

# *School of Cooking*

Martin's

**“Take a Bite Out of Books” Chef Camp**  
Hosted by Chef April Howell  
June 23-27, 2008  
Martin's Super Markets at Heritage Square  
Mishawaka, Indiana

## **Monday: Green Eggs & Ham**

### **Green Eggs `n Ham**

#### **Ingredients**

2 tbsp of pesto:  
½ garlic clove  
1 tbsp pine nuts  
2 tbsp extra virgin olive oil  
¼ cup fresh basil leaves  
2 tbsp parmesan cheese

1 whole egg  
1 slice of ham, diced  
½ tbsp of butter  
½ tsp of salt  
½ tsp of pepper  
2 tbsp of milk  
2 tortillas, warm

#### **Instructions**

1. Heat pan. Add butter.
2. Add diced ham and heat through.
3. In separate bowl. Crack egg and mix with milk.

- Add to hot pan with ham.
4. Mix well to make scrambled eggs.
  5. Add pesto to make 'green eggs'
  6. Place green eggs and ham on top of warm tortilla.
  7. Roll up tortilla and enjoy!

**To make Pesto:** Combine garlic clove, pine nuts, olive oil, basil, and parmesan cheese in a food processor and pulse. It will be chunky.

## **Fresh Squeezed "OJ"**

### **Ingredients**

6 whole oranges

### **Instructions**

Squeeze oranges completely over a bowl. Save the juice. Strain the pulp if you want. Enjoy!

## **Strawberry French Toast**

### **Ingredients**

2 pieces of white or wheat bread  
1 tbsp butter  
1 egg  
¼ cup water  
2 tbsp milk  
¼ cup heavy cream  
½ container (approx 6) strawberries,  
cut into 4 pieces  
2 tbsp strawberry preserves  
1 tsp vanilla extract

### **Instructions**

1. In a mixer whip heavy cream until it forms and stiffens to 'soft peaks'
2. In saucepan place strawberries and jelly and let it cook until it thickens a bit.
3. In a separate bowl, crack egg and mix with milk.
4. Dip piece of bread in egg mixture to coat on both sides. Place in hot pan.

5. Flip over bread when it starts to brown or 'caramelize'. Cook the other side the same way.
6. Place on a plate and spoon over some strawberry glaze.
7. Top with your whipped cream. Enjoy.

## Tuesday: The Very Hungry Caterpillar

### The Very Tasty Caterpillar

#### **Ingredients**

Pizza Dough

2 white button mushrooms

Olive Oil , for brushing

#### **Sauce:**

1 can tomato paste

1 Tbsp chopped onion

1 Tbsp chopped garlic

1 tsp fresh oregano

1 tsp fresh thyme

1 tsp fresh rosemary

2 tsp fresh basil

1 tsp salt

½ cup Parmesan Cheese

#### **Toppings:** Optional

cheese

pepperoni

sausage

mushroom

onion

green pepper

black olive

ham

pineapple

#### **Instructions**

1. Turn oven on to 400 degrees.
2. Make sauce by putting all sauce ingredients in a food processor or blender. Blend until smooth.
3. Roll out dough and lay in pizza pan. Be sure to spray the pan so it doesn't stick. Cut out circles for the body of the caterpillar and lay on a baking tray in a caterpillar shape.
4. Spoon a little sauce on each pizza circle. Then top with your

- favorite toppings.
5. Bake in oven approx 15-20 min until cheese is nice and golden brown.
  6. Enjoy your tasty caterpillar!

**To make sweet snack:** To use up extra dough shape pieces into 2 inch strips (use rolling pin if needed) and dip into a Cinnamon Sugar mixture and bake off 15 min. Yummy!

*Cinnamon Sugar Mixture:*

*½ cup sugar*

*2 Tbsp cinnamon*

## **Wednesday: If You Give a Mouse a Cookie**

### **Tasty Smoothie!**

#### **Ingredients**

Optional-  
strawberries  
cantaloupe  
pineapple  
blueberries  
bananas  
1 cup ice  
2 cups Orange Juice

#### **Instructions**

1. In a mixer place all fruit of your choice.
2. Add ice and juice.
3. Blend until nice and smooth.

# The Best Chocolate Chip Cookies!

## **Instructions**

9 oz unsalted Butter  
6 oz white sugar  
6 oz light brown sugar  
2 large eggs, room temperature  
1 tsp vanilla extract  
13 oz all purpose flour  
1 tsp baking soda  
½ tsp salt  
Optional:  
12 oz chocolate chips or  
M&M's or  
Reese's Pieces

## **Instructions**

1. Preheat oven to 375 degrees.
2. Sift together dry ingredients (flour, baking soda and salt). Combine well.
3. Cream the butter and sugars until they become light and fluffy (important!) about 5 minutes. Scrape down sides of bowl.
4. Add the eggs ONE at a time mixing well and scraping down sides after each.
5. Add vanilla extract
6. Add flour mixture to creamed mixture. Mix ONLY until just combined.
7. Mix in chocolate chips or other candy.
8. Portion into small balls and place on sprayed or lined sheet trays.
9. Bake until golden brown about 10 min. (Remember to have your parents help you when you are by the oven.)
10. When done take out and place on the table to cool. Enjoy!

## **Chocolate Chip Ice Cream Sandwich**

1. Place a nice scoop of vanilla ice cream between 2 of your cookies. It is best to freeze the cookies first so they won't break. Yummy.

*\*\* You can also make one giant cookie by placing your cookie dough on a pizza sheet and baking off in the oven for 25-30 min until golden brown. Decorate with frostings and sprinkles.*

# Friday: Future Domers- A Child's Guide to Notre Dame

## Fire Roasted Hot Dog

### **Ingredients**

1 hot dog  
1 hot dog bun  
Toppings of choice:  
ketchup, mustard, relish, onion

### **Instructions**

1. Cut the hot dog in half and place gently on the end of a stick or skewer.
2. Turn on a flame of a stove top and turn and turn the hot dog until it is a darker color and is cooked through. It is ok if it starts to break open.
3. Cut the bun in half too and place your hot dog in the bun.
4. Top with your choice of toppings.

## Cheesy Nachos

### **Ingredients**

2 cups of tortilla chips  
½ cup shredded cheese of choice  
Optional:  
sour cream  
green onions  
turkey chili  
tomato  
black olive

### **Instructions**

1. Preheat oven to 350 degrees.
2. Place tortilla chips on a plate and top with a good amount of cheese. Add any optional ingredients.
3. Place in oven until cheese is melted.
4. Take out and Enjoy but be very careful because the cheese is VERY hot!

# Chocolate Milk Shake

## **Ingredients**

- 1 8 oz glass of cold milk
- 2 tbsp of chocolate syrup
- 2 scoops of vanilla ice cream

## **Instructions**

Place the milk, chocolate syrup and ice cream in a blender and blend until smooth..... YUMMY