

# FRIENDS SCHOOL BAKING CLASS



*Spring 2017*



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## BAKED CIDER DONUTS – part 1

### INGREDIENTS FOR DONUTS:

2 cups whole wheat flour  
1½ cups white flour  
1 cup white sugar  
1/2 cup buttermilk  
1/3 cup cider reduction  
1½ eggs  
½ stick + 1 Tablespoon sweet butter  
1 Tablespoon vanilla extract  
1 Tablespoon baking powder  
1/2 teaspoon baking soda  
3/4 teaspoon salt  
1 teaspoon ground cinnamon  
extra flour for kneading

### CIDER GLAZE INGREDIENTS:

1 cup powdered sugar  
1 cup cider reduction  
2 teaspoons vanilla extract

### COOKING TOOLS:

big plastic tray  
pastry blender  
ice cream scoop  
sifter, whisk  
plastic fork  
table knives  
2 donut pans  
big mixing bowl  
medium bowl  
small bowls  
small ceramic bowl  
measuring cups: 1, 1/2, 1/3  
cooling rack, tongs  
rubber scraper  
food gloves, cooking spray  
toothpick  
oven mitts, timer  
optional: mini donut maker

Sift into a big mixing bowl: 1½ cups white flour, 1 Tablespoon baking powder, 1/2 teaspoon baking soda, 3/4 teaspoon salt, 1 teaspoon cinnamon.

After it's mixed, whisk in 2 cups whole wheat flour and 1 cup sugar.

Put 1/2 stick plus 1 Tablespoon cold sweet butter on a plastic tray. Cut it into small pieces with table knives, then add it to the big mixing bowl.

Using a pastry blender and a table knife, blend the butter with the flour.

Whisk in a medium bowl: 1/2 cup buttermilk, 1/3 cup cider reduction, 1 Tablespoon vanilla. Have a taste!

Crack 1½ eggs into a small ceramic bowl. Whisk them into the wet mix.

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

Pour the wet mix into the flour mix and stir with a wooden spoon. Or put on food gloves and mix by hand.

## BAKED CIDER DONUTS – part 2

**Spray 2 donut pans with cooking spray. Or use an electric mini donut maker.**

Sprinkle a plastic tray with a little flour. Roll small pieces of dough into a snake shape, then seal the ends to make a donut shape, and place it in a donut mold.

**Bake small donuts 12 minutes, big donuts 15 minutes** (convection oven: 8 to 12 minutes), then check with a toothpick.

Mix 1 cup cider reduction with 2 teaspoons vanilla extract in a medium bowl.

Spread 1 cup powdered sugar on a big plastic tray.

After donuts are cooked, lift them out of the donut pans or the mini donut maker with a plastic fork and place them on the cooling rack to cool slightly. Then dip the top half of each donut in the bowl of cider reduction and vanilla. Sprinkle them with powdered sugar.

*Note: to make cider reduction, slowly boil 1/2 gallon of fresh, unfiltered apple cider down to 2 cups.*



## CORN MUFFINS

### INGREDIENTS:

3 cups white flour  
1 cup medium cornmeal  
1 cup white sugar  
2 Tablespoons baking powder  
1/2 Tablespoon salt  
1½ cups milk  
2 sticks sweet butter  
2 extra-large eggs  
maple syrup or honey  
optional: 3/4 cup blueberries

### COOKING TOOLS:

big plastic tray  
muffin pans for 18 muffins  
measuring cups: 1, 1/2, 1/4  
2 big mixing bowls, medium ceramic bowl  
measuring spoons, ice cream scoop  
sifter, whisk  
small ceramic bowl, fork  
wooden spoon, rubber scraper  
toothpick, oven mitts, timer  
optional: cooking spray

Line 15 muffin cups with paper liners, or spray with cooking spray.

Put 2 sticks butter in a medium ceramic bowl, cover with a plate, and microwave till melted.

Sift into a big mixing bowl: 3 cups white flour, 2 Tablespoons baking powder, 1/2 Tablespoon salt.

Whisk in 1 cup cornmeal and 1 cup white sugar. This is the dry mix.

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

Break 2 extra-large eggs into a small ceramic bowl and beat with a fork. Then pour into another big mixing bowl.

Whisk 1½ cups milk into the eggs, then whisk in the melted butter. This is the wet mix. *Optional: stir in 3/4 cup blueberries.*

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

Transfer batter to 14 or 15 muffin cups with an ice cream scoop. Fill about 3/4 of the way.

**Bake 22 to 25 minutes** (convection oven: 18 to 20 minutes), then test with a toothpick.

Serve the muffins warm, with a little maple syrup or honey.



## FOCACCIA DOUGH

### CRUST INGREDIENTS:

2 cups white bread flour  
1 cup whole wheat bread flour  
1 teaspoon salt  
1 teaspoon white sugar  
1 Tablespoon active dry yeast  
1 cup warm water (about 110 degrees)  
1 Tablespoon olive oil  
extra white flour for kneading

### COOKING TOOLS:

big plastic tray  
2 big bowls  
measuring cups: 1, 1/2, 1/3, 1/4  
measuring spoons  
wooden spoon  
whisk, cloth  
cooking spray  
timer

Pour 2/3 cup room-temperature water and 1/3 cup boiling water into a big bowl. That creates water of about 110 degrees. Sprinkle 1 Tablespoon active dry yeast on top. Stir in 1 Tablespoon olive oil. Let sit for about 6 minutes.

Whisk in another big bowl: 2 cups white bread flour, 1 cup whole wheat bread flour, 1 teaspoon salt, 1 teaspoon sugar.

Gradually stir the flour mix into the yeast mix with a wooden spoon. When that's no longer effective, knead with the hands. Add enough of the flour to form a soft dough; it might be less than 3 cups. Put aside any remaining flour. Spray the big bowl with cooking spray.

Sprinkle a plastic tray with a little white flour. Knead the dough until smooth and elastic, about 6 to 8 minutes.

Put the dough in the sprayed bowl, and turn it once so that the top is greased too. Cover with a damp cloth. Put in a warm place to rise until doubled in size, about 30 minutes. After that, the dough can be sealed in a plastic bag and used anytime within the next 2 days.



## FOCACCIA WITH BLUEBERRIES

### INGREDIENTS FOR TOPPING:

1 cup blueberries  
 1 Tablespoon minced fresh rosemary  
 1 Tablespoon olive oil  
 1/2 teaspoon salt  
 1/2 teaspoon turbinado sugar  
 white flour for sprinkling

### COOKING TOOLS:

big plastic tray, baking sheet  
 Silpat sheet or parchment paper  
 cutting board, sharp knife  
 measuring spoons, small bowls  
 1-cup measure, pizza cutter  
 oven mitts, timer

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

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

Put 1 cup blueberries in a small bowl.

Cut 1 Tablespoon fresh rosemary into small pieces with scissors. Put it in a small bowl. Stir in 1/2 teaspoon salt and 1/2 teaspoon turbinado sugar.

**Preheat oven to 425 degrees** (convection oven: 400 degrees).

Punch down the dough, then place it on the prepared baking sheet and shape it into a 12-inch circle or oval. Optional: use a rolling pin, sprinkled with flour to avoid sticking.

Place the dough on the prepared baking sheet. With your fingers, poke holes 1 to 2 inches apart straight down into the risen dough.

Brush with 1 Tablespoon olive oil. Cover with 1 cup blueberries, leaving 1 inch of plain dough all the way around.

Sprinkle the top with the rosemary mixture.

**Bake 20 minutes** (convection oven: 12 minutes), or until the crust is golden brown. Cut into wedges with a pizza cutter. Serve warm.

Bake 12 minutes (regular oven: 20 minutes), or until the crust is golden brown. Cut into wedges with a pizza cutter. Serve warm.

## FOCACCIA WITH TOMATO

### INGREDIENTS FOR TOPPING:

1 cup canned tomatoes  
 3 Tablespoons grated Parmesan cheese  
 1 Tablespoon minced fresh rosemary  
 1 teaspoon minced garlic  
 1/4 teaspoon salt  
*optional: 1/3 cup black olives,  
 1/3 cup minced purple onion*  
 white flour for sprinkling

### COOKING TOOLS:

big plastic tray, cloth  
 baking sheet, grater, pizza cutter  
 Silpat sheet or parchment paper  
 cutting board, sharp knife  
 small bowls, table knife  
 can opener; measuring cups: 1, 1/3  
 measuring spoons, scissors  
 pastry brush, oven mitts, timer

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

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

Put 1 cup canned tomatoes (without much juice) on a cutting board and chop into small pieces with a table knife. Put aside in a small bowl.

Mince a small purple onion until you have 1/3 cup. Put aside. Cut 1/3 cup black olives into thin slices and put aside.

**Preheat oven to 425 degrees** (convection oven: 400 degrees).

Grate 3 Tablespoons parmesan cheese. Put in a small bowl.

Cut 1 Tablespoon fresh rosemary into small pieces with scissors. Add it to the bowl with the cheese. Stir in 1 teaspoon chopped garlic and 1/4 teaspoon salt.

Punch down the dough, then place it on the prepared baking sheet and shape it into a 12-inch circle or oval. Optional: use a rolling pin, sprinkled with flour to avoid sticking.

With the fingers, poke holes 1 to 2 inches apart straight down into the risen dough.

Brush the dough with 1 Tablespoon olive oil.

Sprinkle the top with the cheese-rosemary mixture. Leave 1 inch plain dough all the way around.

Cover the cheese with the tomato mixture and optional purple onion and black olives.

**Bake 20 minutes** (convection oven: 14 minutes), or until the crust is golden brown. Cut into wedges with a pizza cutter. Serve warm.

## FRUIT CROSTATA

### INGREDIENTS:

3 cups white flour  
 1/4 cup white sugar  
 3/4 teaspoon sea salt  
 3 sticks cold sweet butter  
 1/2 cup cold milk  
 1½ Tablespoons cider vinegar  
 6 Tablespoons light brown sugar  
 1½ Tablespoons lemon juice  
 1½ Tablespoons white flour + extra for rolling  
 6 cups berries or other fruit such as cherries,  
 apricots or rhubarb

### COOKING TOOLS:

2 big plastic trays, 2 baking sheets  
 2 Silpat sheets or parchment paper  
 big mixing bowl, colander  
 measuring cups: 1, 1/2, 1/4  
 measuring spoons  
 small bowls, rubber scraper  
 spatula, scoop  
 table knife, whisk  
 pastry blender, food gloves  
 oven mitts, timer

Cover 2 baking sheets with Silpat sheets or parchment paper.

Whisk in a big mixing bowl: 3 cups white flour, 1/4 cup sugar, 3/4 teaspoon salt.

Cut 3 sticks butter into small pieces on a plastic tray with table knives. Use a pastry blender and a table knife to blend the butter with the flour mix. Or put on food gloves and squeeze the ingredients until they are well mixed.

Put 1/2 cold milk and 1½ Tablespoons cider vinegar in a small bowl. Stir with a fork. Pour the liquid over the flour mixture. Stir it gently with the fork until the dough easily forms a ball. If it's too moist and sticky, add a little more flour.

**Preheat oven to 425 degrees** (convection oven: 400 degrees).

Sprinkle 2 plastic trays with white flour. Rub it in. Break the dough in half and put one piece on each tray. Break each half into 7 pieces. Roll each piece into a rough circle with a rolling pin. Place each one on a prepared baking sheet.

Put in the big mixing bowl: 6 cups berries or other fruit (cut into berry-size chunks). Toss it with 6 Tablespoons light brown sugar, 1½ Tablespoons lemon juice, 1½ Tablespoons white flour. If using berries, add a little more flour.

Scoop some fruit into the middle of each dough circle. Leave a little border around the edge. Fold the dough up over the sides of the fruit, pleating it as needed.

**Bake 10 to 14 minutes** (convection oven: 8 minutes), then check for doneness.

## HUMMUS

### INGREDIENTS:

1 cup dried chickpeas  
 (makes 2½ cups cooked)  
 1/2 cup tahini (sesame paste)  
 1 vegetable bouillon cube  
 1/4 cup lemon juice  
 1 Tablespoon olive oil  
 1 teaspoon minced raw garlic  
 1/4 teaspoon salt  
 3/4 teaspoon baking soda  
 1 Tablespoon ground cumin or paprika

### COOKING TOOLS:

food processor  
 saucepan and lid  
 colander  
 2 big mixing bowls  
 wooden spoon  
 rubber scraper  
 measuring cups: 1, 1/2, 1/4  
 measuring spoons  
 scoop, strainer  
 scissors, timer

Soak 1 cup dried chickpeas overnight in salted water, in a closed container in the refrigerator.

Next day: Rinse the chickpeas in a colander and discard the salted water. Put them in a big saucepan with 3 cups fresh water, 3/4 teaspoon baking soda, and 1 vegetable bouillon cube.

Bring to a boil, then cover the pan and lower the heat to simmer. Cook for 1½ hours to 2 hours, until soft. The baking soda will help separate the skins from the beans. Skim off the skins and discard them; this will make the hummus smoother. Strain the liquid with a strainer, then boil it down to about 1/2 cup.

Whisk together in a big mixing bowl: 1/2 cup tahini, 1/4 cup lemon juice, the 1/2 cup liquid from the chickpeas, 1 Tablespoon olive oil, 1 teaspoon minced raw garlic and 1/4 teaspoon salt. Optional: add 1 Tablespoon ground cumin or paprika. Mix everything well.

Gradually stir the chickpeas into the liquid with a wooden spoon. Scoop some of the ingredients into a food processor and blend them into hummus. If it's too thick, add a little water. Transfer the blended hummus into another big bowl. Continue until finished.

Taste the hummus. If desired, add a little more of any ingredient until it has just the right balance.

Serve the hummus with pita chips, pita bread or celery sticks. Optional: cut pita bread into quarters with scissors, then toast it.

*Note: Ground cumin loses flavor quickly. For best results, lightly toast some cumin seeds in a frying pan for several minutes, then grind them yourself before adding to the recipe.*

## MOLTEN CHOCOLATE CAKES

### INGREDIENTS:

3½ sticks sweet butter  
 2 cups bittersweet or semisweet chocolate chips  
 12 large eggs  
 ¾ cup white sugar  
 2 Tablespoons white flour  
 ½ teaspoon salt  
 extra flour for dusting ramekins  
 optional: 2 pints fresh berries

### COOKING TOOLS:

12 4-ounce ramekins or molds  
 large Pyrex bowl, large plate  
 rimmed baking sheet, wooden spoon  
 2 medium ceramic bowls, small bowls  
 measuring cups: 1, ½, ¼  
 measuring spoons, pastry brush, whisk  
 small paper plates, spoons for eating  
 oven mitts, timer

*Night before: leave 3½ sticks butter at room temperature to soften.*

Use ½ stick softened butter to brush all over the insides of the ramekins or molds. Add a little white flour. Tilt and tap the ramekins so the flour sticks to the butter. Be sure not to miss any spots, or the cakes will stick. Tap out the excess flour.

Separate 6 eggs into 2 medium ceramic bowls. Save the 6 whites for another use.

Crack 6 more whole eggs. Add them to the yolks. Add ¾ cup sugar and whisk energetically until light and thick.

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

Put the other 3 sticks butter in a large Pyrex bowl, cover with a plate, and melt in the microwave. Add 2 cups chocolate chips to the hot butter and stir with a wooden spoon until melted.

Stir 2 Tablespoons white flour and ½ teaspoon salt into the melted chocolate. Then gradually stir in the egg mixture until combined.

Using ½-cup and ¼-cup measures, scoop the batter into the ramekins or molds. Put them on a rimmed baking sheet.

**Bake 7 to 9 minutes** (convection oven: 6 to 8 minutes), until the cakes have puffed up a bit, the tops are barely set, and the cake still jiggle slightly when shaken (better underbaked than overbaked). Let sit for 1 minute.

Turn the cakes out onto small plates to unmold them while they're still warm. Or just eat them straight out of their ramekins. Optional: serve with berries.

*Note: The filled ramekins can sit, covered, in the fridge for up to 6 hours before baking.*

## NAAN-E-HENDI

### INGREDIENTS:

1¼ cups whole milk  
 1 Tablespoon instant yeast  
 1 large egg, at room temperature  
 ¾ cup plain whole-milk yogurt  
 2 Tablespoons melted butter  
 ½ teaspoon baking powder  
 1 Tablespoon salt  
 1 teaspoon olive oil  
 4 cups white flour + ½ cup extra for kneading

### COOKING TOOLS:

2 plastic trays, wooden spoon  
 big mixing bowl, small bowl  
 measuring spoons  
 measuring cups: 1, ½, ¼  
 2 clean damp kitchen towels  
 rubber spatula or bowl-scraper  
 pizza stone or 2 metal sheetpans  
 whisk, oven mitts, timer  
 stand mixer (optional)  
 rolling pin (optional)

In a big mixing bowl, whisk together 1¼ cups whole milk and 1 Tablespoon instant yeast. Let them sit until the surface looks foamy, usually 10 minutes.

In a small bowl, whisk together 1 egg, ¾ cup yogurt and 2 Tablespoons melted butter.

Add the yogurt mixture to the milk mixture in the big bowl and whisk for 1 minute. Add 2 cups of flour, and whisk until fully combined. Switch to a wooden spoon, and add 1 more cup of flour. Stir to combine. The dough will be stiff, but don't give up! Add 1 final cup of flour, ½ teaspoon baking powder and 1 Tablespoon salt, and knead them into the dough in the bowl with your hand.

If using a stand mixer, mix for 7 to 10 minutes on medium speed. If mixing by hand, use a rubber spatula or bowl scraper to scrape the dough onto a lightly floured tray, and knead it for 9 to 12 minutes. You will need a little flour on your hands too.

Wash and dry the big mixing bowl, then grease it with 1 teaspoon olive oil. Cover with a damp kitchen towel. Let rise in a warm place until doubled in size, about 30 minutes.

Divide the dough into 12 portions. Place them on 2 lightly floured trays. Evenly space 6 balls of dough on each tray. Cover again with kitchen towels, and let rise again until doubled in size. Heat the pizza stone or sheetpans in the oven to 500 degrees.

**Heat the pizza stone or sheetpans in the oven to 500 degrees.**

Roll or stretch the dough into very thin round or oval shapes. Bake in small batches, 4 to 5 breads at a time, by placing them directly on the hot pizza stone or sheetpan. **Bake 2 to 3 minutes per side**, until slightly puffed and the surface looks dull or lightly golden brown.

Remove from oven and cover immediately with the towel. This keeps them warm and prevents them from drying out. Serve as soon as all the breads have been baked.

**PIZZA!** (makes 2 large pizzas)**INGREDIENTS:**

2 1-pound balls refrigerated pizza dough  
 28-ounce can chopped tomatoes  
 (or 2 pounds chopped fresh 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, sliced bell pepper,  
 scallions, vegetarian sausage, black olives

**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: 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 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.

## WHOLE WHEAT BISCUITS

### INGREDIENTS:

1½ cups white flour  
 1½ cups whole wheat flour  
 3 Tablespoons white sugar  
 2 Tablespoons baking powder  
 ¾ teaspoon salt  
 ½ stick + 1 Tablespoon sweet butter  
 1 cup + 2 Tablespoons milk  
 extra white flour for rolling dough  
 extra butter for spreading  
 honey for spreading

### COOKING TOOLS:

electric dough mixer, 2 baking sheets  
 Silpat sheets or parchment paper  
 2 big plastic trays, rolling pins  
 cookie cutters or biscuit cutters  
 measuring cups: 1, ½  
 measuring spoons, table knives  
 rubber scraper, big mixing bowl  
 sifter, whisk  
 cooling rack, spatula  
 oven mitts, timer

Cover 2 baking sheets with Silpat sheets or parchment paper. Put aside.

Cut ½ stick + 1 Tablespoon butter into small pieces on a plastic tray. Put aside.

Sift into a big mixing bowl: 1½ cups white flour, 2 Tablespoons baking powder, 3 Tablespoons sugar, ¾ teaspoon salt. Whisk in 1½ cups whole wheat flour.

Transfer the flour mix to the bowl of an electric dough mixer. Add a little of the butter, and turn it on at low speed. Gradually add the rest of the butter.

When it's blended, add 1 cup plus 2 Tablespoons milk and keep blending. Use a rubber scraper to push the dough back into the bowl.

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

Sprinkle 2 plastic trays with flour and rub it in. Divide the dough in half, and place on the trays. Pat it and roll it with a rolling pin until it's about ¾ inch thick.

Press down into the dough with a biscuit cutters or cookie cutters. Place the biscuit on a prepared baking sheet. You should get about 25 biscuits.

**Bake 10 minutes** (convection oven: 70 minutes), then check to make sure they're risen and brown. Put them on a cooling rack. Serve warm with extra butter, and a little honey if desired.



# *Beverages*



## AGUA DE JAMAICA

### INGREDIENTS:

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

### COOKING TOOLS:

medium saucepan  
 1-cup measure  
 whisk, strainer  
 cutting board  
 medium bowl  
 small bowls  
 sharp knife  
 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. Optional: add a little lime juice for a more punchlike flavor.

Serve over ice, with a slice of orange or lime.

## "BLOODY" SODA

### INGREDIENTS:

soda water  
 cherry syrup or red velvet syrup  
 ice cubes

When I first served this beverage to the baking class, I called it Italian soda. But in 2014, because of its bright red color, one student renamed it "bloody soda." Since then, the new name has stuck. To make the beverage, pour a little of the 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 or 6 parts soda water. Adjust the amount of syrup and juice until it's just right. Drink through a straw.

The Torani company, founded in San Francisco in 1925, makes dozens of flavors including cherry and red velvet, which is flavored with cinnamon and vanilla. Many flavors, both regular and sugar-free, are available at Cost Plus World Market, 2552 Taylor Street, San Francisco. 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.

## CHOCOLATE MINT 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, 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.

## COCONUT ROOIBOS TEA

### INGREDIENTS:

3 Tablespoons coconut rooibos  
1 quart water  
soy creamer  
agave syrup

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

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

Serve with soy creamer and agave syrup to taste. Both regular soy creamer and vanilla flavored go well with the tea.

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

Rooibos is available in several flavors. It's also called honeybush tea. Both rooibos and soy creamer are available at Trader Joe's, Whole Foods, Rainbow Grocery, and many other stores.

## ICED GREEN TEA WITH LIME

### INGREDIENTS:

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

### COOKING TOOLS:

kettle or water heater  
cutting board, knife  
lemon squeezer, strainer  
teapot, pitcher  
big bowl, wooden spoon  
small bowl, teaspoons

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

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

Put the lid on the teapot and let the tea steep for 3 or 4 minutes. Then remove the tea bags and pour the tea into a big bowl. Add about 1/2 cup honey and stir with a wooden spoon until dissolved.

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

Put a strainer over the bowl with the hot tea. Pour the lime juice into the strainer to remove the seeds and pulp. Stir and taste. It might need a little more honey or a little more lime, but it should be very strong.

Fill a pitcher with ice cubes.

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

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



## LEMON ICE TEA

### INGREDIENTS:

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

### COOKING TOOLS:

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

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

Pour the boiling water into a quart-size teapot.

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

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

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

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

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

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

## 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  
frozen peach slices  
ice cubes

### COOKING TOOLS:

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

Defrost some frozen peach slices

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 some defrosted peach slices.

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 seems to be just right. If using peach slices, serve with a spoon.



Jay Jacobs: restaurant critic for *Gourmet* magazine  
By Max Millard, December 1979

It is a familiar scene to New York restaurateurs: an out-of-town visitor arrives clutching a magazine, turns to an article, and orders the items that are underlined. Whether the magazine is current or several years old, the chances are that it is *Gourmet* and that the article is a review by Jay Jacobs, *Gourmet's* New York restaurant critic since 1972.

Its monthly circulation of 600,000 makes *Gourmet* the most widely read food publication in the English-speaking world. Jacobs is responsible for writing three lengthy reviews per issue.

Affable, low-keyed, and small of stature, Jacob began his career as a painter, cartoonist and illustrator before turning to full-time writing in 1956. His latest book, *Winning the Restaurant Game*, emphasizes that restaurant dining is a complex game in which the best players can expect better service, better food, and the lasting affection of the owner.

Jacobs dines out at least once a day while in the city. He visits restaurants several times before doing a review – always anonymously, and generally accompanied by others. "My job," he says, "is to find worthwhile places that our readers will want to go to. The magazine's policy is not to do unfavorable reviews. If I think a place stinks, I don't go back and I don't review it. ... Most of our readers are knowledgeable about food, somewhat self-indulgent, affluent, and well-travelled. When they come into New York, they don't want to find some cut-rate taco house, and they don't want to know about the bad places. They're only in for a few days, and they want to hit the high spots.

"The daily press have a different readership and a different function. When they do a favorable review, it can damage a restaurant in that it generates a sudden burst of interest that the restaurant can't handle."



**Jay Jacobs**

The father of four boys, Jacobs enjoys throwing parties for 50 to 60 people. To prepare the food, he says, "I lock myself in the kitchen for three or four days." His *Gourmet* reviews are so detailed that Jacobs gets letters from readers across the country who tell how they have recreated a night at the Four

Seasons or 21 "by analyzing what I have written, and approximating the dishes." But what makes his job particularly gratifying is the restaurant people themselves.

"I'm very impressed by these restaurant guys. If you travel in Europe you see them when they're 13 years old, schlepping suitcases in some motel and dreaming of the day when they open their own restaurant. They usually come out of small towns or even villages, and don't have the benefit of birth or upbringing or schooling. And the next thing you know, it's 30 years later and they can converse very adequately with Henry Kissinger or Jackie Onassis or anyone else, and maintain a business and make it work."

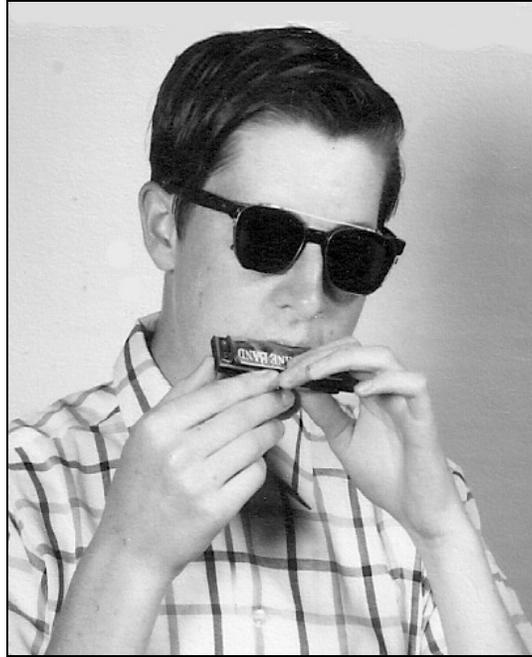
Recipes collected and adapted by Max Millard and Jen Nurse, baking teachers  
San Francisco Friends School, 250 Valencia St., San Francisco, CA 94103  
email: sunreport@aol.com

*Thanks for hosting our field trips!  
Samovar Tea Bar, 411 Valencia St.  
and Pauline's Pizza, 260 Valencia 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) has taught baking at San Francisco Friends School since 2011. He learned to cook from *The James Beard Cookbook*, first published in 1959. He spent six years as a restaurant reviewer in New York City and San Francisco before teaching his first cooking class. He is a vegetarian, and his most popular dishes are pizza and apple pie.



Jen Nurse (below) joined the baking class at San Francisco Friends School in 2015. She is a cooking instructor and co-founder of the forthcoming Civic Kitchen Cooking School on 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.







