



Princess Crepes

Makes about 12 crepes

- 1 cup all-purpose flour
- 1 tablespoon sugar
- ¼ teaspoon salt
- 1 1/3 cups milk (Use whole milk or 2% milk)
- 1 tablespoon vanilla
- 3 eggs
- 3 tablespoon unsalted butter melted

1. In a large bowl combine, the flour sugar and salt.
2. In a large measuring cup, combine the milk, vanilla, eggs, and melted butter. Mix with a fork to break up the eggs.
3. While whisking rapidly, slowly pour the milk and egg mixture into the dry ingredients. Whisk until very well combined. I keep the whisk in the bowl and continue to mix the batter occasionally as I make the crepes.
4. Heat an 8" non-stick skillet to medium heat. Pour ¼ cup of batter into pan and tilt pan so that batter covers pan in a thin layer. Cook until the edges start to lightly brown, about 30 seconds to 1 minute. Flip over and cook for a few more seconds until done. Then roll them up in the pan. Keep the crepes covered with aluminum foil until they are ready to serve.
5. I serve them with raspberry sauce and powdered sugar. My girls call the powdered sugar "snow."

Raspberry Sauce

2 cups raspberries

¼ cup sugar

1 Tablespoon lemon juice

Bring all ingredients to boil, let cool and serve

Perfect Scrambled Eggs

12 organic eggs

¼ cup cream

¼ cup unsalted butter

Crack eggs into bowl, add cream and gently scramble. On low heat, add butter to sauté pan, and let melt. Pour in egg mixture, gently fold until eggs are cooked

Add toppings: cheese, slivered spinach, bacon

Fresh Squeezed orange juice

12 Valencia Oranges

1 orange squeezer

cups

- Squeeze juice out of oranges, pour and serve



Gourmet Grilled Cheese with Kale and Figs

Classic grilled cheese

- 1 baguette, sliced into 48 rounds (1 whole baguette gets you 50 slices)
- 1 package Havarti cheese
- 1 cube Kerrigold (Irish butter/high fat)

Slice baguette into 24 rounds to make 12 sandwiches. Butter outside pieces of baguette, fit pieces of Havarti cheese to bottom piece, put top on. Cook in sauté pan with 'bacon press on top' until brown

Fig , Goat cheese and Kale Grilled Cheese

- 6 fresh Mission figs
- 6 ounces goat cheese
- 6 Lacinato Kale leaves

Sauté kale leaves until tender. Butter outside of bread as above, spread goat cheese, sliced fig and then layer the kale on top, add top of bread and grill as above

Cubed Watermelon

- 1 small seedless watermelon

How to cube a watermelon into bite size $\frac{1}{4}$ ' cubes
Cooking pasta, making Tomato, Basil sauce, making croutons, assembling green salad with fresh vegetables; radish, carrots, avocado, red onion, making Ranch dressing



Chicken Tenders, Potatoes and Corn

Chicken Tenders

- 1 cup buttermilk
- 1 cup Panko
- Grapeseed oil for frying
- 12 chicken tenders

Soak chicken tenders in buttermilk for 10 minutes, dip into panko, Heat sauté pan with olive oil and when hot, add panko crusted chicken tenders, fry until cooked, about 4-6 minutes. This can also be done in an oven.

Whipped potatoes

- 12 small Russet potatoes
- Heavy cream
- Butter

Prepare pot with salt and water, bring to boil. Peel potatoes, cut into quarters, put into pot of hot water (or hold in cold water until water boils, otherwise potatoes will turn dark) Boil potatoes for about 10 minutes or until a fork can easily be put into one piece. Remove from heat, drain off boiling water. Put potatoes through a potato ricer, add potatoes to bowl, add cream and butter and whisk until creamy

Sautéed corn

- 6 ears of corn
- Olive oil

Remove kernels from corn, heat oil in sauté pan, add corn, sauté until cooked, about 4-5 minutes.



Spaghetti

Pasta:

Bring large pot of water to boil, add salt. Add pasta cook for 5- 6minutes

Tomato Basil Sauce

- 2 pounds Roma tomatoes
- ½ cup fresh basil
- 3 cloves of garlic
- Olive oil
- Parmesan cheese (whole)

Cut tomatoes into bite size pieces. Julienne basil (roll basil leaves, cut on the diagonal)

Chop / mince garlic. Add oil to sauté pan and heat on low flame. Add garlic (do not burn!) sauté for 1-2 minutes on LOW. Add tomatoes and continue to sauté until tomatoes get soft, tossing in pan. Remove from heat, toss into pasta, adding a little more olive oil if needed. Add fresh basil, top with shaved Parmesan cheese.

Green Salad:

- 2 heads of Romaine
- 3 radish
- 3 carrots
- 1 cucumber
- Sourdough baguette

Tear or cube sourdough bread, add olive oil and kosher salt, cook in sauté pan or toaster oven until crisp

Tear lettuce into bite size pieces

Slice radish, carrots and cucumber into thin strips

Toss in salad, add dressing, salt and pepper