

Girl Scout Gold Level Award
Community Cooking Class
Cook Book



Instructor: Alexis Randis

Mentored By: Wendy Conrad



December Menu

Holiday Cooking

Sheet Pan Dinner

Ingredients

One 4-pound whole chicken

6 tablespoons olive oil

2 teaspoons finely chopped fresh rosemary, plus 3 sprigs for the cavity

2 tablespoons chopped fresh thyme, plus 4 sprigs for the cavity

1 tablespoon finely chopped fresh sage, plus 3 sprigs for the cavity

2 cloves garlic, finely grated, plus the remaining head of garlic, halved horizontally to expose the cloves in each half

Zest of 1 lemon plus 1/2 lemon

Kosher salt and freshly ground black pepper

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1 pound potatoes, peeled and cut into 3/4-inch cubes

4 slender carrots, peeled

1 medium onion (about 1/2 pound), peeled and cut into 3/4-inch wedges

Directions:

1. Preheat the oven to 375 degrees F. Place the chicken on a rimmed baking pan.
2. In a small bowl, stir to combine the olive oil, chopped rosemary, thyme, sage, red pepper flakes, grated garlic, lemon zest, 1 tablespoon salt and 2 teaspoons black pepper. Rub the chicken all over with half of the herb oil, being sure to spread some under the skin of the breasts and thighs to season the flesh. Stuff the cavity with the rosemary, thyme and sage sprigs, the bay leaves, 1/2 lemon and garlic head halves.
3. Place the rutabaga, carrots and turnips in a large bowl. Toss to coat with the remaining herb oil. Scatter the vegetables around the chicken and transfer to the oven. Roast until the vegetables are tender and the chicken is cooked through, with an instant-read thermometer inserted at the thickest point of the thigh reading 160 degrees F, about 1 hour 15 minutes. Let rest 10 minutes before carving. Serve with the vegetables.



4 Ingredient Peanut Butter Blossom Cookies

Prep Time 10 mins

Cook Time 15 mins

Total Time 25 mins

Ingredients

- 1 cup peanut butter or any unsweetened nut butter we used sunflower seed butter
- 1 cup sugar
- 1 egg lightly beaten; or egg replacer
- 24 individual pieces of chocolate

Instructions

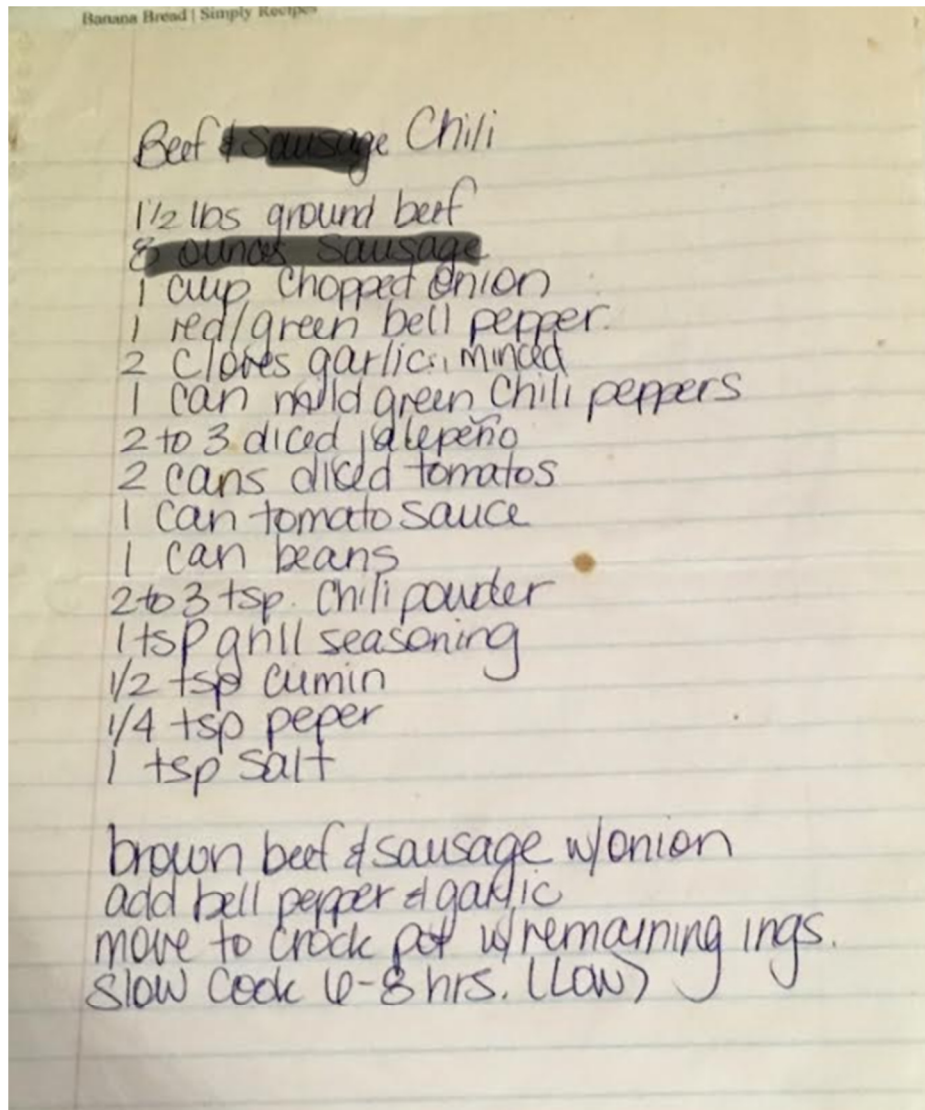
1. Preheat oven to 350 degrees F.
2. Mix first three ingredients together in a large bowl until smooth and creamy.
3. Shape 1 Tablespoon of batter into a round ball and place on a baking sheet lined with parchment paper. Repeat until there are approximately 24 balls.
4. Optionally, lightly coat the outside of each ball with sugar by rolling the ball in a shallow bowl of sugar.
5. Flatten balls to about 1/2 inch thickness.
6. Bake for 8 minutes.
7. Remove from oven and place a chocolate piece in the center of each cookie. Press lightly into place. Repeat for all cookies.
8. Return baking sheet to oven and bake for 3 minutes more.
9. Remove cookies from oven and allow to cool on baking sheet for 5 minutes and then on a wire rack until cooled. Cookies will continue to firm up when cooling.



January Menu

Super bowl Foods

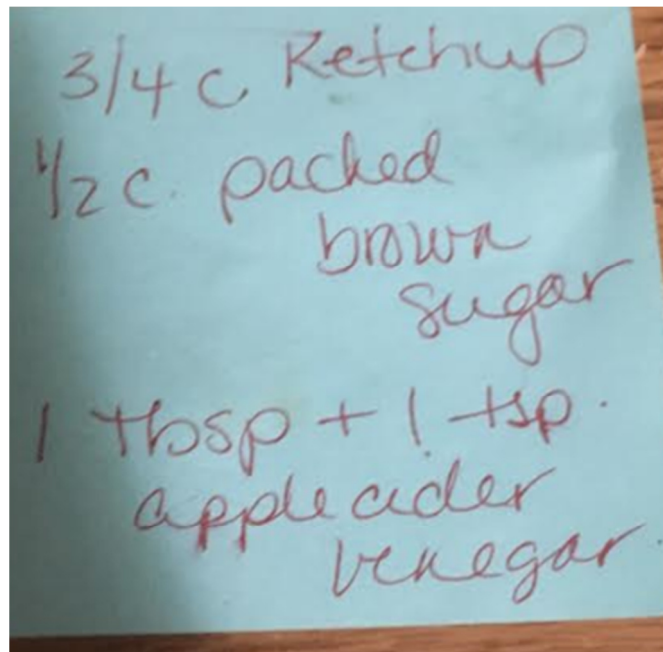
Home Made Chili



***Can be poured over cooked French fries and topped with shredded cheese for a yummy side of

Chili Cheese Fries!

Easy BBQ Sauce



-Pour over shredded pork for BBQ Pork Sandwiches

-Mix with Ground Beef for an easy BBQ Beef

-Marinate Chicken Breast for a delicious BBQ Chicken Dinner



February Menu

Valentine's Meals

Pasta with Homemade

Ingredients

1/4 cup olive oil

4 garlic cloves, minced

3 tablespoons tomato paste

1 (28-ounce) can crushed tomatoes,
including liquid

3 tablespoons minced fresh basil

How to Make It

Heat oil in a saucepan over medium heat. Add garlic, and cook, stirring constantly, about 1 minute or until pale golden. Add tomato paste, and cook, stirring constantly, 1 minute. Add crushed tomato, and simmer 10 minutes. Stir in basil.

Pour over Pasta of Choice

With Meatballs!

Ingredients

- 1 lb ground beef
- 1 lb ground pork
- 1/2 cup Italian breadcrumbs
- 1/3 cup milk
- 1/4 cup onion, diced
- 1/2 teaspoon garlic powder
- 1 teaspoon [Italian seasoning](#)
- 1 egg
- 1/4 cup parsley *chopped*
- 1/4 cup shredded parmesan
- salt and pepper *to taste*

Instructions

1. Preheat oven to 400 degrees F.
2. In a medium bowl, mix all ingredients until just combined.
3. Shape mixture into 48 meatballs, approximately 1 1/2 tablespoons each.
4. Bake 18-20 minutes or until cooked through.

Caesar Salad with Dressing

Servings: Makes 1-1/3 cups (enough for about 10 starter salads)

Total Time: 10 Minutes

INGREDIENTS

- 2 small garlic cloves, minced
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- 1 teaspoon Dijon mustard (I like the brand Maille)
- 1 teaspoon Worcestershire sauce
- 1 cup mayonnaise, best quality such as Hellmann's Real
- 1/2 cup freshly grated Parmigiano-Reggiano
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

1. In a medium bowl, whisk together the garlic, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about a week.
2. Toss with chopped romaine when ready to serve.
3. Top with croutons.



Mini Chocolate Cream Pies

1. To make the pudding, add sugar, cornstarch, cocoa powder and salt to a large pot.
2. Stir together until well combined.
3. Stir in half n half, heavy cream or whole milk.
4. Place the pot on medium heat and begin stirring until sugar has completely dissolved. (Do NOT BOIL)
5. Continue stirring until bubbles begin to barely break on the surface. (reduce heat if mixture begin to boil or simmer heavily. A few bubbles are ok)
6. Beat egg yolks in a small bowl and slowly add in about 1 cup of the warm milk mixture. (This will help slowly heat the yolks up so they won't scramble when added to the pot)
7. Slowly add the yolk mixture to the pot while whisking vigorously until the pudding begins to thicken. Mixture will be foaming and hot.
8. Reduce heat, stir in the melted chocolate, vanilla extract and the butter.
9. Remove from heat and continue stirring vigorously to further thicken the pudding.
10. When pudding is thickened and coats the whisk well, remove from heat and stir in vanilla extract.
11. Place the pudding in a glass dish, cover and chill for about 2 hours to thicken up a bit more. (Can also cover with plastic wrap touching the pudding to prevent a skin from forming if desired. I never do)
12. Place the chilled pudding in a piping bag and pipe the pudding into the pie shells.
13. Refrigerate until firmer about 2 more hours.
14. When ready to serve, top with whipped cream and shaved chocolate.
15. To make the whipped cream, chill a glass bowl and beaters in the freezer for about 20 minutes.
16. Place the heavy whipping cream into the chilled bowl.
17. Stir in the powdered sugar.
18. Beat on medium until fluffy and peaks hold their shape.
19. Pour into mini graham cracker pie shells

Milk for pudding: A variety of milk can be used for making homemade pudding, all giving a different end texture. I prefer whole milk or a combination of whole milk and heavy cream for a thick creamy texture or half n half.

To Boil or Not to Boil? Many homemade pudding recipes suggest you boil the pudding a little bit. I never do this though. I've found that just allowing a few bubbles to break on the surface is good enough and keeps me from accidentally scorching the pudding since I don't use a double boiler.

March Menu
St Patrick's Day Treats

No Boil Macaroni and Cheese

The best Macaroni and Cheese you will ever eat...no boiling necessary!

INGREDIENTS

- 3 tablespoons of butter melted.
- 3 cups of dry macaroni elbows
- 4 cups of shredded cheddar cheese
- 6 cups of milk (I use 1%)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Start by melting the butter in a 9 X 13 casserole dish. Once the butter is melted, mix in your dry macaroni. Next, top with shredded cheese, then add 6 cups of milk slowly. Place in the oven and bake for 1 hour. Remove and serve! You can definitely make 2 or 3 trays of this at a time in aluminum pans for easy cleanup! Perfect for summer BBQs and pot luck dinners.



Chocolate Chip Scones

Ingredients

- 2 1/4 cups all purpose flour
- 1/3 cup white sugar
- 3 tsp baking powder
- 1/2 tsp salt
- 1/2 cup cold butter , cut into small cubes
- 1 cup chocolate chips
- 3/4 cup milk
- 1 egg

Instructions

1. Preheat oven to 400F.
2. In a bowl, whisk together the flour, sugar, baking powder and salt.
3. Add the cold butter to the bowl and using a pastry blender, cut the butter into the flour. Continue until a crumbly consistency is produced. Stir in the chocolate chips.
4. In a separate bowl, whisk the egg into the milk. Pour the milk mixture into the flour and stir together with your hands with a baking spatula until combined. Work gently and be careful to not over-mix the batter.
5. Spread a little flour on a flat work surface. Dump the batter onto the floured work surface and pat down to make a 8 inch disc. Cut into 8 equal wedges.
6. Place wedges on a baking sheet lined with parchment paper or a silicone baking mat.
7. Bake for 16-18 minutes. The scones should be just starting to brown on top.
8. They are the best served right away although they are very tasty served at room temperature.



April Menu

Spring Meals

Southern Tier Spiedie Marinade

- 1 cup white vinegar
- 2 tablespoons lemon juice
- 2 teaspoons salt
- 5 cloves garlic, minced

- 2 teaspoons dried oregano
- 1 tablespoon garlic salt
- 3 tablespoons crushed dried mint
- 2 tablespoons dried basil
- 1 teaspoon fresh-ground black pepper
- 12 wooden skewers, soaked in water for 30 minute

Directions

1. Place the cubed chicken into a large resealable plastic bag or container, add the olive oil, vinegar, lemon juice, salt, garlic, garlic salt, oregano, garlic salt, mint, basil, and black pepper. Seal the container and shake until combined. Refrigerate for 1 to 3 days, shaking the container to turn the meat every 6 to 8 hours.
2. Preheat an outdoor grill for medium-high heat and lightly oil grate. When you are ready to cook, remove meat from the marinade and place on skewers.
3. Place the skewers on the preheated grill and cook, turning every three minutes until cooked through and the internal temperature of the meat reaches 170 degrees F (75 degrees C). Be careful not to overcook or the meat will be very dry. Serve the grilled meat on Italian bread or hot dog rolls.



Green Salad with Catalina French

Catalina Dressing

★★★★☆

Slightly creamy and with a sweet tomato taste, this Catalina salad dressing is perfect for garden salads, cold pasta salads, or garnish on a freshly grilled burger. Can be made in advance for easy weeknight dinners or quick potluck side dishes.

Course	Sauce
Prep	10 minutes
Total Time	10 minutes
Yields	2 cups
Calories	637 kcal
Author	Chrisy

Ingredients

- 1/2 cup [canola oil](#)
- 1/4 cup [ketchup](#)
- 1/4 cup [granulated sugar](#)
- 1/4 cup [red wine vinegar](#)
- 1 tsp [onion powder](#)
- 1/2 teaspoon [paprika](#)
- 1/2 teaspoon [Worcestershire sauce](#)
- 1 pinch [salt](#) to taste
- 1 pinch [black pepper](#) to taste

Instructions

1. In a large bowl, add canola oil, ketchup, sugar, red wine vinegar, onion powder, paprika, Worcestershire sauce, salt, and pepper.
2. Using a hand mixer, blend ingredients together until oil appears incorporated. Sauce is ready when it appears thicker and bubbles easily form while mixing.
3. Store Catalina dressing in a sealed container in the refrigerator for up to 5 days. Before serving, shake dressing thoroughly.

Cake Batter No Bake Cheesecake

INGREDIENTS

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- 1 pre-made graham cracker crust
- 1 cup heavy whipping cream
- 8 ounces reduced fat cream cheese
- 2/3 cup funfetti cake mix
- 1 teaspoon vanilla
- Sprinkles (optional) to garnish

INSTRUCTIONS

1. In a bowl, whip the whipping cream until it is a creamy substance and can hold a peak.
2. Add the cream cheese, cake mix, and vanilla and continue to whip until fully combined.
3. Pour the mixture into the graham cracker crust.
4. Garnish with sprinkles if you'd like.
5. Refrigerate for 30 mins-1 hour before serving.



May Menu

Mother's Day Breakfast

Easy Quiche

Ingredients

- 1 refrigerated pie crust
- 6 large eggs
- 3/4 cup milk *or cream*
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cooked ham *chopped*
- 1 1/2 cups shredded cheese *divided*
- 3 tablespoons green onions

Instructions

1. Preheat oven to 375 degrees F.
2. Unroll pie crust and press into a 9" pie plate, crimping the top edges if desired.
3. In a large bowl, whisk together eggs, milk, salt and pepper.
4. Sprinkle ham, 1 cup of cheese, and green onions into the pie crust and pour the egg mixture over top. Sprinkle remaining 1/2 cup cheese on top of egg mixture.
5. Bake for 35-40 minutes until the center is completely set. Let cool for 5-10 minutes before slicing and serving.



A Note from Wendy:

Thank you to everyone who participated in this class.

I hope it was both enjoyable and informative.

And kudos to all of you who helped Alexis achieve her goals!

It has been my pleasure to mentor this group.