

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



**Fall 2018**

# *delicious* **CONTENTS**

- 2 apple cakelettes
- 3 cheese fondue
- 4 Danish super crackers
- 5 fettuccine alfredo
- 6 garden salad with croutons
- 8 guacamole with tortilla chips
- 9 mashed potatoes
- 10 pizza dough
- 11 pizza!
- 12 pumpkin currant mini muffins
- 13 steamed summer squash  
sugar cookies
- 14 tomato and green pepper soup
- 15 vegan oatmeal raisin banana cookies
- 16 Vietnamese coconut waffles
- 17 whole wheat donuts

## ***BEVERAGES***

- 19 boba tea  
chamomile tea  
rooibos tea
- 20 Earl Grey tea  
hibiscus tea
- 21 hot chocolate  
mint tea  
yerba mate
- 22 fruit smoothie  
lemonade
  
- 23 Fort Mason Community Garden

*Recipe books for these classes are posted online at [www.maxmillard.com/books.htm](http://www.maxmillard.com/books.htm)*

## APPLE CAKELETTES

### INGREDIENTS:

1-1/3 cups white flour  
2/3 cup whole wheat flour  
2/3 teaspoon salt  
2/3 teaspoon cinnamon  
2/3 teaspoon baking soda  
2/3 cup vegetable oil  
1 cup packed brown sugar  
2/3 teaspoon vanilla  
2 large eggs  
12 little green apples

### COOKING TOOLS:

big plastic tray, big mixing bowl  
2 12-cup muffin pans, grater  
2 medium mixing bowls, cooking spray  
small ceramic bowl, small bowls  
sifter, whisk  
peeler, food mill  
measuring cups: 1, 1/3  
measuring spoons, wooden spoon  
cutting board, paring knife  
rubber scraper, apple slicer  
ice cream scoop, toothpick  
oven mitts, timer

Sift 1-1/3 cups white flour, 2/3 teaspoon salt, 2/3 teaspoon cinnamon and 2/3 teaspoon baking soda into a medium bowl. Whisk in 2/3 cup whole wheat flour. Set aside.

Whisk together in a big mixing bowl: 2/3 cup vegetable oil, 1 cup packed brown sugar, 2/3 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 are too small to grate comfortably, cut them into very small pieces with a small knife or grate them in a food mill. Measure the grated & chopped apples and save 2-2/3 cups. Eat any extra as a snack.

Add the grated apple to the oil and sugar mixture and stir well. *Have a taste!* Break 2 eggs in a small ceramic bowl and stir them into the mixture.

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.

Spray 16 muffin cups with cooking spray. Using an ice cream scoop, 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.

## CHEESE FONDUE

### INGREDIENTS:

10 ounces Monterey Jack cheese  
4 teaspoons cornstarch  
3/4 cup apple juice  
2 cloves garlic  
1/2 teaspoon black pepper  
2 large baguettes  
1/3 teaspoon ground nutmeg  
(or whole nutmegs)

### COOKING TOOLS:

big plastic tray, hot plate  
baking sheet, cheese grater  
wooden spoon, 3/4 cup measure  
big bowl, small bowls, mug  
big saucepan, smaller saucepan  
cutting board, bread knife  
measuring spoons, fork  
garlic press, table knife  
medium bowl, whisk  
oven mitts, timer  
optional: coffee grinder

Bring half a saucepanful of water to a boil, then cover it and turn off the heat.

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

Cut bread into slices about 1 inch wide on a cutting board with a bread knife. Put on a baking sheet and **bake for 7 minutes** (convection oven: 5 minutes), then remove and put in a big bowl.

Grate 10 ounces Monterey Jack cheese on a plastic tray. Put in a medium bowl.

Put 2 cloves garlic on a cutting board and pound with the bottom of a mug. Peel the garlic, then squeeze it in a garlic press. Using a table knife, scrape the minced garlic into a small bowl.

Grind 1/2 teaspoon black pepper into a small bowl.

Put 1 or 2 whole nutmegs in a coffee grinder and grind. Put 1/3 teaspoon in a small bowl. (Or use ground nutmeg.)

Put a little apple juice in a mug. Add 4 teaspoons cornstarch and stir until it dissolves.

Put 3/4 cup apple juice in the smaller saucepan. Add the cornstarch mixture, garlic and pepper. Put the pan over the big saucepan of boiled water and turn on the heat again. Stir with a whisk.

When the water returns to a boil and the apple juice is hot, reduce heat to medium. Add the grated cheese a bit at a time, stirring constantly with a wooden spoon.

Keep adding the cheese and stirring until it's smooth. Put the fondue in bowls with the toasted bread. Using a fork, dip the bread into the fondue.

## DANISH SUPER CRACKERS

### INGREDIENTS:

1-3/4 cups rye flour  
1/2 cup oats  
1/2 cup sesame seeds  
1/2 cup flax seeds  
1/2 cup sunflower seeds  
1 teaspoon salt  
1/2 cup sunflower oil  
1 cup water  
coarse sea salt to sprinkle

### COOKING TOOLS:

big mixing bowl  
measuring cups: 1, 1/2, 1/4  
measuring spoons  
wooden spoon  
parchment paper  
rolling pin  
baking sheet  
knife or pizza cutter  
plastic wrap

Mix all ingredients except the coarse sea salt in a big mixing bowl with a wooden spoon until well combined. The consistency should be like oatmeal.

Split the dough in half. Shape both halves into discs.

Cover one disc with plastic wrap. Refrigerate it until ready to use (up to several days).

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

Place the other disk on a sheet of parchment paper and cover it with another piece of parchment paper. Using a rolling pin, roll the dough to about 1/8" thickness.

Remove the top paper and transfer the dough to a baking sheet.

With a knife or pizza cutter, cut dough into squares.

Sprinkle with a little coarse sea salt before putting in oven.

**Bake 22 minutes** (convection oven: 18 minutes) or until golden. Serve with fruit jam or maple syrup.

— recipe from Annette Sorensen, [www.hyggeligsmushies.com](http://www.hyggeligsmushies.com)



## FETTUCCHINE ALFREDO

### INGREDIENTS:

3/4 pound fettuccine  
3/4 cup heavy cream  
1/2 stick sweet butter  
5 ounces parmesan cheese  
5 ounces Gruyere cheese  
1 Tablespoon olive oil  
1/2 teaspoon black pepper  
bunch of fresh parsley  
garlic salt

### COOKING TOOLS:

big plastic tray, hot plate  
big cooking pot with lid  
big saucepan with lid  
big ceramic bowl, plate  
big bowl, scoop  
colander, wooden spoon  
cheese grater, small bowls  
tongs, fork  
oven mitts, timer

Bring at least 1 gallon of water to a boil in a big cooking pot.

Slowly add 3/4 pound fettuccine. Stir with a wooden spoon. Keep it at a boil; cover it if necessary.

### **Boil for 10 minutes.**

Using tongs, remove 1 strand of fettuccine and throw it against the wall: If it sticks, it's done. Or simply bite it to see if it's done.

Remove the fettuccine from heat and put it in a colander placed over a big ceramic bowl to drain the water. Then put the filled colander on a big plate and discard the hot water. Transfer the fettuccine back to the big ceramic bowl. Stir in 1 Tablespoon olive oil so that the fettuccine won't stick together. Put the plate on top to keep it warm.

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Grate 6 ounces Gruyere and 6 ounces parmesan cheese. Put aside.

Tear 1 bunch parsley into small pieces and put aside. Grind 1/2 teaspoon black pepper.

Melt 1/2 stick sweet butter in a big saucepan. Whisk in 3/4 cup heavy cream. When it's hot, gradually stir in the grated cheeses.

See if the fettuccine is still hot. If it's not, microwave it before serving.

Serve the fettuccine in individual bowls. Scoop the sauce on top. Optional: sprinkle parsley and/or garlic salt on it.

## GARDEN SALAD WITH CROUTONS - page 1

### INGREDIENTS:

6 slices stale bread  
1¼ cups olive oil, divided  
1 head of garlic  
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1 head of lettuce  
2 cups cherry tomatoes  
1 large carrot  
1 small purple onion  
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1/4 cup vinegar  
1 teaspoon honey mustard  
1/2 teaspoon black pepper  
1 teaspoon salt, divided  
pinch of fresh tarragon

### COOKING TOOLS:

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

Ahead of time: Leave 6 slices bread outside to dry in the sun for several hours.

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

Cover a baking sheet with parchment paper.

Smash a head of garlic on a cutting board with a heavy mug. Pound the garlic cloves with the mug until the peeling becomes loose. Remove the peel completely and cut off the dark ends of the garlic on a cutting board.

Using a garlic press, squeeze about 6 peeled cloves. Divide the 6 squeezed cloves into 2 small bowls. You'll need half for the croutons and half for the salad dressing.

Pour **1/2 cup** olive oil into one of the bowls with the garlic and 1/2 teaspoon salt. Stir well. Put a slice of stale bread on a plate and brush both sides of it with the garlic olive oil, using 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 15 minutes** (convection oven: 10 minutes). Then remove from the oven and put in a bowl.

## GARDEN SALAD WITH CROUTONS - page 2

Take a head of lettuce and tear off the leaves. Rinse the leaves 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 and save the peelings except for the outer layer, which should be discarded. Cut the cherry tomatoes and the onion into small pieces, and 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 salad dressing by mixing 3/4 cup olive oil, 1/4 cup vinegar, 1 teaspoon honey mustard, 1 teaspoon squeezed raw garlic, 1/2 teaspoon salt, 1/2 teaspoon fresh-ground pepper, and a pinch of fresh tarragon. Stir everything together and put in a pourer.

Serve the salad in bowls, choosing any or all of the ingredients – lettuce, tomato, carrot, onion and croutons. Pour the dressing on top.

Optional extra ingredients: pumpkin seeds, sunflower seeds, fresh cut fruit, raisins, black olives.



## GUACAMOLE

### INGREDIENTS:

4 large ripe avocados  
big lemon  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
2 large cloves garlic  
small purple onion  
corn chips or whole wheat chips

### COOKING TOOLS:

big plastic tray, food processor lemon squeezer, garlic press  
metal spoon, small bowls  
big mixing bowl, medium bowl  
cutting board, sharp knife  
table knife, mug  
2/3 cup measure, measuring spoons  
rubber scraper, wooden spoon  
food gloves, masher  
small paper plates for serving

The avocados must be dead ripe. Put them on the cutting board and cut them the long way around, all the way to the middle.

Twist the avocados to break them in half, remove the seeds, and scrape out the insides with a metal spoon. Put the pulp in a big mixing bowl and mash it with a masher.

Cut a big lemon into 8 pieces on the cutting board. Squeeze the pieces in a lemon squeezer placed over a small bowl. Remove the lemon seeds, then add it to the mashed avocado.

Put 2 large cloves garlic on the cutting board. Pound with a mug to loosen the skin, then peel, cut off the dark ends, and squeeze in the garlic press over a small bowl. Scrape the minced garlic into the avocado mixture with a table knife and mix with the masher.

Add 1/2 teaspoon salt and 1/2 teaspoon black pepper to the avocado mixture.

On a cutting board, cut off the outer peel of a small purple onion, then cut the rest of the onion into big pieces. Put the onion in a food processor and grind it fine, then transfer it to a small bowl using a rubber scraper. Measure 2/3 cup onion and stir it into the avocado mix with a wooden spoon.

Serve with corn chips or whole wheat chips.

## TORTILLA CHIPS

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

Cut flour tortillas or thin corn tortillas into quarters. Spread them in single layer on baking sheet. Cover with another baking sheet so that they don't fly around.

**Bake 12 to 15 minutes** (convection oven: 10 to 12 minutes).

## MASHED POTATOES

### INGREDIENTS:

2 pounds Yukon gold potatoes, all same size  
1 pound sweet butter  
1/4 cup warm milk  
1 teaspoon salt  
optional: ground nutmeg, chives

### COOKING TOOLS:

hot plate, big cooking pot  
food mill or ricer, big bowl  
colander, peeler  
measuring spoons, 1/4 cup measure  
cutting board, table knife  
medium bowl, plate  
wooden spoon, whisk

Place the unpeeled potatoes in a big cooking pot and cover with water. Bring to a boil, then reduce the heat to a rapid simmer. **Cook for 35 to 40 minutes or until tender.**

Drain in a colander, cool slightly, then peel them and put them in a big bowl.

Cut 1 pound of cold butter into small cubes on a cutting board. Put the cubes in a bowl, cover with a plate, and place in the refrigerator.

Blend the potatoes in a food mill or ricer until smooth. Do this in several batches.

Return the potatoes to the cooking pot. Set the heat to low and stir with a wooden spoon. When the potatoes are heated through, stir in the butter in 5 additions, allowing it to be melted before adding more.

Warm 1/4 cup milk in a microwave oven. Add the warm milk and 1 teaspoon salt to the potatoes. Whisk the mixture until it's fluffy.

Serve the potatoes in small bowls. Optional: sprinkle a little nutmeg or chopped chives on top.

Variation: Use Earth Balance instead of butter, but leave out the salt.

*Note: This is a slight variation of a recipe by the great French chef Jöel Robuchon (1945-2018).*



## **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.

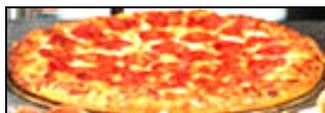
Add 3/4 cup plus 2 Tablespoons warm water and continue kneading for several minutes. Make into a ball. If it seems too dry, add a little more water. If it seems too wet, add a little more flour.

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 be refrigerated for up to 2 days.



## 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 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.

## PUMPKIN CURRENT MINI MUFFINS

### INGREDIENTS:

1 cup white flour  
1/2 cup whole wheat flour  
1/2 cup white sugar  
1/4 cup brown sugar  
1/2 cup vegetable oil  
1½ large eggs  
1 cup currants  
1/2 teaspoon vanilla  
1 cup canned pumpkin  
1/2 teaspoon baking soda  
1/4 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger

### COOKING TOOLS:

big plastic tray  
3 mini muffin pans  
cooking spray, can opener  
2 big mixing bowls  
measuring cups: 1, 1/2, 1/4  
measuring spoons, wooden spoon  
sifter, whisk  
small ceramic bowl  
small bowls, rubber scraper  
ice cream scoop  
cooling rack, toothpick  
oven mitts, timer

Whisk 2/3 cup white sugar, 1/4 cup brown sugar, 1/2 cup vegetable oil together in a big mixing bowl. Stir in 1 cup canned pumpkin and 1/2 teaspoon vanilla. Have a taste!

Break 1 egg into a small ceramic bowl. Add another 1/2 egg. Beat with a fork, then stir this into the sugar-oil mix.

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

Sift into another big mixing bowl: 1 cup white flour, 1/2 teaspoon baking soda, 1/4 teaspoon baking powder, 1/2 teaspoon salt, 1/2 teaspoon cinnamon, 1/4 teaspoon cloves, 1/4 teaspoon nutmeg, 1/4 teaspoon ginger. Whisk in 1/2 cup whole wheat flour.

Stir the dry mix into the pumpkin mixture in 2 additions. Mix in 1 cup currants.

Spray 3 mini muffin pans (36 muffin cups) with cooking spray. Scoop the batter into the muffin cups.

**Bake 20 to 24 minutes** (convection oven: 15 to 16 minutes), or until a toothpick inserted in the center of a muffin comes out clean. Transfer to a rack to cool at least 10 minutes before serving.

## STEAMED SUMMER SQUASH

Slice the squash about 1/2 inch thick. Bring several cups of water to a boil in the saucepan of a steamer. Put the steamer pan on top of the saucepan, place the squash inside, and cover it.

Steam for 7 minutes, then turn off the heat but leave the squash on the stove. over boiled water. Let it absorb the steam for at least 5 more minutes. Afterward, serve it with butter, salt and pepper. Or try it with a little fried garlic and fresh sage.

## 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 dough in plastic wrap and chill 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: 6 to 8 minutes), or until it begins to turn brown around the edges.

## TOMATO AND GREEN PEPPER SOUP

### INGREDIENTS:

14 ounces canned Italian tomatoes  
15 ounces canned tomato sauce  
3 ounces (1/2 can) tomato paste  
1 large yellow or white onion  
1 large green pepper  
2 cloves garlic  
1 Tablespoon vegetable bouillon  
2 cups milk  
1/2 teaspoon black pepper  
1/2 teaspoon salt  
a little grapeseed oil  
1 bay leaf  
1 Tablespoon dried basil  
1 teaspoon dried oregano  
optional: cayenne

### COOKING TOOLS:

stove or hot plate  
frying pan  
big saucepan or cooking pot  
cutting board, sharp knife  
garlic press  
medium bowl  
small bowls  
spatula  
wooden spoon  
blender  
oven mitts, timer

Cut 1 large onion and 1 large green pepper into small pieces and put aside in separate bowls. Squeeze 2 cloves garlic in a garlic press.

Put a little grapeseed oil in a frying pan and heat over a medium flame. When the oil is hot, fry the onion for a few minutes, then add the green pepper and continue frying. Add the minced garlic and keep frying. When the onion turns golden, remove the frying pan from the heat and put the contents aside.

Put 14 ounces canned Italian tomatoes in a big saucepan with 1 Tablespoon vegetable bouillon, 1/2 teaspoon black pepper, 1/2 teaspoon salt, 1 bay leaf, 1 Tablespoon dried basil, 1 teaspoon dried oregano, 1 cup water. Bring to a boil. Then reduce the heat and keep cooking for 10 minutes. Stir it occasionally with a wooden spoon. Remove bay leaf.

Stir in the fried onion, green pepper, garlic, 15 ounces tomato sauce, 3 ounces tomato paste, 2 cups milk.

Blend the soup in a blender until the soup is smooth. Then reheat it in the saucepan or microwave it in a big ceramic bowl.

Optional: Add a little more black pepper or some cayenne.

Serve the soup with Saltine crackers or add some cooked brown rice.

# VEGAN OATMEAL RAISIN BANANA COOKIES

## INGREDIENTS:

3/4 cup raisins  
1½ cups rolled oats  
1¼ cups whole wheat flour  
1 cup white flour  
1/2 cup toasted pumpkin seeds  
1/2 cup toasted sunflower seeds  
2 teaspoons ground cinnamon  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup vegetable oil  
1/2 cup maple syrup  
1/2 cup brown rice syrup or corn syrup  
2 teaspoons vanilla extract  
1 large overripe banana

## COOKING TOOLS:

big plastic tray  
wooden spoon  
measuring cups: 1, 1/2, 1/3, 1/4  
measuring spoons  
masher, table knife  
4 mini muffin pans  
2 big mixing bowls  
small bowls  
sifter, whisk  
rubber scraper  
small ice cream scoop  
cooking spray  
oven mitts, timer

Beforehand: put 3/4 cup raisins in a container with 1/3 cup boiling water. Stir and soak until raisins are soft. Save the soaking water.

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

Whisk in 1¼ cups whole wheat flour, 1½ cups rolled oats, 1/2 cup toasted pumpkin seeds, 1/2 cup toasted sunflower seeds.

Mash a large overripe banana in another big mixing bowl with a masher. Add 1/2 cup vegetable oil, 1/2 cup maple syrup, 1/2 cup brown rice syrup or corn syrup, 2 teaspoons vanilla. Mash together, then stir with a wooden spoon.

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

Gradually stir dry ingredients into wet ingredients. Fold raisins and soaking water into the batter.

Using an ice cream scoop, drop the batter into 4 mini muffin pans. This recipe makes 40 to 48 mini muffins. Fill the muffin cups only up to the top, not heaping, or they will not cook properly.

**Bake 14 minutes** (convection oven: 11 minutes), then check. They should be lightly golden.

## VIETNAMESE COCONUT WAFFLES

### INGREDIENTS:

1 cup white flour  
3/4 cup whole wheat flour  
1/2 cup white sugar  
1 Tablespoon cornstarch  
2 teaspoons baking powder  
1/2 teaspoon salt  
2 eggs  
13.5-ounce can coconut milk  
1/2 stick sweet butter  
2 teaspoons pandan extract  
green food coloring (optional)

### COOKING TOOLS:

waffle iron, electric mixer  
2 big mixing bowls, mug  
medium bowl, small bowls  
measuring cups: 1, 1/2, 1/4  
measuring spoons, wooden spoon  
sifter, whisk  
rubber scraper, plastic fork  
can opener, table knife  
cooking spray, cooling racks  
oven mitts, timer

Put 1/2 stick butter in a mug with a napkin on top. Microwave until melted.

Separate 2 eggs. Put the whites in a medium bowl and the yolks in a small bowl.

Sift into a big mixing bowl: 1 cup white flour, 1/2 cup sugar, 1 Tablespoon cornstarch, 2 teaspoons baking powder, 1/2 teaspoon salt. Whisk in 3/4 cup whole wheat flour.

In another big mixing bowl, whisk together 1 can coconut milk, the egg yolks, the melted butter, and 2 teaspoons pandan extract. Optional: add a few drops green food coloring.

Gradually stir the dry ingredients into the wet ingredients with a wooden spoon. Avoid overstirring lest the batter become overworked. Set aside.

Beat the egg whites with an electric beater until they hold a soft peak. Don't beat too long. Use a rubber scraper to gently fold the egg white into the batter.

Spray the 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. Don't fill up all the holes: Let gravity distribute the batter.

**Cook the waffle until golden brown, 3 to 5 minutes.** Darker waffles will be crisper (and stay crisper) than lighter ones.

Remove the waffles with a plastic fork and put them on a big plate. Cut them into quarters.

If making waffles for later, put them on a cooling rack. They can be reheated to a crisp in a 350-degree toaster oven. They freeze well too.

# WHOLE WHEAT DONUTS

## INGREDIENTS:

1½ cups whole wheat flour  
1/2 cup white sugar  
1½ teaspoons baking powder  
3/4 teaspoon cinnamon  
1/3 teaspoon salt  
3 eggs  
1/3 cup milk or soymilk  
1/4 cup vegetable oil  
3 Tablespoons yogurt (plain or flavored)  
about 1/4 cup powdered sugar

## COOKING TOOLS:

big plastic tray  
2 donut pans, small ceramic bowl  
sifter, whisk  
2 big mixing bowls  
measuring cups: 1, 1/2 1/3, 1/4  
small ice cream scoop  
wooden spoon, rubber scraper  
measuring spoons, plastic knife  
food gloves, cooking spray  
oven mitts, timer

Sift into a big mixing bowl: 1½ cups whole wheat flour, 1/2 cup sugar, 1½ teaspoons baking powder, 3/4 teaspoon cinnamon, 1/3 teaspoon salt.

Whisk in another big mixing bowl: 1/3 cup milk or soymilk, 1/4 cup vegetable oil and 3 Tablespoons yogurt (plain or flavored).

Gradually stir the dry mix into the wet mix with a wooden spoon until combined. Have a taste!

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

Crack 3 eggs into a small ceramic bowl and beat them with a fork. Stir them into the batter.

Sprinkle a plastic tray with a thin layer of powdered sugar.

Spray 2 donut pans with cooking spray. Using a small ice cream scoop, transfer the batter into the donut molds. Fill only as many molds as the batter will support; don't try to fill all of them. Leave the center of each mold uncovered so that the donut will have a proper hole.

**Bake 13 to 15 minutes** (convection oven: 9 to 11 minutes), then check with a toothpick. The smaller donuts need less baking time.

Let the donuts cool a little, then put on food gloves and remove the donuts with a plastic knife. Place them on the powdered tray, rub one side in the sugar, then turn them over and rub the other side.



## BOBA TEA

### INGREDIENTS:

1 cup dried boba balls  
3 Tablespoons decaf black tea leaves  
2 Tablespoons agave syrup  
milk  
sugar

### COOKING TOOLS:

kettle, big teapot  
big saucepan, very wide straws  
1-cup measure, Tablespoon  
big ceramic bowl  
wooden spoon, slotted spoon  
strainer, small bowl

**For the boba:** Put 2 quarts water in a big saucepan and bring to a boil. Stir in 1 cup boba balls.

When it returns to a boil, cover and simmer the boba for about 20 minutes. Then turn off the heat and leave it on the stove for another 15 to 20 minutes.

**For the tea:** Boil 5 cups water in a kettle and pour in a big teapot. Pour the water back in the kettle. Put 3 Tablespoons black tea leaves (decaf or regular) in the pot. Return the water to a boil and pour it over the tea. Cover and steep for 3 minutes.

Pour the tea through a strainer into a big ceramic bowl. Let it cool, then refrigerate it. To serve the boba tea, pour cold tea into a tall glass and add a few Tablespoons of boba. Add milk and sugar to taste. Drink through a very wide straw.

## CHAMOMILE TEA

Boil some water and pour it into a teapot. Let it sit for about 30 seconds so that the water temperature drops to about 190 degrees.

Stir in 1 Tablespoon chamomile for each 8-ounce cup of water. Let it steep for 3 or 4 minutes, then pour it through a strainer into cups. It goes well with honey.

## ROOIBOS TEA

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

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 a rooibos 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.

Note: Rainbow Grocery sells many different flavors of rooibos as loose tea, including blueberry, vanilla, lavender honey, coconut, Earl Grey and fireside chai.

## 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, place the strainer above the mug, and pour in the tea. 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 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.

## 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.

## HOT CHOCOLATE

### INGREDIENTS:

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

Put 2 Tablespoons dutched 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. Stir it again to dissolve the cocoa completely.

Put another 3½ cups milk in a big Pyrex bowl. Stir in 1/4 cup sugar and 1/2 teaspoon vanilla extract. Cover the bowl and heat in the microwave until hot. Stir in the dissolved cocoa and serve.

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

## 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.

## YERBA MATE

Yerba mate is the national drink of Argentina. Every morning, millions of Argentinians 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.

## FRUIT SMOOTHIE

### INGREDIENTS:

1 quart orange juice  
3 ripe bananas  
1 cup strawberries (fresh or frozen)

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.

## LEMONADE

### INGREDIENTS:

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

### COOKING TOOLS:

electric water heater, sharp knife  
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 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 another big ceramic bowl.

Boil 2 cups water. Pour it over the lemon rinds and let them soak.

Add 1 cup white sugar and 1 cup cold water to the big ceramic bowl containing the lemon juice. Whisk it until the sugar dissolves, then whisk in 2 more cups cold water and 1½ cups ice cubes.

Using the strainer, pour the lemony hot water into the lemonade and continue whisking it. You'll get extra flavor from the rind.

Serve with extra ice cubes and a lemon slice on top.

## The Fort Mason Community Garden by Max Millard



Community gardening in the U.S. dates back to World War I, when Victory Gardens became popular throughout the country. Fruits and vegetables were planted at private residences and in public parks to reduce pressure on the public food supply. By the end of the war, there were over 5 million victory gardens in the U.S. It peaked during World War II, with 18 million victory gardens, supplying half of all the fruits and vegetables produced in the country, including one on the White House lawn.

Fast forward to 1975, when San Francisco updated the concept of gardens-for-necessity by opening The City's largest public garden in one of its wealthiest neighborhoods – the Marina district. It's called the Fort Mason Community Garden.

To find the garden, go to the corner of Van Ness Avenue and Bay Street. Go through the entrance leading into the Golden Gate National Recreational Area, and walk the equivalent of one block, bearing slightly to the left. You'll find a gate leading to the garden.

The Fort Mason Community Garden is sectioned off into 125 individual plots, all in big planter boxes measuring about 100 square feet. Around the garden's perimeter is a common area, where volunteers have planted trees, shrubs and flowers.

Advantages of joining the community garden: (1) For \$100 a year, you can have your own patch of San Francisco earth, probably for life. You'll have the right to unlimited watering and free seedlings from the greenhouse. (2) You can grow vegetables, fruits and herbs year-round.

(3) You'll become part of a community of green-thumbed people who share their gardening secrets. (4) You'll have a refuge from stress, where bird calls dominate the sound of traffic and everyday cares melt under the gentle hand of nature.

Those 125 garden plots are available to everyone who lives in San Francisco. It's easy to get one. All you need to do is go to the community garden website, fill out the form, send it in with a check for \$25, and wait for 8 to 10 years. Having a garden is a lot like having a rent-controlled apartment: the only reasons people give it up is if they die, they move out of town, or they get too infirm to walk. At any one time, there are about 200 names on the waiting list. My sister-in-law applied for a garden five years ago, and now she's number 88 on the list.

I got my garden in June 2013, so this is my sixth season as a gardener. Since then I've been going there twice a week from spring to fall, and once a week during the winter. I've learned from trial and error what I can and can't grow.

My garden is devoted almost entirely to fruits, vegetables and herbs. The pride of my garden is a Meyer lemon tree. All year round I harvest lemons, mint, oregano, thyme, parsley, rosemary, kale, chard and potatoes. In the summer I grow squash, cucumbers, beans, strawberries and basil. I've tried repeatedly to grow tomatoes and peppers, but my garden is too shaded for them to ripen. Everything is organic: no chemicals are allowed.

The garden has a board of directors, who are chosen by vote of the gardeners. Unfortunately it's a fangless board that allows people to abandon their plots for years at a time.

Four Saturdays a year, all gardeners must show up for a workday, in which everyone needs to bring a dish for a potluck and must spend three hours working in the common area, mostly doing weeding. I did that for several years, but last year I started volunteering for the kitchen crew, which makes salads and arranges the serving of the food that the gardeners brought. Fortunately, most people are better at cooking than gardening.

The front gate, facing Bay Street, is always unlocked, and anyone may enter and walk around, 24 hours a day. Unfortunately, some homeless people love to hang around the garden and even sleep there, while helping themselves to the fresh produce.

Water hoses stretch to every corner of the garden. A few years ago the woman in the garden next to mine asked me to water for her when she went abroad, and she paid me. That gave me the idea of starting my own watering business. I put up a poster and attracted quite a few clients during summers. I usually charge \$5 per watering, and each year I earn about \$200, plus some free produce the gardens I'm tending.

When I first got my garden, I remember meeting a woman named Mary, who had already been gardening for 10 years. She confided that when she started going there, she had just lost two of the most important people in her life. She said: "It helped me with my grief: no therapy would have helped me more than gardening, because you see things coming to life again."

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!**  
**Rainbow Grocery & General Store, 1745 Folsom St.**  
**Civic Kitchen Cooking School, 2961 Mission St.**  
**Samovar Tea, 411 Valencia St.**



*The food and beverages for this baking class were generously donated by  
Rainbow Grocery, 1745 Folsom St. at Division ([www.rainbow.coop](http://www.rainbow.coop))*

**Max and Salve Millard, co-teachers of the vegetarian cooking class, have been cooking together for the past 32 years. Max learned to cook while working as a restaurant reviewer in New York City in the late 1970s. Salve attended cooking school in the Philippines and is a graduate of the Chinatown Cooks Training School in San Francisco. They have an organic garden at Fort Mason and are the resident managers of the apartment building where they live in the Nob Hill-Chinatown area.**



**Jen Nurse 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 at professional cooking schools. Prior to becoming a teacher, she was an award-winning artisan bakery owner, pastry chef and recipe developer. She and her husband Chris opened the Civic Kitchen Cooking School in January 2018. Located at 2961 Mission Street, the school offers a wide choice of classes to adults and teens. Website: [www.civickitchensf.com](http://www.civickitchensf.com)**









