

Oreo Truffles

Ingredients

- 4 Oreos
- 1 ½ oz soften cream cheese

Instructions

1. Place your Oreos into the food processor.
2. Turn on the food processor for about 30 seconds or until the Oreos are in a fine powder.
3. Place Oreos and cream cheese in the Kitchen Aid.
4. Wash the food processor container and blades
5. Turn on the Kitchen Aid to 2 and mix until all ingredients are well mixed. It should have no cream cheese spots. Only a black consistency.
6. Line a cookie sheet with parchment paper
7. Drop mixture into 1 teaspoon balls onto cookie sheet.
8. Place in freezer for 10 minutes while the mixture is hardening.
9. Wash your kitchen aid and any other dishes you used.

Food Processor Questions:

1. T/F The food processor will not turn on unless the lid is in the locked position.
2. How many parts does the food processor have to clean?
3. What rating would you give the Oreo Truffles? (1 being terrible, 10 being the best tasting)

Power Balls

Ingredients

- 1/4 cup oatmeal
- 1 T. chia seeds
- 2 t. flaxseed
- 5 almonds
- 1 T honey
- 1 T. Coconut oil
- 1 T. peanut butter

Instructions

1. Place oatmeal, chia seeds, flaxseed, and almonds in blender.
2. Turn blender on. Bring the speed up to 5.
3. Blend for 15 seconds until everything is a powder.
4. Place blender ingredients into a medium mixing bowl.
5. Add honey and peanut butter into the mixing bowl.
6. Stir until all contents are mixed together. It should form a dough ball.
7. Line a cookie sheet with parchment paper.
8. Drop mixture onto cookie sheet by the teaspoon full.
9. Place in freezer for 10 minutes while the mixture is hardening.
10. Wash all dishes.
11. When mixture is done hardening, get Mrs. Holbrook to see you eat your power ball. **If you don't get Mrs. Holbrook and eat it without her seeing it, then you will be docked 20 points.**

Blender Questions

4. What part of the blender should never be immersed (totally put) in water?
5. How do you clean the blender? (be specific)
6. What rating would you give the powerballs? (1 being terrible, 10 being the best tasting)

Sweet Sandwiches

Ingredients

- 4 slices of bread
- 4 Tablespoons Hazelnut Spread
- 1 T. Butter
- Cooking Spray

Instructions

1. Place 2 Tablespoons on one slice of bread.
2. Then place the other 2 Tablespoons on another slice of bread.
3. Place one of the slices of bread that has the hazelnut spread on one that doesn't.
4. Then do place the other two pieces of bread together.
5. Butter the outside of the sandwich with a thin layer of butter
6. Spray the sandwich maker.
7. Place on the sandwich machine for 2 minutes or until the outside is golden brown.
8. Remove from machine and let it sit for 30 seconds while it cools.
9. Wipe down machines with wet soapy towel to get off extra oil, and wipe the inside with a paper towel.
10. Wash all other materials that you used.

Panini/Sandwich Questions

1. Name 4 other types of fillings you could use in a Panini/ sandwich maker?
2. How do you wash both the inside and outside of the sandwich maker?

Microwave Apple Crisp

Ingredients

- 2 apples, peeled, sliced
- 1/3 cup packed brown sugar
- 1/3cup quick-cooking or old-fashioned oats
- 1/4cup Original Bisquick® mix
- 2 tablespoons butter or margarine, softened
- ½ teaspoon ground cinnamon
- 1/2teaspoon ground nutmeg

Instructions

1. Wash apples, take any stickers off.
2. Core apples (or take all seeds out.) Cut in half using a chef knife
3. Using the *Onion Chopper*, place ½ of an apple at a time and firmly press down.
Be sure to use both hands and keep fingers out of the way.
4. When apples are cut, place in the bottom of the large round glass bowl
5. In separate small bowl, stir brown sugar, oats, pancake mix, cinnamon, and nutmeg until crumbly. Sprinkle over apples.
6. Cut butter into small sections and place on top of mixture. Microwave uncovered for 7 to 10 minutes, until apples are tender. Serve warm.
7. Clean out microwave with a damp soapy cloth. Clean Chopper with cleaning prongs.

Microwave Questions

1. Name three types of containers that are safe to use for microwave cooking.
2. What type of container should not be used in the microwave?
3. Name two reasons why food that is cooked in the microwave should be covered.

Waffle Recipe

Ingredients

- 1 ½ cups all purpose flour
- 1 ½ tsp baking powder
- ¼ teaspoon salt
- 1 ¾ cup milk
- 2 Tablespoons butter
- 1 large egg

Instructions

1. Turn on Waffle Irons.
2. Crack egg into a bowl.
3. Scramble the egg. Set aside for later use.
4. Place butter in a microwave safe bowl.
5. Place butter in microwave and put splatter guard on top on bowl.
6. Microwave on HIGH for 10 seconds.
7. Mix butter.
8. If not melted all the way place in microwave for another 10 seconds with splatter guard on top. Then mix again.
9. Set butter aside for later.
10. In a medium mixing bowl, mix flour, baking powder, and salt together.
11. Stir in milk, butter and eggs until there are no lumps in it. (About 2 minutes)
12. Drop by the spoonful onto waffle irons.
13. Cook for about 3-5 minutes until the waffle is golden brown.

Questions on the Waffle Iron

1. Name 2 other foods/recipes that may be prepared on the waffle iron.(think of the video from class.)
2. Explain what kitchen equipment you can use to clean the waffle iron grids.
3. Explain how to clean the outside of the waffle iron.

Popcorn X 2

Ingredients

- 1/4 cup un-popped popcorn

Ingredients for chocolate:

- 1/4 cup white chocolate chips

Ingredients for chocolate:

- 1 T. seasoning
- 1 T. Butter

Directions:

YOU WILL BE MAKING 2 TYPES OF POPCORN TODAY! Start by popping all the popcorn together:

1. Pop the popcorn into a large mixing bowl. Divide in half (half in one bowl, half in another)
2. Line 2 baking sheets with a baking sheet and set aside.

Popcorn 1: Melt the chocolate chips in a plastic bowl for 30 seconds in the microwave- till smooth. DO NOT OVER COOK!!

3. Drizzle the chocolate over the popcorn, gently stirring with a wooden spoon to incorporate. Spread the popcorn evenly over the baking sheet Allow the chocolate to cool and harden.

Popcorn 2: melt butter in the microwave for 15 seconds at a time. Be sure that it is covered to avoid splatters

4. Add butter to popcorn and sprinkle seasonings on top.
5. Cover with plastic wrap, and shake like a salad.
6. Open up and enjoy!

Popcorn Popper Questions

1. Air popping is not the only way to make popcorn. Name 2 other ways:
2. Which way is the most nutritious?
3. T/F I need to clean my popcorn popper- so I will just put it all in hot soapy water.

Mashed Potatoes

Ingredients

- 1 potato
- 1 Tablespoon Butter
- 1 Tablespoon Milk
- Salt and Pepper to Taste

Instructions

1. Wash potato off with warm water. Make sure that you scrub off all the dirt.
2. Slice the potato into half.
3. Place each slice on the onion cutter on the metal blades.
4. Push down on top of the onion cutter **USING BOTH HANDS!!**.
5. Place in a microwave safe bowl. Cover with 2 cups of water.
6. Place bowl in microwave and cook for 5 minutes in the microwave or until tender with a fork.
7. Drain water from potato.
8. Place potato in a medium mixing bowl.
9. Mash potato with potato masher.
10. Add butter and milk to potato and mix with fork until everything is mixed together.
11. Get hand mixer and whip the potato until fluffy.

Hand Mixer/ Chopper Questions

1. Name two benefits of using a hand mixer.
2. What is the best part about using the Vidalia onion chopper?
3. Describe how to wash it the chopper.