

MISSIONS FAIR 2015

Parents and teachers,

There are 11 recipes (one per page) for the Missions Fair tasting room. Please be sure to read to the end. Common allergies have a red “allergy alert” next to the name of the dish. Your child or student may have other allergies so please review carefully.

Mary Lou Lawton
School Nurse

Guatemalan Corn Cake (Allergy Alert: Egg, Dairy)

Ingredients:

- 1 yellow cake mix (don't follow ingredients on box)
- 1 package vanilla instant pudding mix
- 4 eggs
- 1/2 cup vegetable oil
- 1 (8 1/2 ounce) can cream-style corn, mashed and strained, then add milk to corn to make one cup
- 1 teaspoon vanilla

Directions:

1. Mix all ingredients on medium speed for 2 minutes.
2. Pour into greased and floured bundt or tube pan.
3. Bake at 350 degrees for about 55 minutes, or until inserted toothpick comes out clean.
4. Cool 15 minutes, then turn out of pan.
5. Cool; dust with powdered sugar if desired.

Easy Indian Butter Chicken - India (Allergy Alert: Dairy)

INGREDIENTS:

- 1 cup butter, divided
- 1 onion, minced
- 1 tablespoon minced garlic
- 1 (15 ounce) can tomato sauce
- 3 cups heavy cream
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon garam masala
- 1 1/2 pounds skinless, boneless chicken breast, cut into bite-sized chunks
- 2 tablespoons vegetable oil
- 2 tablespoons tandoori masala

DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Melt a few tablespoons of butter in a skillet over medium heat. Stir in onion and garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes.
3. Meanwhile melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, cayenne pepper, and garam masala. Bring to a simmer, then reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions.
4. While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet.
5. Bake chicken in preheated oven until no longer pink in the center, about 12 minutes. Once done, add the chicken to the sauce and simmer for 5 minutes before serving.

Panettone with oranges: Italy (Allergy Alert: Egg, Dairy, Citrus)

Ingredients:

Butter

Sugar

Eggs

Oranges

Flour

Vanilla

Salt

Baking powder

Chocolate Mousse-France (Allergy Alert: Dairy)

Ingredients:

2 cups heavy cream

2 TBS of sugar

1/2 cup Hershey's syrup in the can

1 TBS sifted cocoa powder

(whip cream-on top at the end)

Whip the heavy cream and sugar together until stiff peaks form. Fold in the remaining ingredients. Chill for 1 hour to allow to set. Serve chilled. Top with dollop of whip cream.

Mexican Rice Casserole – Mexico (Allergy Alert: Dairy)

Ingredients:

2 Tbs canola oil
3 cloves garlic, minced
1/2 To 1 whole onion chopped
4 cups long grain rice
2 14.5 oz cans whole tomatoes
1 10 oz can diced tomatoes and green chiles, such as Rotel
1 teaspoon cumin
1teaspoon kosher salt
1 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon turmeric
6 to 8 cups low sodium chicken broth (please check label for MSG) 1 1/2 cups grated cheese
Fresh cilantro chopped for serving if desired

Directions:

Preheat oven to 375

Heat the oil in a large Dutch oven and add the garlic and onions. Cook 3 to 4 min.

Reduce the heat to low and add the rice. Stir constantly, making sure the rice doesn't burn. Cook over low heat about 3 minutes.

Next, add the whole tomatoes, diced tomatoes, cumin, salt, pepper, cayenne, and turmeric. Stir to combine and let cook about 2 min. Finally, add the chicken broth and sits the mixture together. Bring the mixture to a boil and then reduce heat to low. Cover and simmer until the rice is not quite done, 10 to 15 minutes

Top with cheese and then bake with the lid off until the cheese is melted and the rice is fully cooked, about 15 minutes. Serve with chopped cilantro.

Cheese Quesadillas - Mexico (Allergy Alert: Dairy, wheat)

Flour tortillas

Cheddar cheese

Pam cooking spray

Dutch Cookies-Dairy Free

Ingredients:

1/2 cup **dairy free** margarine/butter
1/2 cup shortening
1 cup sugar
2 cups all-purpose flour
1/2 tsp baking soda
salt to taste
1 tsp vanilla extract
1 cup dairy free semi-sweet chocolate chips

Directions:

Preheat oven to 350 degrees. Cream together the dairy free butter, shortening, sugar and vanilla. Sift together the flour, baking soda and salt. Add to sugar mixture and mix well, being careful not to overmix. Drop heaping teaspoonfuls of dough on greased cookie sheet and flatten each with the tines of a fork (dip fork into small bowl of water so that dough doesn't stick to fork.) Do this once or twice, depending on the size of cookies and fork. Bake for 13-15 minutes. After each pan is removed from oven, carefully place 5 or 6 dairy free chocolate chips on top of each cookie while they are still hot. When chocolate is glossy and soft, spread with knife on top of cookie.

Guatemalan-style Rice

Ingredients:

2 cups long grain rice
2 Tablespoons vegetable oil
1/2 cup shredded carrots
1/2 cup finely chopped mixed bell peppers
1/2 cup finely chopped celery
1/2 cup frozen green peas
1/4 teaspoon ground black pepper
4 cups chicken stock or broth
salt and pepper to taste

Directions:

Heat oil over medium heat in a 2-quart or larger saucepan. Add rice and cook until it has absorbed oil, but do not brown the rice. Stir frequently. Add all vegetables, pepper and stock. Bring mixture to a boil. Stir well, reduce heat to low and cover pan. Simmer 20 minutes, or until rice is tender and all liquid has been absorbed. Fluff rice and serve.

Malaysian Rujak (spicy fruit salad) (Allergy Alert: Soy, Citrus, Apple)

Ingredients:

- 1 medium size can of Pineapple
- 2 bananas peeled and chopped
- 3 green apples peeled and chopped
- 1 small cucumber peeled and sliced

Dressing:

- 1 teaspoon chilli powder
- 1 Tablespoon dark soy sauce
- 1/2 cup dark brown sugar
- 2 Tablespoons lime or lemon juice

Place all the fruits and vegetables into a bowl and mix thoroughly. In a separate bowl combine the dressing ingredients. Pour dressing over the fruits and vegetables. CHILL before serving.

Russian Kielbasa and Cabbage (Allergy Alert: possibly Pork)

Ingredients:

3 small potatoes, peeled and sliced

1 teaspoon salt

1/2 teaspoon caraway seed

1 lb. of Kielbasa sausage, cut into small bit size pieces (1 inch or so)

1 can 14 oz. of chicken broth

1 onion sliced

Small head of cabbage-coarsely chopped

Place the vegetables, seasonings and sausage in a crock-pot. Pour in the chicken broth. Cook on low for 5-7 hours. Or cook on high 2-4 hours. Serve with toothpicks

Quiche Lorraine- France (Allergy Alert: Egg, Dairy, Nutmeg, Pork)

Ingredients:

Flaky butter crust-buy or make yourself
6 oz thick cut bacon cut into narrow strips
2 large eggs
2 large egg yolks
1 1/4 cups half and half
1/4 teaspoon salt
1/4 teaspoon ground white pepper
pinch of nutmeg, fresh if possible
1 cup grated Gruyere or Swiss cheese

Directions:

Preheat oven to 375.

Bake the pie crust until golden brown, 8-10 min. Remove from oven and cool on a wire rack. Leave the oven on.

In a medium skillet, cook the bacon till crispy and fat is rendered, about 5 min. Remove with a slotted spoon and drain bacon on paper towels. Arrange the bacon evenly over the bottom of the baked crust.

In a large bowl, beat the eggs, yolks, and half and half. Add the remaining ingredients and whisk to combine.

Pour into the prepared crust and bake till the custard is golden, puffed and set yet still slightly wiggly in the center. 30-35 minutes.

Remove and let cool for 15 min. serve warm if possible.

THE END