

# ***Recipes***

Hopefully you'll find some time in your day, week or month to do a little cooking. As you prepare food, your students will also develop math skills, learn to follow directions, make observations, learn about proper nutrition, expand "taste" horizons, share, socialize, verbalize and the develop of the concept of "family." You will also fill some hungry tummies.

## Recipes

### ***Zeke Zebra's Zesty Zoo-Mix***

This golden, honey-coated popcorn is as much fun to make as it is to eat. Pop the popcorn, toss it with a honey and cinnamon glaze, and then bake.

- 6 cups Popped Popcorn
- 1 cup Dry Roasted Peanuts (unsalted)
- 1/2 cup Packed Brown Sugar
- 1/4 cup Margarine (use low- or non-fat margarine)
- 2 tbsp. Honey
- 1/2 tsp. Ground Cinnamon
- 4 1/2 cups package bear-shaped Graham Snacks
- 1/2 of a 5.4-oz. Package (3 pouches) Gummi Bears

Place popcorn and peanuts in a buttered baking pan (15" x 10" x 1"). Combine brown sugar, margarine or butter, honey, and cinnamon in a small saucepan. Cook and stir over low heat until boiling. Boil gently – uncovered and without stirring – for four minutes. Pour over popcorn and stir to coat. Bake the coated popcorn mixture in a 300 degree oven for twenty minutes. Transfer to a large mixing bowl, and toss in bear-shaped graham snacks. Cool mixture completely. Add Gummi Bears. Store in covered container. Makes about ten cups.

This is a “zesty” snack, as Zeke would say, and fairly nutritious. Believe it or not, Gummi Bears don’t stick to the teeth, and they are fat free!

### ***Peanut Butter Granola Bars***

- 3/4 cup creamy peanut butter
- 1/2 cup plus 2 tbsp. Honey
- 2 cups granola
- 1 cup old-fashioned oatmeal
- 1 cup raisins or chopped dried apricots
- 1/2 cup sunflower seeds
- 1/2 cup chopped nuts
- 2 eggs, lightly beaten
- 2 cups crispy rice cereal
- 2 tbs. sesame seeds

Preheat your oven to 325 degrees. Grease a 13" x 9" by 2" baking pan. In a saucepan over low heat, melt the peanut butter and honey. Let cool. In a large bowl, mix the granola, oatmeal, raisins, sunflower seeds, and nuts. Stir in the peanut butter and honey mixture to coat. Slowly mix in the eggs. Gently stir in the rice cereal and press the mixture into the prepared pan.

Bake for 20 to 30 minutes, or until lightly browned on the edges. Cool and cut into squares. The kids can help wrap them individually in foil or plastic wrap. Store in the refrigerator. Makes about 20 bars.

## Recipes

### ***Navajo Fry Bread***

These fry breads act like edible plates. Use as a scoop for chili or serve piled with Tex-Mex toppings – refried beans, chili, cheese tomatoes, olives, onions, sour cream, even salsas.

- 1 cup all-purpose flour
- 1 cup white wheat flour (see page 118)
- 1 cup cornmeal
- 2 tsp. Baking powder
- 1 tsp. Salt
- 1 cup water
- 1/2 cup milk
- 1 tbsp. vegetable oil
- 4 cups peanut or vegetable oil for deep-frying

In a large mixing bowl, stir the all-purpose and white wheat flours, cornmeal, baking powder, and salt. Add the water and milk and stir until a moist dough forms (if your dough is too soft, add more flour). On a lightly floured surface, knead the dough into a mound and return to the bowl. Coat with the tablespoon of vegetable oil and cover the bowl with a damp cloth. Let sit for 15 to 30 minutes.

Pinch off a tangerine-size ball of dough and roll it into a disk on a well-floured surface. It should be about 1/8 inch thick (the thinner the dough, the crispier the fry bread). Place the round onto a cookie sheet and cook for 7-10 minutes, watching carefully for the dough to turn a deep golden brown. Remove the bread with a spatula. Cool on a rack covered with paper towels. Repeat for the rest of the dough. Makes 6 to 8 large fry breads.

### ***Homemade Tortillas***

This delicious recipe is adapted from *The Well-Filled tortilla*, by Victoria Wis and Susanna Hoffman (Workman Publishing Company).

- 3 to 4 cups all-purpose flour
- 1/3 cup vegetable oil
- 1 tsp. salt
- 1 cup warm water

In a medium-size bowl, mix the flour and vegetable oil until it crumbles. Dissolve the salt in the warm water and pour it over the flour mixture, then use your fingers to combine the dough (if your dough is too soft, add more flour). Knead the dough on an unfloured surface until elastic, about 4 minutes. Place it back in the bowl, cover with a damp cloth, and let it rest for at least 1 hour. Divide it into 12 balls and roll each one into a thin, 8-inch round (make sure the edges are as thin as the middle). Place one tortilla at a time on an ungreased skillet over medium-high heat and cook each side for 1 to 3 minutes. Makes 12.

## Recipes

### ***Elephant Ears Pizza***

You can either make pizza or cookies with this recipe.

#### ***Pizza:***

Take an English muffin and split it in half. To that half spread pizza sauce and sprinkle cheese. Cut the other half of the muffin and treat those as ellie elephant's ears. Angle them on each side of her "head." Use a breakfast sausage for a nose and two olive rings for eyes. You have a yummy "ellie elephant ears" pizza!

#### ***Cookies:***

Follow the same theme, but use cookie dough. Give to each child two golf ball sized pieces. Children are to roll them into balls, and then roll them out, cookie-thin. Cut two circles with a round cookie cutter. Let the one cookie be the head. Cut the second cookie in half and angle the halves on top of the "head" for ears. Children can make a short "snake" for the trunk and use candies for the eyes.

### ***Tiger Tail Cookies***

Use a sugar cookie recipe. You will make two batches. In one, put chocolate powder to give it a rich brown color. In the other, orange food coloring. Now give to each child two golf ball sized pieces. They are to roll them into snakes. As soon as they have their "snakes," they are to twist them together. Once they are twisted together, children are to roll them so they look line a pin wheel. Your young children will need help, but do let them do as much as possible!

## Recipes

### ***Lamb ‘n Hammer***

5-6 lb. Lamb Shoulder with bone cut into 8 inch squares  
 2 Onions peeled and finely chopped  
 1 Whole garlic  
 5 tbsp. Paprika  
 1 tbsp. Cumin  
 1 tbsp. Black Pepper  
 1 Cup Virgin Olive Oil  
 5 Cups of water  
 Salt to taste  
 Optional: 4 Bay Leaves, 3 Cinnamon Sticks  
 Garnish with Mint leaves

Pour olive oil to heat in a pot. Add onions, lamb and garlic. Stir all very well, add Paprika, Cumin, black pepper, salt to taste and water. Mix all together and let it boil for about 45 minutes.

Take out of pot and put it in a different pan. Put it in oven at 350 degrees for about 10 to 15 minutes. Let it braise and keep pouring sauce over the lamb until sauce becomes thick.

Serve on a platter and garnish with mint leaves and peeled fried almonds.

### ***Ethiopian Flat Bread (Injera)***

3 Cups Self-Rising Flour  
 1/2 Cup Whole Wheat Flour  
 1/2 Cup cornmeal (or masa harina, available in any grocery store)  
 1 tbsp. Active Dry Yeast (one package)  
 3 1/2 Cups warm water (Caution: if water is too hot, it will deactivate yeast)

Mix in a large bowl. Let set in large bowl in a warm place, covered, for an hour until batter rises. It can sit as long as 3-6 hours. Then, whip in blender 2 cups of batter at a time, thinning it with 1/2 – 3/4 cup water. Batter will be quite thin.

Cook in non-stick fry pan without oil over medium-high heat. Use 1/2 cup batter per “injera” for a 12-inch pan, or 1/3 cup batter for a 10-inch pan.

Pour batter in heated pan and quickly swirl pan to spread batter as thin as possible, like a crepe. Batter should be no thicker than 1/8-inch. Do not turn over.

“Injera” does not easily stick or burn. It is cooked through when bubbles appear all over the top. Lay each “injera” on a clean towel for a minute or two, and then stack in a covered dish to keep warm.

Finished “injera” will be thicker than a crepe, but thinner than a pancake.

To serve, overlap a few “injera” on a platter, and place stews or other foods on top. Or, lay one “injera” on each dinner plate and ladle stew servings on top. Give each person three or more “injera,” rolled up or folded in quarters, to use for scooping up the stews.

## Recipes

### ***Russian Teacakes***

1 cup non-hydrogenated margarine, softened  
1/2 cup powdered sugar  
1 tsp. vanilla  
2 cups flour  
1/4 cup oat flour  
3/4 cup finely chopped nuts  
1/4 tsp. salt  
Powdered sugar (keep separate)

Heat oven to 400 degrees. Mix margarine, 1/2 cup powdered sugar and the vanilla. Stir in flour, nuts and salt until dough holds together; shape into one inch balls. Place about 1 inch apart on ungreased cookie sheet. Bake until set but not brown, 10 to 12 minutes.

Roll in powdered sugar while warm, then cool. Roll in powdered sugar again.

### ***Alaris' Chicken Curry Dish***

1/4 breast per child, deboned chicken  
1/2 can, chicken broth (per eight chicken breasts)  
1 tsp., curry (per eight chicken breasts)  
1/4 cup per child, white rice

Cut up deboned chicken in to small cubes. Spray a large skillet with pan or coat with a thin layer of olive oil. Place the chicken "cubes" into pan and sautee them until cooked. Add chicken broth and curry (spice to the taste buds of your preschoolers...).

In a separate pot, cook white rice.

When rice is done, spoon rice onto plate. Spoon chicken cubes and sauce onto rice. Children can sprinkle on their choices of: coconut, sweet relish, peanut bits, raisins, chopped egg, chopped green onions, etc. This is an authentic East Indian dish.

If your children do not like the taste of curry you can prepare a portion without it.

## Recipes

***Soda Pretzels***

1/3 cup baking soda  
5 1/2 cups water  
1 1/2 cups all-purpose flour  
1 1/2 cups whole wheat flour  
1 teaspoon baking soda  
1 cup buttermilk  
1/2 cup honey  
2 tablespoons kosher salt, for topping

In a non-aluminum stock pot, dissolve 1/3 cup baking soda in 5 1/2 cups of water. Bring water to a boil and then remove from heat. Preheat oven to 400 degrees F. In a large bowl, sift together all-purpose flour, whole wheat flour, and 1 teaspoon baking soda. Stir in buttermilk and honey until dough pulls together. Turn dough out onto a lightly floured surface and knead briefly to form a firm dough. Divide dough into 12 equal pieces. Roll each piece into a cylinder approximately 12 inches long. Form into classic pretzel shape. Pinch ends to seal. Dip pretzels in baking soda solution and then place on lightly greased cookie sheets. Sprinkle pretzels with *a little* kosher salt and bake in preheated oven until golden brown, about 10 minutes. Makes 12 pretzels.

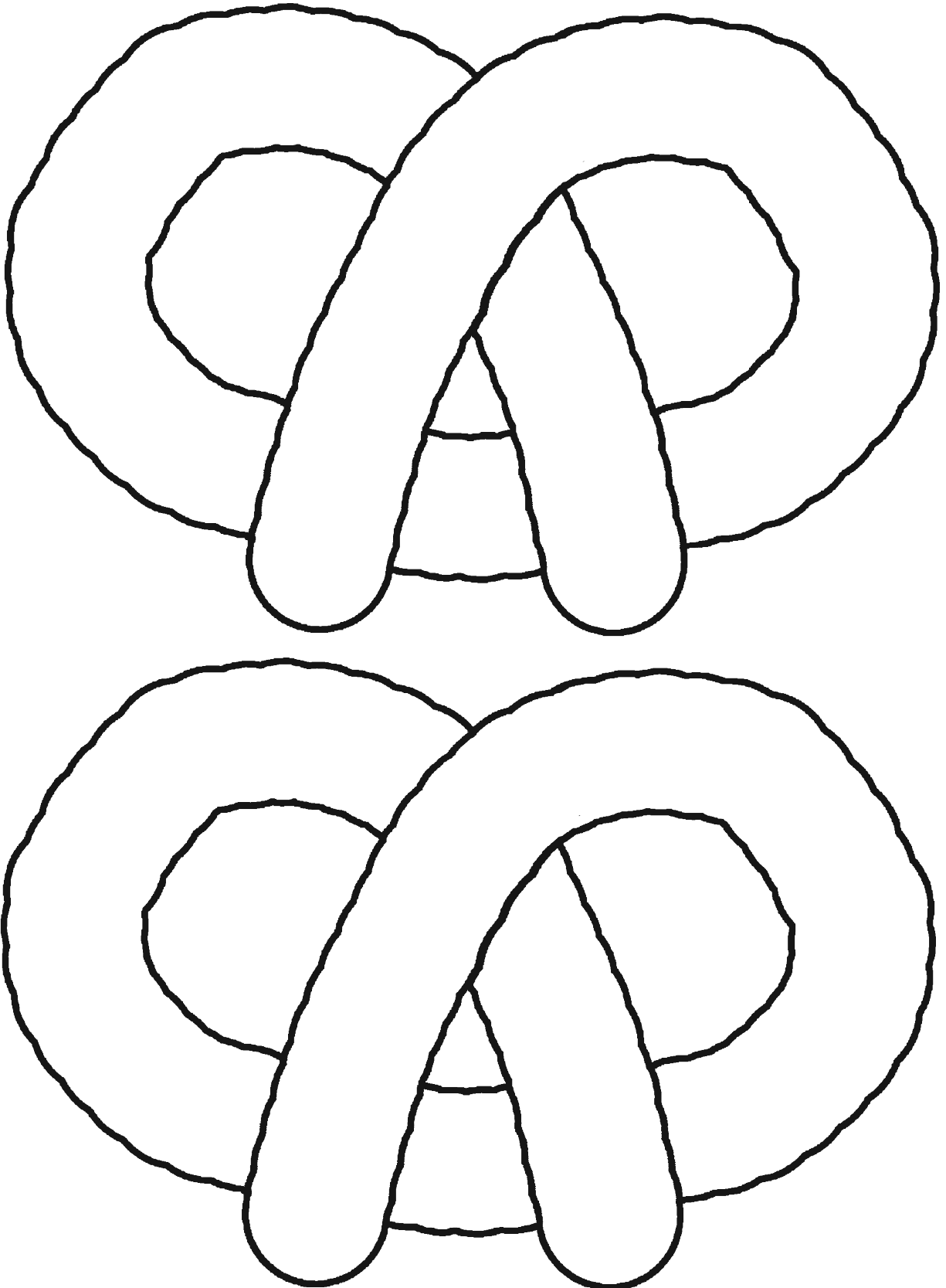
***Yogurt Cups***

1 cup granola  
2 tablespoons of unhydrogenated margarine or butter  
2 to 3 teaspoons cold water  
1/2 teaspoon of cinnamon  
1 1/3 cups of yogurt (any flavor)

Heat oven to 375. Mix dry ingredients with water, 1 teaspoon at a time, stirring until dough forms. Press about 3 tablespoons of dough in bottom of each ungreased large muffin pan to within 1/2 inch of top. Bake until golden brown, 10 -12 minutes; let cool 10 minutes. *Carefully* remove from oven and let cool completely on wire rack. (You, as the teacher, could prepare the cups ahead of time and have the children help with the following step, or allow them to cook the entire recipe.) Children can fill each cup with 1/3 cup of yogurt; garnish with fresh fruit or sprinkles. This recipe makes 4 cups, which should be enough for the whole class.

## Pretzel Pattern

**Directions:** First make your bread stick or pretzel dough. Roll into “snakes.” Place the “snakes” right onto this pattern to form the pretzels. Tip: laminate the pattern or oil them! The dough won’t stick, then. To make a giant pretzel, the “snake” dough, has to be 21” long. You can make smaller pretzels. Simply reduce the pattern!





## Silly Meal

### Course #1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Course #2

5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### Course #3

9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

### Menu Suggestions

butter \_\_\_\_\_  
 roll \_\_\_\_\_  
 meat \_\_\_\_\_  
 vegetable \_\_\_\_\_  
 straw \_\_\_\_\_  
 milk \_\_\_\_\_  
 fork \_\_\_\_\_  
 spoon \_\_\_\_\_  
 pudding/  
 ice cream \_\_\_\_\_  
 napkin \_\_\_\_\_

**Directions:** Start by planning a balanced meal for your students. Have salad, meat, a vegetable, a roll, a beverage and a dessert. Now, name them simple, but funny, names that relate to what the food is (for example: green round pebbles could be peas, and golden coins could be carrot slices). You must also name a fork, spoon and straw funny names. (a straw could be a nozzle, or a slide.) Now, you will have a conference with each child in Rotating Group #6. You will read (explain/translate) the choices to them. They will order courses. *Example:* In a normal meal, the salad and roll would come first, then the entree' with vegetables, then the dessert. Since they don't really know what they are ordering, they might end up with dessert first, and have to eat it with a straw! Write their meals on the menu blank provided for you, Course #1, Course #2 and Course #3. Children will choose their meal, trying to order a normal meal. Remind them that they need a fork and a straw for the first two course. A spoon is for dessert. If they do not order a fork for their first course, for instance, they have to eat their salad with their fingers! But, who knows? Maybe they will order their dessert first. Remember, they are all guessing. Serve their meal *exactly* as they order it.

## Recipes

### ***No-Cook Play Dough (Art)***

For the independent young child who wants to do it “all by myself,” this humble dough is the natural choice. There’s no cooking on a hot stove, and the more your child squishes, tugs, and pounds, the more this pliable stuff cooperates. The dough’s sturdiness makes it easy for kids who want to cut it into shapes with cookie cutters.

1 cup all-purpose flour

3/8 cup salt

3/8 cup hot water

Food coloring (for vibrant colors, use cake decorating paste, which is available at party supply stores)

Have your child combine the flour and salt in a medium-size bowl, then pour in the hot water and stir well. Knead on a lightly floured surface for at least 5 minutes, working in a few drops of food coloring. The dough will keep for up to 1 week when refrigerated in plastic bags or containers.

### ***Cornstarch Clay (Art)***

Little fingers with limited modeling experience will appreciate this dense, easy-to-shape dough. The mixture’s high salt content gives it a grainy texture and a sparkly finish, ideal for dyeing with food coloring.

1 cup salt

1/3 cup water

1/2 cup cornstarch

1/4 cup cold water

Food coloring

Heat the salt and the 1/3 cup water over medium-high heat for about 4 minutes, stirring occasionally. (An adult should prepare this mixture, which gets quite hot and bubbly.) Remove from heat and add the cornstarch and the 1/4 cup cold water. The mixture should now look like thick mashed potatoes; stir until it thickens, then let cool for a few minutes before kneading. If the dough feels too sticky at first, your child can work in some extra cornstarch as she kneads. Add food coloring, if desired. Air-dry sculptures for 1 to 4 days, and keep the remaining dough unrefrigerated for up to 2 weeks (store it with a small bit of wet sponge in a plastic bag or container). One batch of dough is enough to make a slew of ornaments, figures, or characters.