

# **FRIENDS SCHOOL BAKING CLASS**



***Winter 2017-18***

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## CINNAMON ROLLS (page 1)

### INGREDIENTS:

1 teaspoon dry yeast  
2 cups white flour, divided  
1/2 cup whole wheat flour, divided  
1/2 cup lukewarm milk  
1/4 cup + 2 Tablespoons white sugar  
1/4 teaspoon salt  
1/2 Tablespoon cinnamon  
1 egg  
1 Tablespoon sweet butter  
1/4 cup raisins + extras  
1/2 cup powdered sugar  
2 teaspoons vanilla  
a little extra milk (for brushing)  
extra white flour for rolling

### COOKING TOOLS:

big plastic tray, baking sheet  
Silpat sheet or parchment paper  
measuring cups: 1, 1/2, 1/4  
measuring spoons, whisk  
small bowls, mug  
wooden spoon, small cloth  
big mixing bowl, 2 medium bowls  
fork, metal spoon  
table knife, rubber scraper  
pastry brush, cooling rack  
food gloves, cooking spray  
oven mitts, timer

Put 2 Tablespoons warm water in a small bowl. Sprinkle 1 teaspoon yeast on top. Let it stand for about 5 minutes to dissolve.

Whisk 1 cup white flour and 1/2 cup whole wheat flour in a medium mixing bowl. Stir in 1/2 cup lukewarm milk with a wooden spoon. Then stir in the dissolved yeast.

Spray another medium mixing bowl with cooking spray. Put in the dough, cover with a warm damp cloth, and let it rise in a warm place until double in bulk, about 1 hour.



## CINNAMON ROLLS (page 2)

Put a little milk in a small bowl.

Break 1 egg in a small ceramic bowl, stir with a fork and put aside. Put 1 Tablespoon butter in a mug with a napkin on top. Melt in the microwave.

Put on food gloves. Knead the melted butter into the risen dough, then the egg.

Sift into a medium bowl: 1 cup white flour, 6 Tablespoons white sugar, 1/2 Tablespoon cinnamon, 1/4 teaspoon salt. Knead it all into the dough.

Spray a big mixing bowl with cooking spray. Put the dough in it, cover with a warm damp cloth, and put in a warm place until it rises, about 20 minutes.

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

Place a Silpat sheet or parchment paper on top of a baking sheet.

Knead 1/4 cup raisins into the dough.

Rub a big plastic tray with white flour. Divide the dough into 8 pieces. Roll them into long thin snakes, then wind them into snail shapes on the tray. Optional: knead extra raisins into the dough.

Place them on the Silpat sheet, then brush the tops with a little milk. **Bake 18 minutes** (convection oven: 13 minutes), then check: they should be slightly browned on top.

While rolls are baking, mix 1/2 cup powdered sugar, 2 teaspoons vanilla and 2 Tablespoons warm water to make a glaze.

Immediately after removing rolls from the oven, put them on cooling racks, then brush a thin layer of the glaze on top. It will take quite some time to set. Be careful to avoid burns from the hot baking sheets.



## MUFFINS WITH SOUR CREAM & BERRIES

### INGREDIENTS:

2/3 cup whole wheat flour  
2/3 cup white flour  
2/3 cup cornmeal  
2/3 stick sweet butter  
1/4 cup white sugar  
3 Tablespoons honey  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 cup sour cream, 1/2 teaspoon salt  
1½ eggs (or 2 small eggs)  
15-ounce can whole sweet corn  
1½ teaspoons cinnamon  
1½ teaspoons vanilla extract  
1/4 teaspoon ground nutmeg  
1 cup frozen berries  
turbinado sugar for sprinkling

### COOKING TOOLS:

big plastic tray, blender  
12-cup muffin pan or 4 mini muffin pans  
can opener, mug  
scoop, fork  
measuring cups: 1, 2/3, 1/4  
measuring spoons  
2 big mixing bowls  
sifter, whisk  
small ceramic bowl  
medium bowl  
small bowls  
wooden spoon  
rubber scraper  
oven mitts  
cooking spray  
toothpick, timer

Open a 15-ounce can of sweet corn. Blend it in a blender, including the water. It will make about 1-3/4 cups. Use 1¼ cups of the blended corn.

Put 2/3 stick butter in a mug. Stir in 3 Tablespoons honey. Cover with a napkin. Microwave till melted.

Sift into a big mixing bowl: 2/3 cup white flour, 1 teaspoon baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 1½ teaspoons cinnamon, 1/4 teaspoon nutmeg. Whisk in 2/3 cup yellow cornmeal, 2/3 cup whole wheat flour, 1/4 cup white sugar.

Break 1 egg into a small ceramic bowl. Stir it with a fork. Then break another egg, divide it, and use either the white or the yolk.

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

Put 1 cup sour cream in another big mixing bowl. Add the blended corn, melted butter mix, 1½ teaspoons vanilla, 1 cup berries. Stir with a wooden spoon. Have a taste! Stir in 1½ eggs. Gradually stir the dry mix into the wet mix with a wooden spoon.

Spray a 12-cup muffin pan or 4 mini muffin pans with cooking spray. Using an ice cream scoop, transfer the batter to the muffin cups. Sprinkle each one with a pinch of turbinado sugar.

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

## CORNMEAL-CRUSTED BUTTERMILK BISCUITS

### INGREDIENTS:

1½ cups white flour  
1 cup whole wheat flour  
1 cup buttermilk + extra  
2/3 cup polenta  
1 stick sweet butter (divided)  
1 Tablespoon baking powder  
1 Tablespoon sugar  
1/2 teaspoon salt  
extra butter for serving  
honey or fruit jam

### COOKING TOOLS:

big plastic tray, cutting board  
table knives, baking sheet  
Silpat sheet or parchment paper  
measuring cups: 1, 1/2, 1/3  
measuring spoons, pastry blender  
big mixing bowl, small bowls  
sifter, whisk  
wooden spoon, rubber scraper  
adult food gloves, rolling pin  
oven mitts, timer

Cover a baking sheet with a Silpat sheet or parchment paper. Sift into a big mixing bowl: 1½ cups white flour, 1 Tablespoon baking powder, 1 Tablespoon sugar, 1/2 teaspoon salt. Then whisk in 1 cup whole wheat flour.

Put about 7/8 stick sweet butter on a cutting board and cut it into small pieces with a table knife. Put aside about 1/8 stick for later.

Add the small pieces of butter to the flour mix. Blend it in with a pastry blender and a knife until the flour looks like fine meal with pea-size lumps.

Pour in 1 cup buttermilk. Stir with a wooden spoon and a rubber scraper until blended. Then the teacher should put on food gloves and blend with the fingers until all the flour is absorbed. If it's too dry, add a little more buttermilk, 1 Tablespoon at a time, until it's a solid mass. Roll the dough into a ball.

Spread 1/3 cup polenta on the prepared baking sheet. Put the dough ball on top of it.

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

While still wearing food gloves, shape and press the dough into a circle. Sprinkle the top of the dough with another 1/3 cup polenta. Flatten the dough with a rolling pin into a circle about 10 inches across.

Cut the dough into 12 wedges with a table knife, keeping quite a lot of space between each wedge so the edges get crisp. Wipe the knife with a paper towel after each cut.

Using a rubber scraper and table knife, top each wedge with a little dab of butter.

**Bake 17 minutes** (convection oven: 13 minutes), then check. The biscuits should be golden. Serve with extra butter and honey or fruit jam.

## GARLIC BREAD

### INGREDIENTS:

3 loaves French bread  
1¼ sticks sweet butter  
1 large bulb garlic  
small bunch parsley  
1/3 teaspoon salt

### COOKING TOOLS:

plastic tray, table knives  
baking sheet, aluminum foil  
cutting board, sharp knife  
small metal spoons, garlic press  
measuring spoons, small bowls  
tongs, mug  
oven mitts, timer

Put a bulb of garlic on the cutting board and pound it with the bottom of a mug to separate the cloves. Then pound the cloves to loosen the skin. Cut off and discard the dark ends of the garlic.

Squeeze the skinned garlic in a garlic press. Using the knife, scrape the garlic into a small bowl. Measure 1½ Tablespoons minced garlic and put aside.

Put a handful of parsley on the cutting board. Cut off the ends of the stems, but not the whole stems: They have a lot of flavor. Tear the parsley into small pieces. Put aside about 1/3 cup parsley in a small bowl.

Put 1¼ sticks sweet butter and 1/3 teaspoon salt in a mug. Cover with a napkin and melt in the microwave. Optional: Instead of butter, use 2/3 cup Earth Balance, which is a vegan butter substitute.

Pour the melted butter into a small bowl. Stir in the minced garlic. Divide the mixture into 2 bowls — one with parsley and one without.

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

Cut 3 loaves of French bread diagonally with a bread knife, about 2/3 of the way through, with cuts about 1 inch apart.

Using a spoon, spread the inside of the bread with the garlic parsley butter.

Wrap the bread in aluminum foil so that it's completely covered, then put it on a baking sheet.

**Bake 15 minutes** (convection oven: 12 minutes). Place the bread on a plastic tray. Remove the bread with tongs and let it cool a little before eating.



## TOMATO SAUCE FOR GARLIC BREAD

### INGREDIENTS:

16-ounce can chopped tomatoes  
6-ounce can tomato paste  
1 Tablespoon fried minced garlic  
1 bay leaf  
stems of fresh oregano  
1/3 teaspoon black pepper  
parmesan cheese  
red pepper flakes (optional)

### COOKING TOOLS:

hot plate, blender  
saucepan & lid  
can opener, wooden spoon  
cheese grater  
small bowls, rubber scraper  
measuring spoons  
oven mitts, timer

Remove and discard the oregano stems. Tear the leaves into tiny pieces and put in a small bowl.

Open a 16-ounce can of chopped tomatoes and a 6-ounce can of tomato paste.

Blend the tomatoes in a blender until smooth.

Put the blended tomatoes and tomato paste in a saucepan.

Add 1 bay leaf, 1/3 teaspoon black pepper, 1 Tablespoon of the fresh oregano, 1 Tablespoon fried minced garlic. Stir, cover and cook for 15 minutes.

Grate some parmesan cheese with a cheese grater on top of a big tray. Note: The cheese is raw, so it's best to wash hands again before grating.

Put the tomato sauce in a bowl and sprinkle with grated parmesan cheese.

Dip garlic bread in it.

*Optional: sprinkle with red pepper flakes.*



## GINGER COOKIES (page 1)

### INGREDIENTS FOR COOKIES:

2½ cups white flour  
1/2 cup whole wheat flour  
1½ sticks sweet butter  
1 cup white sugar  
1/4 cup dark baking syrup  
1½ eggs  
1 Tablespoon ground ginger  
1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
1/2 teaspoon salt  
1 teaspoon baking soda  
extra white flour for rolling

### COOKING TOOLS FOR COOKIES:

2 big plastic trays, 2 baking sheets  
2 Silpat sheets or parchment paper  
2 big mixing bowls, whisk  
measuring cups: 1, 1/2, 1/4  
wooden spoon, gallon baggie  
measuring spoons, small bowls  
small ceramic bowl, cookie cutters  
scissors, rolling pin  
cooling rack  
rubber scraper, spatula  
oven mitts, timer  
optional: food gloves

Leave 1½ sticks butter at room temperature overnight to soften.

Cover 2 baking sheets with Silpat sheets or parchment paper.

Stir in a big mixing bowl: 1 cup sugar, 1 Tablespoon ground ginger, 1 teaspoon cinnamon, 1 teaspoon cloves, 1/2 teaspoon salt. Add 1/4 cup light baking syrup. Blend in the softened butter with a wooden spoon. Have a taste!

Break an egg in a small ceramic bowl and stir with a fork. Then break another egg and use either the white or the yolk. Add it to the butter mix.

Put 2½ cups white flour in another big mixing bowl. Whisk in 1 teaspoon baking soda. Then whisk in 1/2 cup whole wheat flour.

Gradually add the flour mix to the butter mix, stirring with a wooden spoon, until the dough is smooth. Optional: use food gloves. If it's too dry, add a little water, 1 Tablespoon at a time, until it's just right.

Put the dough in a gallon baggie and roll it with a rolling pin until it fills the bag. If possible, let it cool in the refrigerator for at least 1 hour.

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

## GINGER COOKIES (page 2)

Sprinkle 2 big plastic trays with white flour. Cut open the baggie, divide the dough in half, and put each half on a tray. Roll the dough thin with a rolling pin. Use cookie cutters to cut out shapes, starting on the outer edges. Lift them with a spatula and place them on a prepared baking sheet.

If the dough hasn't been refrigerated, pick up a cookie-size piece with the hands, put it on a Silpat sheet, put cookie cutter on top, press down, and remove the excess dough.

**Bake 13 minutes** (convection oven: 10 minutes), then put on cooling racks.

When cool, spread with a little cream cheese ginger frosting.

## GINGER FROSTING

### INGREDIENTS:

1/2 cup whipped cream cheese  
1/2 stick sweet butter  
2 cups powdered sugar  
1 thumb of ginger  
extra powdered sugar if needed

### COOKING TOOLS:

big mixing bowl, medium bowl  
2 small bowls  
electric mixer  
wooden spoon, grater  
cutting board, sharp knife

Keep 1/2 cup whipped cream cheese and 1/2 stick sweet butter at room temperature for several hours ahead of time.

Grate or finely chop a thumb of ginger. Put aside 1 Tablespoonful.

Using an electric mixer, beat the cream cheese and butter in a big mixing bowl until smooth.

Add the powdered sugar and ginger; beat until fluffy and smooth. If it doesn't harden, add a little more powdered sugar.

It can be made 1 day ahead and refrigerated. Before using, bring to room temperature.



## **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 SAUCE (for 2 large pizzas)

### INGREDIENTS:

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

### COOKING TOOLS:

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

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

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

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

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

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

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

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

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

# VEGAN DATE MUFFINS WITH COFFEE

## INGREDIENTS:

1 cup white flour  
1 cup whole wheat flour  
1 cup vanilla soy milk  
1 cup coconut palm sugar  
3/4 cup chopped dried dates  
1/2 cup coconut oil  
1/2 cup strong coffee (can be decaf)  
1 Tablespoon cider vinegar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

## COOKING TOOLS:

big plastic tray, 2 big mixing bowls  
cutting boards, table knives  
2 12-cup muffin pans  
measuring cups: 1, 1/2, 1/4  
medium bowl, small bowls  
measuring spoons, wooden spoon  
sifter, whisk  
ice cream scoop, rubber scraper  
oven mitts, cooking spray  
toothpick, timer  
optional: paper muffin cups

Fill a medium-size bowl with hot water. Put 1/2 cup coconut oil into a small bowl and float it on top to warm the oil until liquid.

Pour 1 cup vanilla soy milk and 1/2 cup strong decaf coffee into a big mixing bowl. Stir in 1 Tablespoon cider vinegar. Let stand until curdled, about 5 minutes.

Put 3/4 cup dried dates on a cutting board. Cut into small pieces with a table knife and put aside.

Sift into another big mixing bowl: 1 cup white flour, 1 cup coconut palm sugar, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt. Whisk in 1 cup whole wheat flour.

Whisk the coconut oil into the soy milk mixture. Stir in 3/4 chopped dried dates. Have a taste!

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

Spray muffin cups with cooking spray. Optional: use paper muffin cups.

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

Using an ice cream scoop, fill about 16 muffin cups with batter.

**Bake 20 minutes** (convection oven: 14 minutes), then check with a toothpick.



## VEGAN DATE MUFFINS WITH ORANGE

### INGREDIENTS:

1 cup white flour  
1 cup whole wheat flour  
1½ cups vanilla soy milk  
1 cup coconut palm sugar  
3/4 cup chopped dried dates  
1/2 cup coconut oil  
1 Tablespoon cider vinegar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1 orange (or 2 teaspoons orange zest)

### COOKING TOOLS:

big plastic tray, 2 big mixing bowls  
cutting boards, table knives  
2 12-cup muffin pans, 2 graters  
measuring cups: 1, 1/2, 1/4  
medium bowl, small bowls  
measuring spoons, wooden spoon  
sifter, whisk  
ice cream scoop, rubber scraper  
oven mitts, cooking spray  
toothpick, timer  
optional: paper muffin cups

Fill a medium-size bowl with hot water. Put 1/2 cup coconut oil into a small bowl and float it on top to warm the oil until liquid.

Pour 1½ cups vanilla soy milk into a big mixing bowl. Stir in 1 Tablespoon cider vinegar. Let stand until curdled, about 5 minutes.

Grate an oranges. Stir 2 teaspoons orange zest in the soy milk mix.

Put 3/4 cup dried dates on a cutting board. Cut into small pieces with a table knife and put aside.

Sift into another big mixing bowl: 1 cup white flour, 1 cup coconut palm sugar, 1 teaspoon cinnamon, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt. Whisk in 1 cup whole wheat flour.

Whisk the coconut oil into the soy milk mixture. Stir in 3/4 chopped dried dates. Have a taste!

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

Spray muffin cups with cooking spray. Optional: use paper muffin cups.

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

Using an ice cream scoop, fill about 16 muffin cups with batter.

**Bake 20 minutes** (convection oven: 14 minutes), then check with a toothpick.

# WHOLE ORANGE MINI MUFFINS

## INGREDIENTS:

2 cups white flour  
1/2 cup whole wheat flour  
1 1/4 cups white sugar  
2 sticks sweet butter  
3 eggs, 3 oranges  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt

## FROSTING:

1 1/2 cups powdered sugar  
2 heaping Tablespoons orange juice

## COOKING TOOLS:

blender or food processor  
electric mixer  
orange squeezer  
cutting board, sharp knife  
measuring cups: 1, 1/2, 1/4  
measuring spoons, fork  
2 big mixing bowls, small ceramic bowl  
3 12-cup mini muffin pans  
medium bowl, small bowls  
wooden spoon, rubber scraper  
oven mitts, timer

Leave 2 sticks of sweet butter out overnight to soften.

Trim off the ends of 2 oranges. Cut each orange into 8 pieces and remove the seeds. Put aside.

Sift into a big mixing bowl: 2 cups white flour, 1/2 teaspoon baking powder, 1/4 teaspoon baking soda, 1/4 teaspoon salt. Whisk in 1/2 cup whole wheat flour. Put aside. This is the dry mix.

Put the softened butter in another big mixing bowl. Stir in 1 1/4 cups sugar with a wooden spoon, then beat with an electric mixer on medium speed.

Break 1 egg into a small ceramic bowl, then stir it into the butter-sugar mix. Stir in 2 more eggs, one at a time. When they are all mixed, beat with the electric mixer.

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

Pulse the orange pieces in a blender or food processor until smooth but not pureed.

Measure 1 1/2 cups of the orange mixture and add it to the butter-sugar mixture. Stir with a wooden spoon, then beat with the electric mixer. This is the wet mix.

Gradually stir the dry mix into the wet mix. If necessary, use the electric mixer.

Spray 3 mini muffin pans with cooking spray. Using an ice cream scoop, distribute the batter into all 36 muffin cups. **Bake 22 minutes** (convection oven: 17 minutes), then check.

**Frosting:** While the muffins are baking, cut 1 orange in half and squeeze the juice into a small bowl with an orange squeezer. Put 1 1/2 cups powdered sugar in a medium bowl. Stir in 2 heaping Tablespoons orange juice. After the muffins have cooled slightly, spoon the frosting on top.

# *~ BEVERAGES ~*



## AGUA DE JAMAICA (HIBISCUS TEA)

### INGREDIENTS:

1 cup dried hibiscus flowers  
3/4 to 1 cup white sugar  
2 Tablespoons sliced ginger  
a few allspice berries  
2 cinnamon sticks  
orange or lime slices (optional)

### COOKING TOOLS:

medium saucepan  
1-cup measure  
whisk, strainer  
cutting board, sharp knife  
medium bowl, small bowls  
timer

Put 1 quart water in a medium saucepan. Whisk in 3/4 cup sugar, 2 Tablespoons thinly sliced ginger, a few allspice berries (or 1/4 teaspoon ground allspice), and 2 cinnamon sticks. Heat until boiling and the sugar has dissolved. Remove from heat.

Stir in 1 cup dried hibiscus flowers. Cover and let sit for 20 minutes.

Strain into a bowl, discarding all the solid materials. This makes a concentrated beverage.

When ready to serve, add 1 more quart of water and mix. Taste, and add another 1/4 cup sugar if desired.

Serve over ice, with a slice of orange or lime. Add a little lime juice for a more punchlike flavor.

## "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, 2552 Taylor Street. When Torani was founded in San Francisco in 1925, Italian sodas were especially popular in North Beach. They soon became a national hit, and now they are available in 40 countries worldwide.

## **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. It's available in a decaffeinated version.

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 it 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. It is available with or without caffeine.

The advantage of making regular black tea is that it can be combined with many different flavors of fruit juice or syrup and made into ice tea. Among these are lemon, raspberry and peach. However, Earl Grey already has a distinct flavor that doesn't mix well with many juices and syrups.

## **REDWOOD CHAI**

This is a decaffeinated herbal tea that contains no redwood. Instead, it's made of carob, ginger, cinnamon, orange peel, chicory root, licorice, cardamom, fennel. It's available in the bulk section of Rainbow Grocery.

Bring hot water to a boil, pour it in a teapot, and stir in about 1½ Tablespoons of redwood chai per measuring cup of water. Let it steep for about 6 minutes. It goes well with soy creamer and agave syrup.

## **ROOIBOS BOBA TEA**

### **INGREDIENTS:**

1 cup dried boba balls  
1 cup soy creamer  
3 Tablespoons rooibos leaves  
2 Tablespoons agave syrup  
1 teaspoon vanilla extract

### **COOKING TOOLS:**

big teapot, big saucepan  
1-cup measure, Tablespoon  
wooden spoon, slotted spoon  
strainer, small bowl  
thick straws

Rooibos is a naturally decaffeinated herbal tea plant from South Africa that tastes very much like English black tea.

Boil 1 quart of water and pour in a big teapot.

Wait about 30 seconds, then stir in 3 Tablespoons rooibos leaves. Let it steep for at least 10 minutes. Then add 1 teaspoon vanilla extract, strain it with a strainer and refrigerate it. It's OK to steep it for a long time because it won't get bitter.

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.

Once the boba is cooked, scoop it out with a slotted spoon and put in a small bowl. Stir in 2 Tablespoons agave syrup. At this point, you may refrigerate it for up to several days. But it's best if used within a few hours of cooking.

To serve the boba tea, pour the cold tea into a tall glass and add a few Tablespoons of boba. Drink through a thick straw.

## 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, which is available at Rainbow Grocery.

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 about 7 minutes, then strain and serve. It's OK to let it steep longer, as long as the water isn't completely boiling.

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.



**Craig Claiborne, the father of modern restaurant criticism**  
*By Max Millard, March 1979*



"To be a good restaurant critic, you shouldn't have a conscience," says Craig Claiborne, food editor of the *New York Times*. "I used to visit restaurants twice a day, frequently seven days a week, and lie awake brooding about whether my reviews were honest — whether I was hurting somebody who didn't deserve to be hurt."

Recognized throughout the U.S. as the father of modern restaurant criticism, Claiborne joined the *Times* in 1957, and shortly thereafter began writing reviews based on a four-star system. "The *New York Times* made the decision. I was the instrument. It was the first newspaper that allowed a restaurant critic to say anything he wanted. It took a lot of guts, when a newspaper depends on advertising."

A 58-year-old bachelor whose soft voice carries strong traces of his native Mississippi, Claiborne spends most of his time at his house in East Hampton, Long Island, next door to Pierre Franey, one of the greatest French chefs in America. Since 1974, they have co-authored Claiborne's food articles for the *Times'* Sunday magazine. Recently Claiborne purchased a larger house about 15 minutes from Franey, which he plans to occupy shortly. The pair cook together about five times a week. Claiborne calls the house "my Taj Mahal — my Xanadu."

Claiborne's rise from obscurity to the most prestigious food job in America astonished no one more than himself, since his principal qualifications were a B.A. in journalism and one year's training at a hotel and restaurant school in Switzerland. However, the *Times* knew exactly what they were looking for. Claiborne threw himself into his work with boundless energy, writing no fewer than five columns a week.

But his relationship with the newspaper eventually became a love-hate affair. He quit for almost two years. "Then the *Times* came to me and said, 'Would you come back under any circumstances?'" He agreed to return if he could write just three columns a week, if someone else could be assigned the local restaurant reviews, and if Pierre Franey could share his Sunday byline. The conditions were immediately met. Together and separately, they have written numerous best-selling cookbooks.

Asked about other interests or hobbies, Claiborne smiles mischievously and replies: "I'm having a \$6000 Bolton stereo system put into my new Xanadu. You can clap your hands and change the tapes or records. I love music and s\*\* and food, and outside of that, forget it!"

*Note: Claiborne died in 2000 at age 79. For more about him, read Thomas McNamee's 2012 biography, The Man Who Changed the Way We Eat: Craig Claiborne and the American Food Renaissance.*

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Thanks for hosting our field trips!  
*Rainbow Grocery & General Store, 1745 Folsom St.  
and Civic Kitchen Cooking School, 2961 Mission St.*



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Max Millard has taught cooking in San Francisco schools, preschools and child care centers since 2003. He currently volunteers as a baking teacher for the kindergarten after-school program at Bessie Carmichael Elementary School. His baking class at San Francisco Friends School began in 2011. He grows some of his ingredients at the Fort Mason Community Garden, and specializes in vegetarian recipes. His most-requested dishes are pizza and apple pie.



Jen Nurse has been the co-teacher of the Friends School baking class since 2015. She has taught a variety of courses to children at several area elementary schools and to adults at professional cooking schools. Prior to becoming a teacher, she was an award-winning artisan bakery owner, pastry chef and recipe developer. She now teaches adults and teens at the Civic Kitchen Cooking School, 2961 Mission Street, which she co-founded in January 2018. The website is [www.civickitchensf.com](http://www.civickitchensf.com).





