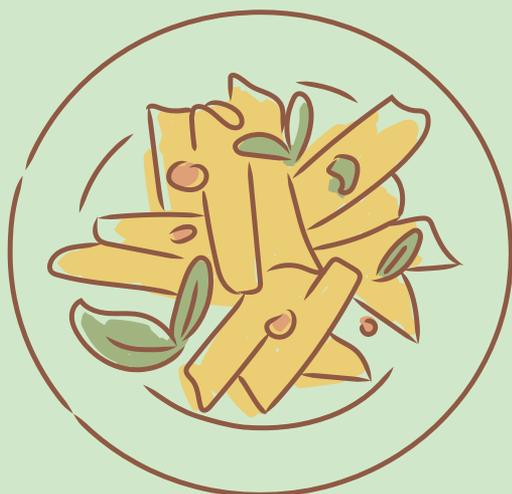


KIDS KITCHEN COOKBOOK



**FEATURING
PICTURES FROM OUR
OWN PARTICIPANTS!**



GNOCCHI W/ MUSHROOM RAGU

INGREDIENTS

For the Gnocchi:

4-5 large potatoes (total 1.2kg)
2 tablespoons butter
1 egg, beaten
1 egg yolk, beaten
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon nutmeg
1/4 - 1/2 cup parmesan cheese
1 1/4 cup all purpose flour
Parsley, to garnish

For the Mushroom Ragu:

2 tablespoons butter
2 shallots, minced
3 garlic cloves, minced
1/4 cup olive oil
1 lb mixed variety of mushrooms
(porcini, cremini, white button,
oyster)
3/4 teaspoon salt
3/4 teaspoon pepper
5 sprigs thyme leaves, chopped
1/4 cup white grape juice
1/2 cup chicken broth

DIRECTIONS:

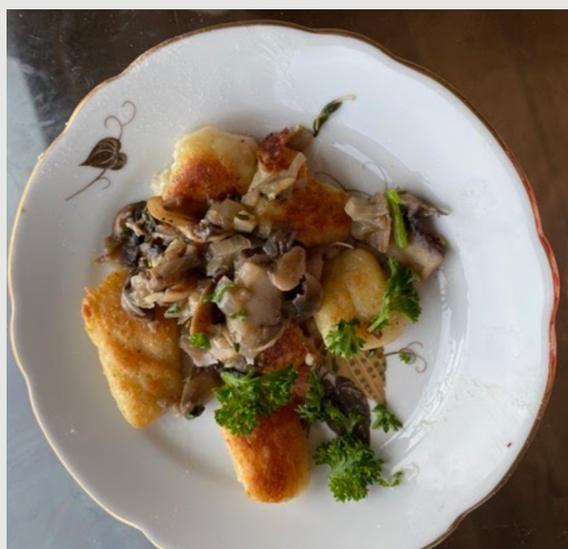
- Bring two large pots of water to boil (one for potatoes and one for gnocchi but you can use also work with one at a time).
- Prepare your ingredients and wash all produce including potatoes, shallots, garlic, thyme, parsley and mushrooms (make sure mushrooms are scrubbed well to remove soil!)
- Peel and dice potatoes into 1-inch large cubes.
- Add to boiling water and cook for about 15-20minutes until a fork can easily pierce the potatoes.
- Drain, mash and set aside.
- In a bowl, combine the salt, black pepper,
- parmesan cheese and nutmeg. Set aside.
- Once potatoes are cooked, add the butter and beaten eggs. The potatoes should still be warm to melt the butter.
- Stir in the parmesan cheese mixture.
- Lightly dust a clean counter space with some flour.

- Sprinkle 1 cup of the flour over the potato mixture and gently knead until the flour is almost incorporated. Keep the remaining flour aside as needed if dough is sticky.
- Scrape the dough onto the floured surface and gently knead until smooth.
- Divide the dough into 4 equal pieces. Roll out 1 piece of the dough into a 1-inch-thick rope.
- Cut the rope into 3/4-inch pieces and transfer the gnocchi pieces to a plate.
- Repeat with the remaining dough.
- Roll each gnocchi against the tines of a fork to make ridges (optional).

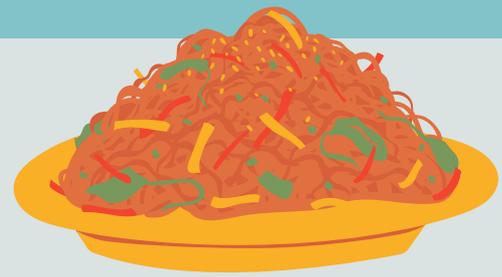
Mushroom Ragu

- Mince the shallots and garlic cloves, slice the mushrooms and roughly chop the thyme leaves. Roughly chop the parsley leaves and set this aside.
- In a small bowl, mix together the white grape juice and chicken broth.
- In a large skillet, add in and heat the olive oil.
- Add the mushrooms and season with salt and pepper.
- Cook over moderately high heat, stirring, until tender and just browned, about 7 minutes.
- Add the shallots, garlic and thyme and cook until fragrant, about 3 minutes. (If there are too many mushrooms, you may do this in two batches).
- Stir in the chicken broth and juice mixture and cook until nearly evaporated, about 2 minutes.
- Season the ragù with more salt and pepper to taste. Cover and set aside to keep warm.

- In another pot of boiling water, add 2 teaspoons of salt.
- Add half the gnocchi and simmer over moderately high heat until they rise to the surface, then simmer until cooked through, about 2 minutes longer.
- Using a slotted spoon, transfer the gnocchi to a plate. Repeat with the remaining gnocchi.
- In the same skillet used to cook the mushrooms, add in the butter and let melt.
- Add the cooked/boiled gnocchi and toast/saute over medium high heat until they are lightly browned, about 3 minutes.
- Divide gnocchi onto serving plates. Spoon the ragù over the gnocchi.
- Garnish with chopped parsley, any remaining parmesan and serve!



KOREAN JAPCHAE



INGREDIENTS:

Japchae

1 Clove Garlic
1 1/2 tbsp White Sugar
2 tbsp Soy Sauce
2 tbsp Sesame Oil
1 tbsp Sesame Seeds
1 Large Egg
1 Bunch Spinach
2-3 Green Onions
1/2 Medium Carrot
4-5 White Mushrooms
4 oz Sweet Potato Noodles
Black Pepper
Cooking Oil

Beef/Portobello Mushroom Marinade

4 oz Beef or 3 Portobello Mushrooms
1 Clove Garlic
1 tsp White Sugar
1/4 tsp Ground Pepper
2 tsp Soy Sauce
1 tsp Sesame Oil

DIRECTIONS

Marinated Beef/Portobello Mushrooms

- Finely mince 1 clove of garlic and place it in medium sized mixing bowl.
- Combine other marinade ingredients aside from the beef or portobello mushrooms and place it in the bowl with the minced garlic and mix well.
- Cut the beef or portobello mushroom into thin slices and place it in the bowl with the marinade. Mix well until everything is covered with the marinade.
- Cover the bowl and set it in the fridge while we prep the rest of the ingredients.

Egg Garnish

- Crack the egg in a bowl and take out the yolk with your hands and place it in a separate bowl. Add a pinch of salt and beat with a fork.
- Heat 1 tsp of oil in a pan and make sure the pan is fully coated.

- Pour the egg yolk into the pan and tilt the pan so it spreads out thinly. Turn off the heat and cook the egg for one minute. Flip and cook on the other side for 1 more minute.
- Remove the egg from the pan slice into thin strips. Set aside for when we are plating the japchae.

Preparing the Noodles and Vegetables

- Bring a large pot of water to a boil. Add the spinach and blanch for ~1 minute. Take the spinach out with a slotted spoon and run it under cold water to stop it from cooking. Keep the water boiling to cook the noodles.
- Once the spinach is cool to touch, squeeze out the excess water with your hands.
- Cut the spinach a few times and place it in a large bowl. Mix in 1 tsp of soy sauce and 1 tsp of sesame oil and mix well.
- Place noodles in the boiling water and cook for 7 minutes or until fully cooked but still chewy. Stir to prevent the noodles from sticking.
- Strain the noodles and cut the noodles with scissors a few times. Place in a small bowl and mix in 2 tsp of sesame oil, 1 tsp soy sauce, and 1 tsp of sugar. Mix well and place in the bowl with spinach.
- Cut the carrot into thin match sticks and set aside.
- Finely slice the yellow onion into thin pieces and set aside.
- Cut the green onion 2-3 times to create long pieces and set aside.
- Slice the white mushrooms into thin slices and set aside.
- In a pan, heat up 2 tsp of oil and add in the mushrooms. Sprinkle in a pinch of salt and cook for about 2 minutes until softened. Place in noodle bowl.
- In the same pan, heat up 2 tsp of oil and stir fry the sliced onion and green onion with a pinch of salt the onion is soft and a little brown. Place in the bowl with the noodles.

- In the pan, heat up 1 tsp of oil and stir fry the carrot sticks for 20 seconds and then add them to the noodle bowl.
- In the pan, heat up 2 tsp of oil and cook the marinated beef or portobello mushrooms until the beef is no longer pink or the mushrooms have softened.

Mix it all together!

- Mince the remaining garlic clove into small pieces and add it to the bowl.
- Add 1 tbsp of soy sauce, 1 tbsp of sugar, 1/2 tsp black pepper, 2 tsp of sesame oil and mix up all the ingredients in the bowl.
- Serve the mixed noodles on a large plate and top it with some of the sliced egg yolk and sesame seeds on top!



LEMONGRASS NOODLE BOWL

INGREDIENTS:

Pork/ Tofu Marinade

1.5 lb Pork Shoulder OR 1 pkg Extra Firm Tofu

1 stalk Lemongrass

2 cloves Garlic

2 tbsp Lime Juice

2 tbsp Fish sauce OR 1 tbsp each Apple Cider Vinegar (ACV) and Soy Sauce (vegetarian)

1 tbsp Soy Sauce

2 tbsp Brown Sugar

1 tbsp Oil

Noodle Bowl

200g Vermicelli Noodles

1/2 Cucumber

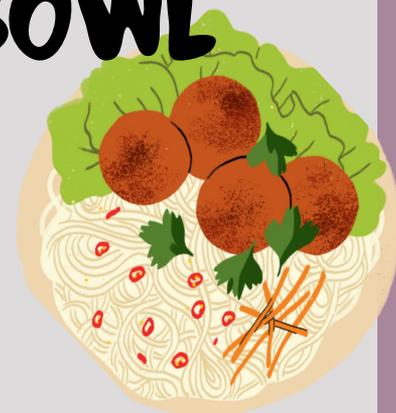
1/4 Head Lettuce

~3 stalks Mint

DIRECTIONS

Marinated Pork/Tofu

- Crush Lemongrass stalk with meat mallet or rolling pin. Carefully cut the lemongrass into small pieces and place it in a bowl.
- Mince 2 garlic cloves and place it in the bowl with lemongrass.
- Juice 1.5 limes into a separate bowl. Cut the other half of the lime into 4 wedges.
- In a bowl, mix in 2 tbsp of lime juice, fish sauce, soy sauce, brown sugar and oil until well combined.
- Slice pork into pieces about 3-4 inches in size. Place in bowl with the marinade and mix until the marinade is covering the pork.



Pickled Daikon + Carrot

1/3 Carrot

1/3 Daikon Radish

1 tbsp Salt

1/2 cup Boiling Water

1 cup Water

1/4 cup White Sugar

4 tbsp Distilled Vinegar

Vietnamese Noodle Sauce (Nuoc Cham)

1/4 cup Fish Sauce OR

2 tbsp ACV and 2 tbsp Soy Sauce

4 tbsp Rice Vinegar

2 tbsp White Sugar 2 cloves Garlic

1/2 cup Water 3 tbsp Lime Juice

- For tofu, cut pressed tofu into 8 pieces and place in the marinade for at least 1 hour but up to 8 hours.
- Marinade pork for at least 1 hour or up to 24 hours in the fridge.
- When protein is ready to be cooked, heat 1 tbsp of oil in a pan over medium heat.
- Remove pork/tofu from the marinade and remove large pieces of lemongrass before cooking to prevent it from burning in the pan.
- Place pork/tofu in pan and cook for about 6-8 minutes, flipping frequently so it doesn't stick to the pan.
- After cooking, remove from pan and place on plate to rest. Remove any remaining large pieces of lemongrass from pork/tofu if visible.

Pickled Carrots and Daikon Radish

- Peel and julienne carrots and daikon into thin matchsticks.
- Place julienned carrots and daikon in a large bowl and sprinkle with salt. Toss the carrots and daikon to coat and leave for 15 minutes.
- Boil water, and then add sugar, mix until dissolved and then add vinegar.
- Rinse the carrot and daikon off thoroughly to remove the salt and squeeze to remove as much water from vegetables.
- Add to glass jars with lids, leaving some room at the top.
- Fill the jars with vinegar mixture until the carrot and daikon are fully submerged.
- Place lid on the jar and store at room temperature until cool and pickle for ~12 hours. Store in fridge and it will last up to 3 weeks!

Vietnamese Noodle Sauce (Nuoc Cham)

- Mince the 2 garlic cloves into very small pieces.
- In a mixing bowl, combine fish sauce, rice vinegar, white sugar, water, lime juice, minced garlic and mix until the sugar is dissolved.

** if you make this on your own, you can also add a chopped red birds eye chilli if you like your sauce to be spicy!

Assembling the Noodle Bowl

- Place dry vermicelli noodles in a bowl and cover with hot/boiling water for ~3 minutes. Drain the noodles and run under cold water to prevent them from sticking.
- Tear mint leaves off the stems and set aside. Slice the lettuce into thin strips and place in a bowl. Slice the cucumber into thin rings and set aside.
- To assemble the bowl, place noodles on the bottom of the bowl. Place lettuce, pickling carrots + daikon, cucumber and mint on one side on top of the noodles
- Place a few pieces of cooked pork on the other side on top of the noodles.
- Serve with the Vietnamese noodles sauce on the side in a separate little bowl.



BUTTER CHICKEN PANEER

INGREDIENTS

Marinade

- 1/2 cup plain yogurt
- 1 tbsp lemon juice
- 1 tsp turmeric powder
- 2 tsp garam masala
- 1/2 -1 tsp chilli powder, depending on preference
- 1 tsp ground cumin
- 1 tbsp ginger, minced
- 3 cloves garlic, minced
- 1 lb of chicken thighs/breasts OR paneer (for vegetarian substitute)

Rice or roti and cilantro to serve

Sauce

- 2 tbsp butter or ghee
- 1 cup canned crushed tomatoes
- 1 cup cream (10% or 33%), extra for garnish
- 1 tbsp sugar
- 1 1/4 tsp salt
- 1 tsp of kasoori methi



DIRECTIONS

- For chicken: If you are making the recipe with chicken, prepare the marinade one day before serving. Mince garlic and ginger.
- Cut the chicken or paneer into bite-size pieces or dice. Add to a medium bowl with the rest of the marinade ingredients.
- Cover and refrigerate overnight or for a minimum of 2 hours.
- For paneer: If you are using paneer, prepare the marinade on the same day but do NOT add the paneer into the marinade.
- Mince garlic and ginger.
- Add to a medium bowl with the rest of the marinade ingredients.
- Cut the paneer into bite size dices and set aside in a separate bowl.

For Rice:

- Bring 4 cups of water to boil in a small pot.
- Add rice and lower heat to low or just to a simmer.
- Cook for about 20 minutes until all the water has been absorbed.

- Fluff with fork and set aside, uncovered, for 5 minutes to dry off some of the moisture

Butter Chicken/Paneer

- Heat the ghee over medium high heat in a frying pan.
- For chicken: Add the marinated chicken or paneer to the pan and cook through.
- Make sure it is cooked through and white all over, around 5 minutes.
- For paneer: Add the marinade ingredients only to the pan (do not add the paneer here)
- Add the crushed tomatoes (you may also puree in the tomatoes in a blender first for smoother consistency if preferred), cream, sugar and salt.
- Turn down heat to low and simmer for 20 minutes.
- Add the diced paneer (if using) after simmering.
- Take the kasoori methi, crush it between your fingers and add it to the sauce.
- Taste and adjust the seasoning with salt.

To serve

- Divide cooked rice onto 4 plates or bowls.
- Ladle the cooked sauce over the rice and garnish with chopped cilantro. Enjoy!



UPSIDE DOWN PINEAPPLE CAKE

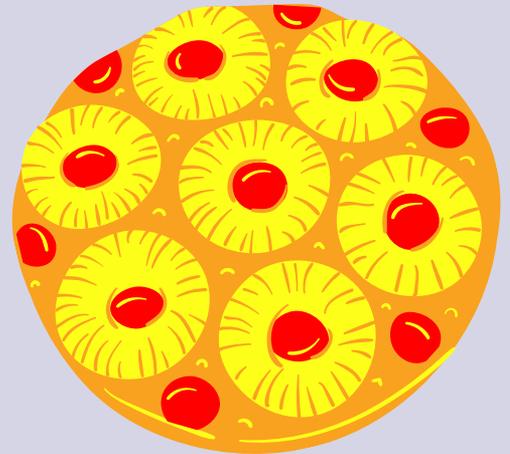
INGREDIENTS:

Vanilla Cake

1/2 cup Unsalted butter,
softened
3/4 cup White Sugar
2 eggs
1 tsp Vanilla Extract
1 1/2 cups Flour
1 1/2 tsp Baking powder
1/4 tsp Salt
1/2 cup Milk

Pineapple Topping

20oz can Pineapple Rings
~15 Maraschino Cherries
1/2 cup Brown Sugar
1/4 cup Butter



DIRECTIONS

- Preheat oven to 350F.

Pineapple Topping

- Melt 1/4 cup of butter in a microwave, stopping to check on the butter every 10 seconds.
- Place the melted butter at the bottom of your pie plate. Sprinkle your brown sugar on top of the butter to create an even layer.
- Drain the pineapple slices and remove from the can. Arrange the pineapple rings on the base of the pan. Cut the remaining pineapple rings in half to fill in the large spaces and to place on sides of dish.
- Place maraschino cherries in the center of the pineapples and in smaller gaps between the pineapple slices. Set aside to make cake batter.



Vanilla Cake

- In a large mixing bowl, beat together softened butter and white sugar until pale and fluffy.
- Add eggs one at a time, beating the mixture together after each egg.
- Stir in the vanilla extract.
- In another bowl, mix together flour, baking powder, and salt.
- Alternate adding the flour mixture and milk to the butter mixture. Starting with the flour, mix in 1/3 of the flour into the butter and mix well using a spatula.
- Add in half of the milk to the large bowl and mix well.
- Add another 1/3 of the flour mixture and mix well.
- Add in remaining half of milk to the bowl and mix well.
- Mix in remaining 1/3 of the flour mixture to the bowl and mix until everything is fully combined. Try not to over mix the batter!
- Gently pour cake batter over pineapple slices in the pie plate. Be careful to not move the cherries and pineapple around too much.
- Using your spatula, spread the cake batter evenly in the pie plate making sure the surface is flat.
- Bake in a 350F oven for 45 minutes. To check if the cake is done, use a toothpick and insert it in the middle of the cake. If the toothpick comes out clean, the cake is done and remember to wear oven mitts!
- Take the cake out of the oven and let it cool for ~20 minutes.
- After 20 minutes, place a plate or serving platter over the top of the pie plate, making sure that there is extra space around the cake on the plate and carefully flip over the cake! *Please ask a parent or guardian to help you with this step!
- Allow the cake to cool for 10-15 more minutes before cutting into slices and enjoying alone or with some ice cream!

Follow @cnhyouth on instagram to discover more recipes and details about the kid's kitchen program!

THANK YOU FOR ALL OUR PAST PARTICIPANTS FOR THE AMAZING PHOTOS!

