



KIDS IN THE KITCHEN

Session One

Chop, Whip, Scoop, Dip

Classes featured: Welcome to Kids in the Kitchen; Chop, Whip, Scoop, Dip

In this hands-on class, your “little chef” will be practicing proper knife skills, learning how to measure using kitchen tools, and making a few different dipping sauces and dressings that will have them asking for “more veggies please!”

MENU:

Strawberry Vinaigrette, Handmade Hummus, Buttermilk Ranch Dressing, and plenty of fresh veggies and greens for tasting!

Before you start: Session One

EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- Tasting spoons
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- Measuring cups and spoons
- Dutch oven
- 3 soft spatula
- Food processor or blender
- Mason jar with lid

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Premeasure all herbs and spices.

SHOPPING LIST

Produce	Dry		Dairy
2 cloves garlic	1 can chickpeas	1 Tbsp dry chives	$\frac{3}{4}$ cup buttermilk
2 lemons	1 can white beans	1 Tbsp dry dill	$\frac{1}{2}$ cup sour cream
1 red bell pepper	1 pinch cayenne	$\frac{1}{2}$ Tbsp ground black pepper	
1 yellow bell pepper	$\frac{1}{2}$ Tbsp ground cumin	$\frac{1}{4}$ cup strawberry jam	
2 carrots	Olive oil	$\frac{1}{4}$ cup champagne vinegar	
2 celery ribs	Kosher salt	2 Tbsp honey	
1 European cucumber	$\frac{1}{2}$ cup mayonnaise	1 Tbsp dijon mustard	
1 broccoli head	Worcestershire sauce	1 Tbsp dry basil	
1 zucchini	Tabasco	$\frac{3}{4}$ cup olive oil	
	2 Tbsp dry parsley	Garlic powder	

Strawberry Vinaigrette

YIELD: 12 SERVINGS

Dairy-free

RECIPE CUSTOMIZATION

To make it gluten-free, use a gluten-free jam

To make it low-FODMAP, swap the honey for maple syrup

INGREDIENTS

¼ cup strawberry jam

¼ cup champagne vinegar

2 Tbsp honey

1 Tbsp Dijon mustard

1 Tbsp dry basil

1 Tbsp salt, kosher

¾ cup olive oil

DIRECTIONS

1. Place all ingredients in a mason jar and tightly screw on the lid.
2. Vigorously shake the jar until all ingredients are combined.

Hand-Made Hummus

YIELD: 12 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic

INGREDIENTS

1 can chickpeas, rinsed
1 can white beans, rinsed
2 cloves garlic, trimmed
½ lemon, juiced
1 pinch cayenne
½ tsp cumin
1 Tbsp olive oil
1 tsp salt, kosher
¼ cup water

DIRECTIONS

1. Place chickpeas, white beans, garlic, lemon, cayenne, cumin (½ tsp), olive oil (1 Tbsp), salt (1 tsp), and water (¼ cup) in the bowl of a food processor.
2. Run the food processor until the mixture is smooth.
3. Adjust seasoning to taste.
4. Serve with veggies for dipping.

Buttermilk Ranch Dressing

YIELD: 24 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, replace buttermilk, sour cream, and mayonnaise for a dairy-free alternative or 1¼ cups of Tofutti

To make it low-FODMAP, omit garlic

INGREDIENTS

- ¾ cup buttermilk
- ½ cup sour cream
- ½ cup mayonnaise
- 1 clove garlic, minced
- 1 Tbsp lemon juice, fresh squeezed
- ½ tsp Worcestershire sauce
- 2 shakes tabasco
- 2 Tbsp parsley, fresh chopped
- 1 Tbsp chives, fresh chopped
- 1 tsp dill, fresh chopped
- ½ tsp black pepper, finely ground
- 1½ tsp salt, kosher

DIRECTIONS

1. Place all ingredients in a non-reactive (stainless or glass) mixing bowl.
2. Fold ingredients together until combined.



CULINARY EXERCISES

SELECT FROM THE FOLLOWING FOR CUTTING:

- 1 red bell pepper, cut into sticks
- 1 yellow bell pepper, cut into sticks
- 2 medium carrots, peeled and cut on the bias
- 2 ribs celery, cut on the bias
- 1 European cucumber, cut on the bias
- 1 head broccoli, cut into florets
- 1 zucchini, cut on the bias