



Food! I Love
Cooking

German town
gets cooking!



Chef - Madeleine French

School - Dogwood Elementary

Grade - 1st grade

Teachers name - Mrs. Bitter





Breakfast
Fruity Bagels.



perfect
thought ♥



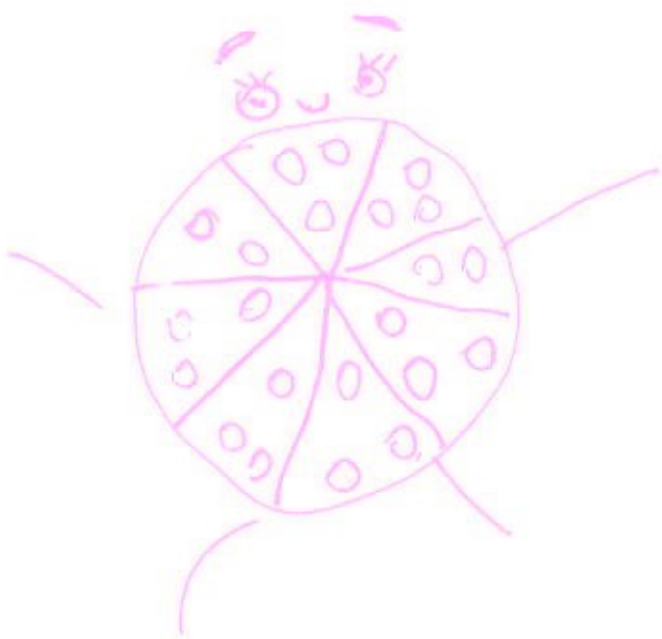
cream
cheese

cooking



lunch

Mini pizzas !



heart
montan



Dinner
pasta in
Muffin tins!





Pasta in
balls!





perfect

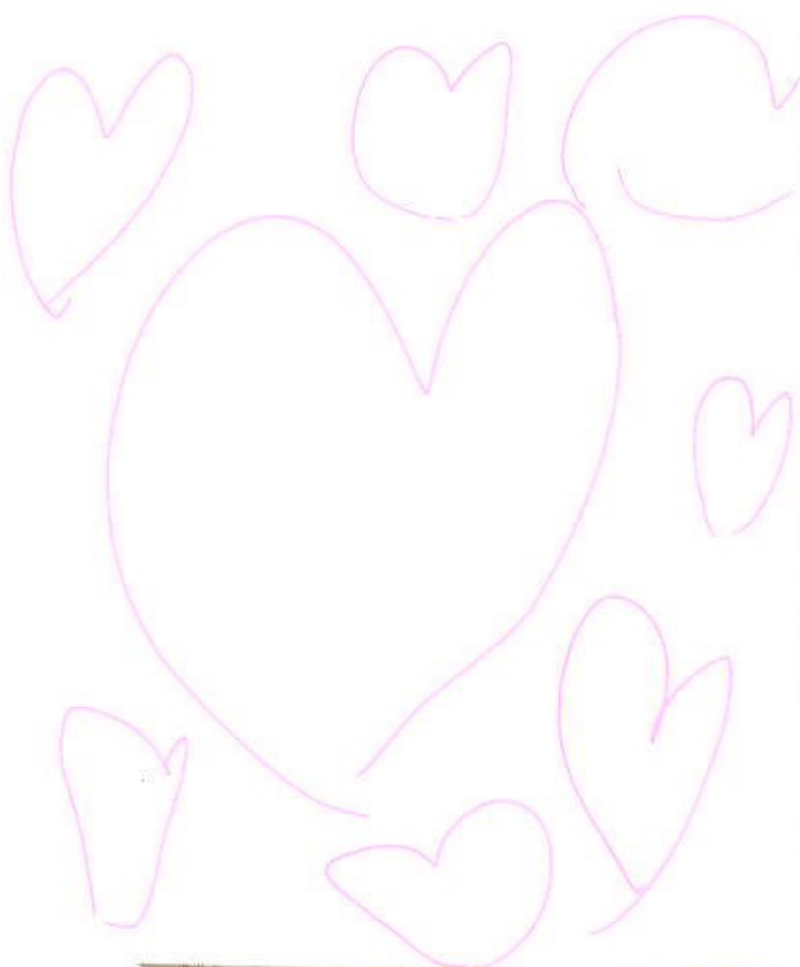
perfect

fruit smoothies!



smoothie
sss!





oo pig in a blanket

Random foods!
and yummy
foods

oo
Snow cream snowman

Madeleine's Recipes!

BREAKFAST: Fruity Bagels!

- 1) Toast or heat bagels (if desired).
- 2) Put on any spread—yummy options are cream cheese, Nutella, peanut butter, honey, jelly or jam!
- 3) Add toppings! You can use fruit, granola, chocolate chips, coconut—really whatever culinary combination you can imagine!
- 4) Enjoy!

Madeleine's Choices:

- 1) Bagel with cream cheese, strawberry jelly, and strawberries!
- 2) Bagel with peanut butter, bananas, and honey!
- 3) Bagel with cream cheese and a variety of fruit—strawberry, banana, orange, and kiwi!

Madeleine's safety lessons for small kids:

Ask parents for assistance or permission with a toaster and any knife used to cut fruit! You can use a paper towel to help get food out of a toaster (bagels don't always "pop up" as high as toast!). Plastic knives are a great option for small kids!

Overall Lessons:

This recipe is so great because even young kids can make these fairly (or completely) independently, and there are so many options to switch them up! One "recipe," endless breakfasts! And a perfect opportunity to try new fruits and tastes!

LUNCH: Homemade Mini Pizzas!

For this recipe, we used America's Test Kitchen's "The Complete Baking Book for Young Chefs"! This was our most detailed and formal recipe! The full recipe instructions are at the end of Madeleine's Recipes, but here's a summary!

- 1) Preheat oven to 450*. Set baking rack to lowest position.
- 2) Gather ingredients and equipment.
- 3) Use food processor to make homemade pizza sauce!
- 4) Make pizza dough—we used Betty Crocker's Pizza Crust Mix, but the book also provides a recipe to make your own!
- 5) Sprinkle flour on a clean surface to roll dough.
- 6) Roll dough into mini pizzas! Add sprinkles of flour if it's sticky!
- 7) Top dough with pizza sauce, cheese, and any desired toppings!
- 8) Put pizzas on a greased baking sheet or pizza pan.
- 9) Bake 10-12 minutes until edges are browned and cheese is melted!

Madeleine's safety lessons for small kids:

Ask parents for assistance or permission with the oven and food processor!

Overall lessons:

Recipes are a great option for small (and big) kids to practice reading and following directions! They're also a great time to learn measuring and cooking skills! These pizzas were not only delicious, but every family member can have the toppings they like on mini-pizzas—so everyone is happy!

DINNER: Create-Your-Own Pasta in a Muffin Tin!

We had so much fun looking at all of the options on the pasta aisle—pasta comes in so many shapes and sizes! We decided to try a new one and bought linguine-style pasta that was rolled up into what look like little bird nests! Once we found this, we thought we might could even cook it in muffin tins! We looked it up and, sure enough, that's a great option! So we did!

- 1) Boil water (with a pinch of salt!)
- 2) Cook pasta "nests" according to instructions.
- 3) Put pasta "nests" in greased muffin tins!
- 4) Add sauce and cheese of your choice! We tried a variety—marinara, tomato and mascarpone, pesto, and alfredo! We used Italian mix and parmesan cheeses!
- 5) Bake at 350* until hot and cheese is melted!

Madeleine's safety lessons for small kids:

Ask parents for assistance or permission with boiling water and using the oven! Also, pizza cutters can be quite sharp, so treat those safety-wise like using a knife!

Overall lessons:

You never know what you might find at the grocery store! We loved trying a pasta just because it looked fun! And, like our mini-pizzas, this recipe lets everyone in the family pick their pasta their way! Kids will probably like 1-2 nests, and grownups may like 3-4! Yum!

SMOOTHIES: Strawberry and Banana Smoothie

- 1) Add 1 cup of milk to the blender! (Liquids first for most blenders!)
- 2) Add either ice, plain yogurt, or flavored yogurt to thicken! You can add more or less depending upon the desired thickness!
- 3) Throw in your favorite fruit!
- 4) Blend!

Madeleine's Safety Lessons for small kids:

Ask parents for assistance or permission with the blender and with using a knife to cut the fruit!

Overall lessons:

Like our fruity bagels, smoothies have a basic "recipe," but then, you can really vary it up in so many ways! Just be sure to pick a liquid, a "thickener," and yummy fruits (or even veggies!) You now know how to make a huge variety of delicious drinks!

SNACK: PIGS IN A BLANKET

We made these for the Super Bowl, and wow! They were delicious! And so easy!

- 1) Pre-heat oven to 375*.
- 2) On a lightly floured surface, unroll crescent roll dough.
- 3) Pull apart crescent roll dough into the perforated triangles.
- 4) Cut each triangle into three skinnier, long triangles.
- 5) Wrap each cocktail wiener starting at the wider side of the cut triangles and wrapping up to the thin side.
- 6) Brush with melted butter.
- 7) Sprinkle with kosher salt.
- 8) Bake until golden, 12-15 minutes.

Madeleine's safety lessons for small kids:

Ask parents with assistance or permission with oven and any knife used to cut dough! A plastic knife is plenty to cut this thin dough!

Overall lesson:

These may just be the most delicious party snack ever!

SNACK: SNOW CREAM!

We got lucky to have over 8" of snow during our cooking challenge, so we made snow cream for the first time! There are many recipes (that can easily be found on Pinterest)! We tried a few, but this was our very favorite!

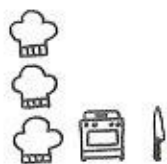
- 1) 1 can evaporated milk
- 2) 1 cup granulated sugar
- 3) 1 teaspoon vanilla
- 4) Large bowl of snow! (About ½ gallon)
- 5) Mix and enjoy!

Madeleine's safety lesson for all ages:

Snow can be safe to eat IF you follow a few rules. Your snow should not be touching the ground, the street, or anything else at all! (It really shouldn't even be near the street, as that area can be contaminated even by exhaust fumes!) Your snow should be pure white—any color is a sign of contamination. One great way to get clean snow—set out your bowl for it to fall into!

Overall lesson:

Large snowfalls are really just the best! Topping them off with snow cream, in our case made into a mini snow-cream snowman, is the cherry on top of the fun!



PERSONAL PIZZAS

MAKES 4 (7-INCH) PIZZAS

TOTAL TIME: 1 HOUR AND 10 MINUTES
(PLUS TIME TO MAKE PIZZA DOUGH,
IF MAKING)

PREPARE INGREDIENTS

Vegetable oil spray

1 pound pizza dough, room temperature
(see page 82 to make your own, or use
store-bought)

All-purpose flour (for sprinkling on counter)

½ cup pizza sauce (see page 87 to make
your own, or use store-bought)

1 cup shredded mozzarella cheese
(4 ounces)

¼ cup grated Parmesan cheese (½ ounce)

GATHER BAKING EQUIPMENT

2 rimmed baking sheets

Bench scraper (or kitchen scissors or knife)

Ruler

Plastic wrap

Rolling pin

1-tablespoon measuring spoon

¼-cup dry measuring cup

Oven mitts

Cooling rack

Spatula

Cutting board

Pizza wheel or chef's knife



"Loved the quick and easy sauce.
Delicious. Perfect crust. I would add
a little more sauce." —Helen, 12

"The dough was tricky but really yummy.
Sauce was amazing!" —Claire, 10



START BAKING!

1. Adjust oven rack to lowest position and heat oven to 450 degrees. Spray 2 rimmed baking sheets well with vegetable oil spray.
2. Place room-temperature dough on clean counter. Use bench scraper to divide dough into 4 equal pieces. Pat each piece of dough into 3½-inch circle.
3. Spray piece of plastic wrap lightly with vegetable oil spray. Cover dough pieces with greased plastic. Let rise on counter until slightly puffy, about 15 minutes. (This is a good time to make your sauce!)
4. Sprinkle clean counter lightly with flour. Remove one piece of dough from under plastic and place on lightly floured counter. Flip dough over to coat with flour. Use rolling pin to roll into 7-inch circle, rotating dough in between rolls (following photos, below).

KEEP GOING! ➡

ROLLING PERSONAL PIZZAS



1. Sprinkle clean counter lightly with flour. Remove 1 piece of dough from under plastic and place on lightly floured counter. Flip dough over to coat with flour. Use rolling pin to roll dough, starting in center.
2. Rotate dough clockwise in between rolls to create even circle and to make sure dough does not stick to counter.
3. Continue to roll into 7-inch circle. (If dough snaps back when you roll it out, cover it with greased plastic and let it rest for 10 minutes, then try again.)

5. Transfer rolled dough to one greased baking sheet. Repeat rolling with one more piece of dough and place on same baking sheet.
6. Spoon 1 to 2 tablespoons sauce into center of each pizza and use back of spoon to spread into even layer, leaving $\frac{1}{4}$ -inch border around edge.
7. Sprinkle each pizza with $\frac{1}{4}$ cup mozzarella cheese and 1 tablespoon Parmesan cheese. Top with your favorite toppings (see Make It Your Way, right).
8. Place baking sheet in oven and bake pizzas until edges are browned and cheeses are well browned and bubbling, 10 to 12 minutes.
9. While first 2 pizzas are baking, shape and top 2 more pizzas, repeating steps 4 through 7 with remaining 2 dough balls, sauce, cheeses, and toppings. Place pizzas on second greased baking sheet.
10. Use oven mitts to remove first baking sheet from oven (ask an adult for help). Place baking sheet on cooling rack and let pizzas cool for 5 minutes. While first 2 pizzas are cooling, bake second batch of pizzas until edges are browned and cheeses are well browned and bubbling, 10 to 12 minutes.
11. Use spatula to loosen edges of cooled pizzas from baking sheets, then carefully transfer to cutting board (baking sheets will be hot). Use pizza wheel or chef's knife to slice pizzas and serve.



ALL ABOUT THE CRUST



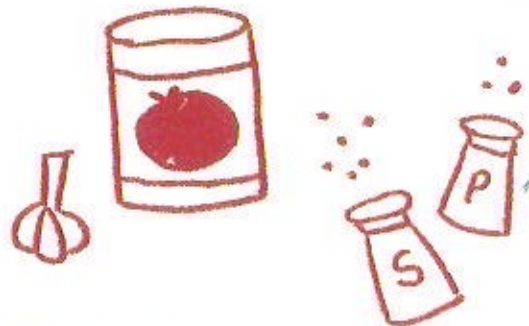
There are so many kinds of pizzas in the world. Thick, thin, deep dish, slab, square, and beyond. Here, we're creating personal pizzas with crispy crusts. To become crispy, the crust needs to bake quickly and therefore needs as much heat as possible. The oven's heat source is usually on the bottom of the oven, so we try to get the baking sheet as close to it as possible! That's why we bake 2 pizzas on one baking sheet at a time.



EASY PIZZA SAUCE

MAKES 1 CUP

TOTAL TIME: 15 MINUTES



PREPARE INGREDIENTS

- 1 (14.5-ounce) can whole peeled tomatoes, opened
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, peeled
- ½ teaspoon red wine vinegar
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ⅛ teaspoon pepper

GATHER COOKING EQUIPMENT

Colander
Food processor
Rubber spatula
Medium bowl

START BAKING! ←

1. Set colander in sink. Pour tomatoes into colander. Shake colander to drain tomatoes well.
2. Transfer drained tomatoes to food processor. Add oil, garlic, vinegar, oregano, salt, and pepper. Lock lid into place. Turn on processor and process mixture until smooth, about 30 seconds. Stop processor.
3. Remove lid and carefully remove processor blade (ask an adult for help). Use rubber spatula to transfer sauce to medium bowl. (Sauce can be covered and refrigerated for up to 2 days.)



MAKE IT YOUR WAY



Add some toppings to your pizza to make it just the way you want it. But keep this in mind: less is more. Adding too many toppings (especially if they are heavy or wet) will make your pizza soggy and steamy instead of crunchy and crispy. Scatter a few toppings evenly over the pizza, making sure you can still see the cheese in between them, and you'll be good to go.

ADD THESE TOPPINGS BEFORE BAKING

Pepperoni slices, cooked **sausage**, cooked **bacon**, cooked **chicken**, quartered **cherry tomatoes**, sliced **bell peppers**, sliced **mushrooms**, pitted **olives**, crumbled **feta** or **goat cheese**, fresh **mozzarella balls**.

ADD THESE TOPPINGS AFTER BAKING

Torn fresh **basil** leaves, a handful of **baby arugula** or **baby spinach**, small spoonfuls of **pesto**, small spoonfuls of **ricotta cheese**, extra grated **Parmesan cheese**, crushed **red pepper flakes**.