

Cooking Class 10-28-16: Homemade Caramel Sauce

(www.fiveearthhome.com)

- $\frac{1}{2}$ cup salted butter (1 stick)
- 1 cup brown sugar
- $\frac{2}{3}$ cup heavy cream
- 1 teaspoon pure vanilla extract
- $\frac{1}{8}$ teaspoon salt

1. In a medium saucepan set over medium heat, melt butter. Mix in brown sugar and stir for 2 minutes. Mix in heavy cream and stir 2 more minutes. Remove pan from heat and stir in vanilla and salt until well incorporated.

2. Pour hot caramel sauce in a jar and allow to cool completely. Store in refrigerator for up to a month.

*We will serve with fresh apple slices at our fall party on Monday!

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We used: 1 cup measuring cup (for dry ingredients)
 1 cup measuring cup (liquid ingredients)
 Rubber spatula, measuring spoons, a knife
 Electric fry pan (set 250 degrees)
 Glass mixing bowl

We discussed: "a level" teaspoon, "packing" brown sugar, when it bubbles it is "boiling", reading labels, safety and cleanliness in the kitchen, cleaning up, sharing, and teamwork!

We discovered: you use math in the kitchen! What does it mean to "double the recipe"? What is 4 TBLS of butter $\times 2$? What is $\frac{1}{8}$ teas of salt $\times 2$? $\frac{2}{3} + \frac{2}{3} = ?$

Cooking Class 11-18-16: Hawaiian Meatballs
Ranch Dip w/greek yogurt
Fresh Vegetables
Fruit Smoothie

Hawaiian Meatballs

1 - large bag frozen Italian Style Meatballs

1 - bottle BBQ sauce (12 oz.)

1 - lg. Can pineapple chunks (drained)

Pour all ingredients in a large saucepan and bring to a boil. Stirring often. Reduce heat and simmer 20 mins.

Ranch Dip

Follow packet directions but substitute greek Yogurt for the sour cream. A great healthier Choice!

Dippers: carrots, cucumbers, celery

Fruit Smoothies:

2 cups V-8 Splash juice (any flavor)

1 cup vanilla yogurt

1 cup frozen strawberries

1 cup ice cubes

Blend. Pour. Enjoy.

We Used: a Ninja blender, electric frying pan, measuring cups, spatulas, knives, crinkle cutter, mandoline slicer, cutting boards, potato peeler, and others.

We Discussed: a level teaspoon, boiling vs. simmering, peeling away from your body, how to pulse the machine, safety by a hot pan and with knives, cleanliness, and teamwork!

We Discovered: gently folding the hot food prevented splashing, we use math in the kitchen, the Ninja is loud, trying a new tool in the kitchen was fun. The crinkle cutter made fancy looking vegetables and the mandoline slicer was smooth and fast! Tasting new foods was fun and we all liked the meatballs bet of all!