

Recipe Packet: Teen Camp, Day 2

Berry-Cool Popsicles*

Makes 10

½ pound frozen strawberries
¼ cup sugar
½ pound frozen blueberries
1 ½ cups low-fat vanilla yogurt
2 teaspoons vanilla extract or vanilla paste

In a blender, puree the strawberries with 1 tablespoon of sugar. Transfer to a small pitcher. Rinse out the blender and puree the blueberries with 1 tablespoon of sugar and transfer to another small pitcher. In another bowl, stir the yogurt, remaining sugar and vanilla extract/paste together.

Pour the three mixtures, alternating, into ice-pop molds, making 3-5 layers each. Use a skewer or chopstick to swirl the layers together using an up-and-down motion. Insert the ice-pop sticks and freeze until solid, about 3 hours or overnight.

**adapted from Martha Stewart*

Mini Frittatas

Makes 24

Nonstick spray
1 dozen large eggs
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 tablespoons flat leaf parsley, minced
2 roma tomatoes, seeded and diced
1 zucchini, grated and squeezed of its water
¼ cup grated cheese

Preheat the oven to 350 degrees

Lightly spray 2 12-cup muffin tins with nonstick spray. Lightly beat the eggs with salt, pepper and parsley. Evenly divide among the muffin tins. Evenly divide the tomato and zucchini among the muffin tins. Sprinkle shredded cheese on top. Bake in a preheated oven until the frittatas are firm in the center, about 15 minutes. Remove from the oven to allow them to cool, carefully unmold and serve.

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Cheese Crackers

Makes... about a ton.

2 cups unbleached all-purpose flour, plus more for sprinkling
1 teaspoon kosher salt
½ teaspoon black pepper
½ stick unsalted butter, cut into small pieces
½ pound grated sharp cheddar cheese
½ cup grated parmesan cheese
1 teaspoon Worcestershire sauce
1 cup whole milk

Preheat the oven to 350°F.

Place flour and salt into the food processor and pulse a few times to combine. Add butter and process until mixture resembles coarse meal. Add remaining ingredients and process until mixture forms a very sticky ball. Sprinkle with additional flour, wrap in wax paper and refrigerate for several hours or freeze for 30 minutes (note: dough can be frozen for up to a month at this point, and thawed when ready to bake).

Line a baking sheet with parchment paper. On a floured surface, roll out dough to a thickness of ¼". Cut out desired shapes using small cookie cutters. Place on the baking sheet, and bake in the center of the oven 15 minutes, until golden (do not overbake!). Turn off oven and leave to crisp for 30 min. Store in an airtight container until ready to use.

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Freeform Peach and Blackberry Galettes

Makes 4

- 1 recipe tart dough, recipe follows
- 1 recipe almond cream, recipe follows
- 4 peaches, pitted and thinly sliced
- 1 pint blackberries, rinsed
- 1 cup simple syrup, optional

Preheat the oven to 400°F.

Divide the tart dough into 4 equal pieces. Roll out to ¼" thickness. Spread ¼ cup almond cream in the center of the dough, leaving 1 inch around the edge. Arrange the peach slices on top of the almond cream and sprinkle 4-5 blackberries on top. Fold the edges of the dough over by an inch to where the almond cream begins, creating a rustic, pleated crust. Repeat with the remaining ingredients to create three more galettes.

Carefully transfer to a baking sheet lined with parchment paper and bake for 25 minutes, or until golden brown. Remove from the oven and immediately brush each galette all over the crust with simple syrup for shine.

Let the galettes cool on a wire rack for 15 minutes before serving. Serve warm.

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Pate Sucrie (sweet tart dough)

Makes one 9-inch Tart

1 ¼ cups all-purpose flour
¼ teaspoon salt
3 tablespoons granulated sugar
½ cup (1 stick) cold unsalted butter, cubed
1 large egg yolk
3 tablespoons ice water, divided

In the bowl of a food processor add the flour, salt, and sugar, pulse three or four times. Add cold butter and pulse again until flour butter mixture is pea-size.

In a small bowl whisk together the egg yolk and 1 tablespoon of ice water. Gradually pulse the egg yolk mixture into the flour mixture. Add 1 to 2 tablespoons ice water 1 tablespoon at a time until dough forms a ball.

Don't over mix. Remove from processor bowl and knead the dough into a ball. Shape into a disk, cover with plastic wrap and chill for about 1 hour.

Bake tart pastry per your recipe instructions.

Almond Cream

Makes 2 cups

1 cup almond paste
2 tablespoons sugar
2 eggs
2 tablespoons unsalted butter, very soft
4 tablespoons all-purpose flour

In a mixing bowl, beat the almond paste and sugar together until combined and fluffy. Add the egg and beat well. Add the butter and beat well. Add the flour and beat well. Scrape the mixture together and continue to beat until thoroughly combined.