



Around the World Chef Camp

Hosted by Chef April Howell

August 4-8, 2008

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Monday: Latin America

Quesadillas

Ingredients

- 2 Tortillas or 1 large
- 3 Tbsp Cheese of choice
- 2 Tbsp Chicken, chopped
- 1/4 cup of Red Onion, small dice
- 1 garlic clove, crushed
- 1 Avocado, seeded and chopped
- 1 Roma Tomato, chopped small
- 1 small lime, halved

Instructions

1. In a small sauté pan heat a little oil and sauté or cook chicken until done... should no longer pink in the middle. Add garlic and onion and cook just a few minutes. Careful not to burn.
2. Take out chicken and cool. Chop.
3. In a small bowl mix together chopped chicken, chopped tomatoes, and chopped avocado.
4. Squeeze half a lime over the mixture to keep avocados from browning.

5. On one half of the tortilla place a couple spoonfuls of the mixture and add some cheese. Fold over the other half or place the other tortilla on top.
6. Heat a large sauté pan and add a little butter. Place quesadilla carefully in pan so you do not lose your filling.
7. Cook until golden brown then flip carefully and brown other side.
8. Take out of pan and cut into even pieces. Careful... it's Hot!
9. Eat and Enjoy...

Salsa

Ingredients

- 2-3 ripe Roma Tomatoes
- 1/2 cup of Red Onion, small dice
- 1 garlic clove, crushed (use the garlic press)
- 1 small lime, halved
- 5-6 large leaves of Basil
- Salt and Pepper, to taste

Instructions

1. Chop tomatoes into small pieces. Chop onions into small pieces. Place in a bowl and add crushed garlic, juice of the lime and salt and pepper.
2. Place basil leaves on top of each other and roll. Next be careful and slice or chiffonade very thin pieces of basil.
3. Mix basil into the bowl of tomato mixture and enjoy.

Guacamole

Ingredients

- 1 ripe Avocado
- 1/4 cup of Red Onion, small dice
- 1 garlic clove, crushed
- 1 small lime, halved
- Salt and Pepper, to taste

Instructions

1. Cut Avocado in half lengthwise and remove large seed. Carefully peel off outer skin layer too.

2. Cut avocado halves into small chunks and place in a medium bowl. Squeeze the juices of one half lime over the top and mix so avocado is covered and will not turn brown.
3. Mix in chopped red onion and garlic. Season with salt and pepper. Smash everything together. If you like it smoother keep smashing, if you like chunkier guacamole stop a little earlier.
4. Enjoy.

Queso Blanco (White Cheese)

Ingredients

- 1 gallon Whole Milk
- 4 oz Apple Cider Vinegar
- 4 oz Kosher Salt

*Best to use a Digital Thermometer. The one with long silver wire with 'L' shape probe on end.

*Cheesecloth (can be purchased at Target in kitchen utensil area)

Instructions

1. Heat milk in a large saucepan using a thermometer to a specific temperature of 185 degrees F. Stirring slowly constantly to keep from scorching on bottom.
2. When it reaches this temp add salt and vinegar. Stir just a few times to incorporate. Turn to LOW heat. Let sit for approx 10-15 min. You will see the curds starts to form on the top and they whey sinks to the bottom. This is the start of cheese!
3. Remove from heat after 10-15 min. Fold your cheesecloth in half and then in half again, so it is pretty thick. Place on top of a colander or sieve (a bowl with holes to drain) and place the colander or sieve over a large mixing bowl or over a sink.
4. Gently ladle the all curd into the cheesecloth and allow draining for about 1-2 hours.
5. You can put some extra weight on it too. Place a plate on top and a few heavy cans. This will allow it to drain faster and allow it to take a better shape.
6. When drained take out and place into a seal tight container. Now you can crumble it and eat it.
7. Keep refrigerated and use within one week.

Tuesday: Western Europe

Corned Beef Hash or Veggie Pasties

Ingredients

- 1 can Corned Beef Hash (opt)
- 1/2 # fresh Corned Beef, diced small
- 1/2 onion, chopped small
- 4 whole Russet Potatoes, washed, peeled and diced small
- 1 pkg Shredded Cheddar Cheese
- 1 pkg Refrigerated Pie Dough
- 1 Egg, beaten

Instructions

*Pre heat oven to 350 F

1. Heat Sauté pan. Add small dice of potatoes and sauté until soft and golden
2. Add fresh diced corned beef and heat through.
3. Add can of corned beef hash (opt)
4. Set aside. Roll out pie dough to 1/2 in thick. Cut circle in half.
5. Place a 1/4 cup of meat mixture on half of the 'moon-shape' dough.
6. Add some cheese.
7. Use fingers and rub some of the egg mixture around the edges of the dough to seal. Fold over and pinch the edges closed.
8. FOR VEGETARIAN... Just add potatoes and cheese to dough and follow directions.
9. Place folded and sealed pasties on a sprayed sheet tray and bake until golden brown for approximately 20-30 minutes.
10. Enjoy... be careful because they will be hot right out of the oven.

Chips in Paper with Malt Vinegar

Ingredients

- 6-8 Large Russet Potatoes, washed cut into long 1x1" matchsticks shapes.
- 2-3 Tbsp Vegetable Oil
- 1 Tbsp Salt and Pepper
- 3-4 Tbsp Malt Vinegar
- Sheet of paper Newspaper, folded into a cone shape and stapled

Instructions

*Pre heat oven to 350 F

1. Toss cut fries in a bowl with oil. Add Salt and Pepper. Mix well.
2. Place on a sheet try and bake until golden brown 30-45 min.
3. Place baked fries in cone shaped newspaper and sprinkle with malt vinegar.
4. Enjoy.

Crepes

Ingredients

Crepes (from frozen section or just use flour tortillas)
Fresh Strawberries, sliced thin
Chocolate Sauce (your favorite)
Cream Cheese, 1 8-oz package
Powered Sugar, 1/2 cup

Directions

1. Heat crepe or tortillas in microwave for 10 seconds or if heating a larger amount increase time.
2. In a bowl mix cream cheese until soft. Slowly add powdered sugar and mix well.
3. Put 2 Tbsp on 1/2 of the crepe or tortilla.
4. Add sliced strawberries and some chocolate sauce and roll up.
5. Enjoy.

Wednesday: Mediterranean

Antipasti – Tomato, Basil and Mozzarella Flower

Yield 4-6 servings

Ingredients

Tomatoes, Fresh and sliced 1/4" thick
Basil leaves, picked off stem
Mozzarella – Large Balls sliced into 1/4"

Instructions

1. On a plate, layer or shingle in the order of: tomato slice, basil leave, mozz slice, tomato, basil, mozz, until finished. Season with salt and pepper and a little drizzle of extra virgin olive oil. Enjoy.

Alfredo Sauce

4-6 servings

Ingredients

2 quarts of Heavy Cream
2 cups of fresh Parmesan, grated small
Salt
Pepper

Instructions

1. Pour Heavy Cream into a saucepot and on med to low heat reduce until thick. Be careful the cream does not scorch or burn on the bottom.
2. Mix in fresh Parmesan, salt and pepper.
3. Taste and pour over our gnocchi. Enjoy.

Primi - Gnocchi

4-6 Servings

Ingredients

Russet Potatoes, about 10 large, washed and peeled and quartered
All Purpose Flour, about 4 cups
Salt, 2 Tbsp
Eggs, 4 whole eggs

Instructions

1. Place potatoes in a large enough pot and add water to cover the potatoes about an inch. Bring to boil until the potatoes are soft.
2. When done drain the potatoes and pass through a ricer into a separate bowl. If you don't have a ricer mash them very well to be sure there are no clumps.
3. Add the eggs and mix in well. Add in salt and flour little by little, mixing and kneading until it is well incorporated and no longer sticky to your fingers.
4. Take a handful and roll into a 'snake' about 1 inch thick.
5. Cut into inch segments and roll each segment on a fork to get marks or indents in the gnocchi. This helps the sauce stick to the gnocchi pasta.
6. Bring a pot of water to a boil. Add gnocchi in small batches to the hot water and it will sink. It will be done cooking when it floats.
7. Take out of water and place on plate.

8. Pour your favorite sauce over the top, whether it's marinara or Alfredo, or just butter.... Enjoy.

Thursday: Asia

Chicken Satay

Yield 4-6 servings

Ingredients

- 3 (about 5-6 oz each) boneless skinless chicken breasts
- 15 skewers (soak in water for about 30 min to keep from burning on the grill)
- 2 cups of your favorite creamy Peanut Butter
- 1 can coconut milk
- 2 Tablespoons of fresh grated Garlic
- 2 Tablespoons of fresh grated Ginger
- 1/4 cup Soy Sauce
- 1/4 cup Sriracha Hot Chili Sauce
- 3 Tablespoons thin slice green onions

Instructions

1. Slice chicken breast into 4-5 long even strips. Weave skewers into strips and put on grill to cook or place in oven to cook thoroughly.
2. In a small saucepot add garlic and ginger and little oil and sauté for few minutes but do not burn. Add peanut butter, coconut milk, soy sauce, and chili sauce and mix well until smooth and creamy.
3. When chicken is finished place on a plate and pour your peanut butter mixture in a bowl. Drizzle a little over the chicken skewers and garnish or sprinkle with the green onions.
4. Enjoy.

Thai Tea

Yield 4-6 servings

Ingredients

- 6 bags or 1/2 cup of fresh Thai Tea leaves, steeped in 3 cups of Boiling Water
- 3 cups of cold 1/2 and 1/2

Instructions

1. When tea is finished steeping add to a container and stir in 1/2 and 1/2. Mix well and Refrigerate until ready to drink. Enjoy

Fried Rice

Yield 4-6 servings

Ingredients

- 3 cups of Rice, prepare by directions on package.
- ***Best to use day-old cooked, white rice.*
- 2 Tablespoons of fresh grated Garlic
- 2 Tablespoons of fresh grated Ginger
- 1/4 cup soy sauce
- 3 whole eggs, mixed in a bowl

Instructions

1. In a hot skillet add a little oil and add garlic and ginger. Sauté but careful not to burn. Add rice. Break up the rice and heat thoroughly. Stirring often.
2. Add a soy sauce little by little until the desired taste.
3. Add mixed eggs and cook thoroughly.
4. Season with salt and pepper.
5. Enjoy.

Naan Bread

Yield 4-6 servings

Ingredients

- 1 tsp dry yeast
- 1/2 tsp sugar
- 1/2 cup warm water
- 1 cup all purpose flour
- 1/2 tsp salt
- 1/4 cup oil

Instructions

1. Preheat oven to 400 F. Mix yeast and sugar. Add water. Rest for 5 minutes.

2. Sift flour and salt. Pour yeast mixture into center of flour mixture and mix well with clean hands. Knead on a lightly floured board for 3 min.
3. Oil small bowl and place dough. Let rise and double in size for an hour.
4. Divide into even portions and Roll out into circles or somewhat close to that. Bake in oven until golden brown. Serve warm with your food. Enjoy.

Friday: USA!

Pizza with toppings

Yield 4-6 servings

Ingredients

4-6 pieces of Pita Bread, White or Whole Wheat
Favorite Spaghetti Marinara or Pizza Sauce
Toppings, whatever you like: Cheese Pepperoni, Sausage. Ham, Pineapple, Onion, Mozzarella, Mushrooms, Green Olives, Black Olives, Garlic, Basil, etc.

Instructions

Preheat oven to 350 F.

1. Prepare all your toppings; slice mushrooms, cook sausage, grate cheese, cut onion, etc.
2. On top of a pita spoon enough of the sauce to cover the pita around all the edges.
3. Top the pita next with any of the toppings listed above.
4. Place in oven until cheese is completely melted and golden brown. It is best to place pita directly in oven and not on a sheet pan so it crisps up the bottom of the pita.
5. Enjoy, but be careful of the hot stringy cheese!

Mac n Cheese

Yield 4-6 servings

Ingredients

1 pound of dry pasta
4 oz cheddar cheese
4 oz processed cheese like Velveeta (opt)
1-2 cups heavy cream

Instructions

1. Prepare pasta according to directions. Drain and place back into large pot it was cooked in.
2. Mix in cheeses and add heavy cream a little at a time until it is the consistency you like. Keep on low heat, cover and let melt. Mix well.
3. Season and Enjoy!

Favorite Root Beer Floats

Yield 4-6 servings

Ingredients

2 liters of your favorite Root Beer... mine is A & W!

1 container of your favorite vanilla ice cream

Straws and spoons

Favorite glass

Instructions

1. In your favorite glass put a big scoop of your favorite ice cream and slowly pour your favorite root beer over the ice cream. It will create foam but let it rest for a minute then pour in some more root beer.
2. Use your favorite straw and enjoy your favorite root beer!!!