

FRIENDS SCHOOL BAKING CLASS AND VEGETARIAN COOKING CLASS



Spring 2019

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

APPLESAUCE

INGREDIENTS:

12 big apples
1/4 cup lemon juice
1/4 cup brown sugar
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1 cup water

COOKING TOOLS:

big plastic tray, peeler
big cooking pot & lid
apple slicer, big mixing bowl
measuring spoons, small bowls
measuring cups: 1, 1/4
wooden spoon, masher

Peel 12 apples on a tray. Discard the peels. Slice the apples with an apple slicer. Put the apple slices in a cooking pot with 1 cup water. Add 1/4 cup lemon juice, 1/4 cup brown sugar, 2 teaspoons cinnamon and 1/2 teaspoon nutmeg. Stir with a wooden spoon.

Put a lid on top. Bring to a boil, then reduce heat and simmer for 10 minutes. Mash with a masher, then put the applesauce in a big mixing bowl and let it cool.

BAKED LATKES

INGREDIENTS:

3 pounds big russet potatoes
1 big onion (yellow or white)
3 eggs
1/2 Tablespoon salt
1/3 cup matzo meal or bread crumbs
1/3 teaspoon baking powder
1/2 Tablespoon black pepper
applesauce or sour cream
optional: tomato ketchup

COOKING TOOLS:

big plastic tray, grater
2 baking sheets, peeler
medium bowl, parchment paper
cutting board, sharp knife
small ceramic bowl, small bowls
1/3 cup measure, ice cream scoop
measuring spoons, fork, spatula
big mixing bowl, colander
oven mitts, timer

Cover 3 baking sheets with parchment paper.

Peel a big onion and cut into small pieces. Put aside in a small bowl.

Peel the potatoes, then grate coarsely with a grater and put in a colander placed over a big mixing bowl. Using a small bowl, press down on the potatoes to drain the excess water. Discard the potato water.

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

Break 3 eggs in a small ceramic bowl. Stir with a fork, then stir in 1/2 Tablespoon salt, 1/2 Tablespoon black pepper and 1/3 teaspoon baking powder.

Put the grated potato in the big mixing bowl. Stir in the onion and the egg mix with a wooden spoon. Then scoop up the mix with an ice cream scoop and put it in the hands. Squeeze out the excess liquid. Then place on the baking sheets and flatten into a burger shape. Keep a little space between each one.

Bake 15 minutes (convection oven: 10 minutes), then remove from the oven, turn them over with a spatula, and **bake 10 more minutes** (convection oven: 6 minutes). Serve with applesauce, sour cream, or tomato ketchup.

BAKED MACARONI & CHEESE

INGREDIENTS:

1½ pounds dry macaroni
1/2 lb. Swiss cheese
1/2 lb. Provolone cheese
1/2 lb. white American cheese
1/2 lb. extra sharp cheddar cheese
2 ounces parmesan cheese
1 cup dried bread crumbs
1 quart whole milk
1/2 stick sweet butter
1/4 cup white flour
1/2 teaspoon black pepper

COOKING TOOLS:

big plastic tray, big saucepan
hot plate or stove
big baking dish, colander
measuring cups: 1, 1/4
measuring spoons, wooden spoon
2 big mixing bowls, small bowls
food scale, whisk
grater, cheese slicer
cooking spray
oven mitts, timer

Spray a big baking dish with cooking spray.

Fill a big saucepan with water. Bring it to a boil. Slowly stir in 1½ pounds macaroni. When the water returns to a boil, reduce heat and cook, uncovered, **8 to 9 minutes**. Drain the macaroni in a colander and put the macaroni aside in a big mixing bowl.

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

While the pasta is cooking, grate or thinly slice 1/2 lb. Swiss cheese, 1/2 lb. Provolone cheese, 1/2 lb. white American cheese, 1/2 lb. extra sharp cheddar cheese. Put aside in another big mixing bowl.

Grind 1/2 teaspoon black pepper and put aside.

Put 1/2 stick butter in the saucepan and melt it at low heat. Slowly stir in 1/4 cup flour and 1/2 teaspoon black pepper with a wooden spoon. Cook at low heat, stirring constantly.

After a few minutes, gradually whisk in 1 quart whole milk. Keep whisking until it thickens.

Slowly add the cheese, stirring constantly until all the cheese is melted into the sauce.

Pour the sauce over the cooked pasta and mix thoroughly. Then pour the mixture into the sprayed baking dish.

Sprinkle it with 1 cup bread crumbs.

Bake 15 minutes (convection oven: 10 minutes), or until the top is golden brown.

BANANA PRUNE MUFFINS

INGREDIENTS:

3 bananas
1¼ cups chopped pitted prunes
1-¾ cups white flour
1 cup whole wheat flour
¾ cup honey
2 eggs
¾ stick sweet butter
1½ teaspoons vanilla extract
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg

COOKING TOOLS:

big plastic tray
2 12-cup muffin pans
measuring cups: 1, ½, ¼
measuring spoons, mug
ice cream scoop
2 big mixing bowls
small ceramic bowl, fork
sifter, whisk
rubber scraper
wooden spoon, masher
food gloves, toothpick
paper muffin cups
oven mitts, timer

Beforehand: Cut ¼ cups pitted prunes into small pieces and soak them in warm water until soft.

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Put ¾ stick sweet butter in a mug with a napkin on top, and melt in the microwave.

Break 2 eggs in a small ceramic bowl. Beat with a fork and put aside.

Peel 3 bananas, break them into pieces and put them in a big mixing bowl. Mash with a masher. Add the melted butter and 1½ teaspoons vanilla and keep mashing. Then mash in ¾ cup honey.

Add ¼ cups chopped soaked prunes. Stir with a wooden spoon. *Have a taste!*

Stir in the beaten egg with the wooden spoon. This is the wet mix.

Sift into another big mixing bowl: 1-¾ cups white flour, 1½ teaspoons baking powder, ½ teaspoon baking soda, ½ teaspoon salt, 1 teaspoon cinnamon, ¼ teaspoon nutmeg. Whisk in 1 cup whole wheat flour. This is the dry mix.

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

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

Fill 18 muffin cups with paper liners. Scoop the batter into the paper with an ice cream scoop.

Bake 20 minutes (convection oven: 15 minutes), then check with a toothpick.

CHEDDAR BREADSTICKS

INGREDIENTS:

2 one-pound bags pizza dough
1/2 pound sharp cheddar cheese
1 teaspoon fresh sage, torn
1 teaspoon paprika
1 teaspoon black pepper
2/3 teaspoon kosher salt
1/4 cup olive oil
1/4 cup lightly toasted pumpkin seeds
1/4 cup lightly toasted sesame seeds
1/4 cup lightly toasted sunflower seeds
1 cup white flour for sprinkling

COOKING TOOLS:

2 big plastic trays, grater
2 Silpat sheets or parchment paper
2 baking sheets, cutting boards
big mixing bowl, small bowls
measuring cups: 1, 1/4
measuring spoons
rubber scraper
food gloves, plates
oven mitts, timer

Sprinkle a big plastic tray with white flour and rub it in. Open 2 bags of dough and leave the dough on the tray to rest for about 1 hour.

Place Silpat sheets or parchment paper on 2 baking sheets.

Grate 1/2 pound sharp cheddar cheese on a big plastic tray. Put in a big mixing bowl. Then wipe the tray clean.

Grind 1 teaspoon black pepper in a pepper mill. Put aside.

Tear fresh sage leaves into tiny pieces, measure 1 teaspoon and add to the pepper.

Add 1 teaspoon paprika and 2/3 teaspoon kosher salt. Mix with a small spoon, then sprinkle it over the grated cheese. Put on food gloves and knead the mix.

Add 1/4 cup olive oil, 1/4 cup pumpkin seeds, 1/4 cup sesame seeds and 1/4 cup sunflower seeds. Keep kneading until everything is well blended.

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

Break the dough into 8 equal-size pieces. Put each piece on a tray or cutting board that has been sprinkled with white flour. Roll the dough in the flour until it's no longer sticky.

Take a small handful of the cheese mix for each piece of dough. Push the seeds inside, and squeeze it into a snake or donut shape. Try not to break the dough.

Put the breadsticks on a prepared baking sheet. **Bake 20 minutes** (convection oven: 14 minutes).

CORN MUFFINS WITH SOUR CREAM

INGREDIENTS:

1 cup white flour
1/2 cup whole wheat flour
1 cup cornmeal
1/2 stick butter
1/3 cup white sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1½ cups sour cream
2 eggs
15-ounce can creamed corn
honey or jam
optional: 1/2 cup blueberries

COOKING TOOLS:

muffin pans for 18 muffins
measuring cups: 1, 1/2, 1/3
measuring spoons
2 big mixing bowls
small plastic bowl, mug
sifter, whisk
small ceramic bowl
can opener, fork
ice cream scoop
wooden spoon, rubber scraper
cooking spray, toothpick
oven mitts, timer

Open the can of creamed corn. Put 1/2 stick of butter in a mug, cover with a napkin and microwave till melted.

Sift into a big mixing bowl: 1 cup white flour, 1/3 cup sugar, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt.

Whisk in 1 cup cornmeal, 1/2 cup whole wheat flour, 1/2 teaspoon pepper.

Preheat oven to 425 degrees (convection oven: 350 degrees).

Break 2 eggs into a small ceramic bowl and beat with a fork.

Put 1½ cups sour cream into another big mixing bowl. Add the creamed corn and the melted butter. Stir with a wooden spoon. Have a taste! Afterward, stir in the eggs.

Gradually stir the dry mix into the wet mix. Optional: add 1/2 cup blueberries.

Spray 18 muffin cups with cooking spray. Using an ice cream scoop, put the batter into the muffin cups. Fill them about 3/4 of the way.

Bake 20 minutes (convection oven: 12 minutes), then test with a toothpick.

Serve the muffins warm, with honey or 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 small bunch 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 and put aside 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 and salt, 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 tomatoes
6-ounce can tomato paste
1 Tablespoon fried minced garlic
1 bay leaf
small bunch 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 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, bring to a boil, then reduce heat and cook for 15 minutes. Remove the bay leaf.

Grate some parmesan cheese with a cheese grater on top of a plastic tray, then put it in a bowl.

Note: The cheese is raw, so it's best to wash hands again before grating.

Serve the tomato sauce in small bowls.

Dip the garlic bread in the sauce.

Optional: Sprinkle with the sauce with grated parmesan cheese and/or red pepper flakes.



GLAZED DONUTS

INGREDIENTS FOR DONUTS:

2 cups white flour
1 cup whole wheat flour
3/4 cup white sugar
1/2 stick sweet butter
2 eggs
1 1/4 cups whole milk, room temperature
1/4 cup coconut oil
1/2 Tablespoon vanilla extract
1 1/4 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1/4 teaspoon ground cinnamon
pinch of ground nutmeg

COOKING TOOLS:

2 donut pans, cooking spray
measuring cups: 1, 1/2, 1/4
2 big mixing bowls, mug
small ceramic bowl, cooling rack
wooden spoon, measuring spoons
sifter, whisk
large piping bag, toothpick
oven mitts, timer

Spray 2 donut pans with cooking spray.

Put 1/2 stick butter and 1/4 cup coconut oil in a mug. Cover with a paper towel. Melt in the microwave.

Pour the mixture in a big mixing bowl and stir in 3/4 cup sugar and 1/2 Tablespoon vanilla. Have a taste!

Break an egg in a small ceramic bowl, stir it with a fork, then stir it into the sugar mixture. After mixing, break another egg and stir it in.

Sift into another big mixing bowl: 2 cups white flour, 1 1/4 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon kosher salt, 1/4 teaspoon cinnamon, and a pinch of ground nutmeg. Whisk in 1 cup whole wheat flour.

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

Put 1 cup of the flour mixture into the egg mixture and stir with a wooden spoon. Add 3/4 cup milk (at room temperature) and stir until just barely mixed.

Add 1 more cup of the flour mixture, then 1/2 cup milk, then the last of the flour. Mix until just incorporated. Don't overmix.

Transfer the batter to a large piping bag with a 1/2-inch opening. Pipe the batter into the donut pans, filling them 3/4 full. Tap the pans to eliminate air bubbles.

Bake 12 to 15 minutes (convection oven: 9 to 11 minutes), then check with a toothpick. Cool for 10 minutes, then invert them onto a cooling rack. To glaze, cool at least 10 minutes more before dipping into the glaze of your choice.

BLUEBERRY GLAZE FOR DONUTS

INGREDIENTS:

2 cups powdered sugar
2 teaspoons freeze-dried blueberries
1/8 teaspoon salt
1/4 cup milk or lemon juice

COOKING TOOLS:

big mixing bowl, small bowl
coffee grinder, whisk
measuring cups: 1, 1/4
measuring spoons, timer

Set aside 1/4 cup milk or lemon juice in a small bowl.

Pulverize 2 teaspoons freeze-dried blueberries in a coffee grinder.

Sift 2 cups powdered sugar, 1/8 teaspoon salt, and the blueberry powder into a big mixing bowl.

Gently whisk in 2 Tablespoons milk or lemon juice. Don't whisk vigorously, as this will create too many air bubbles.

Keep whisking in more of the liquid until there's just enough to create a thick glaze.

Dip the donuts immediately. Allow the glaze to set for 30 minutes before serving.



HAMANTASHEN

INGREDIENTS:

2-1/3 cups white flour
1-1/3 cups whole wheat flour
2 teaspoons baking powder
1/2 teaspoon salt
2/3 cup white sugar
1/2 cup vegetable oil
1/3 cup orange juice
1½ teaspoons vanilla extract
2 eggs
2/3 cup firm fruit jam or preserves
extra white flour for rolling

COOKING TOOLS:

big plastic tray, 2 baking sheets
2 Silpat sheets or parchment paper
2 big mixing bowls, teaspoon
small ceramic bowl, spatula
wooden spoon, small bowls
measuring cups: 1, 1/2, 1/3
measuring spoons, fork
sifter, whisk
rubber scraper, rolling pin
28-ounce can lid, food gloves
oven mitts, timer

Cover 2 baking sheets with Silpat sheets or parchment paper.

Sift 2-1/3 cups white flour, 2 teaspoons baking powder and 1/2 teaspoon salt into a big mixing bowl. Whisk in 1-1/3 cups whole wheat flour.

Break 2 eggs into a small ceramic bowl, stir with a fork and set aside.

In another big mixing bowl, combine 2/3 cup white sugar, 1/3 cup orange juice, 1½ teaspoons vanilla. Stir with a wooden spoon. Have a taste! Then stir in 1/2 cup vegetable oil and the eggs.

Gradually add the flour mix to the wet mix. Put on a food glove and mix the dough thoroughly. If it's too dry, add a little extra orange juice. If too wet, add a little extra flour.

Sprinkle a little white flour on a big plastic tray and rub it in. Place 1/3 of the dough on top of the tray. Rub a rolling pin with white flour and roll the dough until it's about 1/4 inch thick.

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

Use an empty 28-ounce tin can to cut the dough into circles. Using a spatula, lift the circles onto the prepared baking sheets, about 1 inch apart. Use the rest of the dough. If it gets too dry, add a little water.

Spoon about 1/2 Tablespoon of firm fruit jam or preserves into the center of each circle. Pinch the edges to form three corners. They should be completely sealed or the jam will leak out. If too dry, wet the fingers before sealing.

Bake 16 minutes (convection oven: 11 minutes), then check. They should be lightly browned.



HUMMUS

INGREDIENTS:

2 cups dried chickpeas
1 cup tahini (sesame paste)
2 vegetable bouillon cubes
6 lemons
2 Tablespoons olive oil
2 teaspoons minced raw garlic
1/2 teaspoon salt
1½ teaspoons baking soda
1 Tablespoon paprika or cumin

COOKING TOOLS:

food processor, saucepan & lid
colander, 2 big mixing bowls
wooden spoon, rubber scraper
1-cup measure
measuring spoons, lemon squeezer
cutting board, sharp knife
garlic press, small bowls
scoop, strainer
scissors, timer

Soak 2 cups 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 2 vegetable bouillon cubes.

Bring to a boil, then cover the pan and lower the heat to simmer. Cook for 1½ 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 cup.

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Put a few cloves of garlic on a cutting board and pound them with a blunt object to loosen the skins. Squeeze the skinned garlic in a garlic press and set aside 2 teaspoons of minced garlic for this recipe.

Cut 6 lemons on a cutting board. Squeeze the juice into a bowl with a lemon squeezer and discard the seeds. Put aside 1/2 cup juice.

Whisk together in a big mixing bowl: 1 cup tahini sauce, the 1 cup of liquid from the chickpeas, 1/2 cup lemon juice, 2 Tablespoons olive oil, 1 Tablespoon ground cumin or paprika, 2 teaspoons minced raw garlic, 1/2 teaspoon salt.

Gradually stir the chickpeas into the liquid with a wooden spoon. Scoop some of the ingredients into a food processor and blend it. 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 salt or more of any ingredient until it has just the right balance. Serve the hummus with black olives, celery sticks, or toasted pita bread.

Note: For the best ground cumin, lightly toast some cumin seeds in a frying pan for several minutes, then grind them into powder.



OLD-FASHIONED BISCUITS

INGREDIENTS:

1½ cups white flour
1/2 cup whole wheat flour
1 Tablespoon white sugar
2 teaspoons baking powder
1 teaspoon sea salt
1/2 stick sweet butter
1 cup heavy cream, divided
extra white flour for dusting

COOKING TOOLS:

big plastic tray, baking sheet
Silpat sheet or parchment paper
big mixing bowl, small bowls
measuring cups: 1, 1/2
measuring spoons, table knife
cutting board, whisk, fork
pastry blender, pastry brush
rolling pin, round biscuit cutter
oven mitts, timer

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

Whisk 1½ cups white flour, 1/2 cup whole wheat flour, 1 Tablespoon sugar, 2 teaspoons baking powder, and 1 teaspoon sea salt in a big mixing bowl.

Put a cutting board on top of a plastic tray. Cut 1/2 stick of butter into ½-inch cubes, then add them to the bowl. Blend with a pastry blender and a table knife until pea-sized pieces form.

Add **3/4 cup** cold cream, then stir with a fork until the dough just comes together in a mass. Don't overstir. If it's too dry, add 1 to 2 Tablespoons more cream, but don't use all of it.

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

Sprinkle a tray lightly with flour and dump half of the dough onto it. Pat the dough gently and dust it lightly with flour. Using a rolling pin, roll it to a thickness of 3/4 inch.

Use a biscuit cutter to cut rounds of dough. Start cutting from the outside to avoid waste. Then do the same with the other half of the dough.

Pat the scraps together and reroll to cut more biscuits. Use a minimum of flour so that the biscuits won't be too dry.

Transfer the biscuits to the prepared baking sheet, leaving a little space between them. Brush the tops with **1/4 cup cream** using a pastry brush.

Bake 20 minutes (convection oven: 13 minutes), then check. They should be golden brown.



PIZZA!

INGREDIENTS:

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

COOKING TOOLS:

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

Rub a plastic tray with flour and put a 1-pound ball of refrigerated dough on top. Cover it with a damp warm 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.



POPOVERS

INGREDIENTS:

3 eggs
1½ cups milk or soy milk
1/2 cup whole wheat flour
1 cup white flour
3 Tablespoons butter
1/2 teaspoon salt
honey or jam

COOKING TOOLS:

2 12-cup muffin pans
small porcelain bowl
big mixing bowl
measuring cups: 1, 1/2
measuring spoons
ice cream scoop, mug
whisk, fork
pastry brush, timer

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

Melt the butter in the microwave in a mug with a paper towel on top.

Using the pastry brush, paint the insides of 18 muffin cups (1½ muffin pans) with the butter.

Break 3 eggs into the small porcelain bowl.

Beat the eggs with a fork.

Add 1½ cups milk and mix well with the whisk.

Add the flours and salt, and whisk everything together until it's smooth.

Use an ice cream scoop, pour the batter into the muffin cups, about 2/3 full.

Bake 30 minutes without opening the oven (convection oven: 20 minutes).

Remove the popovers from oven. Prick them with a fork to let the steam escape. Serve them hot with honey or jam.



ROTI

INGREDIENTS:

2 cups chapati flour
1 teaspoon salt
1 Tablespoon vegetable oil
1 cup water
1/2 cup ghee (clarified butter)
extra flour for rolling

COOKING TOOLS:

big plastic tray or cutting board
griddle or nonstick saucepan
measuring cups: 1, 1/2
big mixing bowl, measuring spoons
wooden spoon, plate
whisk, food glove
mug, pastry brush
spatula, timer

Put 2 cups chapati flour in a big mixing bowl. Whisk in 1 teaspoon salt. Add 1 Tablespoon vegetable oil and stir with a wooden spoon. Then put on a food glove and use fingertips to distribute the oil evenly throughout the flour.

Make a well in the center of the flour. Slowly add 1 cup water, mixing with a wooden spoon.

Spray hands with a little cooking spray, then knead the dough with the until it's smooth and moist to the touch.

Divide the dough into 16 equal-sized pieces. Roll each one into a ball.

Sprinkle a plastic tray or cutting board with a little flour. Put a ball of dough on top and flatten it into a small circle. Using a rolling pin, roll each circle to about 6 inches across. If the dough sticks, rub the rolling pin with flour, but use as little as possible.

Put 1/2 cup ghee in a mug, cover with a paper towel, and microwave until melted.

Heat a griddle or a nonstick frying pan to high. Place the chapati on the hot surface and cook about 1½ minutes, or until small bubbles begin to form. Flip it over with a spatula and cook until it starts to puff (about 30 to 45 seconds). Flip again and press down on the chapati. Cook it very briefly; it should inflate.

Place the cooked roti on a plate and brush each one with a small amount of ghee. Stack them up until all are cooked.



SWEET POTATO MINI PIES (page 1)

INGREDIENTS FOR CRUST:

2 cups white flour + extra for rolling
1 cup whole wheat flour
4 teaspoons powdered sugar
2/3 cup shortening
2 Tablespoons butter
2 Tablespoons soy creamer
1/2 teaspoon salt
1/2 cup ice water

COOKING TOOLS:

measuring cups: 1, 1/3
measuring spoons, mug
sifter, whisk
rolling pin
big mixing bowl, table knife
drinking glass, food gloves
2 gallon baggies

Put some ice cubes in a glass of water ahead of time, or put 1 cup water in the freezer until it's ice cold.

Sift into a big mixing bowl: 2 cups white flour, 4 teaspoons powdered sugar, 1/2 teaspoon salt. Whisk in 1 cup whole wheat flour. Add 2/3 cup shortening. Put on food gloves and squeeze everything together.

Microwave 2 Tablespoons butter in a mug with a napkin on top until melted, then gradually add it to the dough, along with 2 Tablespoons soy creamer. Add 1/2 cup ice water and keep squeezing until the dough is well mixed. If it's too dry, add a little more ice water.

Divide the dough the dough in half and put in 2 gallon baggie. Roll the baggies flat with the hands and a rolling pin until the dough fills the baggies. Then chill the dough in the refrigerator for at least 1/2 hour.



SWEET POTATO MINI PIES (page 2)

INGREDIENTS FOR FILLING:

1 pound cooked sweet potatoes
1 stick sweet butter
1/2 cup white sugar
1/3 cup milk
1 egg
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon salt
1 teaspoon vanilla extract
2 Tablespoons cornstarch
a little white flour for rolling

COOKING TOOLS:

big plastic tray, mug
kitchen knife, rolling pin
2 12-cup muffin pans, cooking spray
scissors, fork
big mixing bowl, small ceramic bowl
empty wide-mouth tin can or biscuit cutter
masher, small bowls
measuring cups: 1/2, 1/3
measuring spoons, wooden spoon
ice cream scoop, rubber scraper
oven mitts, timer

Beforehand: Boil 1 pound sweet potatoes in skin for 30 to 40 minutes, or until done. Put in a colander and run cold water over them, then peel off the skin.

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

Spray 2 12-cup muffin pans with paper muffin cups.

Sprinkle a big plastic tray with a little white flour. Spread pie dough on the tray and roll thin with a floured rolling pin. Press an empty wide-mouth tin can or a biscuit cutter on the dough and break off circles of dough. Place each circle in a sprayed muffin cup.

Bake crust 10 minutes (convection oven: 5 minutes), then remove from oven and let it cool.

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

Pour the melted butter into a big mixing bowl. Stir in 2 Tablespoons cornstarch, 1/2 cup sugar, 1 teaspoons vanilla, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/2 teaspoon salt, 1/3 cup milk.
Have a taste!

Break an egg into a small ceramic bowl and stir with a fork. Gradually add to the butter mixture.

Put the sweet potatoes in a big mixing bowl and mash with a masher. Add the butter-egg mixture and keep mashing. Stir with a wooden spoon until the mixture is smooth.

Using an ice cream scoop, transfer the filling to the muffin cups. **Bake 35 minutes** (convection oven: 18 minutes), then check. The centers should be set.

TOMATO RICE SOUP

INGREDIENTS:

28-ounce can tomatoes
1 yellow onion
1 bell pepper
1 Tablespoon vegetarian bouillon
1 cup milk, 1 cup water
handful of basil
1/2 teaspoon black pepper
bay leaf
a little grapeseed oil
1 cup cooked brown rice
Saltine or Ritz crackers
optional: cayenne or chili powder

COOKING TOOLS:

hot plate, saucepan
can opener, blender
big mixing bowl, medium bowl
small bowls, slotted spoon
rubber scraper
1-cup measure, measuring spoons
wooden spoon, ladle
oven mitts, timer

Beforehand: Cut a yellow onion and a bell pepper into small pieces and fry in a little grapeseed oil until slightly soft. Put aside in a medium bowl.

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Grind 1/2 teaspoon black pepper into a small bowl. Tear a handful of basil into small pieces and put in a small bowl.

Put the tomatoes in a saucepan. Stir in 1 Tablespoon vegetable bouillon, 1 bay leaf, the black pepper, and 1 cup of water with a wooden spoon. **Bring to a boil, then reduce heat and simmer about 15 minutes.**

Using a slotted spoon, remove the bay leaf.

Add 1 cup of milk to the tomatoes and stir in the fried onion, bell pepper and basil.

Scoop the tomato mixture into a blender. Blend until smooth. Pour it into a big mixing bowl. Then pour it back into the cooking pot, add 1 cup of cooked brown rice, and reheat it at low heat.

Serve with Saltine or Ritz crackers and optional cayenne or chili powder.



VEGETABLE MINI QUICHE

INGREDIENTS:

dough for 2 pie crusts
5 eggs
1¼ cup soy creamer
3 ounces sharp cheddar cheese
1 medium-size zucchini, diced
1 medium-size tomato, diced
1 large carrot
1/2 teaspoon salt, 1/2 teaspoon black pepper
1/2 teaspoon mustard powder
1 teaspoon fresh oregano, torn
1 teaspoon fresh thyme, torn
about 1/2 white flour for sprinkling
optional: chopped parsley, spinach, chives, purple onion

COOKING TOOLS:

big plastic tray, big mixing bowl
2 12-cup muffin pans, peeler
medium ceramic bowl, whisk
small bowls, grater
cutting board, sharp knife
measuring cups: 1, 1/4
measuring spoons, spatula
rolling pin
empty tin can, scoop
wooden spoon, rubber scraper
cooking spray, toothpick
oven mitts, timer

If using frozen dough, defrost it several hours ahead of time. Optional: chop parsley and chives on a cutting board and put in separate bowls.

Spray 20 muffin cups thoroughly with cooking spray so that the dough doesn't stick.

Peel off and discard the outer layer of a carrot. Then continue peeling and save the rest of the peels.

Dice a zucchini and a tomato into small pieces. Put aside.

Grate 3 ounces sharp cheddar cheese and put in a small bowl. Tear some fresh thyme and oregano into small pieces, and add about 1 teaspoon of each to the cheese.

Sprinkle a plastic tray with white flour and rub it in. Put the pie crust on the tray and roll it quite thin with a rolling pin. Then use an empty tin can to cut circles of dough. Gently place the dough circles in about 20 muffin cups to fill the bottom and sides. Put aside.

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

Crack 5 eggs in a medium bowl. Stir with a fork to break the yolks. Whisk in 1¼ cups soy creamer, 1/2 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon mustard powder, and then the cheese, oregano and thyme. This is the wet mix.

Put your choice of chopped vegetables (and optional parsley and chives) in the prepared muffin cups, about halfway to the top. Then scoop the wet mix on top, until it almost fills the cups.

Bake 25 minutes (convection oven: 16 minutes), then check with a toothpick.

Note: To make quiche with no crust, put the filling directly in a sprayed muffin cup.

WHOLE WHEAT SCONES

INGREDIENTS:

1½ cups white flour
1 cup whole wheat flour
1/3 cup white sugar
1 Tablespoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon salt
1 stick sweet butter
2/3 cup milk or soy milk
1/2 teaspoon vanilla extract
1/2 cup raisins or dried cranberries
extra flour for kneading
honey, fruit jam or jelly

COOKING TOOLS:

big plastic tray
big mixing bowl
medium mixing bowl
2 baking sheets
2 Silpat sheets or parchment paper
cookie cutter, mug
sifter, whisk
wooden spoon
measuring cups: 1, 1/2, 1/3
measuring spoons
rolling pin, rubber scraper
oven mitts, timer

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

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

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

Put 2/3 cup milk in a medium mixing bowl. Whisk in the melted butter and 1/2 teaspoon vanilla. This is the wet mix.

Preheat oven to 400 degrees (convection oven: 375 degrees).

Stir 1/2 cup raisins and/or cranberries into the wet mix.

Gradually add the dry mix to the wet mix, stirring with a wooden spoon. When it's thoroughly mixed, form it into a ball.

Sprinkle flour on a big plastic tray. Place half the dough in the middle of the tray and roll it with a rolling pin until it's about 1/2 inch thick. Use extra flour if the dough sticks.

Press down into the dough with a cookie cutter, starting on the outer edge of the dough. Move the cookie cutter to separate the cutout from the rest of the dough. Then place the piece of dough on a prepared baking sheet. Reroll the scraps to use all the dough, using a minimum of flour.

Bake 11 to 12 minutes (convection oven: 9 to 10 minutes), or until the scones are slightly brown on the bottom. Put them on a plate to cool. Serve with honey or jam.

BEVERAGES



BANANA ORANGE SMOOTHIE

INGREDIENTS:

6 ripe bananas
6 oranges or tangerines
2 quarts milk
optional: 1/4 cup raspberry syrup

Blend all ingredients in a blender except the raspberry syrup. Optional: add the raspberry syrup and continue blending. Some people prefer this smoothie without the syrup.

"BLOODY" SODA

INGREDIENTS:

soda water, ice cubes
red syrup (cherry, strawberry or red velvet)

When I first served this beverage to the baking class, I called it Italian soda. But in 2014, because of its bright red color, one student renamed it "bloody soda." Since then, the new name has stuck.

To make the beverage, pour a little syrup in a glass. Fill the glass halfway with soda water, stir until dissolved, then add ice cubes. The usual proportion is about 1 part syrup to 5 parts soda water. Adjust the amount of syrup and juice until it's just right. Drink through a straw.

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

CARROT JUICE

This juice has one of the greatest natural flavors of any vegetable. Simply peel some long carrots and put them through a juicer. You'll find that most of the carrot is pulp, but the juice itself is highly concentrated. One pound of carrots makes approximately one cup of juice. Drink it plain or mixed with apple juice.

CHRYSANTHEMUM TEA

Chrysanthemum tea is brewed from dried yellow flowers. It's popular with Chinese food.

Use about 3/4 Tablespoon tea leaves per 8-ounce cup. Bring water to a boil, pour it into a teapot, then let it sit for a minute or two so that the temperature drops from 212 degrees to about 195 degrees. Then stir in the tea leaves and let it steep for about 5 minutes. Strain and serve.

CHOCOLATE MILK

INGREDIENTS:

1 quart milk
1/4 cup dutched chocolate
1/2 cup white sugar
1/2 teaspoon vanilla extract
optional: cinnamon sticks

Cover 1 cup of milk with a napkin and heat in the microwave until it's hot but not boiling.

Pour the milk into a big ceramic bowl. Stir in 1/2 cup sugar, 1/4 cup Dutched chocolate powder and 1/2 teaspoon vanilla.

When it's dissolved, add 3 more cups of milk, cover the bowl with a big plate and heat in the microwave.

Optional: When serving, put a cinnamon stick in each cup.

Note: When making hot chocolate, it's best to use Dutched chocolate, which has a smoother flavor than cocoa powder. Use cocoa powder for baking because it's sharper and more chocolaty.

COFFEE MILK

INGREDIENTS:

2 cups strong decaf coffee
1 quart milk
2 Tablespoons sugar
ice cubes

Make 2 cups of strong decaf coffee. Stir in 2 Tablespoons sugar, then let it cool down.

When it has cooled, pour it into a big mixing bowl and stir in 1 quart milk. Add some ice cubes and serve with a ladle. If desired, add more sugar or milk.

HOT MULLED CIDER

Put 1/2 gallon apple cider in a big Pyrex bowl.

Add about 1/2 cup mulling spices (made of allspice, cinnamon, cloves and dried orange peel).

Cover the bowl with a ceramic plate and microwave it till it's very hot. Then let it sit for a few minutes so that all the spices will give off their flavor.

Pour the cider through a tea strainer to leave the solid spices behind. Enjoy it while it's still hot.

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.

For extra flavor, add a little orange juice.

MINT CUCUMBER LEMONADE

INGREDIENTS:

4 lemons
1/2 cup fresh mint leaves
1/2 English cucumber
1/2 gallon water

Squeeze 2 lemons over a bowl. Save the juice and discard the peel. Slice 2 lemons thinly and put aside. Cut 1 Persian cucumber into thin slices and put aside.

Rinse 1/2 cup (about 1/2 ounce) fresh mint leaves, then put in a big pitcher with 1/2 gallon water. Stir in the lemon juice, lemon slices, and cucumber slices.

Cover the pitcher and put in the refrigerator overnight so the flavors can blend. When ready to drink, serve in big cups with straws. Do not consume the solid ingredients.

Alternate version: use strawberries instead of lemon.

ICED GREEN TEA WITH LIME

INGREDIENTS:

4 tea bags green tea
1/2 cup sugar
6 to 8 limes
agave syrup
ice cubes

COOKING TOOLS:

water heater, lemon squeezers
quart-size teapot, pitcher
slotted spoon, small bowls
cutting board, sharp knife
big mixing bowl, medium bowl
paper cups, saran wrap
1/2 cup measure, timer

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

When the water boils, pour it into the teapot. Wait about 10 seconds, then put in 4 green tea bags. Set the timer and let it steep for 3 minutes. Then remove the tea bags and pour the tea into a big mixing bowl. Stir in 1/4 cup sugar until dissolved.

Cut 6 to 8 limes in half on a cutting board, then squeeze them over a medium bowl with a lemon squeezer until you have 1/2 cup of juice.

Pour the lime juice through a strainer into a small bowl.

Fill a pitcher halfway with ice cubes.

Pour the hot tea into the pitcher and stir with a slotted spoon. If all the ice cubes melt, stir in more of them until some ice remains.

Add some of the lime juice, and some agave syrup if necessary. Keep sampling the tea by the spoonful until it has just the right balance of lime and sweetener.

Alternate version: Serve green tea hot or cold with milk instead of lemon.

MINT TEA

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

Mint grows very well in San Francisco. If you get a seedling from Trader Joe's or a plant nursery, it will thrive in almost any conditions and provide mint leaves almost year-round.

ENGLISH TEA

INGREDIENTS:

2 Tablespoons black tea

milk

sugar

1 quart water

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

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

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

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

If the tea steeps too long, it will become bitter.

To save the tea for later, strain it into another container, such as a heavy glass jar. When it cools down, put on the lid and refrigerate it. Then reheat it in the microwave anytime. It will stay good for at least a week.



THAI TEA WITH BOBA

INGREDIENTS:

1 cup dried boba balls
3 Tablespoons decaf 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 1/2 gallon 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. Turn off the heat and leave it on the stove for another 15 minutes. Then strain it, put it in a sealed container with 2 cups fresh water, and store it in the refrigerator until ready to use.

For the tea: Boil 1 quart water in a kettle and pour in a big teapot. Pour the water back in the kettle. Put 2 Tablespoons black tea leaves (regular or decaf) 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 cover and 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.



*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!
Pizzeria Delfina, 3611 18th St. (shown below),
Rainbow Grocery, 1745 Folsom St. (front cover),
and Civic Kitchen Cooking School, 2961 Mission St.***



*The food and beverages for this year's baking and cooking classes were
generously donated by Rainbow Grocery (www.rainbow.coop)*

Max Millard (below) grew up on a farm in Maine and moved to San Francisco in 1980, where he worked as a journalist before becoming a teacher. He has taught baking and cooking at San Francisco Friends School since 2011. He developed many of his recipes during the 10 years he spent as a cooking teacher at Alvarado Elementary School and Early Steps Family Child Care. He is a vegetarian and a gardener at the Fort Mason Community Garden.



Jen Nurse (below) has been the co-teacher of the Friends School baking class with Max Millard since 2015. She and her husband Chris own and operate the Civic Kitchen Cooking School, which they established in 2018 at 2961 Mission Street. The school offers a constantly changing array of cooking classes for adults and teens, which can be viewed at www.civickitchensf.com.



Akesha Clarke, co-teacher of the vegetarian cooking class, was born and raised in Chicago, where she always enjoyed watching and helping her mother in the kitchen. As she grew older, she became a specialist in vegan cooking. She has been teaching children for over 10 years, primarily in New York City. At Friends School she works as an ED teacher and a substitute teacher.











