

***FRIENDS SCHOOL BAKING CLASS
& VEGETARIAN COOKING CLASS***



Winter 2018-2019



- 2 baked french fries with homemade ketchup
- 3 baked grilled cheese sandwiches
- 4 banana waffles
- 5 blueberry waffles
- 6 cornbread donuts
- 7 cornmeal-cherry scones
- 8 date crumbles
- 9 garden salad with croutons
- 11 gingerbread cookies & easy creamy frosting
- 12 lemon pudding cakes
- 13 Mexican valentine cookies
- 14 pizza
- 15 sugar cookies
- 16 whole wheat challah

BEVERAGES

- 19 "bloody" soda
- Earl Grey tea
- 20 cranberry spice hibiscus tea
- fruit smoothie
- hot mulled grape juice
- mint tea
- 21 lemon ice tea
- masala chai tea
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- 23 Patricia Unterman, San Francisco's renaissance woman of food

Recipe books for this class are posted online at www.maxmillard.com/books

BAKED FRENCH FRIES

INGREDIENTS:

3 large russet (Idaho) potatoes
2 Tablespoons canola oil
1/2 teaspoon salt

COOKING TOOLS:

big plastic tray, 2 baking sheets
cutting board, sharp knife, peeler
parchment paper, wooden spoon
big mixing bowl, measuring spoons
paper towels, colander, spatula
vegetable brush, oven mitts, timer

Cover 2 baking sheets with parchment paper. **Preheat oven to 450 degrees** (convection oven: 400 degrees).

Rinse 3 potatoes in water, then brush them with a vegetable brush to remove the dirt. Dry them with paper towels. *Optional: peel them.* Cut them lengthwise into long sticks, about 1/2 inch thick.

Put the potato sticks in a big mixing bowl. Rinse thoroughly with water, then drain the water with a colander. Put them on a plastic tray and wipe off the water with paper towels.

Wipe the big mixing bowl dry and put the potato sticks in the bowl. Drizzle them with 2 Tablespoons canola oil. Stir them with a wooden spoon until coated. Sprinkle 1/2 teaspoon salt over them. Stir again.

Place the potato sticks on the prepared baking sheets, with space between them. **Bake 12 minutes** (convection oven: 10 minutes), then turn them over with a spatula or tongs. **Bake another 12 minutes.** They should be a light golden color. If necessary, bake a little longer.

Rub them with paper towels to remove the oil. Serve with tomato ketchup or vinegar and salt.

HOMEMADE KETCHUP

INGREDIENTS:

6-ounce can tomato paste
2 Tablespoons white vinegar
1/4 cup brown sugar
1 Tablespoon corn syrup
2 teaspoons molasses
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1/4 teaspoon allspice

COOKING TOOLS:

hot plate, saucepan
can opener, measuring spoons
measuring cups: 1, 1/4
small bowls, whisk
wooden spoon
rubber scraper
medium bowl, timer

Put all the ingredients in a saucepan. Turn on the heat and whisk the mixture until it's all one color.

Simmer gently for about 30 minutes, stirring occasionally. When it has the consistency of ketchup, it's done.

Taste and add extra salt if necessary. Transfer it to a medium bowl and serve with a spoon.

BAKED GRILLED CHEESE SANDWICHES

(makes 6)

INGREDIENTS:

12 slices whole wheat bread
12 slices cheddar cheese
1/2 stick sweet butter
lettuce, tomato, pickles
salt & pepper

COOKING TOOLS:

big plastic tray, 2 baking sheets
2 Silpat sheets or parchment paper
spatula, lettuce drier
cutting board, table knife
cheese slicer, cooling rack
oven mitts, timer

Night before: Place 12 slices bread on a big plastic tray in a single layer, and leave at room temperature to dry out. Leave 1/2 stick butter out to soften.

Cover 2 baking sheets with Silpat sheets or parchment paper.

Use a cheese slicer to make thin slices of cheese.

Rinse the tomatoes, then cut them thinly on a cutting board.

Tear off some lettuce leaves and spin them dry in a lettuce drier.

Preheat oven to 450 degrees (convection oven: 400 degrees).

Butter 6 slices of bread. Put most of the butter on the outside edges of the bread, not in the middle.

Place each slice of bread on the prepared baking sheet, buttered side down.

Butter 6 more slices of bread. Spread most of the butter on the edges.

Place some cheese on top of the first slice of bread. Cover it with the second slice of bread, butter side up.

Bake 6 minutes (convection oven: 5 minutes).

Remove the baking sheets from the oven. Flip the sandwiches over with a spatula. Return the baking sheets to the oven and **bake another 6 minutes** (convection oven: 4 minutes).

Cool the sandwiches slightly on a cooling rack before eating.

Serve the sandwiches with optional pickles, tomato, lettuce, or salt & pepper.

BANANA WAFFLES

INGREDIENTS:

3/4 cup white flour
6 Tablespoons whole wheat flour
1/2 Tablespoon baking powder
1/2 teaspoon salt
2 eggs (room temperature)
1 teaspoon white sugar
1 cup milk
1/3 stick sweet butter
1 ripe banana
extra butter, maple syrup

COOKING TOOLS:

waffle iron, 2 big mixing bowls
electric mixer, measuring spoons
small ceramic bowl, small bowls
medium bowl, fork
sifter, whisk
wooden spoon, mug
measuring cups: 1, 1/2, 1/4
masher, big plate
cooking spray, plastic fork
rubber scraper, timer

Melt 1/3 stick butter in the microwave in a mug with a napkin on top.

Sift 3/4 cup white flour, 1/2 Tablespoon baking powder and 1/2 teaspoon salt into a big mixing bowl. Whisk in 6 Tablespoons whole wheat flour.

Separate 2 eggs, putting the yolks and whites in separate small bowls. Stir and break the egg yolks with a fork.

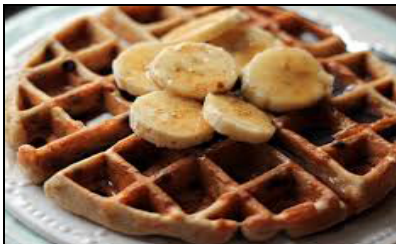
Put a banana in another big mixing bowl and mash it with a masher. Pour in the egg yolks and 1 cup milk. Mash together, then add the melted butter and stir with a wooden spoon.

Gradually stir the dry mix into the wet mix.

Put the egg whites in a medium bowl and beat with an electric mixer. Gradually add 1 teaspoon sugar. Beat until fluffy but not dry. Fold it into the batter with a rubber scraper.

Spray a waffle iron with cooking spray and turn it on. When it's hot, pour 1/2 cup batter in the middle. Press down the top. When the green light comes on, the waffle is done. Remove it with a plastic fork and place it on a big plate. Cut it into quarters before serving.

Serve with extra butter and maple syrup.



BLUEBERRY WAFFLES

INGREDIENTS:

1¼ cups white flour
1/2 cup whole wheat flour
1/2 teaspoon salt
1 Tablespoon baking powder
3 eggs
1½ cups milk
1 stick sweet butter (divided)
1 cup blueberries
1/4 cup sugar
maple syrup

COOKING TOOLS:

waffle iron, hot plate
masher, saucepan
2 big mixing bowls, measuring spoons
small ceramic bowl, medium bowl
small bowls, rubber scraper
sifter, whisk, fork
measuring cups: 1, 1/2, 1/4
wooden spoon, mug
cooking spray, plastic fork
oven mitts, timer

Put 1 cup blueberries in a medium mixing bowl with 1/4 cup sugar.

Mash with a masher, then cook in a saucepan at medium heat for 10 minutes. Put aside.

Sift into a big mixing bowl: 1¼ cups white flour, 1 Tablespoon baking powder, 1/2 teaspoon salt. Whisk in 1/2 cup whole wheat flour. This is the dry mix.

Separate the eggs so that the whites go in one bowl and the yolks in another. Stir the yolks with a fork.

Put 1 stick butter in a mug with a napkin on top and melt it in a microwave. Pour **half the melted butter** into a big mixing bowl. Whisk in 1½ cups milk, then the egg yolks. Save the rest of the butter for later.

Gradually stir the dry mix into the wet mix with a wooden spoon.

Using an electric mixer, beat the egg whites until they hold a soft peak. Gently fold the egg whites into the batter.

Spray a waffle iron with cooking spray and turn it on. When it's hot, pour about 1/2 cup batter onto the middle of the iron.

Press down the top. When the light comes on, the waffle is done. Remove it with a plastic fork and place it on a big plate. Cut it into quarters before serving.

Serve the waffles with mashed blueberries, or with melted butter and maple syrup.

CORNBREAD DONUTS

INGREDIENTS:

1½ cups white flour
¾ cup whole wheat flour
1 cup cornmeal
½ cup white sugar
2 sticks sweet butter (divided)
2 eggs
½ cups milk
4 teaspoons baking powder
1 teaspoon salt
½ teaspoon black pepper
½ Tablespoon taco blend

COOKING TOOLS:

electric mixer, 2 donut molds
2 big mixing bowls, medium bowl
sifter, whisk
measuring cups: 1, ½, ¼
measuring spoons, ice cream scoop
small ceramic bowl, fork
rubber scraper, small bowls
wooden spoon, mug
pastry brush, toothpick
small plastic knife, cooking spray
oven mitts, timer

Put *1½ sticks butter* in a mug with a napkin on top. Melt in the microwave, then pour into a big mixing bowl.

Stir in ½ cup white sugar using a wooden spoon. Add ½ cups milk.

Crack 2 eggs into a small ceramic bowl. Stir with a fork, then add to the butter-milk mix. Put aside.

Grind ½ teaspoon black pepper over a small bowl.

Sift 1½ cups white flour, 4 teaspoons baking powder, 1 teaspoon salt into another big mixing bowl.

Whisk in 1 cup cornmeal, ¾ cup whole wheat flour, 1 teaspoon pepper, 2 teaspoons taco blend.

Preheat oven to 400 degrees (convection oven: 350 degrees).

Gradually stir the dry mix into the wet mix. Use an electric mixer to make it smoother. Put half the batter in a medium bowl for easy serving.

Spray 2 donut molds thoroughly with cooking spray. Otherwise the donuts will stick. Using an ice cream scoop, fill the donut molds evenly with the top of the molds.

Bake 15 to 17 minutes (convection oven: 10 to 12 minutes), then check with a toothpick. The smaller donuts will bake more quickly.

Let the donuts cool slightly, then remove them with a small plastic knife.

Before serving, put *¼ stick butter* in a mug, cover with a napkin, and microwave until melted. Brush on top of cornbread with a pastry brush.

CORNMEAL-CHERRY SCONES

INGREDIENTS:

2 sticks cold sweet butter
2 cups white flour
1 Tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
2/3 cup sugar
1½ cups cornmeal
(medium or fine grind)
1 cup cold buttermilk
1 cup dried sweet cherries
(or cranberries or other dried fruit)

COOKING TOOLS:

plastic tray, big mixing bowl
measuring spoons, wooden spoon
measuring cups: 1, 2/3, 1/2
sifter, whisk
pastry blender or 2 butter knives
2 baking sheets, 2 plates
parchment paper, fork
spatula, table knife
oven mitts, timer

Line 2 baking sheets with parchment paper.

Cut 2 sticks cold butter into 1-inch pieces on a plastic tray. Put on plates and refrigerate until ready to use.

Sift into a big mixing bowl: 2 cups white flour, 1½ cups cornmeal, 2/3 cup sugar, 1 Tablespoon baking powder, 1/2 teaspoon baking soda. Whisk in 1/2 teaspoon kosher salt.

Retrieve the butter from the fridge. With a pastry blender or 2 butter knives, cut the butter into the flour mixture until it is the size of peas.

Mix in 1 cup dried cherries, then make a well in the center and pour in 1 cup cold buttermilk. Mix briefly with a fork or wooden spoon, just until the dough comes together; it should be stiff and still a little sticky. Let rest for 5 minutes.

Preheat oven to 425 degrees (convection oven: 375 degrees).

Form the dough into balls about 2 inches in diameter and place them on the baking sheets a couple of inches apart.

Place in the oven and **immediately turn the temperature down to 375 degrees** (convection oven: 325 degrees).

Bake 20 to 25 minutes (convection oven: 14 to 15 minutes), rotating the sheets halfway through, until the scones are golden. Cool on a wire rack.

DATE CRUMBLES

INGREDIENTS:

3/4 pound dates with pits
1/4 cup white sugar
1½ cups quick-cooking oats
1 cup whole wheat flour
1 stick sweet butter
1/2 cup packed brown sugar
1/4 cup poppy seeds
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
1 teaspoon vanilla
1/2 teaspoon rosewater

COOKING TOOLS:

big plastic tray, hot plate
small saucepan, mug
big mixing bowl, small bowls
measuring cups: 1, 1/3, 1/2, 1/4
2 12-cup muffin pans, fork
paper muffin liners, masher
small porcelain bowl, whisk
metal or plastic spoon
wooden spoon, rubber scraper
measuring spoons, medium bowl
oven mitts, timer

Fill 18 muffin cups with paper liners.

Place dates on a tray. Remove the pits by hand and discard them. Set aside 1¼ cups pitted dates.

Put 1 stick butter in a mug with a napkin on top. Melt in the microwave.

Put the dates in a small saucepan. Stir in 2/3 cup water, 1/4 cup sugar, 1/4 cup poppy seeds, 1 teaspoon vanilla, 1/2 teaspoon rosewater. Cook at medium heat while mashing with a masher. When the mixture reaches a boil, reduce heat and simmer, uncovered, for 5 minutes, while constantly mashing. Remove from heat and transfer to a medium bowl.

Separate 1 egg using a small porcelain bowl. Put the yolk aside. Put the egg white in a small bowl and beat with a fork.

In a big mixing bowl, whisk together 1½ cups quick-cooking oats, 1 cup whole wheat flour, 1/2 cup packed brown sugar, 1/2 teaspoon baking soda, 1/2 teaspoon salt.

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

Stir the melted butter into the oat mix with a wooden spoon. When blended, stir in the egg white. If necessary, use your hands to blend it. Put aside half the mixture in a small bowl to use for topping.

Put about 1 Tablespoonful of the oatmeal mixture into each paper muffin liner. Spread it evenly and pat it down gently with the hands.

Using a metal or plastic spoon, cover the oatmeal mixture with a the warm date mix. Press it down evenly with a spoon. Use all the date mixture. Then cover the date mixture with the rest of the oat mixture. Pat it down with the hands.

Bake 15 minutes (convection oven: 12 minutes), then check for doneness.

GARDEN SALAD WITH CROUTONS — page 1

INGREDIENTS FOR CROUTONS:

6 slices whole wheat bread
1¼ cups olive oil, divided
1 head of garlic
1/2 teaspoon salt

INGREDIENTS FOR SALAD:

lettuce, cherry tomatoes
large carrot, purple onion
toasted sunflower seeds
toasted pumpkin seeds
dried cranberries

FOR CREAMY DRESSING:

1 cup mayonnaise
1/2 small purple onion
2 Tablespoons red wine vinegar
1 Tablespoon white sugar
3/4 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon ground black pepper

TOOLS FOR CROUTONS:

big plastic tray, baking sheet
garlic press, mug, plate
cutting board, sharp knife
table knife, small bowls
pastry brush, 1/2 cup measure
Silpat sheet or parchment paper
scissors, oven mitts, timer

FOR SALAD & DRESSING:

food processor, apple slicer
measuring cups: 1, 1/4
measuring spoons, medium bowls
colander, wooden spoon
peeler, food gloves
lettuce drier, paper towels
small pourer, tongs
big mixing bowl, small bowls

Night before: Put 6 slices of whole wheat bread on a tray to dry overnight.

Preheat oven to 300 degrees (convection oven: 250 degrees).

Cover a baking sheet with a Silpat sheet or parchment paper.

Smash a head of garlic on a cutting board with a mug. Pound the garlic cloves with the mug until the peeling becomes loose. Use 3 large cloves. Cut off the dark ends on a cutting board and remove the peels.

Using a garlic press, squeeze the cloves into a small bowl. Pour 1/2 cup olive oil into the bowl. Add 1/2 teaspoon salt and stir well.

Put a slice of dry bread on a plate and brush both sides with the garlic olive oil with a pastry brush. Then cut the bread into 1/2-inch squares.

Place the squares on the prepared baking sheet in a single layer. **Bake 10 minutes** (regular oven: 15 minutes). Then remove from the oven and put in a bowl.

GARDEN SALAD WITH CROUTONS — page 2

Tear the leaves off a head of lettuce and rinse them in a colander. Then put a few leaves at a time in a lettuce drier and spin until most of the water is gone. Continue until the whole head of lettuce has been spun. Wrap the leaves in paper towels and squeeze them gently to dry them completely.

Peel the carrot. Discard the outer layer and save the rest of the peelings. Cut the cherry tomatoes and the onion into small pieces. Put them in separate bowls. Optional: wear food gloves while cutting the onion.

Remove the lettuce from the paper towels and tear it into small pieces. Put it in a big mixing bowl.

Make creamy salad dressing by mixing 1 cup mayonnaise, 1/2 small purple onion, 2 Tablespoons red wine vinegar, 1 Tablespoon sugar, 3/4 teaspoon Italian seasoning, 1/4 teaspoon garlic powder, 1/4 teaspoon salt, 1/8 teaspoon ground black pepper. Combine all the ingredients in a food processor. Blend until smooth, then transfer to a pourer.

Serve the salad in bowls, choosing any or all of the ingredients. Pour the dressing on top.

Optional extra ingredients: apple cubes, cheese cubes, sliced cucumber, mint leaves, parsley, black olives, grapes, matchsticks of cooked beets.



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, measuring spoons
electric mixer, pastry bags
peeler, mug, sharp knife
measuring cups: 1, ½, ¼
sifter, whisk, cooking spray
2 big mixing bowls, small bowls
cutting board, grater, pastry brush
rolling pin, wooden spoon, spatula
Silpat sheets or parchment paper
rubber scraper, oven mitts, timer

Cover 3 baking sheets with Silpat sheets or parchment paper. Put ¼ cup (½ stick) shortening in a mug with a napkin on top. Melt in the microwave.

Peel some fresh ginger on a tray with a peeler or sharp knife. Discard the peelings and grate the ginger roughly with a grater. Use a pastry brush to remove ginger from grater. Put aside 1 Tablespoon.

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

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. Gradually stir the dry mix into the wet mix. Then knead the dough with the hands until all flour is absorbed.

Sprinkle 2 big plastic trays with flour. Divide the dough in half. Put one piece on each tray. Roll the dough about 1/8 inch thick with a rolling pin. If too dry, add a little water. If too wet, add a little flour. Use plenty of flour so that the dough doesn't stick. Or roll it on a Silpat sheet.

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

Cut into cookie shapes with cookie cutters. Transfer to the baking sheets, using a spatula if necessary. 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
¼ cup soy creamer or half & half
1 teaspoon vanilla

COOKING TOOLS:

medium mixing bowl, electric mixer
measuring cups: 2, 1/3, 1/4
wooden spoon, rubber scraper

Stir in a medium bowl: 2-1/3 cups powdered sugar, ¼ cup soy creamer, 1 teaspoon vanilla. Mix with an electric mixer until smooth. Squeeze onto the cookies using a pastry bag.

LEMON PUDDING CAKES

INGREDIENTS:

1 cup + 6 Tablespoons white sugar, divided
3/4 cup white flour
3/4 cup lemon juice
3 Tablespoons lemon zest
2 cups buttermilk, 1/4 cup milk
4 extra-large eggs
3/4 stick butter
1 cup heavy cream, chilled
1 teaspoon vanilla extract
1 Tablespoon powdered sugar
optional: 1 pint berries (fresh or frozen)

COOKING TOOLS:

large baking pans
teakettle, electric mixer
16 to 18 4-ounce ramekins, mug
big mixing bowl, wooden spoon
2 medium bowls, small ceramic bowl
small bowls, silicone spatula
measuring cups: 1, 3/4, 1/2, 1/4
measuring spoons, whisk
butter knife, ladle
pint jar with lid
oven mitts, timer

Boil a kettleful of water and leave it near the oven.

Put 3/4 stick butter in a mug, cover with a napkin, and melt in the microwave.

Put 1 cup white sugar and 3/4 cup white flour in a big mixing bowl. Add 3/4 cup lemon juice, 3 Tablespoons zest, 2 cups buttermilk and 1/4 cup milk. Whisk until smooth. *Have a taste!*

Separate 4 eggs. Put the whites in a medium bowl and set aside. Put the yolks in a separate medium bowl, then slowly whisk in the melted butter. Stir into the buttermilk mixture.

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

Using an electric mixer, whip the egg whites until frothy. Stir in 6 Tablespoons sugar. Whip until soft peaks form. Fold the whites into the buttermilk mix. The batter should be smooth and thick.

Ladle the batter into 16 to 18 ramekins and place them in a large baking pan. Add hot water from the kettle to the pan until the water is halfway up the sides of the ramekins. Be careful not to pour water into the ramekins. **Bake 12 to 15 minutes** (convection oven: 10 to 12 minutes), until slightly brown and beginning to crack but still jiggly. Cool to room temperature.

Put 1 cup cold heavy cream, 1 teaspoon vanilla and 1 Tablespoon powdered sugar into a pint-size jar with a lid. Shake until the cream thickens into whipped cream. Or do it in several batches.

Turn the lemon cakes out onto a plate or bowl to unmold them. You will see they have made their own sauce! Serve with whipped cream and optional berries.

MEXICAN VALENTINE COOKIES

INGREDIENTS:

1 package (2 leaves) frozen puff pastry
1/2 cup white flour
1/4 cup dulce de leche
1/2 cup guava paste (pasta de guayaba)
1 egg
1 Tablespoon powdered sugar
2 ounces queso fresco (unsalted white cheese)

COOKING TOOLS:

2 big plastic trays, Silpat sheet
heart-shaped cookie cutter, rolling pin
baking sheet, scissors, pastry brush
small ceramic bowl, small bowls
2 spoons, 2 forks, 2 knives
can opener, cheese grater
rubber scraper, whisk
oven mitts, timer

Defrost the puff pastry several hours ahead of time.

Cover the baking sheet with a Silpat sheet. Put 1/2 cup white flour in a small bowl.

Separate an egg in a ceramic bowl and another small bowl. Save the egg white and beat it with a fork. Put the yolk aside; it's not needed.

Grate 2 ounces (1/2 cup) queso fresco on a plastic tray, then put it in a small bowl. Put 1/4 cup dulce de leche in a small bowl.

Cut 1/2 cup guava paste into small pieces. Put it in a small bowl.

Sprinkle and rub a little white flour on 2 plastic trays. Spread one puff pastry sheet on each tray. Roll it thin with a rolling pin.

Preheat oven to 325 degrees (convection oven: 275 degrees).

Using a cookie cutter, cut the puff pastry on one tray into heart shapes. Arrange them on the Silpat sheet with a little space between them. Cut the puff pastry on the other plastic tray into heart shapes and leave them on the tray.

Rub the empty tray with flour again. Roll all the scraps of dough into a ball and roll with a rolling pin. Cut it into heart shapes.

Spread a little dulce de leche over the middle of each heart with a spoon. Don't put it on the edge of the dough.

Sprinkle a little grated cheese on top of the dulce de leche. Put some guava paste on top of the cheese. Keep all ingredients away from the edge of the dough.

Cover the cookies with the other puff pastry hearts. Seal the edges with a fork and brush them with a little egg white.

Bake 20 minutes (convection oven: 15 minutes), then check for doneness. Remove from the oven and sprinkle with a little powdered sugar before serving.

PIZZA!

INGREDIENTS:

1 pound refrigerated pizza dough
1½ cups pizza sauce (Muir Glen is best)
6 ounces shredded mozzarella cheese
small bunch fresh basil
a little fresh oregano
a little fresh thyme
1/2 Tablespoon fried garlic
1/4 teaspoon black pepper
1/4 teaspoon salt
a little white flour (for kneading)
a little olive oil
optional: 2 oz. sliced mushrooms, chives,
vegetarian sausage, black olives, red onion
marinated in vinegar

COOKING TOOLS:

plastic tray, baking sheet
Silpat sheet or parchment paper
colander, cloth
measuring cups: 1, 1/2
medium mixing bowl, scoop
cutting board, sharp knife
measuring spoons, wooden spoon
rubber scraper, table knives
small bowls, rolling pin
scissors, can opener
medium bowls, pizza cutter
spatula, plates for serving
oven mitts, timer

Rub a plastic tray with flour and put a 1-pound ball of refrigerated dough on top. Cover it with a cloth and let it rest for about 1 hour before using.

Cover a baking sheet with a Silpat sheet or parchment paper.

Open a can of pizza sauce. Put 1½ cups sauce in a big mixing bowl.

Chop vegetarian sausages into small pieces.

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

Rinse a small bunch of fresh basil on a colander. Discard the stems. Tear the leaves into small pieces. Tear a little oregano and a little thyme into tiny pieces. Stir the herbs into the pizza sauce. Add 1/2 Tablespoon fried garlic, 1/4 teaspoon black pepper, 1/4 teaspoon salt.

Lift the dough off the tray. Sprinkle more white flour on the tray. Put the dough on top. Rub a rolling pin with flour. Roll the dough into a long oval that will just fit on the baking sheet. Then transfer it to the prepared baking sheet.

Scoop sauce on top of the dough. Keep a few bare patches so the cheese will stick. Add your choice of toppings.

Sprinkle grated mozzarella cheese on top, then sprinkle a little olive oil to seal in the flavor. Optional: add a little Fontina cheese.

Bake 12 minutes (convection oven: 6 minutes), then check to see if it's done.

SUGAR COOKIES

INGREDIENTS:

4 sticks sweet butter
2 cups white sugar
2 eggs at room temperature
2 teaspoons vanilla extract
6 cups white flour
1 Tablespoon baking powder
1 teaspoon kosher salt

COOKING TOOLS:

2 very big mixing bowls
sifter, wooden spoon
small ceramic bowl, fork
baking sheets
1-cup measure, measuring spoons
rolling pin, plastic wrap
optional: electric mixer with paddle

Leave 4 sticks of butter out overnight to soften.

Next day: Cream the butter with 2 cups sugar and 2 teaspoons vanilla in a very big mixing bowl with a wooden spoon until light and fluffy. Or use a mixer with a paddle attachment. *Have a taste!*

Break 2 eggs in a small ceramic bowl and stir them with a fork. Then cream them into the butter mix. Set aside.

Sift into another very big mixing bowl: 6 cups white flour, 1 Tablespoon baking powder, 1 teaspoon kosher salt.

Gradually add the flour mix to the butter mix, 1 cup at a time. Keep stirring until the flour is completely incorporated and the dough comes together.

Wrap the dough snugly in plastic wrap and chill it in the refrigerator for at least 1 hour, and for up to 2 days.

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

Whack the wrapped dough a few times with a rolling pin, then let it warm up on the countertop for a few minutes. Roll it flat, then cut out shapes with a cookie cutter and place them on ungreased baking sheets.

Bake 8 to 10 minutes (convection oven: 12 to 14 minutes), or until just beginning to turn brown around the edges.



WHOLE WHEAT CHALLAH (page 1)

INGREDIENTS:

1 Tablespoon dry yeast
1/4 cup honey
1½ cups white flour
2 cups whole wheat flour
1/4 cup olive oil
2 eggs
1 teaspoon salt
2 teaspoons ground cinnamon
2 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, 2 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, 2 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 spoon 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
honey for topping

COOKING TOOLS:

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

About 1 hour before using the dough, rub a big plastic tray with white flour, place the dough on top, and cover it with a warm damp 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 on a plastic tray. If too sticky, use a little white flour. 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, ice cubes
red syrup (cherry, strawberry or red velvet)

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

EARL GREY TEA

INGREDIENTS:

2 Tablespoons Earl Grey tea
milk
sugar
1 quart water

COOKING TOOLS:

kettle
quart-size teapot
tea cozy
measuring spoons
strainer
timer

Earl Grey is black tea flavored with the rind of bergamot, a small, pear-shaped citrus fruit. It is available both regular and decaf.

Fill a kettle with cold water and bring it to a boil. When the water boils, pour it into the teapot. Then pour it back into the kettle and bring to a boil again. English tea, including Earl Grey, tastes better when the water is absolutely boiling. If you don't heat the teapot first, the water won't be hot enough.

Put the loose tea into the empty teapot and pour the boiling water on top. Put the lid on the teapot and let it steep for about 3 minutes. A tea cozy will keep the pot very hot, and improve the flavor of the tea.

After the tea has finished brewing, put some milk in a mug and pour in the tea using a strainer. Add some sugar if you like, although some people prefer their tea without milk or sugar. You can make a second pot by adding more boiling water. Don't fill the pot completely or the tea will be too weak. Let it steep another 3 or 4 minutes before serving. If the tea steeps too long, it will become bitter.

To save the tea for later, strain it into a container with a lid. When it cools down, refrigerate it. Then reheat it in the microwave anytime. It will stay good for at least a week.

CRANBERRY SPICE HIBISCUS TEA

This naturally caffeine-free herbal tea is sold as tea bags by The Republic of Tea. Steep for 5 minutes, then remove the tea bag. It's good hot or cold. It's a blend of hibiscus blossoms, cranberries, cinnamon, ginger, carob, apple, sweet blackberry leaves, cardamom seeds, chicory root, pepper, cloves and star anise.

FRUIT SMOOTHIE

INGREDIENTS:

1 quart orange juice
3 ripe bananas
1 cup strawberries (fresh or frozen)
optional: 1 cup fresh pineapple or frozen guava pulp

Blend the 3 fruit ingredients in a blender until smooth. The above proportions are just a suggestion; feel free to add more or less of any ingredient, depending on which flavor you want to emphasize.

HOT MULLED GRAPE JUICE

INGREDIENTS:

1/2 gallon grape juice
2 cinnamon sticks
1 Tablespoon ground allspice
1 Tablespoon ground cloves
2 large pieces dried orange peel
2 large slices peeled ginger

COOKING TOOLS:

big Pyrex bowl
empty tea bag
big ceramic plate
slotted spoon
oven mitts, timer
ladle

Seal in a large empty tea bag: 1 Tablespoon ground allspice, 1 Tablespoon ground cloves.

Break 2 cinnamon sticks in half and put them in a big Pyrex bowl with 2 large pieces dried orange peel, 2 large slices peeled ginger.

Pour 1/2 gallon grape juice on top. Cover with a ceramic plate. Heat in the microwave until very hot. Let it steep for at least 20 minutes.

Remove the flavorings with a slotted spoon before serving with a ladle.

MINT TEA

The world's easiest tea! Just put a handful of fresh mint leaves in a pot of boiling water, let it steep for about 10 minutes, and enjoy! Add a little sugar or agave syrup if you like.

LEMON ICE TEA

INGREDIENTS:

2 Tablespoons black tea
1/2 cup lemon juice
agave syrup
ice cubes

COOKING TOOLS:

kettle, tea strainer
quart-size teapot, tea cozy
big pitcher, big spoon
timer

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

Pour the boiling water into a quart-size teapot.

Pour the hot water back into the kettle and return it to a boil.

Put 2 Tablespoons black tea (regular or decaf) in the empty teapot and pour the boiling water on top. Put the lid on the teapot, then cover the pot with the tea cozy. Let it steep for 3 minutes.

Place a tea strainer above the pitcher and pour the tea through it.

Pour 1/2 cup lemon juice into the tea and stir.

Add some agave syrup. Stir well, then taste. Continue adding more syrup until it's sweet enough. Serve with plenty of ice cubes.

Other flavors that go well with ice tea are peach, lime, and raspberry. Buy some frozen fruit or fruit syrup, and combine them with hot tea, then cool in the refrigerator. See which is your favorite!

MASALA CHAI

INGREDIENTS:

3 Tablespoons masala chai mix
2 cups milk
3 Tablespoons sugar

COOKING TOOLS:

saucepan with lid
measuring spoons
timer

Dissolve 3 Tablespoons sugar in 2 cups boiling water. Add 3 Tablespoons masala chai. Boil in a saucepan, uncovered, for 10 minutes.

Add 2 cups milk and keep heating until it returns to a boil. Then remove from heat, cover with a lid, and let it sit for 5 minutes. Strain and enjoy.

(The masala chai that we served was made from black tea, cinnamon, cardamom, ginger, black pepper and cloves. It came from Samovar Tea in San Francisco.)

RASPBERRY LEAF TEA

Make half-gallon pot of raspberry leaf tea using 2 large tea bags filled with raspberry leaves. Let it steep about 5 minutes.

Pour the hot tea into a big ceramic bowl over a strainer containing a bagful of organic raspberries. Stir in some honey.

ROASTED CHICORY BEVERAGE

Use 1/2 Tablespoon roasted chicory per 8-ounce cup.

Fill a mug with water and heat in the microwave so that the water is very hot but not boiling.

Stir in the roasted chicory.

Let it steep for a few minutes.

Pour the liquid through a tea strainer to remove the chicory.

Serve with soy creamer and sugar.

YERBA MATE

Yerba mate is the national drink of Argentina. Every morning, millions of Argentineans and Uruguayans start their day by brewing a pot of this herbal beverage and drinking in a carved-out gourd using a straw. Yerba mate is made from the leaves and stems of a member of the grass family and is a very healthy drink. It contains caffeine, but less than coffee or black tea.

Yerba mate is most commonly sold plain, but it also comes in several flavors, including chocolate mint.

Use about 1/3 cup yerba mate for 1 quart of water. Bring the water to a boil, pour it into a teapot, and let the water sit for about 1 minute before stirring in the yerba mate. That's because the water should be a little below boiling temperature, or the drink will become bitter. Let it steep for at least 7 minutes, then strain and serve. It's OK to steep it longer.

Yerba mate goes well with soy creamer and a little agave syrup. However, don't mix it with creamer or milk and let it sit for a long time, or the beverage will turn an unpleasant shade of green. Other good additives are lime juice or fresh mint leaves. But don't add both milk *and* lime juice or it will curdle.

Patricia Unterman: San Francisco's Renaissance Woman of Food

by Max Millard

Diners Out magazine, December 2005

On St. Patrick's Day of 1979, the Hayes Street Grill opened at 324 Hayes Street near Civic Center. Co-owned by a 31-year-old food critic and chef, Patricia Unterman, the restaurant quickly rose to the upper regions of the city's restaurant firmament, where it has remained.

Tanned and fit, with an easy laugh and an effervescent manner, Unterman's proudest creation is the 550-page *Patricia Unterman's Food Lover's Guide to San Francisco*, first published in 1995 and most recently revised in 2004 as a pocket guide. It is a collection of new writings about the best places she has encountered during her first 20 years as a restaurant critic. She was the dining editor of the *San Francisco Chronicle* for 15 years, and since 1995 has been the restaurant critic for the *San Francisco Examiner*.

"I left the *Chronicle* about 1993 and spent two years researching the book," she says. "It was a very wonderful time for me, because I was unfettered by those biweekly reviews that I had to crank out. I could just put in what I loved." The book is divided into neighborhoods, with recommendations for restaurants, cafes, bars, bakeries, ice cream shops, wine, produce markets and cookware shops.

For her reviews, Unterman dines out about three times a week, often with her husband. But how does she choose which restaurants to visit?



Patricia Unterman by Alanna Hale, 2018

"I have my special sources throughout the city in different cuisines," she responds. "And my ears are open: I'm always looking, looking, looking. What I want to find is the undiscovered gem, or the little ethnic place that cooks with beautiful ingredients."

She also writes a newsletter, "Unterman on Food," which is published six times a year and available by subscription. It contains recipes and other writings, and allows her readers to keep up with her ever-growing well of food knowledge.

She attributes her success as a critic to "an infallible sense memory. When I remember a dish, the whole dish comes to me, almost complete — the smell and the flavors come floating back in a very Proustian way."

A good restaurant, she says, "always starts with the menu — the idea of the food and how it needs to be prepared, and then everything branches out from that. And often people start in the other direction — how the space should look, or what the music should be. ... I really prefer restaurants that are owned by chefs. Because then the restaurant comes from the kitchen."

She changes her own restaurant's one-page lunch and dinner menus each day, depending on which fish and fresh produce are available. "It's very straightforward food that comes out of an old-fashioned grill tradition," she explains, sitting relaxed in her white chef's uniform. "The difference is that everything is really really fresh — every vegetable, every fish, every sauce, every mayonnaise. Everything."

In her book, she describes the St. Eustachio coffeehouse in Rome as serving "the best *caffè latte* in the world." Asked how one particular coffee could be so superior, she points out all the controllable variables.

"There's the source for your coffee, the way it's roasted, and their technique on the machine. You take one machine, and three different people making the coffee get three different coffees. It is a most temperamental thing."

She has never owned a microwave and doesn't know how to use one. "I felt that it was a very energy-wasteful way of cooking. It requires a huge amount of electricity. I've always had gas and fire, and always liked that. I never liked electric stoves. I wanted to have the flame that I could control. It seemed very efficient."

Her restaurant is especially noted for its fish. Asked how to avoid the danger of high concentration of metals in some fish from San Francisco Bay, she says: "We get very little fish from the bay, but we do get a ton of local fish. The heavy metal is in very big and old fish, like swordfish. Small fish, like sand dabs, will not accumulate metals in them."

Shellfish are safe, she goes on, "because all the oysters, mussels and clams are aquacultured, and they come from completely regulated beds." On the West Coast, they are seeded and tended from Washington state to the Baja Peninsula.

"It's a very strict thing. There are leaseholds in the ocean or in estuaries, that you lease from the state. ... It's just like farmland. They plant seeds — sometimes on strings, sometimes on broken shells."

Unterman also enjoys cooking at home. Her husband can cook, she admits, "but he cooks in his style, not my style. We have many fights over that," she laughs.

Probably her favorite single cookbook is *Madhur Jaffrey's World of Food*, a vegetarian book, although Unterman is no vegetarian. "It's full of great recipes that are super simple, and I just use it all the time at home," she says. Other top choices: Marian Cunningham's baking book and Marcella Hazan's Italian cookbook.

The Hayes Street Grill was a hit from the beginning, she believes, "because when we opened, there was a huge need for a restaurant in the Civic Center. There was no place to eat before the opera. This was before Symphony Hall was even built. Frankly, we owe our continuing success to our location. On top of that, we just keep it very simple and very fresh, and give a lot of personal attention to it. It's an act of pleasure to be able to run a restaurant like this. So I feel lucky, being able to do both of the things I do."

* * *

2019 update: Patricia Unterman continued as the *San Francisco Examiner's* restaurant critic and highest-paid contributor until 2012, when she was dismissed by the paper's new owner as a budget-saving measure. She remains the chef/owner of the Hayes Street Grill, and she still publishes her newsletter, "Unterman on Food," six times a year.

* * *

Max and Salve Millard (below), co-teachers of the vegetarian cooking class, have been cooking for each other for 32 years. Max has taught baking and cooking since 2003 to children age 18 months to 12 years old. Salve is a nurse and a graduate of the Chinatown Cooks Training School in San Francisco. They grow their own organic fruits, vegetables and herbs at the Fort Mason Community Garden.



Jen Nurse (below) is co-owner with her husband Chris of the Civic Kitchen Cooking School, which they opened in January 2018 at 2961 Mission Street (between 25th and 26th streets). Jen has been the co-teacher of the Friends School baking class with Max Millard since 2015. She has taught cooking at local elementary schools and professional cooking schools, and is a passionate collector of cookbooks. Prior to becoming a teacher, she was an award-winning artisan bakery owner, pastry chef and recipe developer. Civic Kitchen offers a wide choice of classes to adults and teens. The website is www.civickitchensf.com



Recipes collected and adapted by
Max Millard and Jen Nurse, baking teachers
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Thanks for hosting our field trips!
Los Yaquis Restaurant, 324 So. Van Ness Ave.
Civic Kitchen Cooking School, 2961 Mission St.
and Mission Pie, 2901 Mission St.



The ingredients for the baking and vegetarian cooking classes were generously donated by Rainbow Grocery, 1745 Folsom St. at Division (www.rainbow.coop)







