

Recipe Packet: Teen Camp, Day 3

Limeade Mint Popsicles

Makes 10

1 cup sugar
3 cups water
16-20 mint leaves
Zest of 3 limes
Juice of 4 limes

Special Equipment:
10-bar popsicle mold
10 wooden popsicle sticks

In a medium-sized saucepan, bring the sugar and water to a boil. Remove from the heat and add the mint leaves and lime zest. Steep until cool.

Strain the mint and lime zest and stir in the lime juice. Pour mixture into popsicle molds and allow to freeze until solid (about 3 hours or overnight).

Pina Colada Popsicles

Makes 10

1 cup finely diced fresh pineapple
6-7 Tbs of unsweetened coconut cream*
2 1/2 cups of 100% pineapple juice
Juice of half a lime
2-3 Tbs of shredded sweetened coconut (optional)
1/4 cup sugar, as needed to taste

Special Equipment:
10-bar popsicle mold
10 wooden popsicle sticks

* To get the coconut cream out of unsweetened coconut, do not shake can. Gently open can of coconut milk and scoop out top thick coconut cream. The watery coconut milk will be at the bottom. Do not waste it. Freeze and save for soup or curry.

Clean pineapple, then finely dice fresh pineapple. Place into a blender with pineapple juice, coconut cream, shredded coconut, lime juice and sugar.

Hit the pulse (do not blend) 4-5 times until well combined. Taste test the mixture for sugar and flavor. Place in popsicle molds and freeze overnight until set. Serve frozen.

Recipe Packet: Teen Camp, Day 3

Red Velvet Cupcakes

Makes 24 cupcakes

3 ½ cups (14 oz) all purpose flour
½ cup (1 ½ oz) cocoa powder
1 ½ tsp kosher salt
2 cups (16 oz) canola oil
2 ¼ cups + 1 Tb (16 oz) sugar
3 large eggs
1/3 cup (3 oz) red food coloring
1 ½ tsp vanilla extract
1 ¼ cup (10 oz) buttermilk
2 tsp baking soda
2 ½ tsp white vinegar

Preheat the oven to 350°F. Line 2 12-cup cupcake pans with paper liners and set aside.

In a large mixing bowl, sift together the cake flour, cocoa powder and salt. Set aside.

In the bowl of a stand mixer fitted with a paddle attachment, combine the oil and sugar and beat on medium speed until incorporated. Set the mixer speed to low and add the eggs one at a time, scraping thoroughly before adding the next egg.

Add the red food coloring and vanilla in a slow stream, beat until incorporated.

Alternately add the flour and buttermilk mixture in two batches, starting with the flour. Scrape down the bowl between each addition and beat thoroughly until combined.

In a small bowl, whisk together the baking soda and vinegar. Set the mixer to medium speed and add the vinegar mixture. Beat for 10 seconds.

Divide the batter evenly among the prepared cupcake cups. Bake for 20 – 25 minutes or until they spring back when touched.

Remove from the oven and allow the cakes to cool slightly for 10 minutes on a cooling rack before removing them from the pan to completely cool.

Recipe Packet: Teen Camp, Day 3

Cream Cheese Frosting

Makes 2 ½ cups

1 stick unsalted butter, cut into small pieces
1/2 cup sugar
1 pound (2 blocks) Cream Cheese, cold
2 teaspoons vanilla extract

If the butter is cold, cut it up into small pieces and leave it out on the counter for a few minutes. The butter should be firm, but not chilled.

In a food processor, grind the sugar to a fine powder.

Beat the butter and sugar together until pale and fluffy. Add the cream cheese and vanilla and beat until smooth. Use immediately.

The frosting will be firm - but not impossible to pipe.

Oven-Fried Chicken Fingers

Serves 4

2 whole chicken breasts, boneless and skinless
2 cups unbleached all-purpose flour
2 teaspoons kosher salt
1 teaspoon black pepper, freshly ground
2 eggs, lightly beaten
3 cups cornflakes cereal, slightly crushed
non-stick cooking spray

Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.

Prepare separate shallow bowls for the flour, eggs and cornflakes. Combine the salt and pepper with the flour.

Slice the chicken breasts into strips about 1 1/2-inch wide. Cut each strip in half.

Dip each piece of chicken in the flour, then in the egg, then coat with cornflakes. Place on the baking sheet. Spray both sides lightly with non-stick spray and bake in the oven for 15 minutes or until the crust is golden brown and crispy.

Serve with marinara or barbeque sauce.

Recipe Packet: Teen Camp, Day 3

Flaky Buttermilk Biscuits

Makes 1 dozen

2 cups flour
4 teaspoons baking powder
¼ teaspoon baking soda
¾ teaspoon salt
2 tablespoons unsalted butter, chilled
2 tablespoons non-hydrogenated shortening, chilled
1 cup buttermilk, chilled

Preheat oven to 450°F.

In a large mixing bowl, combine flour, baking powder, baking soda and salt. Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs.

Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.

Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round.

Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough. Twist the cutter only after you have pushed all the way down into the dough. Place biscuits on baking sheet so that they just touch.

Reform scrap dough, working it as little as possible and continue cutting. Biscuits cut from the scrap dough will not rise as high as the first batch – but they will taste the same.

Bake until biscuits are tall and light gold on top, 15 to 20 minutes.