemon squeezer over a small bowl until you have 1/2 cup of juice. Strain the juice to remove the seeds and pulp.

Pour the lime juice into the bowl of tea. Stir and taste. It might need a little more honey or a little more lime, but it should be very strong.

Fill a pitcher with ice cubes. Pour the tea into the pitcher. If all the ice cubes melt, add more of them, and stir until just a little ice remains.

Keep sampling the tea by the spoonful until it has just the right balance of lime and sugar. Then serve it.



The Greatest Job in the World

By Max Millard

What's the greatest job in the world? For a brief moment in my life, I thought I'd found it. It was 1978 and I was living in New York City and working for a neighborhood throwaway called the *TV Shopper*. It was the paper that everyone got, whether they wanted it or not. It was all ads and TV listings except for two articles: a cover story of a local celebrity, and a puff piece — that is, a "friendly" review — of a restaurant advertiser.

One day the reviewer left, so the boss called me into his office and said, "Max, you do it." I said, "But I don't know anything about food." He said, "Doesn't matter. Just write nice things. Make the advertisers happy."

So I did. And at first I thought, "What a great job!" I could bring guests and we could order anything we wanted and never had to pay. One place was so expensive that it didn't even have prices on the menu — just faces showing different expressions of horror.

But soon I learned it wasn't all caviar and roses. For one thing, I started to put on weight. People would say, "Well, you don't weigh 300 pounds," as if that were a compliment. But I felt like just the shadow of my gut weighed 20 pounds.

Another problem was that some restaurants were, you might say, a few tacos short of a combination plate. Of course, the owners were perfectly willing to be judged — but only by God and history. I remember one place that smelled like an old bus station with a hint of bleach. They brought me a slimy, stringy vegetable that looked like a yam on a bad hair day. Next came oysters that tasted like marshmallows that had been fished out of the pool at the YMCA, followed by beef slices so rare that a good vet might still have been able to save the cow. So I wrote, "The starters didn't quite achieve the stratospheric heights of the entrees."

The owner immediately canceled the ad. After that, whenever I tried to sneak in a discouraging word, my boss took out his blue pencil and wrote "fabulous." That was his favorite word. But he was a chain smoker and couldn't taste anything. We'd go to a restaurant together and he'd talk business through the whole meal. Then the chef would come by and say, "How you like my food?" My boss would say, "Fabulous. Fabulous food." The chef would ask, "What you have?" My boss would think for a long time, then say, "Well, I don't remember, but it was fabulous."

Some of the restaurants were so foul that even the rats suffered from malnutrition. Out of self-protection, I made up a pen name, Bennett Clark. If I really liked a restaurant, I used my real name. If I didn't, I gave the job to Bennett. He was my evil twin. Bennett loved everything! We'd get angry calls from readers who'd gone to a place he recommended and had a horrendous evening. I'd say, "Bummer! I'll tell Bennett."

Two years and 40 pounds later, I quit and moved to San Francisco. If I had to describe my experience in one sentence, I'd say: Corruption runs rampant in the restaurant review racket. But in 1988 I accepted a job as the restaurant reviewer for the *San Francisco Independent* newspaper, and stayed for four years. How could I resist? In spite of everything, I had come to realize that it was, after all, the greatest job in the world.

Max Millard (below) has been teaching in San Francisco schools and preschools since 2001. He has taught baking at Alvarado Elementary School, Spring Valley Science Magnet School, Little Tree Preschool, Early Steps Family Daycare, and Kelly's Family Daycare. His baking class at San Francisco Friends School began in 2011. He is a gardener at the Fort Mason Community Garden, where he grows some of the ingredients for his classes. His most-requested dishes are pizza and apple pie.





Jen Nurse (above) has been the co-teacher of the Friends School baking class since 2015. She is a cooking instructor and co-founder of the forthcoming Civic Kitchen Cooking School at 2961 Mission Street. She has taught a variety of courses for students of all ages at Tante Marie's, 18 Reasons and several area elementary schools. Prior to becoming a teacher, Jen was an award-winning artisan bakery owner, pastry chef and recipe developer. She believes firmly that a sense of humor is the most important ingredient in the kitchen.



