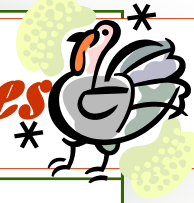


Family and Consumer Sciences



Beatrice Middle School

Session 2

Who is Your Favorite Chef?



What's your favorite food? Who is your favorite chef? Why do you serve certain foods for that special holiday, but your friends pick something very different? Seventh grade students found out the answers to these ques-

tions. Usually people only think that hunger and taste are reasons why we make food choices. But after viewing a video and some discussion, students found out that we also select foods because of family and culture, religion, friends, emotions, advertising, convenience, geography, and healthy lifestyles. Even the temperature outside has an influence on our food choices. With this information in mind, students were asked to select a favorite chef and together select a favorite recipe to share with the class. They also found

out about several kitchen tips to try. Bonus points were earned if the food was shared with the rest of the class. Students shared their completed assignments, often selecting to earn bonus points by sharing samples of their food choices. The following recipes are some of the favorites selected by each team from this second session. It's also a sneak preview of what will be in the 2010-2011 FCS cookbooks. Hopefully, you can find one you would like to make for the upcoming holidays!

Class Favorites

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"My mom's cooking tip is— Clean up as you go."

~ Austin



Meatballs by Austin

1 and 1/2 pounds ground beef

2/3 cup cracker crumbs

1 egg

1/4 cup milk

Salt and pepper to taste

1. Mix ground beef, cracker crumbs, egg, milk, and

seasonings. Make into balls the size of a golf ball. Put in greased electric skillet. Cook at 300 degrees F.

2. Turn often and cover until meatballs are cooked thoroughly. (No pink!)

3. Put meatballs in pan of

tomato sauce which has been cooking on the stove.

4. Serve over cooked spaghetti.

Yield: 16-20 meatballs



Smoked Pork Tenderloin —by Jessup

- 2 pounds Farmland Pork Tenderloin
 - 1 cup brown sugar
 - 2 tablespoons Lawry's seasoning
 - 1 teaspoon Cayenne pepper
 - 1/2 teaspoon garlic powder
1. Cover tenderloin completely with mixture of brown sugar, seasoning, pepper, and garlic powder for at least an hour to flavor the meat.
 2. Light 3 pounds of charcoal in the grill. Charcoal is ready when the briquettes ash over. Soak 1 cup of apple wood chips and 1 cup hickory wood chips in water for 30 minutes.
 3. Spread charcoal evenly over the bottom of the grill. Place grate over coals.
 4. Place tenderloin over hot coals and sear for 2 or 3 minutes on each side.
 5. Take tenderloin off the grill, carefully move all the coals to one side of the grill. Place soaked wood chips on top of the coals.
 6. Place tenderloins back on the grill on the opposite side of the charcoal. The wood chips will smolder and smoke giving the tenderloin the "smoke flavor". Cover grill and cook for 1 and 1/2 hours.
 7. Take tenderloin off grill and place in a pan. Cover with foil and let the meat rest. If you cut into the meat right away, all the juice will come out and the meat will be dry.
- Yield: 4-5 servings.



"My favorite chef is my dad. He came up with this family recipe."

~ Jessup

Butterfinger Dessert—by Jarrett



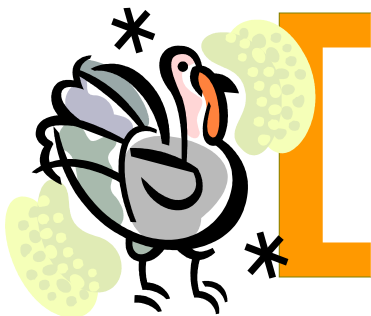
- 2 cups crushed graham crackers
- 1 cup crushed saltine crackers
- 1/2 cup melted butter

- 2 cups milk
 - 1 package vanilla instant pudding
 - 1 package French vanilla instant pudding
 - 1/2 gallon vanilla ice cream
 - 8 ounces cool whip
 - 2 large Butterfinger bars
1. Mix graham crackers and saltine crackers. Melt butter in saucepan; pour over cracker crumbs in a large bowl. Stir well. Remove 1/2 cup mixture. Pour rest in a 9 X 13 inch pan. Pat evenly.

"My favorite chef is my dad. He got this recipe from his mom. My dad said to be patient, because it takes awhile for the dessert to set."~ Jarrett

2. Mix both puddings together with milk. Add ice cream to pudding mix. Mix with hand mixer. Pour over crust.
3. Freeze for 2 hours.
4. Stir cool whip and crushed butterfingers. Spread over ice cream mixture. Sprinkle reserved crumb mixture on top.
5. Freeze for another 6 hours or until it hardens.
6. Then enjoy!

Yield: 10



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Scotch-a-Roos- by Caitlyn

- 1 cup Karo light corn syrup
 - 1 cup sugar
 - 1 cup creamy peanut butter
 - 6 cups crispy rice cereal
 - 1 cup semi-sweet chocolate chips
 - 1 cup butterscotch chips
1. Cook corn syrup and sugar in a large pan over medium heat, stirring to dissolve sugar.
 2. Bring mixture to boil. Remove heat.

3. Stir in peanut butter; mix well.
4. Add cereal; stir until evenly coated.
5. Pour into greased 13 X 9 –inch pan; pat into place.
6. Melt chocolate and butterscotch chips together in saucepan over low heat, stirring constantly.
7. Spread over cereal.
8. Cool at least 45 minutes or until firm.
9. Cut into bars.

Yield: about 24 bars



“My favorite chef would be my mother. Her tip is to always wash your hands before you start.” ~ Caitlyn




Mock Reese’s Peanut Butter Cups- by Preston

- 1 package Graham crackers
 - 1 pound powder sugar
 - 1 cup peanut butter
 - 1 cup butter
 - 1 (12-ounce) bag milk chocolate chips
1. Grease a 9 X 13—inch pan or cookie sheet
 2. Crush graham crackers very fine.
 3. Melt butter in microwave for approximately 45 seconds.
 4. Add powder sugar, peanut butter,

and butter. Mix together. (It will make a ball.)

5. Spread mixture into pan. Flatten down with fingers making it even and flat.
6. Melt chips in microwave for about 1 minute and 30 seconds.
7. Spread chocolate over the top of the peanut butter mixture.
8. Refrigerate for at least one hour.
9. Cut into 2 X 2—inch bars.

Yield: 24



“Here are a few tips from my mom—Crush crackers in a blender. Get all ingredients out before you start.” ~ Preston

Chocolate Party Cake—Bryce

Cake: 1 (18 and 1/4 ounce package) devil's food cake mix
 1 (3.4 ounce package) cook & serve chocolate pudding mix
 1 envelope whipped topping mix
 1 cup water
 1/4 cup vegetable oil
 4 eggs

Icing: 2 Tablespoons softened butter
 2 cups powdered sugar
 1/3 cup baking cocoa
 2 Tablespoons refrigerated nondairy creamer
 1/2 teaspoon rum extract
 2-3 Tablespoons brewed coffee
 Chopped pecans, optional

1. In a large mixing bowl, combine the first 6 ingredients. Beat on medium speed for 4 minutes.
2. Pour cake batter into a greased and floured 10-inch fluted tube pan.
3. Bake at 350 degrees F. for 35-40 minutes.
4. Cool cake for 10 minutes before removing from pan.
5. In a small mixing bowl, beat the butter, powdered sugar, cocoa, creamer, extract, and enough coffee to achieve desired drizzling consistency.



Yield: 12 servings

