

Recipes from The Sneaky Chef Culinary Demonstration

presented by



Sneaky Dough Demonstration for Breadsticks and Pizza

Ingredients	Bakers%	Grams
Healthy Choice All-Purpose Flour Blend T-2 <i>made with Ultragrain</i>	100	1136
Olive Oil	5	56
Sugar	3	36
Salt	2	22
Dry Instant Yeast	1	12
Water	65	738
Total	176	2000

Combine all of the ingredients in a large plastic container, stir together with a spatula until all flour has hydrated. Cover the container and let sit at room temperature for 12-18 hours.

Heavily flour a working surface, empty contents of the container on the floured surface. Fold the dough together to form a ball, cover and rest for 1 hour.

In the meantime prepare full sheet pans, place parchment paper and lightly oil the surface of the parchment paper. Place the dough onto the sheet pan (2000g) and stretch the dough to cover the entire sheet pan.

Cover and rest for 1-2 hours or until doubled in size. Bake at 425F for 20-25 minutes. Cut in sticks and serve.



Quick Fixes for Store-Bought Tomato Sauce (for pizza & pasta)

Each of the following quick fixes are for 1 cup of bottled sauce. Use alone or in combination:

- 2-4 tablespoons White Puree (See Make-Ahead Recipe on other side)
Combine White Puree with store-bought sauce, mixing until well blended. If the sauce becomes too light, simply mix in a tablespoon or so of canned tomato paste to bring the color back to a deeper red.
- 2-4 tablespoons Orange Puree (See Make-Ahead Recipe on other side)
Combine Orange Puree with store-bought sauce, mixing until well blended. If the sauce becomes too light, simply mix in a tablespoon or so of canned tomato paste to bring the color back to a deeper red.

Sneaky Baked Ziti

- 1 pound ziti or rigatoni noodles made with Ultragrain whole grain flour
- 1 cup firm tofu, mashed well or pureed in a food processor (½ of a 14 ounce block)
- 2½ cups store-bought tomato sauce
- 1 cup Orange Puree (see Make-Ahead Recipe on other side)
- ½ cup grated Parmesan cheese
- 3 cups shredded part skim mozzarella cheese

Preheat oven to 375 degrees and spray a 13" x 9" glass baking dish with oil.

Cook pasta according to package directions until slightly firm. Drain and place in the prepared baking dish. Mix tofu, tomato sauce, and Orange Puree in a bowl. Toss pasta with the sauce mixture and 1 cup of the mozzarella cheese. Top the pasta with a combination of the Parmesan and the remaining 2 cups of mozzarella cheese, sprinkling evenly over the top. Cover ziti with foil. Bake 30 minutes.

Uncover. Bake another 10 to 15 minutes or until the top is lightly browned.

White Bean Puree Variation

Follow instructions for Sneaky Baked Ziti, but replace the Orange Puree with the same amount of White Bean Puree (See Make-Ahead Recipe on other side). Alternatively, you can add both the White Bean and Orange purees in this recipe, for an even healthier dish.

Unbelievable Chocolate Chip Cookies

Makes about 50 two-bite cookies

- 1 cup Healthy Choice All-Purpose Flour Blend T-2
made with Ultragrain
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup rolled oats, finely ground in a food processor
- 8 tablespoons unsalted butter
- ¼ cup sugar
- ¼ cup brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- ¼ cup White Bean Puree (see Make-Ahead Recipe below)
- ½ cup semi-sweet chocolate chips



Preheat oven to 375 degrees. Remove butter from refrigerator to let soften.

In a large bowl, whisk together flour, baking soda, salt, and ground oats. Set aside.

In the bowl of an electric mixer, beat butter and both sugars until creamy. Beat in egg, vanilla, and White Bean Puree. Add dry ingredients and mix on low speed. Stir in chocolate chips. Make two-bite cookies by dropping rounded half-teaspoonfuls, spaced 2 inches apart, onto nonstick or parchment-lined baking sheets.

Bake for 12 to 14 minutes or until golden brown. Let cool on a metal rack. Store cookies in airtight container at room temperature.

Sneaky Chef Make-Ahead Recipe: White Puree

- 2 cups cauliflower, cut into florets
- 2 small to medium zucchini, peeled and rough chopped
- 1 teaspoon fresh lemon juice
- 1–2 tablespoons water, if necessary

Steam cauliflower in a vegetable steamer over 2 inches of water, using a tightly-covered pot, for about 10 to 12 minutes until very tender. Alternatively, place cauliflower in a microwave-safe bowl, cover with water, and microwave on high for 8 to 10 minutes until very tender. While waiting for the cauliflower to finish steaming, start to pulse the raw peeled zucchini with the lemon juice only (no water at this point). Drain the cooked cauliflower. Working in batches if necessary, add it to the pulsed zucchini in the bowl of the food processor with one tablespoon of water. Puree on high until smooth. Stop occasionally and push contents from the top to the bottom. If necessary, use the second tablespoon of water to make a smooth (but not wet) puree.

Makes about 2 cups of puree. Double recipe if you want to store even more, which can be done in the refrigerator for up to 3 days, or freeze ¼ cup portions in sealed plastic bags or the small plastic containers.

Sneaky Chef Make-Ahead Recipe: Orange Puree

- 1 medium sweet potato or yam, peeled and rough chopped
- 3 medium to large carrots, peeled and sliced into thick chunks
- 2–3 tablespoons water

In a medium pot, cover carrots and potatoes with cold water and boil for about 20 minutes until yams, and especially carrots, are very tender. If the carrots aren't thoroughly cooked, they'll leave telltale little nuggets of vegetables, which will reveal their presence (a gigantic no-no for the sneaky chef).

Drain the potatoes and carrots and put them in the food processor with two tablespoons of water. Puree on high until smooth; no pieces of carrots or potatoes should remain. Stop occasionally to push the contents from the top to the bottom. If necessary, use the third tablespoon of water to make a smooth puree, but the less water the better.

This makes about 2 cups of puree. Double the recipe if you want to store another cup of puree. Store in refrigerator up to 3 days, or freeze ¼ cup portions in sealed plastic bags or small plastic containers.

Sneaky Chef Make-Ahead Recipe: White Bean Puree

- 1 15-ounce can white beans (great northern, navy, butter or cannellini)
- 1 to 2 tablespoons water

Rinse and drain the beans and put in the bowl of your food processor. Pulsing in on/off turns, puree the drained beans with just 1 tablespoon of water in processor until smooth, stopping occasionally to scrape down sides of bowl. The goal is a smooth, but not wet, puree. If necessary, thin with a little more water by one teaspoonful at a time until there are no flecks of whole beans visible.

Makes about 1 cup of puree. Store in the refrigerator up to 3 days, or freeze ¼ cup portions in sealed plastic bags or small plastic containers.

For more information on Healthy Choice All-Purpose Flour Blends made with Ultragrain, contact ConAgra Mills at 800-851-9618 or visit www.conagramills.com. For more information on The Sneaky Chef, visit www.thesneakychef.com.