



# Life Skills

*Cooks in the Kitchen*

## Kitchen Safety with Roger Rabbit



# Kitchen Safety



# Crunchy Corn Chip Pie

There's a Chef in My Family by Emeril Lagasse

## Ingredients:

1 T oil  
1 lb ground beef  
1 ½ cups chopped onion  
2 T minced garlic  
1 T + 1 tsp chili powder  
1 tsp salt  
1 tsp ground cumin  
½ tsp pepper  
1 ½ cup water  
¼ cup tomato paste  
1 tsp sugar  
1 cup canned black beans, drained  
4-6 cups corn chips  
1 cup grated monterey Jack cheese  
1 cup chopped fresh tomato  
½ cup chopped scallions

Heat oil in saucepan. Cook ground beef until browned. Add onion, garlic, chili powder, cumin, salt, pepper and cook until onions are soft. Add water, tomato paste, and sugar, stir to mix. Bring to boil. Reduce heat and simmer until most liquid had evaporated. Add beans and heat through. To serve, put corn chips in a bowl and top with meat mixture. Garnish with cheese, tomato, and scallions.

# Kitchen Safety



# Nacho Fiesta

There's a Chef in My Family by Emeril Lagasse

## Ingredients:

1 bag tortilla chips  
8 oz cheddar cheese, shredded  
¼ cup thinly sliced scallions  
salsa  
guacamole  
½ cup sour cream

Layer chips and cheese. Heat until cheese melts. Sprinkle with scallions. Serve with salsa, guacamole, and sour cream.

## Salsa

3 ripe plum tomatoes  
¼ cup chopped onion  
2 T minced fresh cilantro  
1 clove garlic, minced  
2 tsp salt  
¼ tsp hot sauce

Combine all ingredients in a food processor.

## Guacamole

1 ripe avocado  
1 T chopped onion  
1 clove garlic, minced  
1 T minced fresh cilantro  
2 tsp lime juice  
⅛ tsp salt

Combine ingredients, mashing with fork if needed.

# Fruit Smoothies



## Jamie Oliver's Winter Smoothie





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### Ingredients:

Fruit- Blueberry, banana, raspberry, kiwi,

Ginger root

Yogurt

Nuts- Almonds, sunflower seeds, oats

Honey

Lime juice

Milk

Blend in blender.

# Creamy Dreamy Orange Freeze

There's a Chef in My Soup by Emeril Lagasse

## Ingredients:

2 cups orange juice

1 cup ice cubes

$\frac{1}{3}$  cup dry milk

$\frac{1}{4}$  cup honey

Combine all ingredients in a blender until smooth and frothy.

Pour into glasses and serve.

Add pineapple juice or coconut milk for a tropical twist.

## Pita Bread Pizza



## Quick Skillet Pizza



# Pita Pizza

## Ingredients:

- 1 jar pizza sauce

- 1 ½ cups grated mozzarella cheese

- Pita rounds

- Toppings, mushrooms, olives, pepperoni, chopped green pepper, chopped onion, etc.,

Spread sauce on pita. Add cheese and toppings. Heat until melted in oven, toaster oven, or microwave.

## Processed Food with Jamie Oliver



# Crunchy Fish Fingers



# Crunchy Fish Fingers

## Ingredients:

- 1-2 slices wheat bread
- 1 lemon
- 3 sprigs fresh thyme
- fresh ground black pepper
- vegetable oil
- thicker white fish steaks

[http://www.jamieoliver.com/recipes/fish-recipes/jools-crunchy-fish/?utm\\_source=social&utm\\_medium=RecipeOftheDay&utm\\_term=2015#hXOdVBctbFACFx](http://www.jamieoliver.com/recipes/fish-recipes/jools-crunchy-fish/?utm_source=social&utm_medium=RecipeOftheDay&utm_term=2015#hXOdVBctbFACFx)  
Ch.97



# Michelle Obama and Muppets Healthy Eating



# My Kinda Salad

There's a Chef in My Family by Emeril Lagasse

## Ingredients:

croutons  
French bread, cut into 1 inch cubes  
1 tsp italian seasoning  
1 cup olive oil  
1 ½ tsp chopped garlic  
2 T white wine vinegar

1 head romaine lettuce, cut into bite sized pieces  
½ cup parmesan cheese

Preheat oven or toaster oven to 350. Toss bread cubes with italian seasoning, ⅓ cup of the olive oil, garlic, and vinegar. Bake until lightly browned.

## Dressing

2 T white wine vinegar  
1 T dijon mustard  
1 T balsamic vinegar  
1 tsp lemon zest  
1 tsp sugar  
¼ tsp salt  
⅛ tsp pepper

Mix together in a mixing bowl with a whisk until smooth. Toss lettuce with dressing and top with croutons and cheese.

# Swedish Chef Flapjacks



# Make 'Em Pancakes

There's a Chef in My Soup by Emeril Lagasse

## Ingredients:

- 2 cups flour
- 2 tsp sugar
- 2 tsp baking powder
- ½ tsp salt
- 2 eggs
- 2 ½ cups milk
- 4 T melted butter
- 2 T cold butter

Stir the flour, sugar, baking powder, and salt together in a large bowl. In another bowl, whisk eggs, melted butter, and milk until smooth. Add milk and eggs to the flour and whisk together until just combined. In a large skillet, melt 1 tsp cold butter. Spoon batter onto butter, turning when bubbles form on the surface. Serve with syrup, whipped cream, and/or fresh fruit.

## Cooking with Dog Miso Ramen



# Miso Ramen

## Ingredients:

1 package of Instant Ramen Noodles, Miso

2~3 Thin Pork Belly Slices (correction: The pork is belly slices, not loin slices.)

1 Large Garlic Clove, Chopped

80g Cabbage (2.8 oz)

70g Moyashi Bean Sprouts (2.5 oz)

¼ tsp Doubanjiang - Chili Bean Paste

½ tsp Miso

½ tsp Soy Sauce

½ tsp Oyster Sauce

Sesame Oil

400ml Hot Water

3 tbsp Corn, Canned

3 tbsp Spring Onion Leaves, Chopped

<https://www.youtube.com/watch?v=J7fZjiLV36c>

## Gordon Ramsay Dumpling Fail



# Pesto Cheese Dip

## Ingredients:

- 2 Tablespoons walnut pieces
- 1 cup fresh basil leaves
- 1 teaspoon minced garlic
- ¼ cup parmesan cheese
- ½ cup olive oil
- 8 oz cream cheese, softened
- Crackers, bagel chips, or tortilla chips

Combine walnuts, basil, garlic, parmesan cheese, and olive oil in a food processor and blend until smooth. Place cream cheese in the center of a plate, spoon pesto over the top, dress with crackers around the cheese. Enjoy!



# Food Magic Tricks



# Totally Sloppy Joes

There's a Chef in My Family by Emeril Lagasse

## Ingredients:

- 1 ½ lbs ground beef
- ½ cup yellow onion, chopped
- 1 T minced garlic
- ½ cup red wine vinegar
- 1 can tomato sauce
- 2 T brown sugar
- 1 T italian seasoning
- ¼ tsp pepper
- ⅛ tsp salt
- 6 hamburger buns

Cook hamburger in skillet until browned. Add onion and saute until soft. Add garlic, vinegar, tomato sauce, brown sugar, seasoning, pepper and salt. Stir to mix. Bring to boil. Reduce heat and simmer 15 minutes. Serve on toasted buns.

# Tasting New Foods



# Fettuccine Alfredo My Way

There's a Chef in My Family by Emeril Lagasse

## Ingredients:

- 1 lb fettuccine noodles
- 1 T + 1 tsp salt
- 2 T butter
- 1 T olive oil
- ¼ cup diced ham
- ½ cup chopped yellow onion
- 1 T minced garlic
- 2 cups heavy cream
- ½ cup green peas
- ½ tsp pepper
- 1 cup parmesan cheese
- 2 T fresh parsley

Bring a large pot of water and 1 T salt to a boil and cook pasta until tender. Melt butter and heat oil in skillet. Add ham, onion, garlic. Add cream and bring to boil. Cook about 5 minutes. Add peas and salt and pepper to taste. Drain pasta. Pour sauce over pasta. Add cheese and toss to coat. Add parsley.

## Funny Kitchen Tips



# Totally Terrific Cheese Toast

There's a Chef in My Soup by Emeril Lagasse

## Ingredients:

- 1 stick butter, softened
- 1 ½ tsp italian seasoning
- 1 tsp minced garlic
- 1 loaf french bread, sliced longways
- Cheddar cheese, thinly sliced

In a small bowl, mix together the butter and seasonings. Spread butter onto bread. Top with cheese. Bake until cheese is bubbly and bread is light brown. Cut into slices and serve.

## Funny Kitchen Fails



# It's a BBQ Chicken Wrap and Coleslaw

There's a Chef in My Soup by Emeril Lagasse

## Chicken Wraps

### Ingredients:

- 2 cups cooked shredded chicken
- 2 cups bbq sauce
- flour tortillas

Combine chicken and bbq sauce in a bowl and heat through, either in a pan or microwave. Warm tortillas. Spoon chicken and a spoonful of coleslaw onto tortillas and roll up.

## Coleslaw

- 1 cup shredded green cabbage
- 1 cup shredded red cabbage
- $\frac{1}{4}$  cup minced onion
- $\frac{1}{4}$  cup mayonnaise
- 2 T chopped green onion
- 1 T creole mustard or other whole grain spicy mustard
- 1 tsp honey
- $\frac{1}{2}$  tsp italian seasoning
- $\frac{1}{4}$  tsp salt
- pinch pepper

Combine all ingredients in a large bowl and stir well. Refrigerate before serving.



## Jamie Oliver and Jimmy Kimmel (fast forward 5:02-7:45)



## Hot Dog Spaghetti



# You Gotta Love Spaghetti and Meatballs

There's a Chef in My Soup by Emeril Lagasse

## Ingredients:

- 1 Jar tomato sauce
- 1 egg
- 1 lb ground beef
- ½ cup chopped onion
- 1 tsp minced garlic
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp dried parsley
- ¼ tsp pepper
- 2 tsp yellow mustard
- 1 tsp ketchup
- ½ tsp italian seasoning
- ½ tsp salt

Bring red sauce to simmer in a heavy pot. Place all remaining meatball ingredients in a large mixing bowl and stir well to combine. Wash hands and roll 1T meat into balls. Gently place meatballs into sauce and simmer uncovered for 10 minutes before stirring. Simmer additional 20 minutes or until centers are no longer pink. Serve over cooked pasta.

## Gordon Ramsay-Jimmy Kimmel Taste Test



# Tuna Salad on Crackers

There's a Chef in My Soup by Emeril Lagasse

## Ingredients:

- 2 6oz cans tuna, drained
- 2 Tablespoons mayonnaise
- 2 Tablespoons ranch dressing
- 2 Tablespoons chopped celery
- 2 Tablespoons onion
- 1 teaspoon italian seasoning

Combine all ingredients and serve on crackers.

# French Toast



# French Toast

## Ingredients:

3 Eggs

$\frac{1}{3}$  Cup Milk

1 tsp Vanilla

1 tsp Cinnamon

Sliced Bread

Butter

Whisk eggs, milk, vanilla, and cinnamon in a flat bottomed dish. Add a bit of butter to a hot griddle. Quickly dip a slice of bread into the egg mixture and place on griddle. Once browned, turn. Serve with fruit, butter, and syrup

# No Bake Cheesecake

## Ingredients

- 2 packages (20 sheets) graham crackers
- 11 tablespoons (1 3/8 sticks) unsalted butter, melted
- 2 tablespoons sugar
- 2 8-ounce packages cream cheese, room temperature
- 1 14-ounce can (1 1/4 cups) sweetened condensed milk
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract

Crush graham crackers in a plastic bag and pour into a bowl; stir in sugar. Add butter, and stir until well combined. Press the crumb mixture into a 9-inch springform or pie pan, spreading it 1 1/2 to 2 inches up the side and press flat. Chill crust in freezer at least 10 minutes. Beat the cream cheese in a large bowl until smooth. Beat in the condensed milk a little at a time. Add the lemon juice and vanilla. Pour the filling into the crust and smooth the top with a rubber spatula. Cover with plastic wrap, and refrigerate until firm, 2 1/2 to 3 hours.



# Grilled Chocolate Banana Melt

## Ingredients:

Bananas

Mini marshmallows

Chocolate chips

Cinnamon Toast Crunch cereal or graham crackers, crushed

Slice banana lengthwise, can stay in peel! Open slightly and place in aluminum foil. Insert marshmallows and chocolate chips. Wrap in foil and bake in oven, toaster oven, or grill for 5-6 minutes or until soft and gooey. Unwrap banana and add graham or cereal.

# Fresh and Fruity Freeze Pops

There's a Chef in My Soup by Emeril Lagasse

## Ingredients:

1 ½ cups strawberries, sliced  
½ cup raspberries  
½ cup blueberries  
½ cup simple syrup

Combine all ingredients in a blender until blended and smooth. Divide into paper cups and stand a popsicle stick in the center. Freeze overnight.

## Simple Syrup

1 ½ cups sugar  
1 ½ cups water

Combine ingredients in saucepan and bring to a boil without stirring. Remove from heat and cool.

# Popcorn Cake

There's a Chef in My Family by Emeril Lagasse

## Ingredients:

¼ cup + 2 tsp vegetable oil

4 qts popped popcorn

2 cups M&M's

1 cup lightly salted peanuts

½ cup butter

1 lb mini marshmallows

Grease cake pan with 2 tsp oil. Set aside. In large bowl, mix the popped corn with the M&M's and peanuts. Set aside. In saucepan, melt butter, remaining ¼ cup oil, and marshmallows over low heat. When melted, pour marshmallow mixture over popcorn and stir to combine. Spoon mixture into cake pan, pressing with the back of a spoon and let cool.

# Veg Curry Roll



# Lunchbox Ideas



# Broccoli Cheddar Soup



# Boba Tea



# Papadam Snacks





# Emeril Lagasse and Swedish Chef Crustless Quiche



# Online Resources:

<http://www.serious-eats.com/2011/03/ramen-hacks-30-easy-ways-to-upgrade-your-instant-noodles-japanese-what-to-do-with-ramen.html>

<http://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids.html>

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/family-friendly-recipes-0>

<http://www.bbcgoodfood.com/recipes/collection/kids-cooking>

# Baking in a Toaster Oven:

<http://www.buzzfeed.com/robfranklin/i-literally-have-never-opened-the-oven-in-my-apartment#.jwLeWYYa4>