

6th GRADE COOKBOOK

Purple



A book full of tasty foods!



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North Indian Chole

Aayush Chahal

Entree

4-5 servings

INGREDIENTS:

- 250g chickpeas soaked in water overnight
- 3 green chillies-slit lengthwise
- ½ cinnamon stick
- ½ teaspoon grated ginger
- 1 whole black cardamom
- 1 bay leaf
- 1 large onion (finely chopped)
- 2 tomatoes (finely chopped)
- salt to taste
- 2 teaspoon oil
- 1 ½ teaspoon cumin seeds
- 3 cloves
- 1 teaspoon Chana Masala (available at most Indian stores).

PROCEDURE:

1. Pressure cook the chickpeas along with ~3 cups of water and ~1 tsp. of salt.
2. Heat oil in a pan, add cumin seeds. When the seeds flutter, add cinnamon stick, cardamom, cloves, bay leaf, and ginger. Saute them all for about a minute.
3. Add chopped onion and saute them till transparent.
4. Add chillies and tomatoes; cook until soft.
5. Add boiled chickpeas and 1 tsp. of Chana Masala.
6. Let the chickpeas simmer for 15 minutes on low heat.
7. Put in bowl and serve with hot puris (fried indian bread)
8. Enjoy



ALL ABOUT MY RECIPE

We eat it during important dates such as marriages and celebrations. My mom learned this recipe in 7th grade.

It is a part of Northern Indian culture. I feel like the turmeric brings out the flavor. One time, my mom made it without turmeric, and it tasted horrible!

This is mainly served as an entree.

SPOTLIGHT INGREDIENT: TOMATOES

Although you may think tomatoes are very flavorful, 94.5% of their weight comes from water!

Tomatoes are also the most popular fruit in the U.S.A, with 93% of American gardening households grow tomatoes!

They also reduce the chances of getting cancer and reduce the harmful effects of smoking.





Chinese Noodles With Pork Sauce

Nathan Wan-Brodsky

Entrée

7 People

INGREDIENTS:

- ¼ cup of Tien Mien Sauce
- ¼ cup of Hoisin Sauce
- 1 Bunch of Scallions
- 1 package of Spiced Tofu (do gan)
- 1 pound of Ground Pork
- 2 tablespoons of Vegetable oil
- 2 tablespoons of flour
- 1 package of Fresh Chinese Noodles
- 2 cups of Water

PROCEDURE:

1. In a large wok heat up the oil
2. Add the pork and the two sauces and saute together until the pork is fully cooked
3. Add two cups of water and bring to a boil Cover and simmer on low heat for 20 minutes
4. Chop tofu into small cubes
5. Finely chop scallions
6. Sprinkle the flour into the mixture and stir quickly to thicken
7. Stir the tofu and scallions together in the wok Let cook for another 5 minutes
8. Boil water in a separate pot for noodles
9. Cook noodles for 5 minutes
10. Serve and enjoy :)

SPOTLIGHT INGREDIENT: SCALLIONS

My spotlight ingredient is scallions. It is green and it adds a big pop of flavor. A scallion is a root. It takes four to eight weeks before transplanting outdoors or direct seeded in the garden four weeks before the last frost date in spring. Plant seeds about $\frac{1}{4}$ inch deep, $\frac{1}{2}$ inch apart, and with 12- to 18-inch row spacing. Scallion plants can be sown four to eight weeks before transplanting outdoors or direct seeded in the garden four weeks before the last frost date in spring. Plant seeds about $\frac{1}{4}$ inch deep, $\frac{1}{2}$ inch apart, and with 12- to 18-inch row spacing.



This recipe is special to me because my mom's side of the family made it and it is a family recipe. We usually make this on somebody's birthday. This year on my birthday me and my friends at the meal for lunch. This dish is Chinese. Well I love this dish because it is always home made and everything homemade is good.



TOSTONES

Esteven Espinosa

Side Dish

Number of Servings: 8- 10 people

INGREDIENTS:

- 8 Green Plantains peeled and cut into 1 inch pieces
- 8 Green Plantains peeled and cut into 1 inch pieces
- 2-3 cloves of fresh garlic
- Salt (as much as preferred)

PROCEDURE:

1. Heat the oil in a large skillet over medium heat. Add the plantain slices and fry until they soften, 5 to 10 minutes. Remove from the oil and drain on paper towels.
2. Use a tostonera (a press) to slightly mash each piece until it is about 1/2 inch thick. If you do not have a tostonera, use a mallet or place the pieces between a folded paper bag and press down with a saucer. Press all of the pieces before going onto the next step.
3. Return the pieces to the hot skillet and fry until crispy, about 3 minutes per side. Drain on paper towels and and chop the cloves of garlic to season the tostones and salt while still warm.



ALL ABOUT MY RECIPE

My family is from the Caribbean which is why it's popular. My family is from Dominican Republic which is in the Caribbean. Sometimes we make tostones on Tuesday or Thursday so it can be tostones Tuesday or Thursday. Tostones are crispy and have the right amount of salt or they could be soft which makes it taste better depending on personal preference. My family makes this appetizer a lot and it is a very popular dish itaste amazing.

SPOTLIGHT INGREDIENT: GARLIC

Garlic is white and looks very much like an onion. Garlic is an herb that is grown around the world. It is related to onion, leeks, and chives. It is thought that garlic is native to Siberia, but spread to other parts of the world over 5000 years ago. Garlic is used for many conditions related to the heart and blood system. Raw garlic has a very strong, pungent and heated taste. Garlic has a strong, spicy flavour that mellows and sweetens considerably with cooking. While cooking softens the flavour, roasting gives garlic a well-balanced, delicate, nutty flavor.





PESTO PASTA

Maisie Morrison

Entree

Serves 6

INGREDIENTS:

- 2 cups of tightly packed fresh leaves of basil
- 1½ cup of extra virgin olive oil
- 3 tablespoons of pine nuts
- 2 garlic cloves, chopped finely before being put in the processor
- Salt (a pinch)
- ½ cup of freshly grated parmigiano-reggiano cheese
- 2 tablespoons of freshly grated romano cheese
- 3 tablespoons of butter, softened to room temperature
- 1 ½ pounds of pasta

PROCEDURE:

1. Briefly soak and wash the basil in cold water, and gently pat it thoroughly dry with paper towels.
2. Put the basil, olive oil, pine nuts, chopped garlic, and a ample pinch of salt in the processor bowl, and process into a uniform, creamy consistency.
3. Transfer to a bowl, and mix in the two grated cheeses by hand. It is worth the slight effort to do it by hand and to obtain the notably superior texture it produces. When the cheese has been evenly been mixed in with the other ingredients, mix in the softened butter, distributing it uniformly into the sauce.
4. Cook the pasta.
5. When spooning in the pesto over the pasta, dilute it slightly with a tablespoon or two of the hot water, in which the pasta was cooked.

Enjoy!

-Essentials of the Classic Italian Cooking, By Marcella Hazan

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ALL ABOUT MY RECIPE

This recipe is significant to my family because we have a garden, and we grow basil. So the first pesto pasta we have is the sign of our garden growing, and of summer starting. Also my sister and I LOVE pesto pasta. It is not a specific memory, but every time we have pesto pasta we finish all of it, we almost never have leftovers. In my opinion pesto is delicious because it is so fresh, with garden picked basil. But it is also rich, and delicious.

SPOTLIGHT INGREDIENT: Pesto Pasta

My spotlight ingredient is basil. Basil is a green leaf, with a short stem. It tastes very fresh, it is minty and peppery. It smells just like it tastes. Basil can be bitter, but most varieties are sweet if picked at its peak. Basil is a leaf, but the stem is edible, just tougher, and not as flavorful. You can pick basil all summer long, and in into the early fall. It takes basil 14 days to germinate from seed, then it can take 2-3 more weeks to produce harvesting leaves. Basil is harvested in early harvest, but you can harvest throughout mid harvest, and late harvest. Basil plant have many health benefits. They contain many powerful antioxidants, they help fight cancer & prevent it, and basil has antibacterial properties. Some other health benefits are maintaining a healthy brain, maintaining arthritis, and maintaining stress.





FRIED RICE

Charlotte Farrell

Entree

6-7 people

INGREDIENTS:

- 2 cups of pre-cooked white rice (usually we use leftover rice from previous meals)
- 1 cup of frozen peas and carrots
- Vegetable oil
- ¼ cup of Soy sauce
- a teaspoon of Sesame oil
- Eggs

PROCEDURE:

1. Get out your ingredients and place a frying pan on the stove
2. Heat vegetable oil in the pan at medium heat
3. Scramble eggs and add to pan and move eggs around to get smaller
4. Cut the Lap Cheong links into ¼ inch circles
5. Then add the rice, peas, carrots (make sure you have the packet with the carrots in cube shape) and the meat into the pan
6. Mix up the pan
7. About 2 minutes later start adding your ¼ cup soy sauce and a teaspoon of sesame oil
8. Let it all cook together and mix along the way! Don't serve when rice is still white, wait for it to get a little brown.

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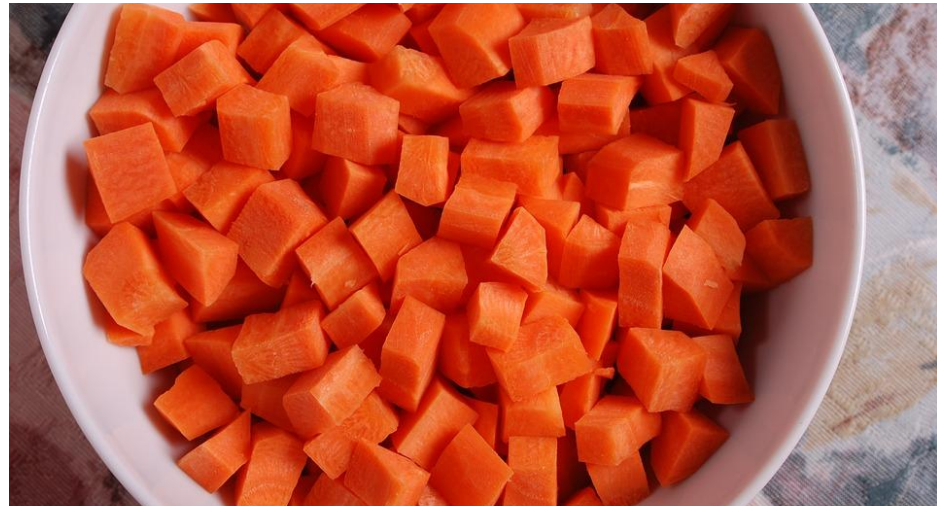


SPOTLIGHT INGREDIENT: CARROTS

My spotlight ingredient are the carrots. I saw them at the Green Market and actually wrote about them. A carrot is bright orange with a crunchy taste, but my cooked carrots are soft and have a sweeter taste. The carrot is a root, and a fun fact about roots is they are usually harvested in fall. The carrot takes 70 to 80 days to mature. Carrots have 86 to 95% of water, good for our hydration. They contain Vitamin A, good for your eyesight. They also contain beta-carotene that is good for your skin and eyes and fighting off skin cancer. Carrots have Biotin, Potassium, Vitamin K1 and B6. Overall, carrots are a very healthy vegetable.

ALL ABOUT MY RECIPE

Fried Rice is a delicious Chinese meal, and my mother, me and my brother are all Chinese, and my dad also really enjoys it. I love rice and peas and carrots and especially Lap Cheong. My family has a wide variety of foods such as Mexican, Asian and Seafood. We love every single ingredient in the dish. We don't have this on any special occasion, we love it any time, but we also have it on Chinese New Year for the family. It is-as I explained before- it is a Chinese dish mostly because of its Lap Cheong and Rice. I particularly love the Lap Cheong because it isn't a **very** juicy meat but I like it more dry and it has a very nice taste.





CORN FRITTERS

Keavy Crowe

Entrée

10 small pancakes

INGREDIENTS:

- ½ cup of flour
- 1 tsp baking powder
- 2 eggs, beaten
- ½ tsp salt
- 2 lbs carrots
- 410g can of Watties Cream Style Corn

PROCEDURE:

1. Sift flour, salt and baking powder into a mixing bowl
2. Add beaten egg and Watties Cream Style Corn and mix well.
3. Fold in Wattie's Whole Kernel Corn. Heat 1 – 2 tablespoons of oil in a non stick frying pan.
4. Place spoonfuls of the corn fritter mixture into the pan.
5. Cook over a medium heat for 2-3 minutes until bubbles appear on the surface of the batter.
6. Turn and cook the other side for a further 2-3 minutes until fritters are golden and cooked through. It maybe necessary to add extra oil to the pan during cooking.

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SPOTLIGHT INGREDIENT: Corn

Corn is the main vegetable in Corn Fritters. Corn is a vegetable that contains a lot of water making it juicy and messy when biting into, it can go very well with butter. Corn are seeds also known as kenal. Corn grows typically 60-100 days, and it grows best in temperatures 60-95 degrees fahrenheit.

Corn feeds you good bacteria and promotes healthy vision. There are multiple different colors for corn including blackish, bluish-gray, purple, green, red, white and the most common yellow.





Vegan Pozole!!!

Zachary Bennett Weltman

Entree

4 Servings

INGREDIENTS:

- 1 onion
- 6 cloves of garlic
- 4 cups of vegetable broth
- 2 tablespoons of lime juice
- 3 cups of kale
- 2 cups of hominy
- 15 ounce can of diced tomatoes
- 4 ounce can of diced green chile
- 3 tablespoons of cilantro

PROCEDURE:

1. Peel and chop the onion
2. Peel and chop the garlic
3. Remove the stems from the kale and chop extremely fine
4. Chop the cilantro
5. Fry the onion in the olive oil until clear
6. Add the garlic and saute for several minutes
7. Add the vegetable broth, lime juice, kale, hominy, diced tomatoes, and green chile
8. Add the cilantro



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SPOTLIGHT INGREDIENT: Kale

My spotlight ingredient is kale. Kale is bitter and bland at the same time. Kale is a green plant with a light green stem and dark green leaves. Today I am cooking the leaf of the kale. It takes from 50 to 55 days to grow and harvest kale. Kale has lots of vitamin B and C so you can rest assured you're eating healthy.

ALL ABOUT MY RECIPE

The significance of this recipe to our family is several-fold. For one, my dad is a vegan and it's a nice delicious vegan recipe. It's also a nice holiday recipe because it just looks very Christmassy. We usually have this recipe on Christmas. It is a Mexican/ Southern Californian recipe. One of the things that make it shine is hominy.





Tuna Pasta Salad

Delaney Maniago

5 to 6 people

Entree

INGREDIENTS:

- 1 pound of pasta
- 1 Tbsp red wine vinegar
- Cup olive oil
- 2 Plum tomatoes chopped
- 1 half cucumber, chopped small red onion, finely chopped
- 1/4th Cup pitted Kalamata olives, chopped
- 1/4th Cup finely chopped parsley
- Salt and pepper
- 2 cans of tuna in oil
- 1/4th Cup crumbled feta cheese

PROCEDURE:

1. Cook pasta till al dente, drain and let cool.
2. Chop plum tomatoes, chop cucumber and red onion finely chopped. Kalamata olives chopped, finely chopped parsley.
3. Crumbled feta cheese
4. Pour vinegar in large bowl and whisk in the oil, in a slow and steady stream. Stir in tomatoes, cucumber, red onion, and olives. Add the pasta, tuna, feta, and parsley. Toss and season with salt and pepper.



ALL ABOUT MY RECIPE

This recipe is very important to me because, my family every summer would go to Fire Island, and my mom would make it there all the time. It has also been one of my favorite dishes that my mom makes. It is a very good picnic lunch or meal. I love this recipe because it is healthy, but still very good, and it has pasta in it witch I love. Also it is a childhood favorite.

SPOTLIGHT INGREDIENT: Plum tomatoes

My spotlight ingredient is plum tomatoes. They are a nice red or orange. They are not to hard but not to soft. They are typically smaller in size, than regular tomatoes. Tomatoes are the fruit part of the plant. Tomatoes are in season during May all the way through October. It takes about 55 to 70 days to harvest plum tomatoes. Plum tomatoes are good for you because plum tomatoes have very little amount of sodium in them. And plum tomatoes are very high in Vitamin E.





AdoreFoods.com

Salmon and Onion Bagels

Filip Soba

Course: Breakfast or Brunch

Servings: 1 per child

INGREDIENTS:

- Bagels
- Smoked Salmon
- Onions (Golden or Red)
- Caper
- Fennel
- Bagels

PROCEDURE:

1. Spread the cream cheese inside of the bagel
2. Put salmon on top of the cream cheese
3. Put onions on top of the salmon
4. Put fennel, and caper on the onions
5. Close the bagel (optional)

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SPOTLIGHT INGREDIENT: ONIONS

My spotlight ingredient are Onions. Onions have different colors, but the one I use are golden or red onions. Also taste kind of weird but in a good way, also it's a little spicy. The part of the plant I'm using is a root, but It's your choice. When you cut it it may make you cry if it's a good onion.

Onions are good for you, because they contain fiber, folic acid and Vitamin B that helps the body make healthy new cells.

It is harvested about 100 to 120 days after They have planted depending on the cultivar. To grow most onions ull sunlight.





Mash Potatoes

Christine Li

Side dish

servings: depends

INGREDIENTS:

- 2 pounds baking potatoes, peeled and quartered
- 2 tablespoons butter
- 1 cup milk
- salt and pepper to taste

PROCEDURE:

1. Bring a pot of salted water to a boil.
2. Add potatoes and cook until tender but still firm, about 15 minutes; drain.
3. In a small saucepan heat butter and milk over low heat until butter is melted.
4. Using a potato masher or electric beater, slowly blend milk mixture into potatoes until smooth and creamy.
5. Season with salt and pepper to taste.



SPOTLIGHT INGREDIENT: Potatoes

My spotlight ingredient is potatoes, a fact that I learn that shocked me was that potatoes are vegetables but they contain a lot of starch (carbohydrates) that make them more like rice, pasta and bread in terms of nutrition. Shocking right? In addition, the word potato comes from the Spanish word *patata*. Also, people say mash started from the Incas because they preferred their potato mashed. Some sources say the actual recipe for mashed potatoes originated in 1771 when a French man named Antoine Parmentier held a competition on ways to make potatoes. Potatoes are the stem on a plant, the farmer grows it, when ripe, the farmer takes it, that mainly happens in June, and then July and August, but usually happens from June to October. It gets taken to places to get sold so we can make food! Potatoes have just 110 calories. No fat, sodium or cholesterol. Nearly half your daily value of vitamin C. More potassium than a banana. A good source of vitamin B6. Fiber, magnesium and antioxidants. If a potato turns green and begins to sprout, they can produce poisonous chemicals that can cause headache, flushing, nausea, vomiting, diarrhea, stomach pain, thirst, restlessness, and even death. Anyways, potatoes are this veggie that can make all sorts of goodies, chips, french fries, etc.

ALL ABOUT MY RECIPE

My family loves this dish because it's delicious overall, and everyone can eat it, even my youngest sibling! But also, it's a classic meal, So..... What makes this delicious is how creamy and delicious overall. I'm not sure if it is from a food culture or any tradition?





CHICKEN KARAHI

Ayla Mir

Entree

Serves 4

INGREDIENTS:

- 1 tablespoon of oil
- 1 inch ginger, peeled and minced
- 1 pound of chicken breast
- 3 tomatoes, diced
- 2-4 green chillies, seasoned and chopped
- 1 tablespoon of cumin powder
- 1 tablespoon of chilli powder
- 1 tablespoon of salt
- ½ teaspoon of turmeric powder
- 2 tablespoons of cilantro

PROCEDURE:

1. In a large non stick saute pan with high sides or a cast iron skillet, heat the oil over medium heat. Add the garlic and ginger. Saute for 10-20 seconds until fragrant.
2. Add chicken pieces and cook for 1-2 minutes until lightly browned on all sides.
3. Reduce the heat to medium low. Add the tomatoes, chilli powder, salt, and turmeric. Mix well.
4. Cover the pan and let simmer until the chicken is cooked through and the liquid is mostly absorbed. (About 20 min)
5. Garnish with slices of fresh ginger, sliced chillies, and fresh cilantro.
6. Serve with warm naan bread or rice.



SPOTLIGHT INGREDIENT: GREEN CHILLIES

Green chillies are the fruit of its plant. Green chillies can be harvested at any point of harvest. The crop duration of a chilli is about 150-180 days depending on variety, season and climate. Green chillies are completely ripe when red, but can also be delicious when green! Green chillies are great for healthy eyes, skin and immune system. They are also loaded with Vitamin C. The heat produced by the chillies can even act as an effective pain reliever. Not many know that green chillies are rich in dietary fiber, which is important for a healthy digestive system. Since green chilli helps in burning the excess fats of the body, it helps in weight loss .It helps keep skin radiant with vitamin E that produces natural oils which are good for skin. It also improves vision with vitamin A. Green chillies also contain vitamin C that helps keep skin look radiant and young. It even makes your hair healthy and releases“feel good” endorphins that act as an antidepressant which helps in keeping your mood positive!

ALL ABOUT MY RECIPE

This recipe is important to my family because everyone enjoys to eat it with both family and friends! It is also quite easy to make too.We also enjoy it because it because it is a Pakistani dish and it's nice to have a dish from where your family comes from. It is also special to us since it is a very popular Pakistani dish and everyone there thinks it's delicious! It's also important to me because my mom cooks it for me even if she might be tired or has to go to work early in the morning. I think what makes this recipe delicious is the different spices since they give it a lot of flavor.





Sweet Potato Fries

Madeline Casey

Side Dish

5 servings

INGREDIENTS:

- 2 pounds sweet potatoes, peeled
- 2 tablespoons olive oil
- 1 teaspoons garlic oil
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 teaspoons cumin
- ½ teaspoon black pepper
- ½ teaspoon salt

PROCEDURE:

1. Heat oven to 400*
2. Cut the sweet potatoes into sticks ¼ inch wide and 3 inches long. Then toss them with the olive oil.
3. Mix the spices, salt and pepper in a small bowl, and toss then with the sweet potatoes. Spread them out on 2 rimmed baking sheets.
4. Bake until golden brown and crisp on the bottom, about 15 minutes. Then flip and cook until the other side is crisp, about 10 minutes.
5. Serve hot.



SPOTLIGHT INGREDIENT: SWEET POTATOES

I chose sweet potatoes as my spotlight ingredient. They are healthy, but are also sweet and delicious. They can be prepared in many great ways, but this is definitely my favorite. Sweet potatoes are a lumpy, brown root that is a vibrant orange on the inside. They are soft, a little salty, and also sweet (obviously). They contain four grams of fiber.

ALL ABOUT MY RECIPE

My recipe is important to me because my mom invented it. The first time she made it, I thought it was SO good! We like to eat pretty healthy, so this was perfect for us to have something delicious as part of our dinner. We almost always have it with home-cooked meals. This dish is great if you want to eat something healthy and delicious!



Mac and Cheese

Entree

Asa Antoine

Number of Servings: 6

INGREDIENTS:

- 2 tablespoons of unsalted butter
- 2 tablespoons of all-purpose flour
- 1 ½ cups of milk
- 2 ½ teaspoons of salt
- 2 big pinches of ground nutmeg
- 2 big pinches of freshly ground pepper
- 2 cups of shredded white or yellow cheddar cheese (8 ounces)
- 2 tablespoons grated parmesan cheese
- ½ pounds of elbow macaroni

PROCEDURE:

1. Before you start, be sure an adult is nearby to help.
2. Put the butter in a saucepan. Place the saucepan over low heat and warm until the butter has melted.
3. Add the flour to the melted butter. Using a whisk, stir the flour and butter together until the mixture is smooth and bubbling but not browned, about 1 minute.
4. Increase the heat under the saucepan to medium. While stirring constantly with a wooden spoon, slowly pour the milk into the saucepan. Continue to stir and cook until the mixture is smooth, thickened and gently bubbling, 6 to 8 minutes. It should be about as thick as melted ice cream.
5. Wearing oven mitts, remove the saucepan from the heat.
6. Add ½ teaspoons of the salt, the nutmeg and pepper. Stir several times, then add the cheddar and Parmesan cheeses. Stir until the cheeses have melted and the sauce is smooth. Cover the saucepan with the lid to keep the sauce warm and set it aside.
7. Fill a large saucepan three-fourths full with water. Place over high heat and bring to a rolling boil. When the water is boiling, add the remaining 2 teaspoons salt.
8. Pour the macaroni into the boiling water. Wait a minute, then stir and push the macaroni down into the water with a wooden fork.
9. Boil the macaroni, uncovered, stirring occasionally, until tender but not mushy, 7 to 8 minutes, or according to the instructions on the package.
10. Set a colander in the sink. Ask an adult to help you pour the macaroni into the colander. Let the macaroni drain, shaking the colander a few times to shake off the extra water.
11. Add the drained macaroni to the saucepan with the cheese sauce. Using the wooden fork, stir the macaroni until it is coated well with the cheese sauce.
12. Spoon the macaroni into bowls and serve immediately.





ALL ABOUT MY RECIPE

My mac & cheese recipe is from a book called "Fun Food". It was given to me from one of my best friends. Me and my family cook it very often, usually when family comes over or it is a weekend with lots of time.

SPOTLIGHT INGREDIENT: Nutmeg

My spotlight ingredient is nutmeg. It is a seed or a ground spice which is commonly used in apple pie. It is a source of essential oil and nutmeg butter. It is harvest throughout June and August. It is brown and has a strong and slightly spicy flavor. It helps with gas, bloating, digesting and diarrhea.





Vegetarian Shepherd's Pie

Nile Olson

Entree

Number of Servings: 8

- Two carrot
- A bunch of celery
- A can of stewed tomatoes,
- A package of brown lentils
- Six potatoes
- A palmful of Salt,- a pinch of pepper
- A third of a bottle of milk
- A handful of cheddar cheese
- Half a stick of Butter
- A palmful of Salt,- a pinch of pepper,
- A third of a bottle of milk,
- A handful of cheddar cheese

PROCEDURE:

1. Saute onions, carrots and celery in a pan until soft
2. Add lentils and stewed tomatoes, salt and pepper
3. Top with cheddar cheese and mashed potatoes
4. Bake in oven at 350 degrees fahrenheit until hot and bubbly



SPOTLIGHT INGREDIENT: Carrots

I choose carrots as my spotlight ingredient in my recipe. Carrots can be orange, red, or white they can also have leaves sticking out at the top where the carrot is thicker. Carrots are hard to bite and give off a subtle bitter like flavor but when ripe they can also be quite sweet. The parts of a carrot that we eat is mainly the root. Carrots reach their full life cycle after about two years but we interrupt the life cycle after the first year to eat them. Baby carrots need about 50 - 60 days to grow from planting but mature carrots need about 75 days to grow before being eaten. Carrots contain lots of fibers minerals and vitamins they are also antioxidant which helps to reduce your chance of cancer.

ALL ABOUT MY RECIPE

This recipe is special to me and my family because we are all vegetarians and everyone in my family has grown up having this as dinner commonly. We like to enjoy this recipe on special days like birthdays or christmas eve. I like to think of everyone at the dinner table eating this dinner on my 9th birthday. My mother has learned this recipe through friends and family who have passed it down to her and it seems like many different cultures enjoy this dish. I feel that the creamy mashed potatoes are on of the best parts of my dish and every time this recipe is made I always ask for some extra mashed potatoes set aside for me.





Vietnamese Summer Rolls

Zaina Hughes

appetizers

Number of Servings 8

INGREDIENTS:

- 2 ounces rice vermicelli
- 8 rice wrappers
- 8 cooked large shrimp
- 1 $\frac{1}{3}$ tablespoons thai basil
- 3 tablespoons mint leaves
- 3 tablespoons cilantro,
- 2 lettuce leaves

PROCEDURE:

1. Boil a bowl of water
2. Add the 2 ounces rice vermicelli
3. Take out the rice vermicelli when it starts to look like spaghetti
4. Chop 1 $\frac{1}{3}$ fresh thai basil
5. Chop 3 tablespoon fresh mint leaves
6. Chop 3 tablespoons fresh cilantro
7. Cut the 8 large shrimps in half
8. Put the rice wrappers in a wide bowl for about 5 seconds
9. Add everything in to the rice wrappers
10. Wrap the wrappers
11. Enjoy!



SPOTLIGHT INGREDIENT:

Mint Leaves

Mint leaves are good for a sore throat and you can put them in tea. They are used for candy desserts. They are from Asia, Europe, Africa, North America, and Australia. Mint leaves taste minty. They are green. And they smell nice. They are kind, smell like a mint. They have little ruffs on their leaves. Mint leaves are leafy. They do not grow underground. They grow on a stem. Mint leaves help with a sore throat. You can put mint leaves in tea. Mint leaves have been used for thousands of years for aid. It takes mint leaves 90 days to grow. It will be ready to harvest. They are 1 to 2 feet high.

About my Recipe

This recipe is important to me, because a friend that I had in fifth grade. Showed it to me, I don't see her much. It is a memory of her. My family does really enjoy this dish. It is kind of a new dish but. I am planning to make it on Thanksgiving. This recipe is delicious because the way all the ingredients go together. It is a traditional Vietnamese dish.





Rice beans and a fried egg

Fidel Cubria-Franco

Entree

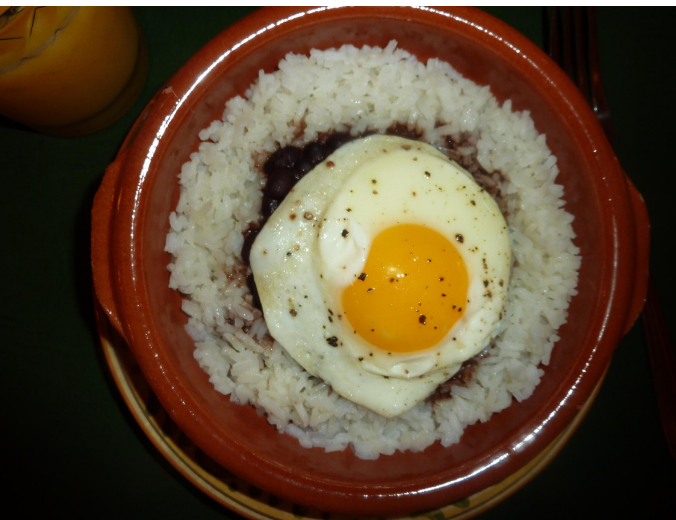
INGREDIENTS:

3-4 Servings

- 1 cup of long grain rice,
- cups of rice,
- salt,
- bay leaves,
- 2 cups of black beans,
- 24 oz vegetable broth.
- chorizo
- potatoes
- 1 onion
- 2 carrots
- garlic
- oil

PROCEDURE:

1. Rice: 1. Put one oz of olive oil in a pot ; brown the garlic in the oil.
2. 2. Add the rice to the oil and garlic; add a bit of salt and stir till rice is well mixed with the with the oil.
3. 3. Add 3 cups of water.
4. 4. Boil for about 20 minutes.
5. Beans: 1. Place the black beans in water the night before cooking them.
6. 2. Add olive oil to a pan, heat it up and add garlic, potatoes, chorizo, carrots, onions, and browned garlic for about 5 minutes, 3. Rinse the beans and add them to the pan with the rest of the ingredients.
7. 4. Add the broth and add two cups of water.
8. 5. Boil slowly for at least 2 hours until the beans are soft.



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ALL ABOUT MY RECIPE

My dad had rice beans and a fried egg for dinner almost every night as a kid and eating this makes him remember his childhood. I love fried eggs almost as much my dad does and I also have rice and beans a lot and like them too. We have this with chorizo and potatoes which I also love. These things that we eat with the meal change it and make it much more interesting and tasty. This is one of my family's favorite meals that we can all agree on.

We usually eat this for dinner. Thing that I love the most about it is the fried egg. It is a meal my dad always had as a kid in Spain.

SPOTLIGHT INGREDIENT: CAULIFLOWER

My spotlight ingredient is potatoes because me and my family love potatoes. We cook potatoes with salt and we cut it up into smaller pieces. It is a specialized root called tuber. New potatoes will be harvested 2-3 weeks after the plants stop flowering but are harvested early for their smaller size, for mature potatoes you wait 2-3 weeks after the foliage has died. Potatoes are a great source of vitamin C, they are a good source of fiber, and are great in iron and potassium.





JAPANESE BEEF CURRY

Entree

Aidan Li

Number of Servings: 6

INGREDIENTS:

- 3 onions (= 2 lb 13 oz or 1.3 kg)
- 3 carrots (= 8 oz or 230 g)
- 1 russet potato (9.5 oz or 270 g)
- 8 mushrooms (= 9.2 oz or 260 g)
- 2 lb lean beef stew meat (2 lb = 907 g)
- Kosher salt
- Freshly ground black pepper
- 2 tbsp all-purpose flour
- 2 tbsp extra virgin olive oil (2 tbsp = 1 tbsp for beef, 1 tbsp for onion)
- 2 tbsp unsalted butter (2 tbsp = 1 tbsp for beef, 1 tbsp for onion)
- 2 cloves garlic (minced)
- 1 inch ginger (1" = 2.5 cm) (grated)
- 1 tbsp curry powder
- 2 tbsp tomato paste (for ketchup)
- 1 cup red wine
- 8 cups beef stock (8 cups = 2 QT or 1.9 L)
- 2 bay leaves
- 1 box Japanese curry roux (1 box = 7-8.4 oz or 200-240g) (see notes for homemade roux recipe)
- 2 tbsp milk
- 1 tbsp Worcestershire sauce
- ¼ apple (I use Fuji)

PROCEDURE:

1. Cut the onion into thin slices. Cut the carrot diagonally while rotating it a quarter between cuts.
2. Halve the potato, and then cut each piece into quarters. Soak in water for 15 minutes to remove the starch.
3. Clean the mushrooms and slice them.
4. Cut the beef into 1 ½ inch cubes and sprinkle salt and pepper. Coat the meat with the flour.
5. In a cast iron skillet, heat oil and butter on high heat. Add the beef but do not crowd the skillet. Do a second batch if necessary.
6. In a large heavy bottomed pot or large pot, heat the butter on medium heat and add the onion. Add the olive oil and stir to coat the onion with the oil. Add 1 tsp. Salt after 10 minutes and saute the onion until it's soft and translucent.
7. Add garlic, ginger, curry powder, and tomato paste and saute for 2 minutes.
8. Add the beef and the wine and let the alcohol evaporate.
9. Add the vegetable and pour the beef broth until it covers the vegetables. Cover with the lid and bring it to a boil.
10. When boiling, skim off the scum and fat from the soup.
11. Add bay leaf, cover with the lid but leaving slightly ajar, and simmer until vegetables are tender.
12. Once in a while, skim the broth. Add the rest if beef stock (if you have any leftover and if necessary).
13. Using a ladle and with chopsticks, dissolve the curry roux. If the curry is too thick for your taste, add water to dilute. From this point stir often and be careful not to burn the curry!
14. Add milk and Worcestershire sauce. Grate the apple to add a hint of sweetness. Simmer uncovered on heat, stirring occasionally, until the curry becomes thick.



SPOTLIGHT INGREDIENT: Onion

My spotlight ingredient is the onion. The onion is a delicate but strong tasting root. It may seem to make you cry when you cut it, it looks like a funny big garlic. Onions also have many layers like the peel. This plant takes 100-175 days to grow. It is high in dietary fibers and folic acid. There are many types of onions, like green onions, red onions, yellow onions, and the shallot. Onions are more of a spice of some sort. It is mostly used in tiny slices and placed in meals that way. It is a root and a fact is, when you cut an onion under cold running water you won't cry.

ALL ABOUT MY RECIPE

This dish is a main course (entree) of a meal. It has lots of flavour and spiciness, you can taste a hint of sweetness from the onion and apple. This dish is not very significant to my family, we normally eat this for dinner occasionally. This culture is clearly Japanese, it is stated in the name. Curry can be in many cultures this curry is Japanese. I think this recipe is good because it has many flavors in it. It is very spicy and it can be a little sweet and sometimes you might taste bitter in it. Curry is also served with rice or bread, most people eat it with rice.





Ackee and Saltfish

Malachi Makoso

entress

2-4 servings

INGREDIENTS:

- ½ pound salt fish
- Fresh Ackee soaked, or tinned akee
- 1 small sweet pepper (yellow 1 medium onion, chopped
- w or red or green) julienned
- 1 MEDIUM tomato, chopped
- 2 cloves of garlic, minced
- 1 teaspoon scotch bonnet pepper, chopped finely (omit if you don't want the dish spicy)
- 2 stalks scallion, chopped
- 1-2 tablespoons extra vinegar olive oil
- Salt and pepper to taste

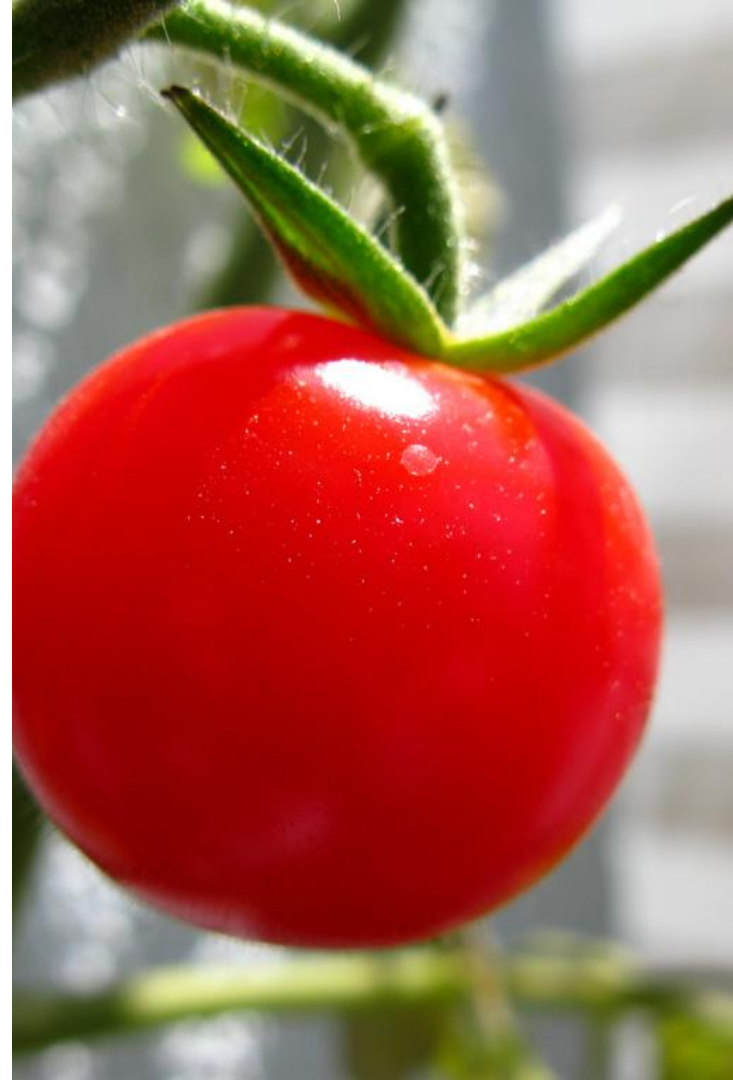
PROCEDURE:

1. Put salt fish to soak in cold water for about an 1 hour
2. Pour off water; add fresh water and boil until tender
3. De-bone and flake saltfish
4. Heat oil and saute onion, garlic, scallions, tomatoes, scotch bonnet pepper and sweet pepper until tender, about 5 to 6 minutes
5. Add flaked salt fish, fresh or canned ackee and black pepper
6. Toss lightly; cover and allow to stand over low heat for about 2 minutes

SPOTLIGHT INGREDIENT: Tomatos

My family is Jamaican, and this recipe is a famous dish in Jamaica. When me and my family go to Jamaica that is the literal first thing we eat when we get there. The ackee fruit can be poisonous. Jamaicans know how to cook it just right so it is not poisonous. I think that it is great because it has a LOT of seasoning.

My spotlight Ingredient is tomato. It is a big red juicy fruit. It is round. It is acidic in taste. It is harvested near the end of the life cycle of a plant. The health benefits are, it can help reduce chance of heart disease and cancer.





"Bravo" Potatoes

Maisie Carroll

Side dish

INGREDIENTS:

- 4 cups of russet potatoes, peeled and cut into half inch cubes.
- 2 tablespoons olive oil.

For the Pulse:

- 1 can diced and drained tomatoes.
- 4-5 sliced cloves of garlic.
- ½ teaspoon ground cumin.
- ½ teaspoon sugar.

4-6 servings

- ½ teaspoon crushed red pepper flakes.
- 10 dashes tabasco.
- Garnish with a drizzle lemon juice, chopped fresh cilantro, and coarse sea salt.

PROCEDURE:

1. Heat olive oil in a frying pan until it shimmers.
2. Fry the cubed potatoes until browned and partially cooked.
3. Pulse tomatoes, garlic, and seasonings in a food processor just to break up tomatoes. DO NOT PUREE.
4. Add the tomato mixture to the browned potatoes and stir to coat.
5. Reduce heat and cook until the potatoes are cooked through, 5-8 minutes. Stir often. Transfer potatoes to a platter.
6. Garnish with the lemon juice, cilantro and sea salt. Serve warm or at room temperature.

All About My Spotlight Ingredient

My spotlight ingredient is potatoes. It is a oval shaped light brown vegetable. It tastes satisfyingly earthy and delicious. It is a stem food called a tuber, but is often confused as a root. It is harvested in the spring and late fall. It takes about ten weeks for the plant to grow to the right size for harvest. They are a good source of vitamin C and B6. They have no fat or cholesterol. Everyone must enjoy these delicious veggies as they are grown in 125 countries!



All About My Spotlight Ingredient

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Mexican Pinto Beans

Gabriel Gutierrez

Side Dish

To serve four people

INGREDIENTS:

- An assortment of fresh green peppers or/and chili
- Chicken Broth (Enough to fill a pot and cover the beans by two inches)
- 2 bay leaves
- Two strips of bacon or ham hock
- Half Medium Onion
- Salt or/and pepper (To taste - around four to seven pinches)
- 1 pkg pinto beans

PROCEDURE:

1. Soak 1 pkg pinto beans overnight, and retrieve them in the morning.
2. Take a crockpot, and put the beans inside.
3. Add enough chicken broth to cover the beans by two inches.
4. Plop in two bay leaves.
5. Add the bacon/ham hock.
6. Add the half medium onion.
7. Place in an assortment of fresh green peppers or chili.
8. Salt and pepper to taste.
9. Cook on the low setting for 6-8 hours.
10. When you are finished eating, put them inside a refrigerator (good for at least a week) or freeze. Take out and heat up later (in the microwave) for a quick snack or meal.



All About My Recipe:

My Bisabuela (my great grandmother) beans recipe was passed down to my family, through generations, and whenever we eat it, we know that she is still here with us, no matter where we go, no matter where we are. It's a recipe that came all the way from Monterrey, Mexico (where my grandmother lived) and it has followed us all the way here. It is, in essence, a part of her that is now a part of us. This recipe is delicious because it has a unique, savory flavor, and we eat it all the time and is a loved family dish.

Spotlight Ingredient:

The spotlight ingredient of my recipe is the fresh green peppers. They are the fruit of the plant, and can be eaten raw and cooked. They were first found in Mexico, across the southern region of Puebla. They are generally harvested 80 to 60 days after they are planted, and can be taken when they are green, red, or yellow. They give a unique flavor to the recipe, and it completes the whole dish. Green peppers, unlike their red and yellow cousins, taste very bitter, and slightly spicy. They are crunchy on the outside and wet and smooth on the inside. These peppers are high in vitamin C, A, and B6, and are very good for you.





Memory Pie

Isabella Lopez

Recipe Type: Dessert

*Number of Servings:
About 12*

INGREDIENTS:

- 8 strawberries
- 4 or 5 store bought pudding cups, or (next one)
- 1 or 2 packs of pudding powder
- 1 pie crust
- Any toppings that are desired

1. PROCEDURE:

2. Cut your strawberries into fourths, and cut each fourth in fourths
3. Pour your pudding into your pie crust
4. Drop your strawberries into the pudding. Fold them into the pudding
5. Refrigerate your pie for half an hour
6. Take your pie out, add your toppings and enjoy (it's kinda messy)



SPOTLIGHT INGREDIENT: STRAWBERRIES

Strawberries are the spotlight ingredient in my recipe. They are a red fruit with lots of black and/or green seeds. It's sweet, but it has this other taste I can't describe. Is it tart? I don't know. Again, it is a fruit. The strawberries are usually ready 30 days after the flowers bloom. They are usually harvested in spring and early summer. They have vitamin C, B2, B5, B6, and vitamin K. They have manganese, dietary fiber, iodine, potassium, and folate. They can also help combat disease.

ALL ABOUT MY RECIPE

This recipe is really important to me. My mom does not have the time to do anything special, but she did make this pie. I remember that it was a Saturday, and everyone was bored, and she made this pie, and it was delicious. It is not some part of a food culture, as far as I know. I think that what makes this delicious, is that it is a mixture of so many flavors. It's sweet, it's salty, and it tastes like strawberries (they're the only fruit we all like). Who wouldn't like that!?





PEANUT BUTTER PASTA

Leo Hitt

Entrée

Number of Servings: 4

INGREDIENTS:

- 8 oz udon or soba noodles
- 3 tablespoons tahini
- 1 tablespoon peanut butter
- 1 teaspoon maple syrup
- 2 tablespoons brown rice vinegar
- 2 tablespoons tamari or shoyu
- 1 teaspoon toasted sesame oil
- ½ teaspoon ground coriander

PROCEDURE:

1. Cook noodles in plenty of boiling water according to directions on package.
2. While noodles cook, make the sauce. Put the remaining ingredients in small bowl and blend. Add enough warm water to create a creamy texture.
3. Rinse and drain cooked noodles. Pour sauce over noodles and toss well.
4. (**OPTIONAL**) Garnish with scallions (I never do this, it is optional, we never eat this with scallions. I don't think the scallions would go well with the sauce. You can try it if you want! 🥵).





SPOTLIGHT INGREDIENT: SCALLION

Scallions.

It is green, it has a fairly strong taste, it is green, it is usually cut up
The part of the plant is the stem.

Scallions are harvested when they are an adult. They take 30 days
before you harvest them.

Scallions health benefits are:

Aid in Weight Loss

Help Blood Clotting

Boost Immunity

Enhance Heart Health

Improve Bone Health

May Block Cancer Growth

ALL ABOUT MY RECIPE

This recipe is special to my family because we all like it.

WE don't have it on a special occasion, I don't know about other people.

Peanut butter pasta is something my mom found online. The people who posted the idea said they made it for potlucks.

I think it's delicious because of the way the peanut butter taste combines with the texture of the noodles.



Tamales

Axel Perez

Entree

INGREDIENTS:

- 24 corn husks
- 1 broiler/fryer 3-4 pounds of chicken cut up
- 1 medium onion, quartered
- 2 teaspoons of salt

- 1 garlic Clove, crushed
- 3 quarts water

Filling:

- 6 tablespoons canola oil
- 1/2 cup all purpose flour
- 3/4 cup chili powder
- half teaspoon salt

24 servings

- 1/4 teaspoon garlic
- 1/4 teaspoon garlic
- 1/4 teaspoon pepper
- 2 cans sliced ripe olives

Dough:

- 1 cup shortening
- 3 cups flour

Recipe Procedure:

Step 1: Soak the corn husks Rinse the corn husks to remove any debris, then place into a large bowl and cover them with cold water. Let them soak for at least two hours. Step 2: Cook the chicken Start this step about an hour after you've set out the husks to soak. In a large stockpot (at least 6 quarts), combine chicken, water, onion, salt and garlic. Bring to a boil, and then immediately reduce the heat to a simmer. Cook at a low simmer, covered, until the chicken is tender, 45-60 minutes. Step 3: Prep the chicken and broth Remove the chicken from the broth. Let it rest on a plate or cutting board until it's cool enough to handle. Meanwhile, pour the broth into a bowl through a strainer to remove the vegetables. Skim the fat from the top of the broth with a big spoon. When the chicken is cool, remove the meat from the bone and shred it with two forks. Step 4: Make the dough In a large bowl, beat the shortening until it's light and fluffy, about 1 minute. Measure out two cups of the broth, and have the masa harina ready. Gradually beat in the masa, adding small amounts at a time and alternating with the broth. Beat well until the dough is uniform and light. Step 5: Cook a tasty filling Back to the stovetop! In a Dutch oven, heat the oil over medium heat. Stir in the flour until blended. Cook and stir until the flour is lightly browned, 7-9 minutes. (This will remove the raw flour taste.) Stir in the seasonings, shredded chicken and four cups of the reserved broth. Bring to a boil. Reduce the heat and simmer, uncovered, stirring occasionally. Simmering allows the mixture to thicken; this should take about 45 minutes. Drain the corn husks and pat dry, then fill them assembly line-style: On the wide end of the husk, spread 3 tablespoons dough to within 1/2 in. of the edges. Top each with 2 tablespoons chicken mixture and 2 teaspoons olives. Fold the long sides of the husk over the filling. Make sure they overlap slightly for a secure closure. Fold the narrow end of husk over. Tie with a strip of husk to secure. Repeat until all of the husks are filled and secured. Step 7: Steam, Place a large steamer basket in a 6-quart stockpot over 1 in. of water. Place the tamales upright in the steamer. Bring the water to a boil. Let them steam, covered, until the dough peels away from the husk, about 45 minutes.





ALL ABOUT MY RECIPE:Tamales

This recipe is important to my family because we make tamales almost every time we have a special events.We mostly make around the time when it is someone's birthday or a holiday like christmas.For my family it makes a lot of memories because it is something special that we do like a tradition.

SPOTLIGHT INGREDIENT:Pepper

My spotlight ingredient is a bell pepper. Some taste sweet some taste spicy and they come in green, red and yellow. The pepper is a fruit. It is mid harvest. It kind of looks like an apple because it is round but bumpy. All peppers are originally green but as they ripening more they can turn yellow and red.Most sweet peppers mature in 60-90 days. Red peppers contain more than 200 percent of vitamin C.Red bell peppers are a great source of vitamin B6 and folate.





Chocolate Strawberry French Macarons!

Delilah Spector

Dessert

10-15 Servings

INGREDIENTS:

FOR THE CHOCOLATE MACARONS:

- 1 cup (125 gr) powdered sugar
- 1/2 cup (50 gr) fine almond flour
- 3 tbsp (25 gr) cocoa powder
- 2 large egg whites at room temperature (60-65 grams)
- pinch of cream of tartar
- 5 tbsp granulated sugar

For the Strawberry Frosting:

- 1 cup fresh strawberries
- 1 cup butter
- 1 cup confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 2 1/2 cups confectioners' sugar, sifted, divided

PROCEDURE:

:FOR THE CHOCOLATE MACARONS:

Preheat oven to 350 F (190 C).

Line 2 baking sheets with parchment paper (alternatively use silpat for macarons).

Sift together powdered sugar, cocoa powder and almond flour. Discard any large pieces.

Beat egg whites and cream of tartar until they begin to foam, for 1 minute.

Slowly add sugar, beating on medium-high speed. Beat until stiff, for 3 minutes.

Fold in the dry ingredients in two additions, using a rubber spatula. Fold so the mixture is smooth, not runny.

Fill a pastry bag, fitted with 1/2 inch tip (or just cut the tip of the bag and do not use a piping tip) with the batter.

Pipe batter into 1-inch circles, spaced at least 1 inch apart. Tap baking sheets on the counter a few times, to release any air bubbles.

Let macarons sit at room temperature for 45 minutes to 1 hour, so the tops are no longer glossy.

Reduce oven temperature to 325 F (160 C). Bake for 12 minutes. Remove from the oven and let them cool on the baking sheets for at least 15 minutes, then remove and transfer to a cooling rack.

Strawberry frosting:

Place strawberries in a blender; puree until smooth.

Transfer strawberry puree to a saucepan over medium heat; bring to a boil, stirring often, until puree is reduced by at least half, about 20 minutes. Remove from heat and cool completely.

Beat butter with an electric mixer in a bowl until light and fluffy.

Beat 1 cup confectioners' sugar into butter until just blended.

Beat 2 tablespoons strawberry puree and vanilla extract into butter mixture until just blended.

Repeat with 1 cup confectioners' sugar, followed by 2 tablespoons strawberry puree two more times. Beat last 1/2 cup confectioners' sugar into mixture until just blended.



All About My Recipe

This recipe is special to me because last year I took a baking class with one of my best friends from elementary school and in that class we learned how to make french macarons. After this class I knew that one weekend soon I wanted to try to make french macarons again. I've made french macarons about 6 times and even though i've never gotten them perfect me and my family still love to eat them and I still love to make them. I would say what makes this recipe delicious is the contrast of the strawberry with the chocolate and how they blend well together.

Spotlight Ingredient: Strawberry

My spotlight ingredient is Strawberry. Strawberry's are traditionally sweet but have a bit of tartness/sourness to them as well. Strawberries are red and have seeds all around the outside. They also have a green stem on the top of them that is not typically eaten. Strawberry's have a very refreshing taste and pair well with lemon, raspberry, basil, chocolate, ect. Strawberry is a fruit. Strawberries are typically harvested 4-6 weeks after they bloom. Some health benefits of strawberries are, they offer protection against cancer, they lower risk of strokes, they regulate blood sugar, and they promote healthy eyesight.



A Caribbean Chicken And Curry Powder

Adrian Carter

Entree

Number of Servings: 1

INGREDIENTS:

- Whole Chicken
- Minced Garlic
- Green Seasoning
- Hot water
- salt
- Vegetable Oil
- Curry Powder
- Cilantro

PROCEDURE:

1. 1 cut chicken into small pieces and season with garlic, green seasoning salt and $\frac{1}{2}$ curry powder
2. 2 marinate for 30 minutes or more
3. 3 heat oil in a pot or skillet
4. 4 mix curry powder with $\frac{1}{4}$ cups of water until smooth ; add to hot oil and cook for 2 minutes
5. 5 add chicken and stir coat in curry ; cook till all water is dried out; stir well (about 10 mins)
6. 6 add cilantro ; cook for a minute ; stir in $\frac{1}{2}$ cup hot water 7 lower heat to medium ; cover and cook until meat is tender ;and water if more sauce is necessary and water accordingly
7. 8 adjust salt to taste



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SPOTLIGHT INGREDIENT: Garlic

Personally I think that garlic goes into the category of either stem or maybe be leaf but entirely I'm not sure. I think garlic grows maybe in the summer or fall. It seems like a seasonal that happens normally around that time.

Garlic is a type of thing that goes into a Seasoning category along with it comes a lot of other types of sea put in with garlic but we won't get into that with garlic types of food all you need to do is to chop it up into small slices put it in with the rest of the food and cook it.





Meatloaf

Nyla Alves

Entree

INGREDIENTS:

- ground beef
- bread crumbs
- diced onion,
- add milk
- add a egg

1-8 servings

- ketchup
- dried parsley
- garlic powder
- add salt and pepper

PROCEDURE:

1. Place mixture in pan and wait 2 and a half hours
2. Take out and let it cool for about 10 minutes, and enjoy

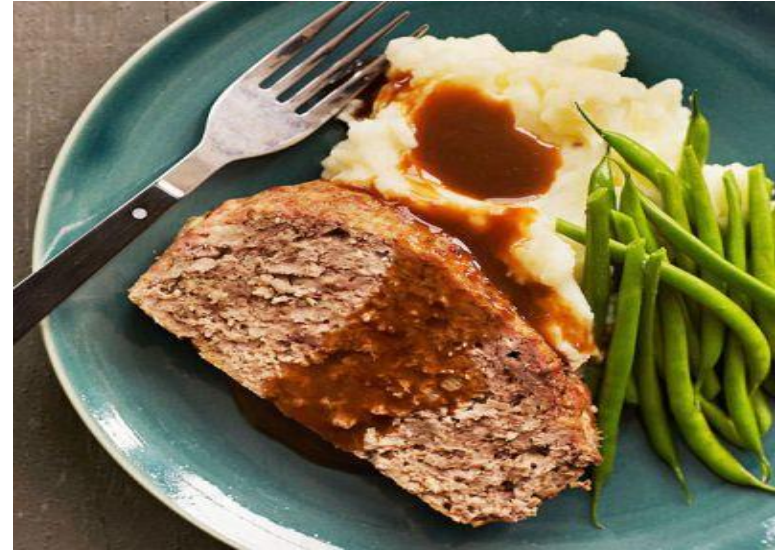


SPOTLIGHT INGREDIENT: ONION

The spotlight ingredient would be the onion because it gives it so much flavor also giving it a nice tang and makes it so flavorful in the dish I'm representing how the onion taste is like kinda spicy but good and be careful when ur cutting because i can make you cry. my vegetable has a stem. The onion has to grow about 100-175 days to process and grow.

ALL ABOUT MY RECIPE

My recipes spotlight ingredient is onion because it plays a very important part to give meatloaf that's happy taste when it touches ur mouth.



Meat Sauce

Jack Buffolano

Entree

4 Servings

INGREDIENTS:

- 1-29 oz can of whole peeled San Marzano tomatoes
- 1½ cups water: 1T Tomato Paste
- 1t beef base
- ½ yellow onion-chopped
- ½ carrot-chopped
- 3T butter
- 2 oz sweet Italian sausage
- 2 oz pancetta-chopped
- ¾ lb ground beef
- ¾ lb ground pork
- Salt and pepper to taste
- 1c dry red wine: 1 bay leaf
- ¾ cup whole milk fresh grated nutmeg

PROCEDURE:

1. Puree tomatoes in blender.
2. Bring 1.5 cups of water to a simmer and whisk in beef base. Let cool. 3. In a large pot, melt butter on low to medium and add in chopped carrots and onion. Add sausage and pancetta. Soften but don't brown vegetables-approx 25 minutes. Mix frequently.
3. Increase heat to medium and add the meats/ Break up meat to small pieces. Salt and pepper to taste. Cook, stirring constantly for 10 min.
4. Add wine and cook and bring to a boil. Cook until wine evaporates about 3-5 min. Add tomato puree, beef base and bay leaf. Cook for 2.5 hours on a very



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SPOTLIGHT INGREDIENT: Asparagus

Asparagus is what my mom puts in the pasta with meat sauce, and it has a good taste. It grows in a farm! It is good.





Lasagna

Entree

Andrew Dodson

10 servings

INGREDIENTS:

- 1 pound of sweet Italian sausage
- 1 pound of ground beef
- 1/2 cup of chopped onions
- 2 cloves of garlic chopped
- 1/2 Cup of Water
- 2 tablespoons white sugar
- 1 (28 ounce) can of crushed tomatoes
- 2 (8 ounce) cans of tomato sauce
- 2 (6 ounce) cans of tomato paste
- 1 teaspoon fennel seed
- 2 teaspoons fresh Basil leaves chopped
- 2 teaspoons fresh Basil leaves chopped
- 4 tablespoons fresh Italian parsley chopped
- 1 teaspoon salt
- 1 teaspoon Italian Seasoning
- 1/2 teaspoon ground pepper
- 23 ounces of ricotta cheese.
- 1/2 teaspoon fresh grated nutmeg
- 1 egg
- 1 pound shredded mozzarella cheese
- 1 cup grated Parmesan cheese
- 12 Lasagna Noodles

PROCEDURE:

1. Start with the following in a pot. 1 pound of sweet Italian sausage 1 pound of ground beef 1/2 cup of chopped onions 2 cloves of garlic chopped
2. Brown the ground beef, Italian sausage, onions and garlic in a pot until they start to look. It takes about 6 to 9 minutes to brown the meat. I like to use a Dutch oven to cook this portion of the recipe. I use a medium low temperature to brown the meat. It is optional to remove the grease from the meat once it is finished browning, your choice.
3. Add the following: 1 (28 ounce) can of crushed tomatoes 2 (8 ounce) cans of tomato sauce 2 (6 ounce) cans of tomato paste 1/2 cup of water
4. Gently stir this into the cooking meat.
5. Add the following: 2 tablespoons white sugar 1 teaspoon fennel seed 2 teaspoons fresh Basil leaves chopped 2 tablespoons fresh Italian parsley chopped 1 teaspoon salt 1 teaspoon Italian Seasoning 1/2 teaspoon ground pepper
6. Gently stir these seasoning into the sauce. Cover the pot and let the meat sauce simmer. Simmer on low heat for 1 hour and 30 minutes
7. Soak 12 lasagna noodles. The lasagna noodles need to be soaked in hot tap water for 15 minutes.
8. While the noodles are soaking you can make the cheese filling. Put the following in a mixing bowl: 23 ounces of ricotta cheese. 1/2 teaspoon fresh grated nutmeg Grate fresh nutmeg over the Ricotta cheese.
9. Add the following
10. 1 egg 2 tablespoons fresh Italian parsley chopped Mix these ingredients together with a spoon
11. Now we start building the lasagna layers. Use a 9x13 inch baking pan. Spread 2 Cups of meat sauce on the bottom of the pan. Remove your lasagna noodles out of the water bath. Shake water off wet noodles. Lay 6 noodles across the layer of sauce. Spread half of the ricotta cheese mixture over the layer of noodles. Spread 1/2 of the mozzarella cheese over the ricotta layer. Sprinkle half of the Parmesan cheese over the mozzarella layer Spread 2 cups of meat sauce over the cheese layer Lay down the next layer of noodles Spread the remaining ricotta mixture over noodles Spread the mozzarella and Parmesan cheeses saving some cheese for the top of the lasagna Put the last layer of meat sauce on the cheeses Sprinkle the remaining cheese on top.
12. Cover with foil Bake in preheated oven at 350 for 25 minutes Remove foil and bake uncovered for another 25 minutes. Remove from oven and let stand for approximately 15 minutes.

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ALL ABOUT MY RECIPE

This recipe is important to my family because it is something we all like and don't really have very often. We mainly eat this on birthdays. Lasagna originated from Italy. The main thing I like about this dish is the beef. I am almost the opposite of a vegetarian except I still eat vegetables.

SPOTLIGHT INGREDIENT: Tomato

Tomatoes are the spotlight ingredient because it is a fruit that is used a lot in lasagna. It is red, round-ish and tastes tart and slightly sweet. Tomatoes are fruits. Tomatoes require 90-140 days to grow from a seed and are in season during the months of May through October. People also might put diced tomatoes in a Greek salad.





Mediterranean Pasta

Kawan Tucker

Ingredients:

**2 crowns of broccoli,
1 package of pasta,
2 peppers,
1 teaspoon of salt**

Serving Size

four to five people

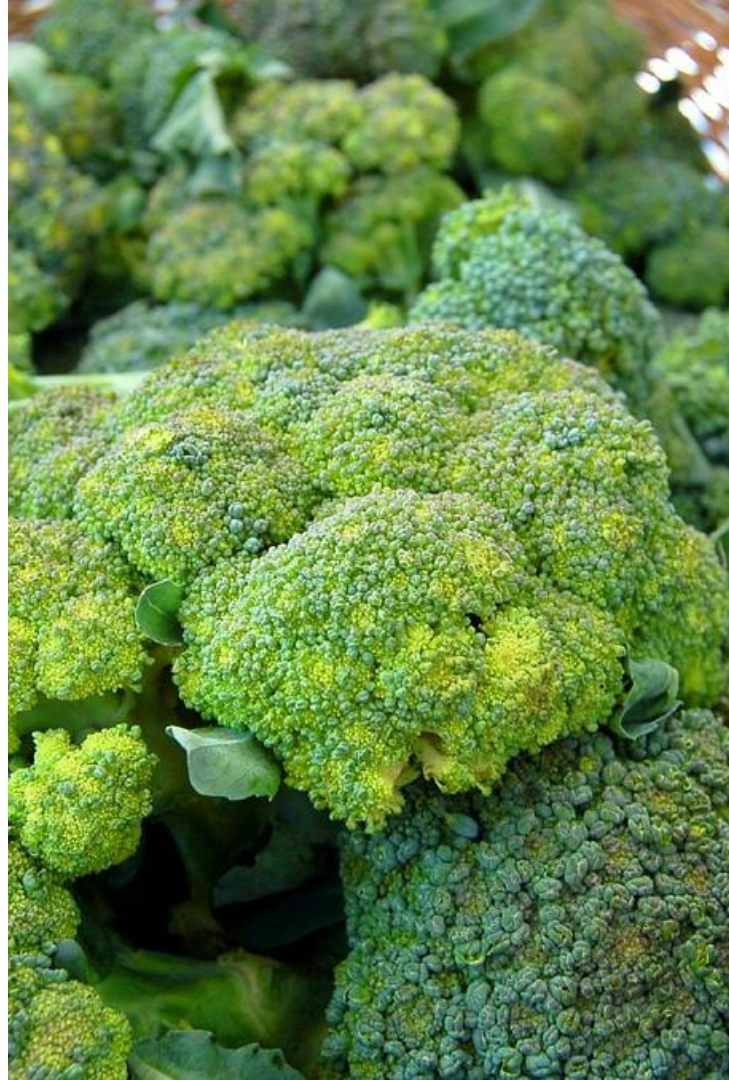
Procedures

1. First you boil the pasta for twenty-thirty minutes.
2. Then drain the pasta and put it in a
3. While the pasta is boiling cut the broccoli to proportional sizes, also cut the peppers.
4. then you add all the ingredients together

SPOTLIGHT INGREDIENT: Broccoli

Broccoli a flower that is high in nutrients is my spotlight including vitamin K and C

This recipe is important to my story because, it is a dish that is loved and cherished in my family. My sister and I especially love it, we appreciate it because my mom makes it for us as a family meal. This is a meal that is part of my Mediterranean culture.





Easy Homemade Ramen

MATTHEW MORALES

Entree

Number of Servings 4

INGREDIENTS:

- 2 large eggs
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 4 cups reduced sodium chicken broth
- 4 ounces shiitake mushrooms
- 1 tablespoon reduced sodium soy sauce
- 3 (5.6-ounce) packages refrigerated yaki-soba, seasoning sauce packets discarded
- 3 cups baby spinach
- 8 slices narutomaki, optional 1 carrot, grated
- 2 tablespoons chopped chives.

PROCEDURE:

- 1 place eggs in a large saucepan and cover with cold water by 1 inch.
- Bring to a boil and cook 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and let cool before peeling and halving2 Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and ginger, and cook, stirring frequently, until fragrant, 1-2 minutes.

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SPOTLIGHT INGREDIENT: CARROTS

My spotlight ingredient is a carrot. A carrot can be orange purple, red, black, or white and they don't have a strong flavor. My spotlight ingredient is a root vegetable. To be harvested you need to wait 50 to 60 days. It helps you with good eyesight. Once carrots are in your body they become vitamin A.

It is special to us because we tried it as a family. Me and my brother would watch a show called Naruto/ Naruto shippuden and the main character loved ramen and it looked really good so we tried it together as a family and we loved it.





California Roll

JULIAN

Entree

12 servings

INGREDIENTS:

- Rice, vinegar
- (nori seaweed), sesame seeds
- cucumbers
- avocado
- crab,

PROCEDURE:

1. Wash the rice
2. Put 1 cup of water in pan put heat to simmer cover the pan
3. 15 minutes later turn off heat and let it absorb the water.
4. Mix the rice with vinegar and sugar let the rice cool down for a little.
5. Lay a sheet of seaweed shiny side down prepare the rice across the seaweed about $\frac{1}{4}$ from the uncovered edge
6. Tightly roll sushi into a cylinder about 1 1/2 inch in diameter
7. Once sushi is rolled wrap it in a mat and gently squeeze to compact it tightly
8. Cut each roll in 1 inch pieces with really sharp knife dipped in water.

SPOTLIGHT INGREDIENT: CUCUMBERS

It is long a green and it taste
sweet a little bit It is a fruit At the
end of the plant life cycle.

hey contain Vitamin B1, B2, B3,
B5 and B6, and it is good for you.
cucumbers can cure bad breath.

Cucumbers are a enjoyable &
healthy snack to have.

We have a good family time when
we eat sushi and we go on special
times and we love it.

We go when my dad is not at work
or we go for lunch.

No there is no particular occasion.

The raw salmon and all the
delicious flavors they have

On It and each one is different
and different flavors.

