



Kids Camp 2010

Cooking Around the World

Day 1

Mexican Fiesta

Day 2

Asian Fusion

Day 3

Bistro Dinner from Paris

Day 4

Farmer's Market Day

Day 5

Italian Cook Off



Black Bean Dip with Salsa and Lime Sour Cream

serves 6-8 people

For the bean dip:

2 cans black beans, drained and rinsed
1 clove garlic, peeled
1 scallion, chopped
1 teaspoon ground cumin
1/2 cup cilantro
3 tablespoons lime juice
1/4 cup olive oil
1 teaspoon salt
1/2 teaspoon black pepper
water, as needed

For the salsa & sour cream:

4 roma tomatoes, halved and seeded
1/4 cup chopped red onion
1/4 cup cilantro leaves
2 tablespoons lemon juice
1/2 teaspoon salt
1/2 cup sour cream
1 lime, juiced

tortilla chips, for serving

— preparation —

For the bean dip:

- In a food processor combine the beans, garlic, scallion, cumin, cilantro, lime juice, olive oil, salt and pepper.
- Blend until smooth, adding some cold water if needed.
- Scrape bean dip into a serving bowl.

For the salsa & sour cream:

- In a food processor, combine the tomatoes, red onion, cilantro, lemon juice and salt. Pulse until finely chopped.
- In a bowl whisk together the sour cream and the lime juice with a pinch of salt and pepper.
- Top the bean dip with the sour cream and then the salsa.

Serve the dip with tortilla chips.



Lime Marinated Chicken Fajitas with Guacamole

serves 6-8 people

For the chicken:

1 cup cilantro leaves
3 cloves garlic, peeled
1 tablespoon honey
zest of 1 lime
1/4 cup lime juice
1 tablespoon cumin
1 tablespoon chili powder
1 teaspoon salt
1/2 cup olive oil
4-5 large chicken breasts

For the guacamole:

3 avocados
1/4 cup chopped cilantro
1/4 cup finely chopped scallions
2 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon black pepper

shredded cheese, for serving
tortillas, for serving

— preparation —

For the chicken:

- In a blender, combine the cilantro, garlic, honey, lime zest, lime juice, cumin, chili powder, salt and olive oil.
- Blend until smooth and pour over the chicken breasts.
- Heat a grill pan. Preheat oven to 400 degrees.
- Place the chicken on the grill and cook on both sides until well marked.
- Place grilled chicken on a baking sheet and into the oven for 10-15 minutes.
- Remove and let rest 10 minutes before slicing.

For the guacamole:

- Cut the avocados in half and scoop out the flesh into a bowl.
- Mash with the cilantro, scallions, lemon juice salt and pepper.

Serve the chicken sliced in warm tortillas with shredded cheese and guacamole.



Mexican Chopped Salad with Corn & Creamy Lime Dressing

serves 6-8 people

For the dressing:

1 scallion, chopped
1/2 cup cilantro leaves
1 tablespoon honey
1/4 cup lime juice
1/2 cup buttermilk
1/2 cup mayonnaise
1/2 teaspoon salt
1/2 teaspoon black pepper

For the salad:

6 cups chopped romaine
2 cups baby tomatoes, halved
4 ears of corn, kernels cut off the cob
1 cup pumpkin seeds, toasted

— preparation —

For the dressing:

- In a blender, combine the scallion, cilantro, honey, lime juice, buttermilk, mayonnaise, salt and pepper. Blend until smooth.

For the salad:

- In a large bowl combine the lettuce, baby tomatoes, corn kernels and toasted pumpkin seeds.
- Toss with the dressing and put on a serving platter.

Serve immediately!



Chocolate Pound Cake with Sweet Whipped Cream

makes 9x13-inch pan

For the cake:

5 oz unsweetened chocolate
1 cup water
1/3 cup cream cheese, at room temperature
2 sticks butter, at room temperature
2 1/4 cups sugar
3 large eggs
1 tablespoon vanilla extract
3 cups flour
1 teaspoon baking soda
1 teaspoon salt
1/2 teaspoon baking powder
3/4 cup chocolate chips

For the cream:

2 cups heavy cream
1/4 cup powdered sugar
splash vanilla extract

— preparation —

For the cake:

- Preheat oven to 325 degrees.
- Combine the unsweetened chocolate and water in a small pot. Cook over medium heat, stirring, until chocolate is melted.
- Remove from heat and stir in the cream cheese – whisk until smooth.
- In the bowl of an electric mixer, combine the butter and sugar. Whip for 30 seconds until pale.
- Add the eggs and vanilla to the mixer. Whip until combined.
- Add the chocolate mixture and whip until combined.
- Remove from the mixer and stir in the flour, baking soda, salt and baking powder. Stir until combined. Stir in chocolate chips
- Spray a 9x13-inch baking pan with cooking spray and scoop the batter into the pan.
- Bake for 45 minutes or until a toothpick inserted in the center of the cake comes clean.
- Let cool for 30 minutes before cutting to eat.

For the cream:

- Whip the cream with the sugar and vanilla until thick. Serve the cake topped with cream.



Cream Cheese & Chive Wontons with Honey-Soy Drizzle

Makes 24 pieces

For the wontons:

24 wonton wrappers (square)
cooking spray
8 oz cream cheese, at room temperature
1/4 cup snipped chives
2 tablespoons sesame seeds

For the drizzle:

1/4 cup soy sauce
2 tablespoons honey

— preparation —

For the wontons:

- Preheat oven to 375 degrees.
- Spray a mini muffin pan with cooking spray.
- Press a wonton wrapper into each mini muffin spot, creating a little cup.
- Spray the top of the cups with cooking spray. Bake for 15-20 minutes until golden. Remove and let cool.
- In a bowl, mix together the cream cheese, chives and sesame seeds. Scoop mixture into a pastry bag.
- Squeeze some of the mixture into each wonton cup.

For the drizzle:

- Whisk together the soy sauce and the honey.
- Spoon a little drizzle of the honey-soy mixture over each wonton cup.

Serve at room temperature.



Grilled Beef Satay with Peanut Sauce

Makes about 20 skewers

For the beef:

1 tablespoon curry powder
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon ground black pepper
1 cup coconut milk
1 lb flank steak, cut across the grain into thin slices
20 bamboo skewers, soaked in water for at least 1 hour

For the Sauce:

1-inch piece of fresh ginger, peeled
1 garlic clove, peeled
1/2 cup peanut butter
1/2 cup coconut milk
1/2 teaspoon red chili flakes
1 tablespoon honey
juice of 1 lime
water, as needed
salt, as needed

— preparation —

For the Beef:

- In bowl, whisk together the curry powder, garlic powder, salt, pepper and coconut milk.
- Add the beef and let sit for 15 minutes.
- Heat a grill pan over high heat.
- Thread the meat onto each skewer.
- Grill meat on both sides until cooked through.

For the Sauce:

- In a blender, combine the ginger, garlic, peanut butter, coconut milk, chili flakes, honey and lime juice.
- Blend until smooth, adding water as needed to create a smooth sauce.
- Taste and add salt as needed.

Serve skewers warm or at room temperature with the sauce for dipping.



Chicken Fried Rice with Almonds

serves 8

2 garlic cloves, peeled
1-inch piece of fresh ginger, peeled
2 scallions, cut into small pieces
2 tablespoons vegetable oil
2 chicken breasts, cut into bite-sized pieces
4 cups cooked white rice (preferably left-over and cold from the fridge)
1/2 cup soy sauce
1 teaspoon sugar
2 eggs, whisked
1/2 cup toasted almond slivers

— preparation —

- In a mini food-processor, combine the garlic cloves, ginger and scallions. Pulse until chopped. (Don't process so much that it makes a paste).
- Heat a large skillet over high heat.
- Add the vegetable oil.
- Add the garlic mixture and the chicken. Cook over high heat, stirring often, until the chicken is cooked through.
- Add the rice and cook until rice is broken up and warmed.
- Stir together the soy sauce and the sugar.
- Add the soy mixture to the rice and stir to combine.
- Make some room at the bottom of the pan. Add the eggs and cook, stirring often until eggs are cooked.
- Add the almonds and stir everything together.
- Remove from the heat.

Serve warm.



Orange Glazed Snap Peas

serves 8

For the Snap Peas:

2 lbs trimmed snap peas (or green beans)
2 tablespoons olive oil

For the Glaze:

2 oranges, zested and juiced
1 garlic clove, grated
1 slice fresh ginger, peeled
2 tablespoons honey
1/2 teaspoon salt
4 tablespoons butter

— preparation —

For the Snap Peas:

- Preheat oven to 400 degrees.
- Toss the snap peas with olive oil and scatter onto a baking sheet.
- Roast for about 10 minutes or until just tender.
- Remove from oven and set aside.

For the Glaze:

- Combine the orange zest and juice, garlic, ginger, honey and salt in a small pot.
- Place over high heat and simmer for 10 minutes until slightly thickened.
- Whisk in the butter and cook for another minute.

Toss the snap peas and glaze together.

Serve warm.



Toasted Coconut Cupcakes

makes about 20 cupcakes

For the cupcakes:

- 1 1/2 sticks butter, at room temperature
- 1 1/3 cups sugar
- 2 eggs
- 2 egg whites
- 1 1/2 teaspoons vanilla extract
- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup coconut milk
- 1/2 cup packed sweetened shredded coconut

For the frosting:

- 8 oz cream cheese, at room temperature
- 1 stick butter, at room temperature
- 1/4 teaspoon vanilla extract
- 2 1/2 cups powdered sugar
- 2 cups sweetened shredded coconut

— preparation —

For the cupcakes:

- Preheat oven to 350 degrees.
- In the bowl of an electric mixer combine the butter and sugar. Beat with a paddle attachment until light and fluffy.
- Add the eggs and egg whites and vanilla. Beat until combined.
- In another bowl whisk together the flour, baking powder and salt.
- Add half of the flour mixture to the mixer and beat until combined.
- Add half of the coconut milk and beat until combined.
- Repeat with the rest of the flour mixture and the rest of the coconut milk.
- Stir in the shredded coconut.
- Line a muffin tin with papers and scoop the batter into the papers, filling about 3/4 way full.
- Bake for 15-20 minutes.
- Let cool completely before frosting.

For the frosting:

- In the bowl of an electric mixer combine the cream cheese, butter and vanilla. Beat until fluffy. Add the powdered sugar and beat until fluffy.
- Toast the coconut on a baking sheet in the oven for 10 minutes or until golden and let cool.

Frost the cooled cupcakes with frosting and top with toasted coconut.



Mini Croque Monsieur Sandwiches

serves 6-8 people

8 slices white bread
4 slices provolone cheese
4 slices ham
2 eggs
1/4 cup cream or milk
butter for the pan

— preparation —

- Assemble the sandwiches with one slice cheese and one slice ham in each. Cut each sandwich into four mini sandwiches.
- Whisk together the eggs and cream. Add a pinch of salt and pepper.
- Melt a little butter in a hot skillet.
- Soak the sandwiches in the egg mixture, turning to coat, and then place in the hot buttered pan.
- Cook over medium-low heat until golden on both sides and cheese is melted.

Serve hot.



Chicken Paillard with Lemon-Parsley Butter Sauce

serves 6-8 people

4 butterflied chicken breasts (1/4-inch thin)
1 teaspoon salt
1/2 teaspoon black pepper
1/2 cup flour
2 tablespoons butter
1 tablespoon olive oil
1/4 cup chopped shallot
1/4 cup chicken stock
1/2 stick cold butter
1 lemon juiced
1/4 cup chopped parsley

— preparation —

- Heat a large skillet over medium-high heat.
- Season the chicken with the salt and pepper. Dredge in the flour and shake off any excess flour).
- Add the 2 tablespoons butter and 1 tablespoon olive oil to the pan.
- When butter is melted, add the chicken
- Cook on both sides until golden and cooked through and remove from pan.
- Add the shallots and cook until softened. Add the chicken stock and scrape up any browned bits from the bottom of the pan.
- Whisk in the cold butter and lemon juice and add the chicken back to the pan and cook for about 1 minute.
- Remove from the heat and season with a bit of salt and pepper. Finish with parsley.

Serve the chicken warm with the sauce drizzled over.



Cheesy Potato Gratin

serves 6-8 people

4 lbs red potatoes
2 cups heavy cream
1/2 cup grated parmesan
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup chopped chives
1 cup grated cheddar

— preparation —

- Preheat oven to 400 degrees.
- Cut the potatoes into 1/4-inch thick slices and place in a pot of cold water. Place over high heat and bring to a boil. Cook for 10 minutes until potatoes are JUST tender (NOT mushy). Drain.
- Meanwhile, place the cream over medium heat and cook until just beginning to bubble. Remove from heat and stir in the parmesan cheese.
- Toss the potatoes with the parmesan cream, salt, pepper and chives and pour into a baking dish.
- Top with the grated cheddar.
- Bake for 20-25 minutes until top is golden and cream is bubbly.

Let cool for 30 minutes before serving.



French Green Beans Vinaigrette

serves 6-8 people

2 lbs French green beans, trimmed

1 shallot, chopped

1/3 cup white wine vinegar

1 tablespoon Dijon mustard

1 teaspoon honey

2/3 cup olive oil

1/4 cup chopped parsley

— preparation —

- Bring a large pot of water to a boil. Add a small handful of salt.
- Prepare a bowl of ice water.
- Drop the green beans into the boiling water and cook for 2 minutes.
- Remove and plunge into the ice water. Let cool.
- Remove and pat dry.
- In a bowl, whisk together the shallot, vinegar, Dijon, and honey. Slowly whisk in the olive oil.
- Toss the beans in the vinaigrette and top with parsley.

Serve green beans cold or room temperature.



Classic Crème Brulee

Makes 6 servings

9 large egg yolks
¾ cup sugar
4 cups heavy cream
1 teaspoon vanilla paste
Pinch salt
6 tablespoons sugar

— preparation —

- Preheat oven to 350 degrees.
- In a large bowl, whisk together the egg yolks and sugar until pale yellow.
- Meanwhile, heat the cream in a pot just until starting to bubble.
- Add about ½ cup of the hot cream to the eggs, whisking. Add another ½ cup, constantly whisking. Continue adding the cream VERY slowly so the eggs don't curdle.
- Add the vanilla and salt.
- Divide the custard into 6oz ramekins.
- Place the custard cups into a roasting pan on top of a paper towel. Add boiling water so that it comes about ½-way up the sides of the ramekins.
- Bake for about 40 minutes or until just set.
- Chill the ramekins for 2 hours.
- Sprinkle 1 tablespoon of sugar on top of each custard and use a torch to burn the sugar (or place under a broiler).
- Let cool before serving.



Bruschetta on Grilled Bread

serves 6-8 people

1 baguette, sliced
olive oil
3 cups chopped tomatoes
1/2 cup chopped basil
1 garlic clove, grated
2 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon black pepper

— preparation —

- Brush both sides of the bread slices with olive oil.
- Grill on a hot grill pan until marked on both sides.
- In a bowl, mix together the tomatoes, basil, garlic, olive oil, salt and pepper.
- Top the grilled bread with the tomato mixture.

Serve immediately.



Grilled Chicken with Fresh Salsa

serves 6-8 people

6 boneless, skinless chicken breasts

olive oil

salt and pepper

4 cups chopped fruit (nectarines, plums, avocados)

1/4 cup finely chopped scallions or red onion

1/2 cup chopped herbs (cilantro, basil or mint)

juice of 1 lemon

— preparation —

- Heat a grill pan over high heat. Preheat the oven to 400 degrees.
- Rub the chicken with olive oil, salt and pepper.
- Place the chicken on the grill pan and grill on both sides until well-marked.
- Place onto a baking sheet and into the oven. Bake for 10-15 minutes.
- Remove and let cool.
- Chop the fruit into bite-sized pieces and toss with the scallions, herbs and lemon juice. Season with salt and pepper.

Serve the chicken sliced topped with the salsa.



Pesto Pasta Salad

serves 6-8 people

1 pound penne or fusilli pasta
2 cups packed basil (or any mix of basil, arugula, mint)
2 garlic cloves
1/2 cup grated parmesan cheese
1/4 cup pine nuts (or almonds, walnuts, pecans)
1/2 cup olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper

— preparation —

- Bring a large pot of water to a rolling boil. Add a small handful of salt. Add the pasta and stir once. Let cook according to package directions.
- Drain and rinse with cold water.
- In a food processor, combine the herbs, garlic, cheese, pine nuts, olive oil, salt and pepper. Blend until smooth.
- Toss the pasta with the pesto. Taste and season with more salt and pepper as needed.

Serve cold.



Seasonal Salad with Herb Vinaigrette

serves 6-8 people

For the salad:

6 cups salad greens
2 cups chopped veggies (tomatoes, cucumber, avocado, squash)
1 cup shredded or crumbled cheese (mozzarella, feta, cheddar, gorgonzola)

For the herb vinaigrette:

2 tablespoons chopped herbs (basil, thyme, oregano, mint)
1/4 cup white wine vinegar
1 tablespoon honey
1 lemon, juiced
1/2 teaspoon salt
1 teaspoon Dijon mustard
2/3 cup olive oil

— preparation —

For the salad:

- Clean and dry the salad greens. Chop if necessary.
- Toss greens with vegetables and cheese.

For the vinaigrette:

- Place the herbs, vinegar, honey, lemon juice, salt, Dijon and olive oil in a blender. Blend until smooth.

Toss the salad with the dressing. Taste and season with salt and pepper as needed.



Crepes with Fresh Fruit and Cream

makes about 10 crepes

For the crepes:

1 cup flour
2 eggs
1/2 cup milk
1/2 cup water
1/4 teaspoon salt
1/4 cup sugar
2 tablespoons melted butter
cooking spray

For the fruit and cream:

4 cups fresh cut fruit (any mix of berries, peaches, nectarines, plums, bananas)
2 cups heavy cream
1/4 cup powdered sugar

— preparation —

For the crepes:

- In a blender combine the flour, eggs, milk, water, salt, sugar and melted butter. Blend until smooth.
- Heat a small 6-inch skillet over high heat. Spray with cooking spray.
- Ladle 1/4 cup of the batter into the hot pan and immediately swirl the pan to coat the bottom with the batter.
- Let cook until edges are solid. Flip and cook the other side for about 30 seconds. Remove from pan.

For the fruit and cream:

- Use an electric mixer to whip the cream and powdered sugar until thick.

Serve the crepes filled with fresh fruit and cream.



Baked Chicken Parmesan Nuggets with Roasted Tomato-Garlic Sauce

serves 8

For the sauce:

6 roma tomatoes
3 gloves garlic
olive oil
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon balsamic vinegar

For the nuggets:

4 eggs
1 teaspoon salt
1/2 teaspoon black pepper
2 cups panko bread crumbs
1 cup grated parmesan cheese
1/4 cup olive oil
6 boneless, skinless chicken breasts, cut into 1-inch pieces

— preparation —

For the sauce:

- Preheat oven to 400 degrees.
- Cut the tomatoes in half and squeeze out the seeds.
- Toss the tomatoes and garlic in olive oil and spread out onto a baking sheet.
- Roast for 20 minutes or until golden.
- Remove and let cool slightly.
- Combine the tomatoes, garlic, salt, pepper and vinegar in a blender and blend until smooth.

For the nuggets:

- Preheat oven to 400 degrees.
- Whisk the eggs with the salt and pepper in a shallow dish.
- Stir together the breadcrumbs and cheese in another shallow dish with the olive oil.
- Dip the chicken pieces into the egg and then into the breadcrumb mixture.
- Place onto the baking sheet and bake for about 15-20 minutes until cooked through.

Serve the nuggets with the warm sauce.



Individual Calzones with Marinara Sauce

serves 8 people

For the sauce:

1 tablespoon olive oil
1/4 cup finely chopped white onion
1/4 cup grated carrot
2 tablespoons chopped garlic
1 28-oz can crushed tomatoes
1 tablespoon dried oregano
1 teaspoon sugar
1 teaspoon salt
1/2 teaspoon black pepper

For the calzones:

2 pounds pizza dough, divided into 8 pieces
flour, for dusting
2 cups shredded mozzarella
2 cups ricotta cheese
sliced mushrooms
sliced pepperoni
sliced olives
fresh basil

— preparation —

For the sauce:

- Heat a saucepan over medium-high heat.
- Add the olive oil.
- Add the onions, carrots and garlic and cook for 5 minutes.
- Add the tomatoes, oregano, sugar, salt and pepper.
- Simmer for 10 minutes.

For the calzones:

- Preheat oven to 400 degrees.
- Roll out each piece of dough until 1/8-inch thick.
- Fill each round with a little sauce, a little of each cheese and your choice of fillings.
- Fold the calzone over and roll the edges closed and place on a baking sheet.
- Brush the top with olive oil and bake for 20 minutes until golden.

Serve with the sauce on the side.



Grilled Caesar Salad

Makes 6-8 servings

For the dressing:

2 tablespoons mayonnaise
2 tablespoons Dijon mustard
2 garlic cloves, pressed or grated
½ cup fresh lemon juice
2 teaspoons kosher salt
½ teaspoon black pepper
1 ½ cups extra virgin olive oil
½ cup grated parmesan cheese

For the salad:

3 heads romaine
1 baguette, cut into slices
Olive oil

— preparation —

For the dressing:

- In a blender, combine the mayo, Dijon, garlic, lemon, salt and pepper.
- With the blender running, slowly drizzle in the olive oil.
- Add the cheese and continue to blend until smooth.

For the salad:

- Heat a grill pan over high heat.
- Cut the romaine heads in half long-wise. Brush lightly with olive oil on the cut side only.
- Place the lettuce on the hot grill, cut-side down for just about 1 minute – until the lettuce is charred.
- Remove and chop the lettuce into small pieces.
- Brush the baguette with the salad dressing on one side and grill until marked and warm.
- Toss the lettuce lightly with the dressing.

Serve the salad topped with the baguette pieces.



Italian Ices with Fresh Fruit Syrups

makes 8-10 ices

3 cups sugar
3 cups water
1 cup raspberries
2 lemons, zested and juiced
10 cups ice

— preparation —

- Divide the sugar and water into two pots – each with 1 1/2 cups sugar and 1 1/2 cups water.
- In one pot, add the raspberries.
- In the other pot, add the lemon zest and juice.
- Heat both pots over medium heat, stirring, until sugar is melted. Let sit for 30 minutes. Mash the raspberries to release their juices.
- Strain the syrups and discard the solids. Refrigerate until very cold.
- Place the ice in a bag and use the back of a pan to crush.
- Place the ice into a blender and pulse to crush the ice very fine.
- Serve the ice in paper cones and drizzle with syrups.