



Latin America

Chicken Fajitas

- parchment paper
 - 1 pound boneless, skinless chicken breasts
 - 1 red bell pepper, thinly sliced
 - 1 yellow bell pepper, thinly sliced
 - 1/2 onion, thinly sliced
 - 1 teaspoon dried oregano
 - 1 teaspoon garlic powder
 - 1 teaspoon chili powder
 - 1/2 teaspoon cumin
 - 1/2 teaspoon paprika
 - 2 teaspoons sea salt
 - 1/3 cup oil
1. Preheat the oven to 375°F and cover a rimmed baking sheet in parchment paper
 2. Cut chicken, peppers and onions into 1/2 inch slices.
 3. Lay out everything on the cookie sheet (yep, all of it! chicken, peppers, onions, spices and oil) and mix it together with your hands
 4. Bake in oven for 20-25 minutes (or until chicken is cooked through).

(Courtesy of www.gatheredtable.com)



Corn tortillas

- 1 3/4 cups of masa harina
- 2 teaspoons of natural salt
- 1 cup warm water (may need more)

- Tortilla press
- Quart ziplock bag
- Tortilla warmer or clean kitchen towel

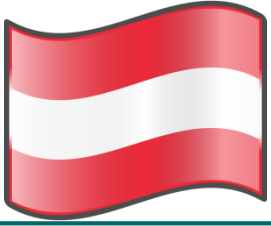
1. Mix the salt and the masa harina.
2. Pour 1 cup of warm water into the masa and keep mixing. The dough will be really sticky at first, and as you work it, it will hold together enough for you to start to form the dough into little balls about the size of apricots, cover with a damp towel.
3. Have your adult helper heat a flat griddle.
4. Cut a quart-size Ziploc bag into two pieces for the tortilla press. Press the masa balls with your tortilla press one at a time, and carefully place on the hot griddle. Use your flat spatula to flip the tortillas 3 times, one minute per side or until golden brown.
5. Put the hot cooked tortillas into a tortilla warmer or just wrap well in a clean towel, and stack until they are all done.

Plantains

- Vegetable oil
 - 2 ripe plantains (skins will be yellow and blotchy, will give slightly when pressed)
 - Salt
1. Heat oil in skillet. Oil should be deep enough to cover sides of plantains halfway up.
 2. Slice plantains into quarter-inch thick disks.
 3. When oil is hot, place plantains in skillet.
 4. Using tongs, turn plantains when golden brown, about 2-4 minutes.
 5. When cooked on both sides, transfer to a paper-towel lined plate. Sprinkle with salt.
 6. Remove from paper towel and serve on a platter.

Guacamole

- 2 ripe avocados
 - Juice from ½ lemon (or lime)
 - ½ Tbsp salt
 - Dash pepper
 - Optional:
 - Hot sauce
 - Diced tomatoes
 - Diced onions
 - Cilantro
1. Cut avocado, remove flesh: Cut the avocados in half. Remove seed. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon.
 2. Mash with a fork: Using a fork, roughly mash the avocado.
 3. Add salt, lime juice, and the rest: Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.
 4. Add the chopped onion, cilantro, hot sauce, and tomatoes.
 5. Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.



Austria

Wienerschnitzel

- 1 cup all-purpose flour
- 3 teaspoons kosher salt, divided, plus more for seasoning
- 2 large eggs
- 2 tablespoons heavy cream (or milk)
- 2 cups fine dried breadcrumbs (Italian seasoning)
- 1/2 pound veal scaloppine or eye round, cut across the grain into 4 equal pieces
 - Options: pork cutlets or chicken cutlets
- Freshly ground black pepper
- 2 cups vegetable oil
- 3 tablespoons unsalted butter
- 1 lemon, cut into 4 wedges
- Curly parsley or lettuce
- Paper grocery sack (if unavailable, use a baking sheet)

1. Cut open a paper grocery sack, and cover your countertop with it.
2. Make a pile of flour and 1 teaspoon salt on the left side of the paper sack.
3. Lightly whisk eggs and cream in wide shallow bowl until the yolks and whites are just streaky. Place the bowl in the middle of the cut paper bag.
4. Make a pile of breadcrumbs and 2 teaspoons salt on the right side of the paper bag.
5. Pound veal slices between sheets of plastic wrap to 1/8"-1/16" thickness, being careful not to tear. Season lightly with salt and pepper.
6. Pour enough oil in the skillet to submerge the cutlets half way up the side.
7. Dredge 2 veal slices in flour mixture; shake off excess. Dip in egg. Turn to coat; shake off excess. Dredge in breadcrumbs, pressing to adhere; shake off excess. Transfer slices to skillet. Cook until bottom is golden brown (about 1-2 minutes). Turn and cook until browned, about 1 minute longer. Transfer to paper towel-lined sheet. Repeat with remaining veal slices.
8. Divide veal among plates. Garnish with lemon wedges and parsley or lettuce.



Mashed Potatoes

- Potatoes (half a potato per person)
 - Water
 - ½ cup Olive oil (or more, depending on number of potatoes)
 - Salt, to taste
 - Optional: milk, heavy cream, garlic, goat cheese
1. Peel potatoes, and cut in 2-inch cubes
 2. Put potatoes in a pot, and cover with water.
 3. Simmer gently until fork or knife comes easily out of a potato.
 4. Drain, reserving ½ cup of cooking water
 5. With a masher, mash potatoes thoroughly.
 6. Stir in olive oil, ¼ cup at a time, to make potatoes moist.
 7. Sprinkle salt generously over potatoes, mix, and add salt to taste.
 8. Optional: instead of oil, add any of optional ingredients to the desired taste and texture.

Cucumber Salad

(Gurkensalat)

- 1/3 cup sugar
- 1/4 cup water
- 1/2 teaspoon salt
- 2 tablespoons white or apple cider vinegar
- 4 large cucumbers, peeled, very thinly sliced
- 1 tablespoon fresh dill weed, chopped (or 1 1/2 teaspoons dried)

1. In a medium mixing bowl, mix sugar, vinegar, water, and salt. Stir until the sugar and salt are dissolved. Now you need to taste; if it's too tart, add more sugar, 1 teaspoon at a time till you reach the point where it's neither too sweet nor too sour, but a balance of the two. Same goes for the vinegar - if you want it more tart, add more vinegar. If it's too strong, add more water. Set aside.
2. In a large serving bowl combine the cucumbers and the dressing, letting them sit in the refrigerator for 4 or more hours. The longer it sits, the better it will taste! Turn the salad once to make sure every bit of cucumbers gets coated. Serve at room temperature, or chilled.



Italian

Baked Meatballs

- 1 pound ground beef, grass-fed if desired
 - 2 eggs, beaten with 1/2 cup milk
 - 1/2 cup grated Parmesan
 - 1 cup panko or bread crumbs (see notes)
 - 1 small onion, minced or grated (1/2 a large onion)
 - 2-3 cloves garlic, minced
 - 1/2 teaspoon oregano
 - 1 teaspoon salt
 - freshly ground pepper to taste
 - 1/4 cup minced fresh flat-leaf parsley or basil
1. Preheat oven to 350 degrees.
 2. Mix eggs and breadcrumbs. Set aside so breadcrumbs absorb egg.
 3. Mince onion and garlic, grate parmesan.
 4. Mix all ingredients with hands.
 5. Form into golfball-size meatballs.
 6. Bake at 350 degrees F for 30 minutes.

Notes

For a gluten-free option, crushed Rice Chex work beautifully.

From the fountain avenue kitchen <http://fountainavenuekitchen.com/>



Tomato Sauce

- Pomi tomato sauce, or crushed tomatoes (see notes)
 - Small onion
 - Garlic
 - 2 Tbsp Olive oil and butter (see notes)
 - 1 tsp Italian seasoning
 - Salt, pepper, sugar (or honey, molasses or agave) to taste
1. Dice the onion and mince the garlic
 2. Heat a skillet, and add the oil and butter.
 3. Add the onion and generous sprinkle of salt (the salt helps to soften the onion.) Stir the onion occasionally to keep it from burning.
 4. Once the onion is softened, clear a space in the skillet and pour in a little more oil. Turn down the heat and add the garlic, stirring constantly. Once the garlic is fragrant, pour in the tomato sauce or crushed tomatoes. Bring the heat back up to medium low.
 5. Add the Italian seasoning and simmer the sauce for five minutes, until heated through.
 6. Taste the sauce, and add salt, pepper and sweetener to taste. The sweetener balances out the tangy flavor of the tomato.

Notes:

Choose the Pomi based on whether you like your tomato sauce chunky or smooth.

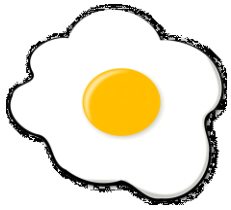
Omit the butter or a dairy free version. Just use a little more olive oil.

Carrot Ribbon Salad

- One Bunch carrots (different colored carrots make a beautiful salad)
- 2 Tbsp apple cider vinegar
- 2 Tbsp honey
- 1 tsp Dijon mustard
- 1/2 cup olive oil
- 1 small garlic clove, mashed

1. Peel the carrots, then use peeler to create ribbons.
2. Stir together remaining ingredients, making sure the honey dissolves.
3. Mix the dressing and carrots well.

Recipe courtesy of Chef Michele Molony



Breakfast

Scrambled Eggs and Omelets

- 4 Eggs
- Salt and pepper to taste
- 2 tsp butter or oil

Scrambled eggs

1. Beat eggs, salt and pepper in medium bowl until blended. (see note)
2. Heat butter or oil in large nonstick skillet over medium heat until hot. Or spray hot pan with non-stick spray.
3. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds.
4. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. *Do not stir constantly.* Remove from heat, and serve immediately.

Omelets

- All ingredients above
 - Shredded or grated cheese (cheddar, mozzarella and goat are great)
 - Any add-ins
 - Diced ham
 - Sliced peppers
 - Fresh spinach
 - Fresh mushrooms
 - Cooked bacon
 - Diced avocado
 - Salsa
1. Beat eggs, salt and pepper in bowl until blended.
 2. Heat butter or oil in large nonstick skillet over medium heat until hot. Or spray hot pan with non-stick spray.
 3. Pour in egg mixture. Let mixture set. Gently pull edge of eggs toward middle of pan, allowing uncooked egg from the top to run onto the hot surface of the skillet. Do not pull the egg mixture all the way across the pan.
 4. Once the egg is set, use a large spatula to carefully flip the egg. (If you are making a large omelet, and are afraid that you will break the omelet, simply turn down the heat, so the top gets cooked, but the bottom does not brown.)
 5. Sprinkle your add-ins over the omelet, and leave on the heat just long enough to begin melting the cheese.
 6. Roll one side of the omelet on top of the other (making it look like a taco shell.) Carefully slide onto plate. Serve immediately.

Pancakes and Crepes

Pancakes

- 2 cups all-purpose flour
 - 2 teaspoons baking powder
 - ¼ teaspoon salt
 - 1 tablespoon sugar, optional
 - 2 eggs
 - 1 ½ to 2 cups milk
 - Spray oil
1. Heat a griddle or large skillet over medium-low heat. In a bowl, mix together dry ingredients. Beat eggs into 1 ½ cups milk. Gently stir this mixture into dry ingredients, mixing only enough to moisten flour; don't worry about a few lumps. If batter seems thick, add a little more milk.
 2. Spray oil on griddle or skillet. When it shimmers, ladle batter onto griddle or skillet, making pancakes of any size you like. Adjust heat as necessary; usually, first batch will require higher heat than subsequent batches. Flip pancakes after bubbles rise to surface and bottoms brown, after 2 to 4 minutes.
 3. Cook until second side is lightly browned. Serve, or hold on an ovenproof plate in a 200-degree oven for up to 15 minutes.

Crepes

- All ingredients above, plus:
- ½ cup milk
- 1 tsp sugar

Add-ins

- Whipped cream
 - Fresh fruit
 - Jam (warmed)
 - Peanut butter
 - Nutella
1. Mix sugar with dry ingredients.
 2. Add milk to batter until it is runny.
 3. Spray pan with oil. Wait until the oil heats. Pour about 3 tablespoons of batter into skillet. Lift skillet and gently swirl batter to make a thin crepe.
 4. When bubbles form (within 30 seconds), carefully flip crepe. Cook for another 30 seconds, until bottom is lightly browned.

Homemade Whipped Cream

- 1 cup heavy cream
 - 1 Tbsp sugar
 - 1 tsp vanilla extract
 - Optional: 1 tsp cinnamon or nutmeg
1. In a large bowl, mix ingredients
 2. Whip cream until stiff peaks form
 3. Do NOT overwhip. It will lumpy and butter-like. You can't come back from this.

Macerated Berries

- 2 cups sliced strawberries
- 2 cups fresh blueberries
- 1 cup fresh raspberries
- 1 tablespoon sugar
- 3 tablespoons fresh lemon juice

Combine all ingredients, stirring gently. Cover and refrigerate at least 2 hours or overnight, stirring occasionally.

How long to beat the eggs? It's a matter of preference. Light beating produces more dense scrambled eggs. Vigorous beating aerates the eggs, resulting in lighter



Lunch

Hummus

- 2 cups drained well-cooked or canned chickpeas, liquid reserved
- 1/2 cup tahini (sesame paste), optional, with some of its oil
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled, or to taste
- Salt and freshly ground black pepper to taste
- 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
- Juice of 1 lemon, plus more as needed
- Chopped fresh parsley leaves for garnish

1. Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.

2. Taste and adjust the seasoning (you might need more salt and/or more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.

Serve with carrots, cucumber or pita slices.

Pesto

- 4 cups packed fresh basil leaves
- 2 cloves garlic
- 1/4 cup pine nuts
- 2/3 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup freshly grated Pecorino cheese

1. Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped. Add 1/2 cup of the oil and process until fully incorporated and smooth. Season with salt and pepper.

2. Continue to add oil until pesto is desired consistency.

3. Transfer the pesto to a large serving bowl and mix in the cheese



One Pot One Vegetable Soup

- One bunch carrots OR one butternut squash
- 2 cloves garlic, minced
- 1 small onion
- 2 tsp ginger – if using carrots
- Water or chicken stock (see notes)
- Olive oil
- Salt and pepper, to taste
- Flavored olive oil (lemon, garlic, etc.)
- Sea salt, for garnish, optional

1. Cube carrots or butternut squash. Dice onions. Mince garlic and ginger.
2. In heavy pot or Dutch oven, heat two tablespoons olive oil.
3. Add onions to pot, and cook until translucent, about 4 minutes.
4. Add garlic, (and ginger if using), carrots or squash to pot, cover, and reduce heat to medium-low. Stir occasionally to prevent sticking.
5. When vegetables are fork-soft, add water or stock to cover half-way.
6. Remove pot from heat, and blend with an immersion blender until smooth. (see notes)
7. Ladle soup into bowls. Drizzle a little bit of flavored oil, and sprinkle with sea salt.

Notes:

Water lets the flavor of the vegetables stand out. Chicken stock adds salt, so you will need less when seasoning to taste.

An immersion blender is the easiest tool to use. If you do not have one, you can use a blender or a food processor. But you need to let the soup cool. If you blend hot liquid, you get a volcano, and big mess in the kitchen.

Sandwiches

- 2 slices bread
 - 3 slices meat
 - 1 slice cheese
 - Small handful of lettuce
 - Spread – choose one or two complementary flavors
 - Mayonnaise, or flavored mayonnaise
 - Aioli
 - Pesto
 - Hummus
 - Chutney
 - Other optional add-ins
 - Avocado, thinly sliced
 - Bacon
-
1. Spread your flavor on both sides of bread
 2. Layer your meat, cheese, lettuce, etc.
 3. If using avocado, consider putting directly on the bread, and mashing it slightly, so it doesn't slip out of the sandwich.
 4. If using large slices of bread, cut in half.