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Week 1-Kitchen Safety

Virtual Matador Kids Culinary Program- Week 1. Use this as a guide to shop and prepare for the event. Please have these ready and accessible prior to the class.

Recipes: Pico De Gallo

Use this shopping guide (with substitutions) to get all of the items you need.

Ingredient	Amount	Substitutions
white onion	½ large or 1 small	1 shallot, red onion
cilantro	½ bunch	omit
Roma tomato	6 small or 4 large	any tomato
lime	½ lime	lime juice, lemons or lemon juice
tortilla chips	a serving per family member	pita bread, crusty bread, preferred chips for salsa
potato, russet	4 large	carrot, any potato, jicama

Kitchen Tools Needed:

cutting board
chef's knife or sharp knife
fork or spoon
measuring cups
measuring spoons

Pico de Gallo

Recipe by: MMC Staff

Servings: 6

Ingredients:

- 1 small or ½ large white onion
 - 1 tablespoon lime juice
 - ¾ teaspoon fine sea salt, more to taste
 - 6 small or 4 large Roma tomatoes
 - ½ cup finely chopped fresh cilantro (about ½ a bunch)
1. Core and de-seed tomatoes into small pieces. Dice tomato and onion all about the size and add to a bowl.
 2. Finely chop cilantro and add to tomatoes and onions.
 3. Juice ½ a lime and add to mixture.
 4. Add salt and stir everything together. Taste and add more salt or lime as needed.

Week 2-Fruits and Vegetables

Virtual Matador Kids Culinary Program–Week 2. Use this as a guide to shop and prepare for the event. Please have these ready and accessible prior to the class.

Recipes: Ratatouille, Apple Turnovers

Use this shopping guide (with substitutions) to get all of the items you need.

Ingredient	Amount	Substitutions
puff pastry	1 (17.3 oz) package	omit
apples	2 medium	strawberries, blueberries, peaches
granulated sugar	¼ cup	light brown sugar, artificial sweeteners
all-purpose flour	1 tablespoon	corn starch
cinnamon	½ teaspoon	omit
egg white	1 each	omit
tomato sauce	2 cups	homemade or fresh
garlic	2 cloves	jarred minced garlic
olive oil	2 tablespoons	any neutral oil
eggplant	1 each	carrots
yellow squash	1 each	zucchini
zucchini	1 each	yellow squash
red bell pepper	1 each	any bell pepper
potato	3 medium	omit and add more of other vegetables
unsalted butter	1 tablespoon	neutral oil
all-purpose flour	1 tablespoon	1 tablespoon gluten-free flour blend OR ½ tablespoons rice flour + ½ tablespoon tapioca flour
milk	1 cup	plant milk
nutmeg	1/8 teaspoon	omit
chili flakes	½ teaspoon	omit
thyme	3 sprigs	omit
non-stick spray		neutral oil

Kitchen Tools Needed:

measuring cups
measuring spoons
oven
knife
cutting board or surface to cut on
baking sheet
parchment paper
pastry brush (recommended but not necessary)

spoon
large pot
microwave safe container
sauce pan
medium baking dish

Ratatouille

Recipe by: Savita

Servings: 6

Ingredients:

Ratatouille

- 1-2 cups tomato sauce (good quality tomato basil sauce)
- 2 garlic cloves, minced
- 3-4 thyme, sprigs
- 2 tbsp olive oil
- 1/2 tsp chili flakes
- 1 eggplant or brinjal, thinly sliced
- 1 yellow squash, thinly sliced
- 1 zucchini, thinly sliced
- 1 red bell pepper, thinly sliced
- 2-3 potatoes (medium size), thinly sliced
- salt and black pepper, to taste
- oil spray

Béchamel Sauce

- 1 tbsp unsalted butter
- 1 tbsp all-purpose flour
- 1 cup milk (2% or whole milk)
- 1/8 tsp nutmeg

Directions:

1. Preheat Oven and Prepare Ratatouille Ingredients: Preheat oven at 375 degree Fahrenheit. Bring 2 cups of water to rolling boil. Season with salt. Slice red potatoes. Drop in water and boil for 3-4 minutes or until par cooked. Drain on a paper towel and set aside. While potatoes cook and cool down, slice rest of veggies - squash, bell pepper and eggplant.
2. Make Béchamel Sauce: Microwave 1 cup of milk in microwave safe container. Set aside. Heat 1 tbsp butter in sauce pan. Add 1 tbsp flour and cook until raw flavor of flour goes away, about 1-2 minutes. Don't let flour turn brown. Add warm milk 1/4 cup at time and stir well to avoid lumps. Add all of milk and continue cooking until sauce thickens to coat the back of a spoon. Season with salt, nutmeg, and black pepper. Set aside.
3. Layer Sauce: Spray baking dish with cooking spray. Spread layer of tomato sauce, minced garlic, thyme, red chili flakes, salt and olive oil. Mix well while still leaving well spread. Drizzle béchamel sauce on the top, swirl into the tomato sauce.
4. Layer Ratatouille Vegetables: Layer sliced veggies on top. I like to make a spiral stack of vegetable slices for presentation just like ratatouille. Drizzle with olive oil. Sprinkle salt, thyme, and black pepper on top.
5. Bake Ratatouille: Cover with parchment paper. Bake for 55-60 minutes or until all veggies are tender. You will see tomato sauce bubbling on the sides.
6. Serve: Let it cool for 5 minutes. Serve with side of crusty bread to scoop the sauce. Enjoy

Apple Turnovers

Recipe by: MMC staff

Makes: 8 Turnovers

Ingredients:

- 1 (17.3-ounce) package puff pastry, thawed according to package directions
- 2 medium apples peeled, cored, and chopped into small pieces
- 1/4 cup granulated sugar
- 1 tablespoon all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1 egg white, lightly beaten

Directions:

1. Preheat oven to 400 degrees. Line a large baking sheet with parchment paper and set aside.
2. Unroll both pieces of thawed puff pastry, cut each one into four squares (you'll have eight total pieces).
3. In a medium sized bowl, combine the chopped apple, sugar, flour, and cinnamon and mix until everything is well combined.
4. Spoon the apple filling into one corner of the puff pastry (about 1/4 cup for each piece), fold the other corner over, then crimp with a fork to seal.
5. Brush each turnover with the egg white.
6. Bake at 400 degrees for 15-18 minutes, or until lightly golden brown.
7. Remove from the oven and set aside to cool.

Week 3-Grains and Dairy

Virtual Matador Kids Culinary Program–Week 3. Use this as a guide to shop and prepare for the event. Please have these ready and accessible prior to the class.

Recipes: Mushroom Risotto, Mango Lassi

Use this shopping guide (with substitutions) to get all of the items you need.

Ingredient	Amount	Substitutions
mangoes	2 each	frozen mango (1 cup)
banana	1 medium	frozen banana, 1.5 oz pureed dates, 2 tbsp honey
plain Greek yogurt	2/3 cup	Plant-based yogurt (ex. coconut yogurt), plain yogurt
2% milk	½ cup	plant-based milk, water
cardamon powder	¼ teaspoon	optional
parmesan cheese	1/3 cup	dairy-free cheese, omit
chicken broth	6 ½ cups	vegetable broth, chicken stock
olive oil	3 tablespoons	any neutral oil
portobello mushroom	1 pound	any mushroom, shredded carrots, asparagus, or other preferred vegetables
white mushroom	1 pound	any mushroom, shredded carrots, asparagus, or other preferred vegetables
shallot	2 each	1 white or yellow onion
arborio rice	1 ½ cups	pearled barley, carnaroli rice, farro
chives	3 tablespoons	omit
butter	4 tablespoons	margarine, vegan butter, oil, omit

Kitchen Tools Needed:

large saucepan/pot
heat-proof spatula or spoon
knife
measuring cups
measuring spoons
blender

Mushroom Risotto

Recipe by Myleen Sagrado Sjödin

Servings: 6

Ingredients:

- 1/3 cup freshly grated Parmesan cheese
- 6 1/2 cups chicken broth, divided
- 3 tablespoons olive oil, divided
- 1-pound portobello mushrooms, thinly sliced
- 1-pound white mushrooms, thinly sliced
- 2 shallots, diced
- 1 1/2 cups Arborio rice
- sea salt, to taste
- freshly ground black pepper, to taste
- 3 tablespoons chives, finely chopped
- 4 tablespoons butter

Directions:

1. In a saucepan, warm the broth over low heat.
2. Warm 2 tablespoons olive oil in a large saucepan over medium-high heat. Stir in the mushrooms, and cook until soft, about 3 minutes. Remove mushrooms and their liquid, and set aside.
3. Add 1 tablespoon olive oil to skillet, and stir in the shallots. Cook 1 minute. Add rice, stirring to coat with oil, about 2 minutes. When the rice has taken on a pale, add 1/2 cup broth to the rice, and stir until the broth is absorbed. Continue adding broth 1/2 cup at a time, stirring continuously, until the liquid is absorbed and the rice is al dente, about 15 to 20 minutes.
4. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and parmesan. Season with salt and pepper to taste.

Mango Lassi

Recipe by: MMC Staff

Servings: 2

Ingredients:

- 2 fresh mangoes (about 1 cup)
- 1 medium frozen banana, broken into chunks OR use 1.5 ounces of pureed dates OR 2 tablespoons honey
- $\frac{2}{3}$ cup plain, Greek yogurt
- $\frac{1}{2}$ cup 2% milk
- $\frac{1}{4}$ teaspoon cardamom powder (optional)

Directions:

1. Add all the ingredients to a blender and blend until smooth. Taste the mango lassi to see if the sweetness is to your liking. Add more honey if necessary.
2. Serve the drink in glasses.

Week 4-Balanced Meals

Virtual Matador Kids Culinary Program–Week 4. Use this as a guide to shop and prepare for the event. Please have these ready and accessible prior to the class.

Recipes: Teriyaki Protein, Steamed Vegetables, Steamed Rice, Berries and Cream

Use this shopping guide (with substitutions) to get all of the items you need.

Ingredient	Amount	Substitutions
protein	1 ¼ pound	chicken, beef, pork, tofu, or other proteins.
broccoli	1 head	any vegetable that can be steamed
red bell pepper	1 each	any vegetable that can be steamed
white rice	2 cups	any rice, quinoa
olive oil	1 tablespoon	any neutral oil
low sodium soy sauce	¼ cup	regular soy sauce, tamari (gluten free)
honey	2 tablespoons	sugar, brown sugar
light brown sugar	1 ½ tablespoons	any brown sugar, sugar
rice vinegar	1 tablespoon	white wine vinegar
fresh ginger	2 teaspoons	ground ginger (fresh preferred)
garlic	2 cloves	jarred minced garlic
cornstarch	2 teaspoons	potato starch, arrow root starch
sesame oil	¼ teaspoon	optional
sesame seeds	garnish	optional
green onion	garnish	optional
berries	3 cups	strawberries, blueberries, blackberries
vanilla extract	1 teaspoon	imitation vanilla, vanilla bean, vanilla sugar
white sugar	½ cup	artificial sweeteners
heavy whipping cream	1 cup	coconut milk
orange juice	¼ cup	optional

Kitchen Tools Needed:

knife
cutting board or surface
large pot with lid
steamer basket
medium pot with lid
small saucepan

large non-stick pan
heat-proof spatula or tongs
small bowl
measuring spoons
measuring cups

Teriyaki Protein with Steamed Vegetables and Rice

Servings: 4

Ingredients:

- 1 ¼ lb protein, large diced into 1-inch pieces (can use chicken, beef, pork, tofu, etc.)
- 1 head of broccoli, cut into small pieces
- 1 bell pepper, diced
- 2 cups white rice
- 1 Tbsp olive oil
- 1/4 cup low-sodium soy sauce
- 1/4 cup water
- 2 Tbsp honey
- 1 1/2 Tbsp packed light brown sugar
- 1 Tbsp rice vinegar
- 1/4 tsp sesame oil (optional)
- 2 tsp peeled and minced fresh ginger
- 2 tsp peeled and minced fresh garlic (2 cloves)
- 2 tsp cornstarch
- Sesame seeds and chopped green onions, for serving (optional)

Teriyaki Protein:

1. Heat olive oil in a 12-inch non-stick skillet over medium-high heat.
2. Add the chosen protein and let brown on bottom about 3 - 4 minutes then flip and continue to cook until just before done, about 3 minutes longer.
3. While protein is cooking, in a small mixing bowl (or liquid measuring cup) whisk together soy sauce, water, honey, brown sugar, rice vinegar, sesame oil, ginger, garlic and cornstarch.
4. Stir the sauce in with the cooked protein and continue to cook and toss until sauce has thickened, about 30 - 60 seconds longer.
5. Serve warm garnished with green onions and sesame seeds if desired.

Steamed Vegetables:

1. Boil a pot of water with steamer basket. Remember to not let the water touch the bottom of the steamer.
2. Add vegetables, cover, and reduce heat to medium.
3. Steam 5-7 minutes until vegetables are tender with still a bit of crunch to them.

Rice:

1. Ratio: 1 cup rice to 2 cups water.
2. Place water in pot over high heat. Once boiling, add rice and stir. Cover with lid and reduce heat low.
3. Cook for 15 minutes. During this time, do not remove the lid!
4. After 15 minutes, turn heat off and let rest with lid on for 5 minutes. Then serve.

Notes: You can check the rice at 15 to see if there is still excess water. If so, cook for an additional 3 minutes with lid on before letting rest.

Berries and Cream

Recipe by: MMC Staff

Servings: 4

Ingredients:

Macerated Berries:

- 3 cup mixed berries by preferences (sliced strawberries, raspberries, blueberries, blackberries)
- ¼ cup sugar (can use more or less per taste)
- ½ teaspoon vanilla extract
- ¼ cup orange juice (optional)

Cream:

- 1 cup heavy whipping cream
- ½ teaspoon vanilla extract
- 2 tablespoons sugar

Directions:

1. In a bowl, mix berries, sugar, vanilla extract, and orange juice if using. Let macerate (marinate) for 30 minutes.
2. For the cream, pour heavy cream into a large bowl. With a whisk (which will take the longest amount of time), hand mixer, or stand mixer, beat on medium speed until stiff peaks begin to form. Then beat in vanilla and sugar and continue until peaks fully form. Beware that overbeating will create a clumpy, butter like consistency. As an alternative method, you can mix the cream, sugar, and vanilla in a bowl and pour over berries as is.