

# FRIENDS SCHOOL BAKING CLASS



*Fall 2016*



- 2 any-fruit crisp
- 3 apple cakelettes
- 4 brownies
- 5 cheddar cheese biscuits
- 6 pizza!
- 7 pretzel bites
- 8 strawberry shortcake
- 10 zucchini muffins

## **Beverages**

- 12 "bloody" soda
- 13 Earl Grey tea  
English tea
- 14 hot chocolate  
pumpkin rooibos
- 15 lemonade
- 16 mint tea  
peach ice tea

## ANY-FRUIT CRISP

### INGREDIENTS:

6 to 8 cups ripe fruit  
1/2 cup white sugar  
freshly squeezed lemon juice  
3/4 cup brown sugar, firmly packed  
1/2 cup whole wheat flour  
1/2 teaspoon kosher or sea salt  
3/4 cup rolled oats  
1/2 teaspoon ground cinnamon  
3 sticks sweet butter, cold  
optional: 1/2 chopped nuts

### COOKING TOOLS:

9x13-inch Pyrex baking dish  
big mixing bowl, colander  
cutting board, sharp knife  
measuring cups: 1, 1/2, 1/4  
measuring spoons  
rubber scraper  
spatula, big spoon  
table knife, whisk  
optional: pastry blender  
oven mitts, timer

Wash fresh fruit in a colander and cut into 1-inch chunks on a cutting board. Measure 6 to 8 cups and put in a big mixing bowl.

Put the fruit in the baking dish. Taste it. Is it sweet or tart?

Add 1/2 cup white sugar (or less if the fruit is already very sweet) and a big squeeze of lemon juice. Use a spatula or a big spoon to mix the fruit with the sugar and lemon, then spread it evenly across the bottom of the dish.

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

Whisk together in the big mixing bowl: 3/4 cup brown sugar, 1/2 cup whole wheat flour, 1/2 teaspoon salt, 3/4 cup rolled oats, 1/2 teaspoon cinnamon.

Cut 3 sticks of butter into 1/2-inch chunks on the cutting board, then add them to the bowl. Blend with a pastry blender or your fingertips until pea-sized pieces form. If using nuts, stir them in now.

Sprinkle the butter mixture over the fruit. Be sure to cover the entire surface. Don't forget the corners!

Bake 45 to 60 minutes (convection oven: 30 to 40 minutes), until the top is golden brown and fragrant, and the fruit is bubbling at the edges. Allow to cool at least 30 minutes before serving. Enjoy warm or cold.

## APPLE CAKELETTES

### INGREDIENTS:

1 cup white flour  
1/2 cup whole wheat flour  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon baking soda  
1/2 cup vegetable oil  
3/4 cup packed brown sugar  
1/2 teaspoon vanilla  
1½ large eggs  
3 or 4 medium-size Granny Smith apples  
optional: 1/2 cup raisins

### COOKING TOOLS:

big plastic tray, big mixing bowl  
2 medium mixing bowls  
small ceramic bowl, small bowls  
sifter, whisk  
measuring cups: 1, 1/2, 1/4  
measuring spoons, wooden spoon  
cutting board, paring knife  
12-cup muffin pan, paper liners  
rubber scraper, grater  
ice cream scoop, toothpick  
oven mitts, timer

Sift 1 cup white flour, 1/2 teaspoon salt, 1/2 teaspoon cinnamon and 1/2 teaspoon baking soda into a medium bowl. Whisk in 1/2 cup whole wheat flour. Set aside.

Whisk together in a big mixing bowl: 1/2 cup vegetable oil, 3/4 cup packed brown sugar, 1/2 teaspoon vanilla.

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

Peel the apples and cut into quarters. Remove the cores and stems on a cutting board.

Grate the apple quarters on the largest round holes of a grater. If the chunks become too small to grate comfortably, cut them into very small pieces with a small knife. Measure the grated & chopped apples and save 2 cups. Eat any extra as a snack.

Add the grated apple to the oil and sugar mixture and stir well. Have a taste! Break an egg in a small ceramic bowl and stir it into the mixture. Break a 2nd egg and use half of it. Optional: stir in 1/2 cup raisins.

Add the flour mixture and stir just until all the powdery flour disappears into the wet ingredients. Be sure to scrape the bottom and sides of the bowl.

Put paper liners in a muffin pan. Use an ice cream scoop to fill them about 2/3 full.

**Bake 22 minutes** (convection oven: 18 minutes), then insert a toothpick in the center until it comes out clean and the tops are nicely browned.

Allow to cool a few minutes before eating. These cakelettes are quite dense after baking.

## BROWNIES

### INGREDIENTS:

1¼ cups white sugar  
1¼ sticks butter  
¾ cup + 2 Tablespoons cocoa powder  
¼ teaspoon salt  
½ teaspoon vanilla extract  
2 large eggs, cold  
½ cup white flour  
½ cup semisweet chocolate chips  
ice cubes

### COOKING TOOLS:

big plastic tray, 8" square baking dish  
hot plate, medium heatproof bowl  
wide skillet, wooden spoon  
small ceramic bowl, measuring spoons  
measuring cups: 1, ½, ¼  
rubber scraper, cooling rack  
cutting board, sharp knife  
aluminum foil, oven mitts  
toothpick, timer

Beforehand: Put several cups of water in a wide skillet. Heat to a simmer. Put 1¼ sticks butter in a medium heatproof bowl and place it in the skillet so that the butter melts.

Line the bottom and sides of an 8-inch square baking pan with two pieces of aluminum foil measuring 8 inches wide and about 14 inches long, leaving an overhang on two opposite sides.

Add to the melted butter 1¼ cups white sugar, ¾ cup + 2 Tablespoons cocoa powder, ¼ teaspoon salt. Stir with a wooden spoon from time to time until the mixture is smooth and hot enough that you want to remove your finger quickly after dipping it in to test.

Remove the bowl from the skillet and set aside briefly until the mixture is only warm. Then stir in ½ teaspoon vanilla extract. Have a taste!

**Preheat oven to 325 degrees** (convection oven: 300 degrees).

Break 2 eggs into a small ceramic bowl. Add them to the heatproof bowl one at a time, stirring vigorously after each one.

When the batter looks thick, shiny, and well blended, add ½ cup white flour and stir until you can't see it any longer, then beat vigorously for 40 strokes with the wooden spoon or a rubber spatula. Stir in ½ cup semisweet chocolate chips. Spread evenly in the lined pan.

**Bake 25 minutes** (convection oven: 15 to 20 minutes), or until a toothpick plunged into the center emerges slightly moist with batter.

Fill a tray with ice water. Let the brownies cool 5 minutes on a rack, then carefully dip the pan in the tray with ice water and let stand until cool. Lift up the ends of the parchment or foil liner, and transfer the brownies to a cutting board. Cut into 16 or 25 squares.

## CHEDDAR CHEESE BISCUITS

### INGREDIENTS:

1¼ cups white flour  
2/3 cup whole wheat flour  
1 stick sweet butter  
1 cup milk  
¾ pound sharp cheddar cheese  
½ Tablespoon baking powder  
½ Tablespoon sugar  
1½ Tablespoons taco blend powder  
1 teaspoon black pepper  
½ cup lightly toasted sesame seeds

### COOKING TOOLS:

big plastic tray, 2 baking sheets  
measuring cups: 1, 2/3, 1/4  
measuring spoons, small bowls  
2 big mixing bowls, mug  
medium bowl, table knife  
sifter, whisk  
2 Silpat sheets or parchment paper  
cheese grater, food gloves  
toothpick  
oven mitts, timer

Night before: leave out 1 stick sweet butter to soften.

Cover 2 baking sheets with Silpat sheets or parchment paper.

Grate ¾ pound sharp cheddar cheese onto a plastic tray, then put in a medium bowl.

Sift into a big mixing bowl: 1¼ cups white flour, ½ Tablespoon baking powder, ½ Tablespoon sugar. Whisk in 2/3 cup whole wheat flour, 1½ Tablespoons taco blend powder, 1 teaspoon black pepper. This is the dry mix.

Put 1 stick softened butter in another big mixing bowl. Cream it with a wooden spoon. Mix in 1 cup milk, then the grated cheese. This is the wet mix.

Gradually add the dry mix to the wet mix with a wooden spoon. If necessary, put on food gloves and mix by hand.

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

Sprinkle ¾ cup lightly toasted sesame seeds on a big plastic tray.

Divide the dough into 20 biscuits. Roll each piece into a ball, then roll it in toasted sesame seeds and press it flat.

Place the biscuits on prepared baking sheets, with space between each one.

**Bake 18 minutes** (convection oven: 13 minutes), then check with a toothpick.

## PIZZA! (makes 2 large pizzas)

### INGREDIENTS:

2 1-pound balls refrigerated pizza dough  
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, olives,  
purple onion marinated in vinegar, hot pepper

### 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 2 balls of pizza dough in sealed gallon baggies at room temperature for 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: 500 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 for 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.

## PRETZEL BITES

### INGREDIENTS:

1-pound bag white pizza dough  
1/2 cup baking soda  
1 egg  
coarse salt  
3 Tablespoons turbinado sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon ground nutmeg  
a little white flour for kneading  
optional: sweet mustard dressing

### COOKING TOOLS:

big plastic tray, cloth  
big ceramic bowl, tongs  
baking sheet, Silpat sheet  
1/2 cup measure, small bowls  
scissors, cutting board  
small ceramic bowl, fork  
sharp knife, paper towels  
wooden spoon, slotted spoon  
measuring spoons, pastry brush  
oven mitts, timer

Rub a big plastic tray with white flour.

Cut open a 1-pound bag of white pizza dough and place it on the tray. Cover it with a cloth and let it rest for 20 to 30 minutes. Cover a baking sheet with a Silpat sheet.

To make cinnamon sugar topping: Put 3 Tablespoons turbinado sugar, 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg in a shaker (a container with small holes). Put aside.

-----

Put 5 cups of water in a big ceramic bowl and microwave for 9 minutes, or until it's almost boiling. Remove with oven mitts. Slowly stir in 1/2 cup baking soda.

Break an egg in a small ceramic bowl and stir with a fork.

Divide the pizza dough into 16 pieces. Roll each piece in a little white flour until it's not sticky.

Place a double layer of paper towels nearby.

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

Set the timer for 1 minute. Place 4 pieces of dough in the boiling water. Keep them separated.

Boil 1 minute, then remove with a slotted spoon and place them on the paper towels. Dry off the extra water, then use tongs to place them on the Silpat sheet.

Continue with the other 12 balls of dough until all are on the Silpat sheet. Brush each ball of dough with egg. Then sprinkle them with pretzel salt or cinnamon sugar.

**Bake 15 minutes** (convection oven: 12 minutes).

Optional: Serve the salted pretzels with little sweet mustard dressing.

## STRAWBERRY SHORTCAKE (page 1)

### INGREDIENTS:

2 cups white flour  
1/2 cup whole wheat flour  
1 Tablespoon baking powder  
1/2 teaspoon salt  
1/2 cup white sugar (divided)  
1 1/4 sticks sweet butter  
1 pint cold heavy cream (divided)  
1 1/2 quarts strawberries (fresh or frozen)  
1 Tablespoon water

### COOKING TOOLS:

electric mixer, table knives  
2 big plastic trays, forks  
12-cup muffin pan, 2 scoops  
measuring cups: 1, 1/2, 1/4  
measuring spoons, masher  
colander, sifter, wooden spoon  
deep medium-size ceramic bowl, whisk  
pastry blender, rubber scraper  
big mixing bowl, cooling rack  
cooking spray, food gloves  
1 plate per person  
oven mitts, timer

Put a deep medium-size ceramic mixing bowl in the refrigerator to chill.

If using frozen strawberries, remove them from the freezer to thaw.

Sift into a big mixing bowl: 2 cups white flour, 1 Tablespoon baking powder, 1/2 teaspoon salt. Whisk in 1/2 cup whole wheat flour and **1/4 cup sugar**.

Cut off 3/4 stick butter, put it on 2 big plastic trays and cut it into small pieces using table knives. Then add it to the big mixing bowl and blend it in using a pastry blender and a knife. If necessary, put on food gloves and mix it by hand.

Add **3/4 cup heavy cream**. Stir with a wooden spoon, then knead the dough. Add 1 Tablespoon water and keep kneading.

Divide the dough into 4 balls of equal size. Put them back in the big mixing bowl.

Put 1/2 stick butter on a plate. Cut it into exactly 12 pieces.

**Preheat the convection oven to 375 degrees** (regular oven: 425 degrees).

Spray a muffin pan with cooking spray.

Give a plate to each person. Sprinkle the plate with a little flour.

## STRAWBERRY SHORTCAKE (page 2)

Step A: Take one ball of dough and divide it into 6 pieces. Put each piece on a separate plate. Shape each piece into a flat circle that will just fit in the bottom of a muffin cup, then place it gently in the cup.

Step B: Put a piece of butter on top of each dough circle.

Step C: Make 6 more dough circles and place them gently on top of the first dough circles. Do not press them down: they should be very loose so that the two layers can be separated easily.

Repeat Steps A through C to make 6 more shortcakes. Save the plates for serving.

**Bake for 12 minutes** (regular oven: 20 minutes), or until nicely browned.

If using fresh strawberries: While the shortcake is baking, put 1½ quarts rinsed strawberries onto 2 big plastic trays and cut off the stems. Save as much of the fruit as possible.

After discarding the stems, chop the strawberries into small pieces on the trays and put them in the big mixing bowl. Add 3 Tablespoons sugar. Mash and stir them with a masher.

Put **1¼ cups** heavy cream in the chilled mixing bowl and whip it with an electric mixer, while gradually adding 1 Tablespoon sugar.

When the shortcake has finished baking, put it on a cooling rack. Then put each shortcake on a plate, lift up the top circle with a fork, and insert a scoopful of the sugared strawberries. Replace the top circle and cover it with a scoopful of whipped cream.



## ZUCCHINI MUFFINS

### INGREDIENTS:

3 cups unpeeled zucchini  
2 cups white flour  
1½ cups whole wheat flour  
1½ cups white sugar  
1½ teaspoons baking powder  
¾ teaspoon baking soda  
¾ teaspoon salt  
2 teaspoons cinnamon  
3 eggs  
1¼ cups canola oil  
2 teaspoons vanilla extract

### COOKING TOOLS:

big plastic tray, blender  
2 big mixing bowls  
medium bowl, 2 12-cup muffin pans  
measuring cups: 1, 1/2, 1/4  
cutting board, sharp knife  
measuring spoons, wooden spoon  
small porcelain bowl  
small bowls, rubber scraper  
sifter, whisk  
cooking spray, oven mitts  
toothpick, timer

Cut some zucchini on a cutting board into fairly small chunks, until you have 3 cups. Put aside in a big mixing bowl.

Sift in another big mixing bowl: 2 cups white flour, 1½ teaspoons baking powder, ¾ teaspoon baking soda, ¾ teaspoon salt. Whisk in 1½ cups whole wheat flour.

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

Pour 1¼ cups canola oil into a medium bowl. Stir in 1½ cups sugar, 2 teaspoons cinnamon, 2 teaspoons vanilla. Have a taste!

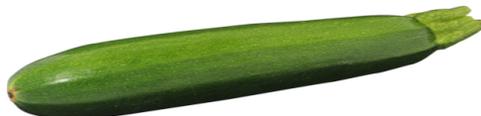
**Preheat oven to 350 degrees** (convection oven: 300 degrees).

Pour the oil mixture into a blender, add the chopped zucchini a little at a time, and blend. Then put it back in a big mixing bowl and stir in the eggs.

Gradually stir the dry mix into the wet mix.

Spray 2 muffin pans with cooking spray. Transfer the batter to the muffin cups with an ice cream scoop; make 18 muffins. **k**

**Bake 22 minutes** (convection oven: 17 minutes), then check with a toothpick.



# BEVERAGES



## "BLOODY" SODA

### INGREDIENTS:

soda water  
cherry syrup  
ice cubes

The combination of sweetened syrup with soda water is called Italian soda. The usual proportion is about 1 part syrup to 5 or 6 parts soda water. The Torani company, founded in San Francisco in 1925, makes dozens of flavors. Many are available at Cost Plus World Market. When Torani began, Italian sodas were especially popular in the Italian neighborhood of North Beach. They soon became a national hit. Now they are sold in 40 countries worldwide.

Several years ago, when I served Italian soda to this class, I made it with a bright red syrup -- probably cherry or red velvet. One student was inspired to call it "bloody soda." Since then, the name has stuck.

To make the beverage, pour a little cherry syrup in a glass. Fill the glass halfway with soda water. Stir it until dissolved, then add ice cubes. Adjust the amount of syrup and juice until it's just right. Drink through a straw.

Cherry syrup makes a wonderful soda. Red velvet syrup, flavored with cinnamon and vanilla, is another favorite choice. It makes an Italian soda that tastes like a fresh-baked slice of cake.

If these syrups are not available, a good alternative to make bloody soda is agua de jamaica, a powdered Mexican drink mix sold in groceries throughout the Mission district. Its red color comes from dried hibiscus blossoms; it also contains cinnamon, nutmeg, cloves, allspice and sugar.



## **EARL GREY TEA**

### **INGREDIENTS:**

2 Tablespoons Earl Grey tea  
milk  
sugar  
1 quart water

### **KITCHEN 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.

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, place the strainer above the mug, and pour in the tea. Add some sugar if you like, although many people prefer their tea without 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 another container, such as a heavy glass jar. When it cools down, put on the lid and refrigerate it. Then reheat it in the microwave anytime. It will stay good for at least a week.

## **ENGLISH TEA (BLACK TEA)**

Prepare it the same way as Earl Grey tea.

The advantage of making regular black tea is that it can be combined with many different flavors and made into ice tea. However, Earl Grey already has a distinct flavor that doesn't mix well with many juices and syrups.

## **HOT CHOCOLATE**

### **INGREDIENTS:**

1 quart milk  
1/4 cup white sugar  
2 Tablespoons cocoa powder  
1/2 teaspoon vanilla extract

Put 2 Tablespoons cocoa powder in a mug with 1/2 cup milk.

Stir the cocoa vigorously, then heat in a microwave oven until the milk is hot. It could be anywhere from 30 seconds to 1 minute, depending on the machine. Then give it another stir. Cocoa powder dissolves more easily in hot milk than cold milk.

Put another 3½ cups milk in a big Pyrex bowl with 1/4 cup sugar and 1/2 teaspoon vanilla extract. Heat in the microwave until hot.

Stir in the dissolved cocoa. The hot chocolate is ready.

Instead of adding vanilla, you may want to sprinkle it with a little powdered cinnamon or serve it with a cinnamon stick. For a more exciting drink, you may top it with whipped cream or little marshmallows.

## **PUMPKIN ROOIBOS**

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.

Pumpkin rooibos, available in tea bags from Trader Joe's, is made with natural pumpkin flavor, cinnamon, nutmeg and cloves.

Rooibos should be made with water that's not quite boiling. Fill a cup with boiling water, let it sit for a few seconds so that the cup can absorb some of the heat, then put in the tea bag and let it steep for at least 5 minutes. It's OK to leave the tea bag in the cup because it doesn't get bitter. It goes well with milk and sugar, but some people prefer it plain.

There are several different flavors of rooibos found at Rainbow Grocery.

## LEMONADE

### INGREDIENTS:

9 lemons  
4 cups cold water  
2 cups boiling water  
1 cup white sugar plus extra  
big pitcher of ice cubes  
optional: soda water

### COOKING TOOLS:

electric water heater  
cutting boards, table knives  
medium bowls, lemon squeezers  
measuring cup, whisk  
2 big ceramic bowls, ladle  
sieve, 3 small bowls  
little cups for tasting

Slice 1 lemon thinly on a cutting board, remove the seeds, and put the slices in a small bowl. Set it aside.

Cut 8 lemons in half on the cutting boards.

Squeeze the lemons with juicers placed over medium bowls.

Strain the lemon juice into a big ceramic bowl using a sieve until you have 1 cupful of juice.

Cut each lemon rind into several small pieces and put them in a medium bowl.

Boil 2 cups water in an electric water heater. Pour it over the lemon rinds and let them soak.

Measure 1 cup sugar into a big ceramic bowl and whisk in 1 cup cold water until the sugar is dissolved.

Whisk in 3 more cups cold water.

Using the strainer, pour the lemony hot water into the big ceramic bowl. Add 1 cup lemon juice.

Add some ice cubes and stir well. Ladle a sample of the lemonade into little cups so the students can taste it. If necessary, add more sugar or ice cubes.

Serve the lemonade with a lemon slice on top.

## MINT TEA

The world's easiest tea! Just put a large handful of fresh mint leaves in a teapot, pour boiling water on top, and let it steep for about 10 minutes. Serve with optional sugar or honey.

## PEACH ICE TEA

### INGREDIENTS:

2 Tablespoons black tea  
Torana peach 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.

When the water boils, pour it into the teapot. Then pour it 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.

Fill a pitcher about half full with ice cubes.

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

Pour about 1/2 cup peach syrup into the tea and stir.

Add more ice cubes until some of them remain unmelted.

Sample a spoonful of tea. If it needs more peach flavor, add syrup a little at a time until the tea has just the right amount of peach flavor to suit your taste.

There are many flavors that can be made into ice tea, including lemon, lime, and raspberry. Experiment on your own and see which is your favorite!

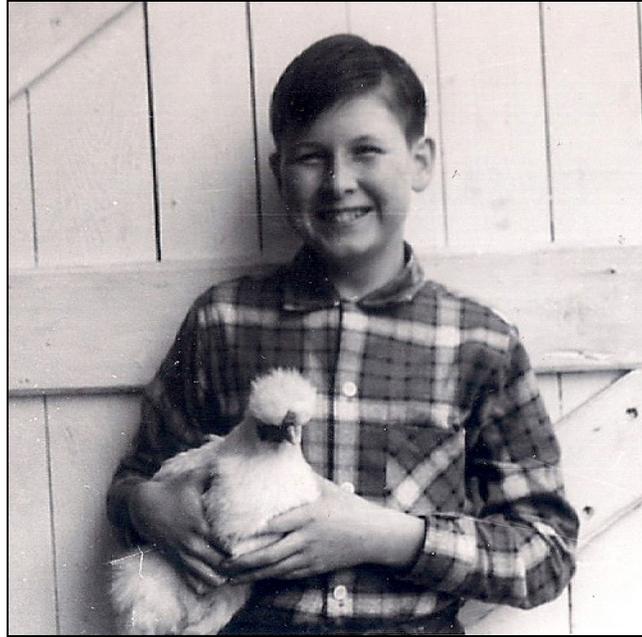
Recipes collected and adapted by  
Max Millard and Jen Nurse, baking teachers  
San Francisco Friends School  
250 Valencia St., San Francisco, CA 94103  
email: sunreport@aol.com

***Thanks for hosting our field trips!  
Kellie Joe of Chicks & Love Pizza Patio, 1701 Folsom St.  
and Destin Morris of Rainbow Grocery, 1745 Folsom St.***



*The food and beverages for this baking class were generously donated by Rainbow Grocery & General Store, [www.rainbow.coop](http://www.rainbow.coop).*

Max Millard (below) learned to cook while working as a restaurant reviewer in New York City in the late 1970s. He later spent four years as the restaurant editor of the *San Francisco Independent* newspaper. He has taught baking at San Francisco Friends School since 2011. He also teaches cooking to toddlers each week at two child care centers in the city. He is a vegetarian, as are all of his recipes.



Jen Nurse (below) is a cooking instructor and co-founder of the forthcoming Civic Kitchen Cooking School on San Francisco's 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.





