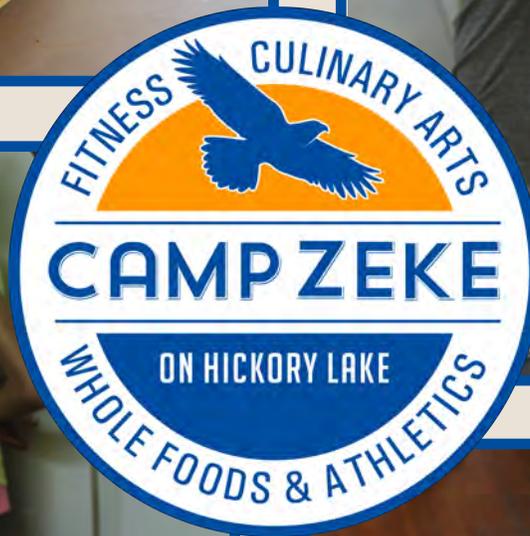


ZEAGLE'S TABLE

CAMP ZEKE COOKBOOK

Recipes by Alexandra Zohn, MA, HHC

Summer 2016





ABOUT CAMP ZEKE

CAMP ZEKE IS A JEWISH OVERNIGHT CAMP WHERE 7 TO 17 YEAR-OLDS CELEBRATE HEALTHY, ACTIVE LIVING THROUGH WHOLE FOODS, CULINARY ARTS, FITNESS, AND SPORTS.

Put on an apron and cook gourmet dishes with a professional chef. Choose from action-packed sports and fitness electives, like running, soccer, yoga, strength training, dance, basketball, circus arts and martial arts!

Enjoy music, theater, fine arts, camp crafts, and nightly all-camp evening programs, like Zumba parties, talent shows, and Iron Chef competitions.

Grow up in our kind, healthy community and join our Teen Leadership or Teen Travel programs.

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INTRODUCTION

SCRUMPTIOUS SUMMERS

At Camp Zeke, we threw traditional notions of “camp food” out the window! We believe that delicious meals start with organic, locally-sourced ingredients. Campers enjoy delicious, gourmet meals from Café Zeke, and they can design and prepare impressive, healthy dishes that are often shared with the whole camp!

AMAZING RECIPES

We are thrilled to present our summer 2016 cookbook, ***Zeage's Table***. It's filled with the scrumptious dishes created in our culinary arts classes. As our mascot, Zeagle the Eagle, knows, our teaching kitchens are among the hottest spots in camp.

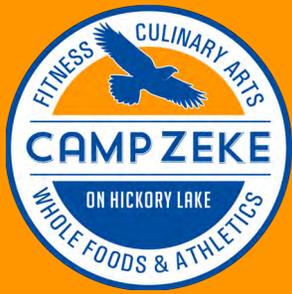
Like our 2015 cookbook, **all recipes were lovingly developed, selected and curated by our kind, talented, and passionate director of culinary arts, Alexandra Zohn**. Alexandra holds a master's in food studies, a nutrition degree, and is a certified holistic health coach, pastry chef, recipe developer, teacher, and published cookbook author. Her incredibly fun (and scrumptious) classes empower campers to cook fresh, delicious and colorful dishes with the best quality and least processed ingredients. All of Camp Zeke is deeply grateful for her tireless efforts.

JOIN US IN THE KITCHEN!

Whether campers have never stirred a pot in their lives or dream of opening their own restaurant, our culinary program provides an unrivaled opportunity to learn recipes, cooking techniques, and culinary theory.

We hope you enjoy making these dishes and they bring you back to the joy-filled song sessions in Café Zeke, the smell of fresh baked challah on Fridays that spreads throughout camp, and the excitement of Iron Chef during Olympics. Enjoy!

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CONTENTS

BREAKFAST & ANYTIME FOODS

Multigrain porridge	5
Raw buckwheat porridge	6
Apple cinnamon buckwheat clusters	7
Zeagle bars two ways	8
Granola	9
Mylk	10
Smoothie bowls	11
Berry veggie muffins	12
Guacamole	13
Veggies of the week	14
Oat salad Sprinkles	14
Stuffed portobello w/ quinoa tabouleh	15
Patatas Bravas	16
Honeydew mint chilled soup	17

SALAD DRESSINGS

Peanut free Thai dressing	18
Avocado dill dressing	19
Miso-sesame sauce	19
Vinaigrette cheat-sheet	20
Asian vinaigrette	21
Lime-herb vinaigrette	22
Apple sauce vinaigrette	22

CHICKPEA CELEBRATION

Chickpea celebration	23
Sweet potato-turnip (or parsnip) soup with chickpea crunchies	24
Aquafaba mayo	26
Aquafaba super fudgy brownies	27
Chickpea frosting/sweet hummus	28
Spicy turmeric hummus	29
Chickpea garlic scape salad	30
Roasted garlic scape pesto	31

CHALLAH & BREADS

Pita bread	32
Corn tortillas	33
Challah	34
Gluten free challah	36

INDIAN CUISINE

Coconut mango lassi	37
Gobi masala	38
Red lentil soup	39

SUSHI & RICE DISHES

Sushi	40
Stir-fried forbidden rice	41
Forbidden rice timbale	42
Berry sauce	43

SWEETS & CHOCOLATE TREATS

Raw key lime mousse with blueberry-chia jam	44
Frozen sweet pizza	45
Tahini-sunbutter cookies	46
Chocolate chip white bean cookies	47
Chocolate chia pudding	48
Mexican hot chocolate	49
Chocolate pudding cupcakes	50
Raw chocolate bars	51
Molded chocolate	52
Power cookie dough bites	53
Cinnamon crumb muffins	54



MULTIGRAIN PORRIDGE

Mmmm, mmm, this breakfast is as comforting as a hug! We love it for breakfast or "breakfast for dinner!" As campers tried it, they kept coming back for 2nds, 3rds, 4ths and even 5ths. It's a wonderful alternative to super sweet breakfast cereal!



INGREDIENTS:

- 4 cups water
- 2 Medjool dates, pitted
- pinch sea salt
- ¼ cup old fashioned rolled oats or amaranth
- ¼ cup millet grain
- ¼ cup quinoa
- ¼ cup forbidden (black) rice
- 2 tablespoons pepitas (pumpkin seeds)
- 1 tablespoons chia seeds

METHOD:

1. Place the water, dates and salt into a deep container if using an immersion blender, or in a regular blender. Blend dates into water, until it resembles "dirty water" (as the campers called it!), but small chunks are still ok.
2. Place date water in a saucepan or in the container of a slow cooker or an Instantpot and add oats/amaranth, millet, quinoa, forbidden rice, pepitas and chia and simmer for about 15 minutes if using the stove top, overnight at low in the slow cooker (covered), or 1 minute on the manual setting on the instant pot (covered). If it's still too watery, you can cook it open until it thickens to your taste.
3. Serve and enjoy or top with your favorite fruit and/or yogurt.



RAW BUCKWHEAT PORRIDGE

Adapted from the *Oh She Glows* cookbook

We had a whole grain day in our culinary classes. Campers learned about what makes a whole grain whole, and they got to cook and taste a few different whole grains and pseudo grains. Never heard of a psuedo grain? They are actually seeds but behave a bit like grains when cooked and have a great amino acid profile! Some popular ones we love are buckwheat (also known as kasha), quinoa and amaranth.

INGREDIENTS:

- ¼ cup buckwheat groats, soaked overnight, rinsed and drained
- 3 tablespoons hemp or coconut milk
- 1 teaspoon chia seeds
- ¼ teaspoon pure vanilla extract
- 1 Medjool date, pitted
- a pinch of ground cinnamon
- 1 cup fresh or frozen berries, optional
- a squeeze of lime or lemon juice



METHOD:

Once the soaking time has passed, this recipe is made in a few minutes. Just blend all the ingredients together into a creamy porridge and eat with a spoon. Top with **apple cinnamon buckwheat clusters** (recipe below) and/or sliced colorful fruit, seeds and/or chopped nuts, bee pollen, goji berries or even freeze dried fruit.



APPLE CINNAMON BUCKWHEAT CLUSTERS

From *My New Roots*

These clusters are delicious over yogurt, porridge, or as our campers enthusiastically requested: on apple sauce!

INGREDIENTS:

- 1/3 cup buckwheat groats*
- 2 tablespoons sesame or hemp seeds (we used black sesame)
- 3/4 teaspoon ground cinnamon
- a pinch of salt
- 1 1/2 teaspoons coconut oil, melted
- 2 tablespoons unsweetened apple sauce, at room temperature
- 1/4 teaspoon pure maple syrup
- 1/4 teaspoon pure vanilla extract



METHOD:

1. Preheat oven to 350 F. Line baking sheet with parchment paper.
2. Combine buckwheat, sesame, cinnamon and salt in a medium bowl.
3. Whisk coconut oil, apple sauce, maple syrup and vanilla in another bowl and pour into dry mixture, coating well.
4. Spread mixture onto prepared pan on a single layer. Bake for 20 minutes or until golden brown.
5. Mixture will crisp as it cools. Serve or keep in an airtight container at room temperature.

* Buckwheat groats are the hulled seeds of the buckwheat plant. They have a mild flavor, but when toasted or roasted, can have a delightfully intense flavor.



ZEAGLE BARS TWO WAYS

Recipe by Chef Avi Katz

Zeage Bars are one of everyone's favorite snacks in camp! We asked chef Avi to share his recipe with us in the teaching kitchens, and campers prepared them during our whole grains class. A fun thing about these is that they can be served baked or not baked! Try playing around with the recipe a bit: instead of all oats, try 1 cup of oats and 1/2 cup of quinoa flakes, or try varying amounts of maple syrup.

INGREDIENTS:

- 1/2 cup unsweetened, salted sunflower seed butter (or any nut butter)
- 1/2 cup pure maple syrup
- 1 1/2 teaspoons coconut oil, melted
- 1 teaspoon pure vanilla extract
- 1 1/2 cups rolled oats (gluten free, if necessary)
- 1/2 cup brown rice crispy rice cereal
- 1/4 cup semi sweet chocolate chips

METHOD:

A. Baked

1. Preheat oven to 350 F and line an 8-inch square pan with parchment paper.
2. In a bowl, mix with a spatula the sunflower butter, maple syrup, melted coconut oil, and vanilla until well combined.
3. Add in the remaining ingredients and pour into the prepared pan. Press evenly with the spatula and bake until golden brown, about 15 to 20 minutes.
4. Let cool completely and cut into bars (it's easier to cut them when frozen). Serve.

B. Unbaked

1. In a bowl, mix with a spatula the sunflower butter, maple syrup, melted coconut oil, and vanilla until well combined.
2. Add in the remaining ingredients and shape into 1-in diameter balls and freeze or refrigerate. Serve.





GRANOLA

During our whole grain extravaganza, campers were given a basic granola formula to customize to their taste by choosing different ingredients in teams. They came up with very tasty combinations. Play with this formula at home and make your own homemade blends!

INGREDIENTS:

- 2 cups rolled oats (gluten free, if needed)
 - ½ cup seeds or nuts (like sunflower, pumpkin, hemp, chia, poppy or sesame seeds, pistachios, almonds, hazelnuts, cashews, pecans, walnuts, etc.)
 - ½ cup dried ingredient, cut into small pieces (such as shredded coconut or coconut chips, quinoa flakes, extra nuts or seeds, puffed cereals, cacao nibs, banana chips, etc)
 - 3 tablespoons of an unrefined sweetener (such as pure maple syrup, coconut nectar, honey, yacon syrup, etc.)
 - 2 tablespoons oil (such as olive, coconut or avocado)
 - 2 tablespoons seed or nut butter, optional
 - pinch sea salt
- 1 teaspoon optional add-ins: vanilla bean or extract, cacao powder, cinnamon, ginger
¼ cup additional dried fruit add-ins: raisins, cherries, cranberries, apricots, etc, chopped



METHOD:

1. Preheat oven to 350 F and line a rimmed baking sheet pan with parchment paper.
2. Mix all ingredients in a large bowl, except dried fruit, if using and mix well with a spatula, until all grains are well covered with the liquid and spices.
3. Spread out mixture into a thin layer on the prepared pan and bake for about 20 to 25 minutes until granola has browned and aromatic. Add in dried fruits and mix in right after taking granola out of the oven.
4. Let cool, break into small pieces and serve or keep in an airtight container for 10 days.



MYLK

Campers were quick at pointing out the misspelling on the white board when they entered the culinary arts kitchen the day we made *mylk*. However, we explained that *mylk* is a new term that refers to plant-derived milks, such as the ones made with seeds, nuts or grains. We made ours experimenting with hemp seeds, shredded coconut and/or rolled oats.

INGREDIENTS:

- 1 cup hemp seeds, coconut flakes, rolled oats or soaked (overnight) nuts
- 3 cups water
- 2 Medjool dates, pitted
- ¼ teaspoon pure vanilla extract
- pinch sea salt

*Special utensil: nut milk bag (can be purchased in health food stores or in [amazon.com](https://www.amazon.com))



METHOD:

1. Puree all ingredients together in a power blender well (don't use a food processor!).
2. Line the inside of a jar or pitcher with the nut milk bag, folding the top around the external part of the top of the jar or pitcher.
3. Pour the contents of the blender into the bag and lift bag and squeeze it so all the liquid comes into the jar. That liquid is your mylk!
4. Blend the pulp again with 3 cups of clean water to obtain a second batch. Use the remaining pulp as a granola ingredients or discard.

Mylk keeps covered and refrigerated for up to 3 days.



SMOOTHIE BOWLS



Try a creamier, less liquid version of a smoothie! It's eaten from a bowl with a spoon and is topped with fruit, seeds, nuts, granola, bee pollen, and many other super foods. They make a great breakfast or snack. Campers had a great time preparing them using their homemade mylks, and then took part on a smoothie bowl competition where they prepared beautiful and deliciously creative versions. We used açai powder for some, and campers learned about this Amazonian super berry.

INGREDIENTS:

- 1 cup berries
- ½ cup mylk
- 1 or 2 tablespoons açai powder or 1 pack frozen, unsweetened açai puree, optional
- 1 tablespoon unsweetened seed or nut butter or yogurt
- 1 tablespoon pea protein powder
- 1 tablespoon chia seeds
- 1 Medjool date, pitted

Other ideas: ¼ avocado, frozen fruit such as pineapple, mango, cherries, etc; spices such as cinnamon, canela (Mexican cinnamon), cardamom, turmeric, etc.

Toppings: granola, sliced fruit, seeds, nuts, etc.



BERRY VEGGIE MUFFINS

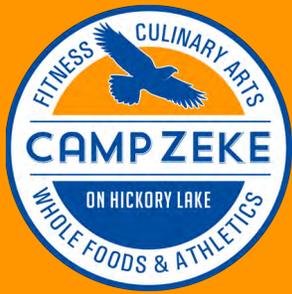
INGREDIENTS:

- 85 g. oat flour, gluten free if needed
- 40 g. rolled oats
- 30 g. coconut sugar
- zest of 1 lemon
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoons sea salt
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 small carrot
- 1 small zucchini
- ½ cup unsweetened apple sauce
- 2 tablespoons pure maple syrup
- ⅓ cup hemp seeds
- ½ cup berries of choice, cut into small pieces, unless using blueberries



METHOD:

1. Preheat oven to 375 F and line a muffin pan with paper liners.
2. In a large bowl, whisk the oat flour, rolled oats, coconut sugar, lemon zest, cinnamon, ginger, salt, baking powder and soda well incorporated.
3. Shred carrots and zucchini in the largest shredder size of a box shredder or on a food processor. Place zucchini on a kitchen towel and bring over the sink. Squeeze zucchini well inside the towel to extract as much liquid as possible.
4. Place shredded vegetables on the bowl with the oat mixture and mix in with a spatula.
5. Add in apple sauce and maple syrup and mix with the spatula. Finally, fold in hemp seeds and berries, making sure you don't crush the berries. Don't overmix!
6. Fill muffin cups ¾ full and bake for about 20 to 30 minutes, depending on the size of the muffins, until muffin bounces back after being lightly pressed on the center.



GUACAMOLE

Campers loved learning how to cut, peel and pit avocados, and then turn them into guacamole during our first international-themed class. They were impressed with how much guacamole it takes to feed the whole camp and were extremely proud to have *our* guac served at dinner to all their friends. Loaded with vitamins C (from the fresh limes and tomatoes) and E (from the avocado), great fats and plenty of phytochemicals, guacamole is a favorite of all!

INGREDIENTS:

- 2 medium avocados
- 1 medium tomato, chopped
- 1 jalapeño pepper, chopped (seeds removed if you prefer less heat), optional
- 2 tablespoons chopped onion
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice, or more to taste
- 1 clove of garlic, minced
- ½ teaspoon sea salt
- Pinch cumin, optional



METHOD:

1. Half avocados lengthwise and twist both halves in opposite directions with your hands, this should allow you to separate them. The pit will stay in one of them. Remove it by carefully, but firmly hitting the pit with blade of the knife, and without removing the knife, twist it and the pit will release from the flesh of the fruit (yes, it's a fruit!), then carefully remove the pit from the knife.
2. Peel the avocado halves as if they were a banana, by laying cut side down and peeling off the skin (it works beautifully!). Mash them in a bowl with a fork or an immersion blender. Consistency is up to you, some people like it chunky and some other like very smooth.
3. Mix in the rest of the ingredients with a spatula, making sure you don't mash them into the guacamole. You want to keep them into chunks.

Enjoy!



VEGGIES OF THE WEEK

Throughout our culinary arts and nutrition classes, we discuss eating a plant rainbow every day. To encourage campers to do so, we introduce them to new veggies every week, especially when Tim, our local farmer brings us some of his amazing produce! They've loved garlic scapes (cooked, of course -- the raw pieces went straight into the garbage can after they took the first bite), purple kohlrabi, and rainbow chard. Slurping into spiralized zucchini seasoned with oil, vinegar and a bit of salt has become a tradition for many of them, and when we helped prep the camp salad bar, the roasted cauliflower with cumin, turmeric and sumac went like hotcakes!

SPICED ROASTED CAULIFLOWER

There's no recipe needed for this vegetable dish! Just preheat your oven to 350 F, line a baking sheet with parchment and cut cauliflower florets into tiny pieces. Drizzle them with olive oil (without drowning them! you just want to cover them), season with salt, cumin, sumac, and turmeric and place in the oven until very browned and soft. You can use any spices, they all end up tasting great!

OAT SALAD SPRINKLES

This is something like a whole grain, nut free (gluten free-optional) crouton substitute to top salads or anything that needs a crunch. The campers massaged local rainbow chard with a balsamic vinaigrette and we served these oat salad sprinkles on top. Like a savory granola, the sprinkles add flavor and texture.

INGREDIENTS:

1 cup old-fashioned rolled oats, gluten free if needed
2 tablespoons hemp seeds
1 tablespoons chia seeds
1 tablespoons whole flax seeds
2 tablespoons pure maple syrup
2 tablespoons extra virgin olive oil
1½ tablespoons Italian seasoning (dry herbs)
¼ teaspoon sea salt

METHOD:

1. Preheat oven to 350 F and line a baking pan with parchment paper.
2. Mix all ingredients in a large bowl with a spatula and put into prepared pan.
3. Spread all ingredients onto a single layer and bake for about 15 minutes until lightly browned. Let cool and serve.



STUFFED PORTOBELLO WITH QUINOA TABOULEH

Recipe adapted from *Green Kitchen Travels*

“I’d never had mushrooms before,” said a camper after trying these, with her eyes shining from the pleasant surprise. “I love them, my mom is gonna be so happy!” This is a great dish that is sophisticated in flavor, full of nutrients, easy to make, and beautiful to look at.

INGREDIENTS:

4 or 5 Portobello mushrooms, stems removed, cleaned with a paper towel
2 tablespoons avocado or olive oil
½ cup dried cherries or pomegranate seeds
½ cup (100 g) quinoa, any color
1 cup water
½ cup parsley, chopped
½ cup mint, chopped
1 orange, peeled and sliced into half moons
½ red onion, finely sliced
Juice of 1 lemon
½ teaspoon ground cinnamon
sea salt, to taste



METHOD:

1. Preheat oven to 350 F.
2. Place mushrooms caps sides down on a roasting pan lined with parchment paper, and drizzle with oil and sprinkling with a bit of salt. Bake for 15 minutes, until softened and juicy.
3. Bring quinoa, water and ¼ teaspoon of salt to a boil in a sauce pan. Once it comes to a boil, lower the heat and cover pot, cooking for 15 minutes. The quinoa is ready when it has released small spirals from its seed. Let cool for 2 minutes and fluff with a fork.
4. Mix parsley, mint, orange, onion, lemon juice, cinnamon and a bit more salt into the quinoa (it doesn’t need to be completely cooled). Taste for seasoning and adjust, if needed.
5. Stack the quinoa mixture onto the portobello mushrooms and serve either warm or at room temperature.

Serves 4 or 5



PATATAS BRAVAS

Here's a fun fact: The term “*tapas*”—the popular and widely varied finger foods served alongside drinks in Spain— which translates into “covers” or “coasters,” comes from the need to cover glasses and bottles with a plate to protect the wine from flies diving into it. The foods on those plates derive from a historical mandate which dictated that a portion of food had to be served with adult beverages to prevent misconduct. This way, *tapas* satisfied the need to cover drinks and serve a bit of food at the same time.

Although patatas bravas, or “angry” potatoes, are a traditional Spanish *tapas* dish made with fried potatoes, we Zeke-ified the recipe and made them roasted for our banquet, representing Iberia with the spicy tomato sauce that makes them “angry.” Our two Spanish counselors were ecstatic to find this familiar dish among the hors d’oeuvres of the celebration!

SAUCE INGREDIENTS:

2 tablespoons olive oil
½ teaspoon smoked Spanish paprika
1 (14-oz) can crushed tomatoes, preferably organic
¼ teaspoon cayenne, or to taste
3 cloves garlic, minced
1 onion, chopped
sea salt, to taste

POTATO INGREDIENTS:

2 pounds potatoes, cut into bite size pieces
3 Tablespoons olive oil
½ teaspoon garlic powder
½ teaspoon Spanish paprika
sea salt, to taste
bunch fresh parsley, chopped

AIOLI INGREDIENTS:

1 portion prepared aquafaba mayo (see above)
1 garlic clove, minced

METHOD:

1. Preheat oven to 400 F, line one or two rimmed baking sheets with parchment paper.
2. Place potatoes on the prepared sheet baking sheet and add the 3 olive oil, garlic powder, paprika and a generous sprinkling of sea salt. Toss to coat and distribute potatoes into 1 layer.
3. Bake for 20-30 minutes or until golden brown, crisped on edges and cooked through (a knife should perforate a potato with very little resistance).
4. While the potatoes are baking, prepare the sauce. Heat 2 tablespoons olive oil in a stock pot over medium-low heat. Add onion and garlic and ½ tsp salt and stir. Cook, stirring frequently for 7-8 minutes until mixture becomes translucent and soft.
5. Add spices and stir. Then add crushed tomatoes. Bring to a simmer and taste for seasoning. Add salt, and/or spices if needed. Don't bring to a boil.
6. Turn heat off and puree the sauce with an immersion blender until smooth.
7. Make the aioli as explained in the recipe above, but add minced garlic at the end.
8. Remove potatoes from oven. Place in serving dishes, sprinkle them with parsley and drizzle them with tomato sauce and aioli.



HONEYDEW MINT CHILLED SOUP

We served this treat in shot glasses as an hors d'oeuvre for camp banquet during a hot sunny afternoon. We picked the mint from our herb garden and it was a deliciously refreshing treat!

INGREDIENTS:

- 1 honeydew melon, peeled, seeded and cubed
- 2-3 limes
- bunch of fresh mint



METHOD:

Place melon, 3 tablespoons lime juice and $\frac{1}{4}$ cup loosely packed mint leaves in a blender. Blend and taste for seasoning, adding more mint and/or lime juice if needed. Serve or keep covered in the refrigerator for up to 2 days.





SALAD DRESSINGS

One of Camp Zeke's goals is to encourage campers to eat more plant-based foods. Veggies can be magical when properly prepared and/or when combined with great flavors! We took it upon our culinary arts class to make delicious dressings for the whole camp, to elevate our salad bar even further. It takes only a few minutes to prepare them, and there's *no* comparison with store bought dressing.

PEANUT FREE THAI DRESSING

INGREDIENTS:

- ½ cup unsweetened, full fat coconut milk
- ½ cup avocado or olive oil
- 1 inch fresh ginger, peeled and minced (a microplane is great for this task)
- ⅓ cup unsweetened sunflower seed butter*
- ¼ cup tahini
- 2 tablespoons pure maple syrup
- 2 tablespoons tamari soy sauce or coconut aminos (if you want soy free)
- Juice of 2 limes
- 1 tablespoon raw apple cider vinegar
- 6 garlic cloves, peeled and minced
- pinch of cayenne, optional

*Unsweetened, all-natural almond butter, or peanut butter work too (but not at camp)

METHOD:

Blend all ingredients in a blender or in a deep container with immersion blender. Serve or refrigerate for up to 10 days.



SALAD DRESSINGS

AVOCADO DILL DRESSING

INGREDIENTS:

- 1 avocado
- 1 garlic clove, peeled and minced
- ¼ cup extra virgin olive oil
- ¾ cup water
- 1 teaspoon sea salt
- 2 tablespoons lime or lemon juice
- ¼ cup fresh dill
- 1 teaspoon coconut sugar

METHOD:

Blend all ingredients in a deep container with an immersion blender. Serve or refrigerate for up to 3 days.



MISO-SESAME SAUCE

We made this to serve along with spring rolls (see recipe in our 2015 cookbook), and it's a great salad dressing as well!

INGREDIENTS:

- 1 tablespoon white miso
- 2 teaspoons raw honey
- 1½ tablespoons tahini
- ½ teaspoon coconut aminos (or soy sauce)
- ½ teaspoon freshly grated ginger
- ½ tablespoons water
- a squeeze of lime juice

METHOD:

Whisk all ingredients together in a bowl and serve or cover and refrigerate for up to 5 days.





SALAD DRESSINGS

VINAIGRETTE CHEAT-SHEET

During our Master Chef salad dressing competition, we discussed tips on how to prepare different salad dressings using the following basic principles. They are only suggestions, and you don't need any of the elements except oil and vinegar. Play around with flavors by adding different ingredients to make more complex dressings. These work as guidelines to make a great vinaigrette, but you can definitely change the ratios to your taste.

BASICS	Oil (olive, avocado, grape seed, sesame, etc.) Vinegar (apple cider, balsamic, rice, etc.)	RATIO: 2:1 oil : vinegar
SALT + PEPPER	Sea salt, or other unrefined salts are recommended (such as Himalayan pink, black, etc.) and freshly ground black pepper	RATIO: to taste
EMULSIFIER	Mustard (Dijon, brown, etc.) Miso (start with white or sweet)	RATIO: ½ teaspoon per tablespoon vinegar
SWEETENER	I prefer unrefined ones for a more complex flavor such as raw honey, pure maple syrup, dates or date syrup, pomegranate molasses, etc.	RATIO: ½ teaspoon per tablespoon vinegar
CITRUS	Lemon, lime, orange, grapefruit, tangerine, etc.	Juice: substitute for part of the vinegar Zest: use as a spice
ALLIUMS	Garlic, shallot, onion, scallions, leeks, etc.	Mince finely. Alliums can be soaked in vinegar for 15 minutes before adding to dressing to tame down pungency (stinkiness)
HERBS	Basil, dill, oregano, parsley, cilantro, mint, thyme, rosemary, etc	RATIO: ½ teaspoon dried herbs or 1 tablespoon fresh herbs per tablespoon vinegar, or to taste
SPICES	Red pepper flakes, cumin, cinnamon, coriander, ginger, paprika, seeds, citrus zest, etc.	¼ to ½ teaspoon spice per tablespoon vinegar
OTHERS	Seed butters, nut butters, soy sauce, fruit puree, etc.	Add a bit at a time and taste



SALAD DRESSINGS

Recipe by: campers Amelia L., Abigail T.,
Matthew M., Aryeh G., and Ariel G.



ASIAN VINAIGRETTE

This was the master chef winner!

INGREDIENTS:

- 1/3 cup extra virgin olive oil
- 2 tablespoons rice vinegar
- 1 tablespoon ume plum vinegar
- 2 teaspoons miso
- 2 teaspoons coconut milk
- 2 cloves of garlic, minced
- Juice and zest of 1/2 lime
- 1 1/2 teaspoons coconut aminos
- 3/4 teaspoon ground ginger
- 3/4 teaspoon coconut sugar
- 1/2 teaspoon soy sauce (use tamari for gluten free)
- 1/2 teaspoon fresh ginger, minced
- salt and pepper

METHOD:

Pour all the ingredients into a container, mix with a whisk until miso is completely dissolved and keep in a container with a lid and shake before serving.
Keeps well covered and refrigerated for 1 week.





SALAD DRESSINGS



APPLE SAUCE VINAIGRETTE

Adapted from the *Oh She Glows* cookbook

INGREDIENTS:

- ¼ cup raw apple cider vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoon unsweetened apple sauce
- 3 tablespoons Dijon or brown mustard
- 1 tablespoon pure maple syrup
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- ¼ cup extra virgin olive oil

METHOD:

1. In a medium bowl, whisk vinegars, apple sauce, mustard, maple syrup, garlic and salt, until well mixed.
2. While whisking, drizzle in olive oil slowly until completely incorporated. OR: Jar method: place all ingredients into a jar, and close the lid well. Then shake until all ingredients are well mixed. Shake again before serving.

LIME-HERB VINAIGRETTE

INGREDIENTS:

- ¼ cup lime juice
- ½ cup extra virgin olive oil
- 2 tablespoons water
- 1 tablespoons brown mustard
- 1 teaspoon honey, preferably raw
- ½ teaspoon sea salt
- 2 tablespoons fresh herbs of choice.
(Combinations work well too!)

METHOD:

Blend all ingredients in a regular blender or in a deep container with an immersion blender.

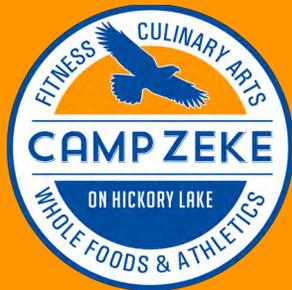




CHICKPEA CELEBRATION!

During first session, we dedicated a whole culinary arts day to the fabulous legume, chickpeas! We worked with chickpeas in both savory and sweet preparations. We also used the remaining cooking liquid—known as aquafaba—to make egg-free mayo and as an egg substitute in brownies. As the chocolate scent wafted through the building and campers kept dropping by, we keep feeling more and more popular...





SWEET POTATO-TURNIP (OR PARSNIP) SOUP WITH CHICKPEA CRUNCHIES

I need to be honest: The best part of this soup are the crunches, which I don't always serve on the soup, but I eat by the handful. There were none left after the campers tried them! You've probably tried the commercially-made ones, which are tasty, but these out of the oven are glorious!

CHICKPEA CRUNCHIES

INGREDIENTS:

- 1 ½ cooked chickpeas (yes! you may use canned, but we made ours fresh!)
- 4 teaspoons olive oil
- ¼ teaspoons sea salt
- a pinch of black pepper

Optional: cumin, sumac, turmeric, smoked paprika, etc



METHOD:

1. Preheat oven to 350 F. Line a baking sheet with parchment paper.
2. Pat dry chickpeas with a paper towel. Place them on prepared sheet and mix them with the oil well so they are all evenly coated. Spread on a single layer and sprinkle with salt, pepper and any other spices you like.
3. Roast until browned and outside of chickpea has hardened, about 40 to 50 minutes.

Continued on next page



SWEET POTATO-TURNIP (OR PARSNIP) SOUP WITH CHICKPEA CRUNCHIES CONT.

SOUP

INGREDIENTS:

1 tablespoon olive oil
1 onion, chopped
2 garlic cloves, peeled and minced
2 small turnips or 1 large parsnip, scrubbed and cut into cubes
1 medium sweet potato, peeled and cubed
1 ½ teaspoons fresh thyme
¼ teaspoon paprika
3 cups water
juice of 1 lemon
Sea salt and black pepper, to taste ¼ teaspoon paprika
3 cups water
juice of 1 lemon
Sea salt and black pepper, to taste



METHOD:



1. Place a soup pot over medium high heat. Add oil, and once hot, add in onions, cooking stirring them around until softened. Add garlic and cook for a few seconds. Add turnips (or parsnip), sweet potato, thyme, paprika, salt and pepper and sauté for a 1 or 2 minutes.
 2. Add in water, cover and cook for for about 25 minutes, or until all vegetables have softened.
 3. Remove from heat and puree soup with an immersion blender. Add in lemon juice and taste for seasoning, adjusting with more salt, pepper or lemon juice, if needed.
 4. Pour into bowls and top with chickpea crunchies.
- Serves 4, but can be doubled.



AQUAFABA MAYO



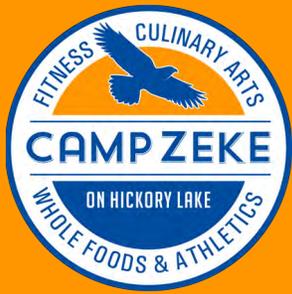
Adapted from the files at the Facebook page of Vegan Meringues Hits and Misses. This eggless mayo-like sauce is like a magic trick! We loved teaching the campers how to make something delicious out of a by-product that we've all thought should just be discarded.

INGREDIENTS:

- 3 tablespoons aquafaba (liquid left over after COOKING—not soaking— beans/ chickpeas/lentils, or the liquid content of a can of any beans or chickpeas)
- 1 tablespoon apple cider vinegar, preferably organic and raw
- ½ teaspoon mustard powder
- ½ teaspoon sea salt
- ½ teaspoon pure maple syrup
- ¾ cup avocado or olive oil

METHOD:

Place aquafaba, vinegar, mustard, salt and maple syrup on a deep container. Mix them with an immersion blender and once all incorporated, drizzle oil in, slowly on a thin stream with the machine still running. When you think nothing will happen, surprise! An egg-free mayo will be formed!



AQUAFABA SUPER FUDGY BROWNIES

INGREDIENTS:

- 1 ounce (30 g./2 tablespoons) coconut oil
- 3 ounces (90 g) semi sweet chocolate, cut into chunks
- 1/3 cup coconut sugar
- 2 tablespoons pure maple syrup
- 1 tablespoon cacao powder (unsweetened)
- 1/4 teaspoons sea salt
- 1/2 cup aquafaba
- 2 teaspoons pure vanilla extract
- 2. 8 ounces (80 g.) oat flour, gluten free if needed



METHOD:

1. Preheat oven to 350 F. Line an 8 or 9-inch square pan with parchment paper, leaving an overhang on two opposite sides.
2. Fill a sauce pan with about 3 inches of water and place over medium high heat. Place coconut oil, chocolate, coconut sugar, maple syrup, cacao powder and salt on a heat proof bowl that is larger than the opening of the sauce pan, and place bowl on top of saucepan. Allow chocolate mixture to melt, mixing with a heat proof spatula once in a while.
3. Once mixture is melted, remove from heat, mix well and add in aquafaba, vanilla extract and later whisk in flour.
4. Pour batter onto prepared pan and bake for about 30 to 35 minutes. Brownies should be set, but still very moist. Allow to cool for at least 45 minutes before serving, so it sets.



CHICKPEA FROSTING/ SWEET HUMMUS

Creating this recipe years ago was one of the proudest moments of my personal culinary history! It was long before sweet hummus was a product sold in stores, and using garbanzo beans in place of yucky ingredients for a frosting made me feel awesome!

People still wrinkle their nose before trying it (imagine our Israeli counselors!), but their expression switches to a happy surprise after the first bite. Gluten free, dairy free, vegan, refined sugar free and rich in fiber and protein, creamy, yummy, super easy to make... Does it seem too good to be true? Just give it a try!

INGREDIENTS:

- 9 ounces cooked chickpeas, drained (yes, canned work too)
- 3 ounces coconut oil, preferably liquid
- 3 ounces coconut nectar or pure maple syrup
- ½ teaspoons pure vanilla extract or the seeds of 1 vanilla bean
- ¼ teaspoon sea salt



METHOD:

1. Place all ingredients into a power blender or food processor until completely smooth. It might take a while, but don't get discouraged!
2. Transfer mixture into a container, cover and refrigerate for a few hours until set or overnight.

Enjoy!

Makes about 1 cup



SPICY TURMERIC HUMMUS

Adapted from *Deliciously Ella: Every Day*

During Second Session, Avi, our snack chef set up a hummus stand for Israel Day. While he made a delicious classic hummus with all the typical toppings, our camper culinary team contributed with flavored hummus versions. We made last year's beet hummus, and the bright sunny recipe below. Turmeric is an amazing super food, highly anti-inflammatory disease-preventive, that we love working with!

INGREDIENTS:

- 18 oz. cooked chickpeas, drained (or 2 15-ounce cans, drained and rinsed)
- ½ cup extra virgin olive oil
- 1 tablespoon pure maple syrup, coconut nectar or date syrup
- juice of 2 lemons
- 3 tablespoons water
- 2 tablespoons raw apple cider vinegar
- 2 tablespoons tahini
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1 teaspoon chili powder
- 2 teaspoons sweet or smoked paprika
- 1 teaspoon sea salt



METHOD:

Blend all ingredients in a food processor or power blender until smooth. It can be prepared 1 week in advance and kept covered and refrigerated.

Note: we taught the campers how to peel the chickpeas for the typical Israeli version of hummus, which is creamier than when the chickpeas are pureed with their skin on. This step isn't necessary, but makes a more delicious spread. Although more time consuming, it's a fun activity: you squeeze each chickpea between forefinger and thumb and push to pop off the skin. The skins can be discarded.



CHICKPEA GARLIC SCAPE SALAD

CHICKPEA GARLIC SCAPE SALAD

A great summer salad to make when garlic scapes are in season, this recipe can be served any time of year with an assortment of seasonal spiralized vegetables and roasted garlic instead of the scapes. Raw garlic scapes can be a bit strong for children's palates.

Roasting them not only mellows them down and softens them, but develops a delicious sweetness. Yes... Campers fell deeply in love until there were no leftover garlic scapes left on site!

METHOD:

1. Preheat oven to 350 F and line a baking sheet with parchment paper.
2. Add 2 teaspoons oil to garlic scapes, and make sure all the alliums are well covered in oil. Sprinkle them with a bit of sea salt. and roast for about 20 minutes, until browned in spots and softer to the touch.
3. Let cool garlic scapes once roasted and add them into a salad bowl along with the zucchini, carrots and herbs. Season with more sea salt, dress with extra virgin olive oil, balsamic vinegar and cumin.
4. If you'd like to taste them, place pepitas on the baking sheet where you cooked the garlic scapes and roast them in the oven for about 8 to 10 minutes until fragrant. You can use them raw if you feel like it!
5. Top a chickpea salad with the seeds and enjoy or allow to marinate overnight in the refrigerator.

INGREDIENTS:

1 cup (about 12) garlic scapes, trimmed
2 teaspoons olive or avocado oil
sea salt
1 small zucchini, spiralized
2-3 small carrots, spiralized
¼ cup fresh herbs
3 tablespoons extra virgin olive oil
3 tablespoons balsamic vinegar
¼ teaspoon ground cumin
3 tablespoons pepitas



ROASTED GARLIC SCAPE PESTO

During camp Olympics, our culinary contestants prepared this pesto. It was then served on top of white beans during first session's banquet at the Italian station. It's a delicious summertime dip or sauce to season anything, from pasta or bread to roasted vegetables and meat!

INGREDIENTS:

- 300 grams garlic scape, trimmed and roasted (see recipe above)
- ½ cup loosely packed fresh basil
- ½ cup baby spinach
- ¼ cup pepitas (hulled pumpkin seeds)
- ¼ cup hulled hemp seeds (hemp hearts)
- 1 to 2 teaspoons raw apple cider vinegar
- 1 teaspoon sea salt
- 1 cup extra virgin olive oil



METHOD:

1. In a power blender, puree garlic scapes, basil, spinach, seeds and 1 teaspoon vinegar and salt. Drizzle in oil in a thin stream as you keep blending. Taste for seasoning and add more vinegar and/or salt if necessary. Serve.
2. Keeps for 1 week, covered and refrigerated.



PITA BREAD

Adapted from *The Book of Jewish Food*

We love sharing what we make in culinary arts with the entire camp! For our camp-wide Israeli night, we prepared pita dough for the whole camp. Then campers shaped the dough and saw their portion cook on the “TABOUN,” an Israeli curved plaque placed directly on the fire. When ready, campers got their pitas and brought them to our hummus stations. Nothing better than warm pitas schmearred with freshly made hummus!

INGREDIENTS:

- 2 teaspoons dry active yeast
- pinch of coconut or cane sugar
- 1 cup warm water, divided
- 350 g. all purpose flour, plus a bit more for working surface
- 150 g. whole wheat flour
- 1 teaspoons sea salt
- 1 tablespoons olive oil, plus more for covering the dough.

METHOD:

1. Whisk yeast, sugar and $\frac{1}{2}$ cup water in a small, non-metallic bowl and set aside for 5 to 10 minutes, until small bubbles start appearing on the surface.
2. While yeast activates, mix flours, salt and 1 tablespoon olive oil in a large bowl. Add yeast mixture and enough of the remaining water to form a ball.
3. Knead dough on a flour dusted surface for 10 minutes, until dough is elastic, smooth and bounces back when poked with a finger.
4. Pour $\frac{1}{2}$ tablespoon oil in the bowl and roll dough around to oil it all over. Cover with plastic wrap or a moist kitchen towel and let it rise in a warm place 90 minutes at room temperature, or overnight in the refrigerator, until dough has doubled in bulk.
5. Punch down dough and divide it into 7 or 8 equal pieces. Roll each piece with a rolling pin on a lightly oiled surface or flatten it between oiled hands into disks that are about $\frac{1}{4}$ inch thick. Cover with a paper towel and let them rise again for about 30 minutes.
6. You can either bake them on floured pan on a 425 F preheated oven for 8 to 10 minutes until browned, but still soft; or on a hot sauce pan or a tabun set over medium high heat and turning once.

Makes 7 or 8 pitas





CORN TORTILLAS

Another component of our international unit, the kids used our teaching kitchens to journey into the flavors of Mexico by making the base of its cuisine: homemade corn tortillas. Campers were fascinated with the tortilla press and enjoy their warm, fresh tortillas so much that they they could barely wait to eat them straight off the pan. Our in-house team of Mexican circus instructors loved this one!



INGREDIENTS:

- 2 cups (455 g) masa harina, preferably organic (found on [amazon.com](https://www.amazon.com), either white or yellow work).
- 1 $\frac{1}{3}$ cups (315 ml) cold water, plus more if needed
- 1 tsp (5 g) salt

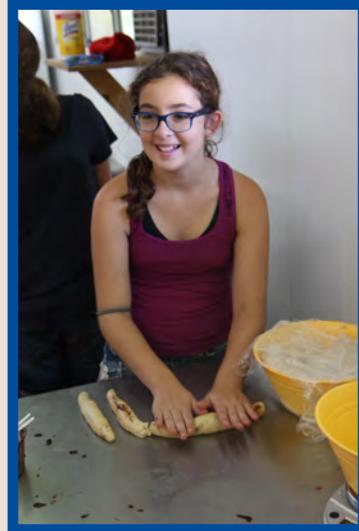
METHOD:

1. In a medium bowl, whisk masa harina, salt, and water. Cover and let rest for 15 minutes. If dough is too crumbly, add a bit of water, 1 teaspoon at a time.
 2. Preheat a griddle, sauté pan or a “comal” over medium heat.
 3. Cut pieces of parchment paper or thick plastic that are about the size of the plates of the tortilla press.
 4. Make balls of dough that are about 1½ inches diameter, but keep them covered with a moistened kitchen towel to prevent them from drying out.
 5. Place masa harina ball in between both pieces of parchment and place on the tortilla press. Close press and push handle down until ball is flattened, but not too thinly, as the thinner they are, the more difficult it is to release them from the paper.
 6. Open and remove the tortilla. Peel off paper/plastic and cook tortillas one at a time for about 2 minutes on each side, or until they start having small dark spots.
- Tortillas are best eaten freshly made, but they freeze well too.

Makes about 15 tortillas.



CHALLAH



Another recipe that made its way back by popular demand! This year Shir, one of our Israeli counselors, taught us her Moroccan challah separating tradition. She shared a beautiful ceremony in which we make the moment sacred. We not only recited the traditional blessing for the mitzvah of making challah, but also compared it to rituals performed during Biblical times. We asked for forgiveness for our sins and that Shabbat be holy for us and our families.

STARTER INGREDIENTS:

1 $\frac{3}{4}$ teaspoon instant yeast
250 grams (1 $\frac{2}{3}$ cups) all-purpose flour (preferably unbleached) **OR** 125 grams all-purpose and 125 grams whole wheat. 400 grams (1 $\frac{3}{4}$ cups) warm water*

DOUGH INGREDIENTS:

2 $\frac{1}{2}$ teaspoons sea salt
85 grams ($\frac{1}{4}$ cup) honey
110 grams ($\frac{1}{2}$ cup) avocado **OR** grape seed oil, plus more for covering dough
500 grams (4 cups) all-purpose flour, plus more for flouring the work surface

OPTIONAL: chocolate chips, raisins

* to test if the water is warm enough for the yeast without a thermometer, feel it with the inner part of your wrist. If you could bathe a baby in water at that temperature, then it's fine for the yeast.

Continued on next page



CHALLAH CONT.

METHOD:

1. Make the starter: In a medium bowl, whisk together the yeast, 250 grams flour and warm water, until smooth. Set aside and let stand uncovered while you get the dough ingredients ready (5 to 10 minutes). The mixture should form tiny bubbles on the surface (this means the yeast is active starting to eat!)
2. Mix the dough: In a large bowl, mix with a silicone or wooden spatula salt, honey, and oil. Pour in the starter and stir until smooth. Add in the remaining 500 grams of flour at once and stir until a shaggy ball forms. Scrape it out onto a floured work surface.
3. Flour or oil your hands and knead the dough with them until it is well mixed (no visible lumps), smooth and elastic. If using chocolate chips or raisins, add them at this point. If the dough is too sticky, add more flour, a bit at a time, and if it's too tough, add a bit more water. To test if kneading is done, press the dough gently and it should spring back. Once ready, oil the large bowl lightly and bring dough back into it. Cover dough all over with a tiny bit of oil and cover the bowl loosely with plastic wrap. Set aside in a warm place and let rise for about 1:30 to 2 hours, until it doubles in bulk. Alternatively: transfer covered bowl into fridge and let rise overnight.
4. Once dough has doubled up in bulk, and you are ready to bake, preheat oven to 350 F and line rimmed baking sheets with parchment paper. Halve dough. Divide each half into 3 equal portions, and form each portion into ropes or strands. Make 2 braids. Place braids on prepared pans, making sure there's enough space in between them to allow them to rise even more without sticking and bake for about 35 minutes, until nicely browned. To ensure challah is done baking, carefully turn one of the leaves upside down and tap it on the bottom. If it makes a hollow sounds, it's cooked through.
5. Allow to cool and enjoy.

Makes 2 loaves.



GLUTEN FREE CHALLAH

This is an allergen-free challah recipe that has taken me years to perfect. Most gluten-free challah is not braidable, but this one is! So don't be scared of the unknown ingredients. You can purchase them all in a click of a button on [amazon.com](https://www.amazon.com), and they are worth the extra effort! All our campers and staff on a gluten-free diet were really happy to enjoy these on Shabbat.

YEAST MIX INGREDIENTS:

2 ¼ tsp dry active yeast
1 tsp honey (use maple syrup if vegan)
60 g (¼ cup) warm water

LIQUID INGREDIENTS:

50 g (¼ cup) avocado oil, plus a bit more for dough
85 g (¼ cup) honey (use maple syrup if vegan)
240 g (1 cup) water
2 tablespoons ground chia seeds mixed with ⅓ cup water (2 “chia egg”)

DRY INGREDIENTS:

270 g. (2 ¼ cups) gluten free oat flour
60 g (½ cup) millet flour
60 g (½ cup) Otto's cassava flour (or potato starch)
60 g (½ cup) arrowroot or tapioca flour
20 g (¼ cup) psyllium husks
2 tsp unrefined salt

METHOD:

1. Dissolve the teaspoon of honey in the ¼ cup warm water in a non-metal small bowl. Add the yeast, mix well with a fork, and set aside until frothy, about 5 minutes.
2. Combine dry ingredients in a large bowl, getting rid of clumps.
3. Make a hole in the middle of dry ingredients and place in it honey, oil, 1 cup warm water, chia eggs and yeast mixture. Mix well with your hands or a spatula. Dough will be sticky.
4. Cover bowl with plastic wrap and allow the psyllium husk to thicken the dough for 5 minutes.
5. Uncover dough and knead with your hands until dough is uniform and turn into a ball. It will be much less elastic than a regular bread dough. Cover dough with about 1 tablespoon of oil and rub it all around (top and bottom) so all the surface of dough is oiled.
6. Cover bowl again (same piece of plastic is fine) and let rise in a warm place for 90 minutes or overnight in the refrigerator.
7. Preheat oven to 375 F and take the challah piece.
8. Shape pieces of dough into ropes of equal size and braid.
9. Brush tops of braids with egg glaze and bake for 30 to 35 minutes, or until bottom sounds hollow when tapped with finger.
10. Let cool and enjoy.



INDIAN CUISINE: COCONUT MANGO LASSI

Adapted from *Minimalist Baker's: Everyday Cooking*

We made this recipe in preparation for our international-themed banquet. We served it in shot glasses and campers loved it! You can make $\frac{1}{3}$ or $\frac{1}{2}$ the recipe if you need less.

INGREDIENTS:

510 grams coconut yogurt (if you want to make it vegan, otherwise you can use plain Greek yogurt)
900 grams frozen mango
 $\frac{1}{3}$ cup coconut milk for vegan or plain kefir
 $\frac{1}{2}$ cup plus plus 1 tablespoon hemp milk (or the milk of your choice, such as almond, dairy, etc)
2 tablespoons plus 2 teaspoons coconut sugar, optional
3 cardamom pods ground in a spice grinder (or 1 teaspoon ground cardamom)

METHOD:

1. Add all ingredients into the bowl of a blender and process until smooth and creamy. Add more hemp milk if necessary.
2. Serve or keep cover in the refrigerator for up to 2 days.





INDIAN CUISINE: GOBI MASALA

Campers loved this classic Indian dish during our Indian food session. They learned that despite being a country with many different cuisines, Indian food is always rich in locally-grown spice seasonings.

INGREDIENTS:

Virgin coconut for sautéing, about 2 to 3 tablespoons
1 onion, finely chopped
2 cloves of garlic, minced
2 cups cauliflower florets
1 cup tomato puree
1 teaspoon chili powder
1 teaspoon ground coriander
½ teaspoon turmeric
1 (1-inch) piece ginger, minced
sea salt, to taste



METHOD:

1. Place a large sauté pan on high heat and add in oil. Once hot add onions and cook them until soft and translucent.
2. Add garlic and cauliflower, spices and salt, stirring a bit.
3. Add tomato puree and bring to a boil. Cover, lower the heat and simmer for 10 minutes, until soft. Taste for seasoning and add more salt and/or spices if needed.



INDIAN CUISINE: RED LENTIL SOUP

Another Indian dish that campers enjoyed. This is a very easy and quick dinner idea.

INGREDIENTS:

- 1 $\frac{3}{4}$ cup split red lentils
- 7 cups water
- 1 $\frac{1}{2}$ teaspoons sea salt black pepper, to taste
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 pinch cayenne
- 2 lemons, quartered
- canned coconut milk, to taste



METHOD:

1. Place lentils, water, salt, papper, cumin, turmeric and cayenne in a saucepan and simmer for 30 minutes, until the lentils have disintegrated. Add a bit of water if soup is too thick. Taste for seasoning and add more salt, if needed.
2. Pour into soup bowls and serve with lemon wedges and a scoop of coconut milk.



SUSHI

Another international day: Japan! We had to bring sushi back this year by popular demand! Our campers couldn't get enough rollin'. Their eyes light up and they kept asking to make more and more! They got creative with the vegetable combinations and asked to learn more challenging techniques: rice outside, avocado topping, panda shaped rice balls (onigiri). We used cucumber, carrots, avocado, cabbage, mango, Swiss chard, orange segments (suggestion of a camper!), spinach... Other fillings such as fresh or cooked fish can be used in the same manner.

INGREDIENTS:

2 cups sushi rice
2 cups water, plus more for rinsing rice ¼ cup rice
vinegar
1 tablespoon + 2 teaspoons honey
1 teaspoon sea salt
assorted vegetables cut into long and thin pices

SUSHI RICE METHOD:

1. Place rice into a mixing bowl and cover it with cold water. Swirl rice in water, drain water off and repeat 3 more times or until water is clear after swirling.
2. Place rice and 2 cups of water into a medium saucepan and place over high heat. Bring to a boil, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from heat and stand, covered for 10 minutes.
3. Combine rice vinegar, honey and salt in a small saucepan and heat until it simmers, and salt and honey dissolve.
4. Transfer rice into a non-metal bowl and pour in the vinegar mixture. Fold thoroughly with a spatula to combine until each grain of rice is coated with the mixture. Allow to cool to room temperature before using to make sushi.

TO FORM SUSHI:

1. Lay a sheet of nori on a bamboo mat*. The creases in the nori sheets should line up with the strips of bamboo in the mat, and the shiny side of the nori should face down.
2. With moistened hands, lightly spread ½ cup rice over the bottom half of nori. Try not to press too hard. Place vegetables in an even row across the middle of the layer of rice.
3. Starting from the bottom, roll the nori away from you into a roll, as tightly as possible. When you near the end, with your finger, moisten the full length of the edge of the nori sheet with water, then complete the roll, sealing it.
4. Cut each roll across with a moistened knife into 6 pieces and serve.

*wrapping bamboo mat with plastic wrap makes cleanup very easy and prevents the rice from sticking all over, making the rolling easier.



STIR-FRIED FORBIDDEN RICE

Campers learned about forbidden rice and were thrilled to taste a food that was once only grown for the Chinese emperor and forbidden for everyone else. We made a lot of this dish and planned to share with our friends in the main office. However, there were no leftovers after we all kept digging in for seconds and thirds! It's a striking dish, full of color, easy to make and full of veggies.

INGREDIENTS:

2 tablespoons avocado oil

1 ½ cups each:

leeks, white and pale green part only, finally sliced into disks

red cabbage, shredded

zucchini, finely sliced

shredded carrots

1 inch fresh ginger, peeled and minced (we used a microplane)

½ teaspoon sea salt, more to taste

2 cups cooked forbidden (black) rice

1 tablespoons soy sauce (use tamari for gluten free)

sesame seeds, optional



METHOD:

1. Place a large sauté pan or wok over high heat and add in 1 tablespoon oil. Once hot, add in the vegetables and stir constantly. After 2 to 3 minutes, add ginger and salt, still stirring.
2. Add the second tablespoon of oil and add in rice and soy sauce, stir until rice has warmed up. Serve and sprinkle with sesame seeds.





FORBIDDEN RICE TIMBALE

Sometimes in the kitchen, you just have to adapt to change, and resourcefulness is key! We had the opportunity to teach our campers that lesson during a session when we had planned to make frushi (fruit sushi) with black rice, but the rice didn't set properly. A camper suggested using a mold for shaping the rice, and voila! Our timbales were created. The campers were thrilled to make beautiful and super tasty creations, and to learn a cool culinary trick: decorating with the squeeze bottle.

INGREDIENTS:

- 2 cups forbidden (black) rice
- 1 cup unsweetened canned coconut milk
- 1 cup pineapple juice
- 1 tablespoon honey
- ¼ teaspoon sea salt
- 1 teaspoon or more of lime juice

finely cut assorted fruit, you can use small cookie cutters to shape fruit slices

Berry sauce, recipe below



METHOD:

1. Cook rice in coconut milk and pineapple juice with the honey and salt, following the package directions (usually bringing uncovered to a boil and then covering and lowering the heat to medium low and simmering until cooked, about 15 to 20 minutes).
2. Let rice cool until cool enough to handle.
3. Place a cookie, biscuit or round mold on the serving plate and fill half way full with rice. Press rice compactly with a spoon. Top rice with cut fruit and remove mold by lifting it upwards carefully.
4. Squeeze berry sauce on top of timbale and/or plate in a decorative manner and serve.

Serves 6 or more, depending on size of mold.



BERRY SAUCE

This is a great recipe to top desserts, granola, smoothie bowls, fruit, and of course, our forbidden rice timbales. It can be made with fresh summer berries or with frozen ones, and you can use one kind or a combination.

INGREDIENTS:

- 1 pint berries
- 1 squeeze fresh lemon juice
- 1 tablespoon chia seeds
- 1 teaspoon pure maple syrup, optional
- 1 teaspoons sea salt
- 1 tablespoons olive oil, plus more for covering the dough.



METHOD:

Blend all ingredients in a blender and pour into a squeeze bottle. Use or store in refrigerator for up to 2 days.



RAW KEY LIME MOUSSE WITH BLUEBERRY-CHIA JAM

Campers couldn't get enough of these treats! They are a wonderful, nutrient-dense recipe that satisfies anyone's sweet tooth.

MOUSSE INGREDIENTS:

- 2 avocados, halved, pitted, peeled (see guacamole method)
- 2 limes, zest & juice
- 6 Medjool dates, pits removed, by separating them in half lengthwise with your hands, and taking off the pit

JAM INGREDIENTS:

- 1 lime, zest & juice
- 1 ½ teaspoons coconut sugar
- 2 teaspoons chia seeds
- ¼ teaspoon cinnamon
- a pinch of sea salt

METHOD:

1. Place avocados, lime juice, zest and dates in a power blender or a food processor and puree everything until light and fluffy.
2. Portion mousse into 4 cups or wine glasses and refrigerate. Without cleaning the blender or food processor, add in the berries, lime juice and zest, coconut sugar, chia, cinnamon and salt, and blend completely. Pour jam on top of each mousse and refrigerate until serving.

Makes 4 servings





FROZEN SWEET PIZZA

Adapted from the *Oh She Glows* cookbook

Campers were delighted to make these pizzas and share them with their bunks. It is a wonderful way of using up over-ripe bananas. Peel the fruit, slice into rounds and freeze on a baking sheet spread on one layer. Once frozen, you can transfer them into a freezer safe container, cover and freeze for about 3 months.

The campers got very creative with their pizzas. Some sliced strawberries into rounds to use as tomatoes, picked fresh mint from our camp herb garden to use as their pizza Margherita “basil” and sprinkled their creations with coconut flakes as “cheese.” Every morning campers requested to make these again!

TOPPINGS:

Unsweetened shredded coconut
Seeds: hemp, chia, sunflower, poppy, sesame, pumpkin, sunflower, etc
Sliced fruit
Berries
cacao nibs
Mini chocolate chips

CRUST INGREDIENTS:

2 cups unsweetened or lightly sweetened crispy cereal (gluten free, if needed—puffed millet or rice work well)
3 tablespoons pure maple syrup
2 tablespoons melted virgin or extra virgin coconut oil
4 teaspoons raw cacao powder

BANANA “NICE-CREAM” INGREDIENTS:

1 cup sliced, frozen bananas (see above)
½ to 1 cup other frozen fruit, such as berries or pineapple, optional
2 teaspoons raw cacao powder, optional
¼ cup canned coconut milk, chilled, optional
½ teaspoon vanilla extract or fresh vanilla beans, optional

METHOD:

1. Line a pan with parchment paper.
2. In a medium bowl, crush cereal if it comes in large pieces (such as Chex) and mix in with a spatula the rest of the crust ingredients, until all cereal is well covered. Transfer crust mixture into prepared pan, forming a mound on the center of pan.
3. Place another layer of parchment paper on top of crust and press with your hands in order to distribute crust evenly on the pan into a thin layer. Freeze for 10 minutes.
4. While crust is in freezer, place frozen banana sliced into the bowl of a food processor and process until creamy and ice-cream like (it will first look like oatmeal, then like couscous and finally like ice cream. Be patient!!!). Add then any other ingredients, if using. Blend until incorporated and spread onto crust.
5. Add any toppings and freeze for at least a few minutes and serve! Serves 4 to 6.



TAHINI-SUNBUTTER COOKIES

This is a great alternative to peanut butter cookies! By making this recipe, campers practiced their skills with the scale and with ingredient measuring. That's why the recipe is given part in ounces and part in measuring cups! They ground their own flour, in order to understand how flour is made. We also spoke about precision and the difference between weighing and measuring. Campers were able to taste their cookies and we gifted the rest to the kitchen staff in gratitude to them for always feeding us!

INGREDIENTS:

- 3.5 ounces rolled oats (gluten free, if needed)
- 2.6 ounces organic (unsweetened) sunflower seed butter
- 2.6 ounces tahini
- 1.75 ounces pure maple syrup
- 1.75 ounces coconut sugar
- ¼ cup coconut oil
- ¾ teaspoon pure vanilla extract
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ½ cup unsweetened coconut flakes
- ¼ cup semi sweet chocolate chips

METHOD:

1. Preheat oven to 350 F. Line baking pan with parchment paper.
2. In separate batches, grind the oats into flour with a spice grinder (alternatively, use oat flour).
3. In a medium bowl, whisk sunflower seed butter, tahini, maple syrup, coconut sugar, coconut oil, vanilla extract and salt. Add in the flour and the baking soda and mix until incorporated.
4. With 2 spoons or a mini ice cream scoop, portion cookie dough onto prepared baking pan, leaving 1½ inches in between each. Press dough with a fork into a crisscross pattern and bake for about 10 minutes, until golden brown and very fragrant.
5. Let cool for at least 2 minutes and enjoy!





CHOCOLATE CHIP WHITE BEAN COOKIES

Adapted from the *Oh She Glows* cookbook

Oh yes! you read correctly! Beans are wonderful baked into cookies or cakes. Campers couldn't believe how good these were!

INGREDIENTS:

- 100 grams oat flour (gluten free, if necessary)
- 10 grams pea protein
- 250 grams white beans (if canned, rinsed and drained)
- 1/3 cup honey
- 1/4 cup virgin coconut oil
- 1/4 cup unsweetened apple sauce
- 1 tablespoon flax meal
- 3 tablespoons water
- 1 teaspoon pure vanilla extract
- 1 teaspoon sea salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 150 grams rolled oats
- 50 grams quinoa flakes
- 1/2 cup unsweetened coconut flakes
- 1/4 cup semi sweet chocolate chips



METHOD:

1. Preheat oven to 350 F and line a baking sheet with parchment paper.
2. Place oat flour, pea protein, beans, honey, oil, apple sauce, flax, water, vanilla, salt, baking powder, and baking soda in a food processor and blend well or place in a large, deep bowl and using an immersion blender, puree well.
3. Mix in oats, quinoa flakes, coconut and chocolate chips with a spatula and using two spoons or a mini ice cream scoop, shape small mounds and place on the prepared sheet, leaving 1 1/2 inches in between each.
4. Bake for about 10 minutes, until lightly browned and fragrant. Let cool for at least 2 minutes and enjoy.



CHOCOLATE CHIA PUDDING

Another version of [last year's recipe](#). Campers used their homemade mylk to prepare these.

INGREDIENTS:

- ½ cup mylk
- 1 to 2 teaspoons raw cacao powder
- ½ teaspoon pure vanilla extract or seeds of ½ vanilla bean
- pinch sea salt
- 2 teaspoons pure maple syrup, or to taste



METHOD:

In a cup, mix with a for all ingredients but chia. Once well incorporated, add in the chia and mix well with the fork. Let set from 15 minutes to overnight in the refrigerator.

Top with fruit or chia jam
(see our key lime mouse recipe)

Serves 1





MEXICAN HOT CHOCOLATE

During this session, we spoke about chocolate being used in Mexico since pre-Columbian times. It's often made into a drink with canela, a Mexican cinnamon that campers got to grind in our spice grinders. One of the campers observed, "it's like a tree bark!" Yes, we explained, he was right. Cinnamon comes from the bark of the tree. The recipe also calls for chilli pepper. So some campers went for the extra heat kick in their drink!

INGREDIENTS:

- 1 can coconut milk or 1½ cups whole milk or any milk
- 3 tablespoons cacao powder
- 1½ tablespoons pure maple syrup
- 1 teaspoon canela
- pinch sea salt
- pinch cayenne, optional
- 1½ teaspoons pure vanilla extract



METHOD:

Which all ingredients together in a small pot over medium high heat. Bring to a simmer and serve. Let cool a bit before sipping.



CHOCOLATE PUDDING CUPCAKES

Adapted from *The Oh She Glows Cookbook*

After last year's Chocolate Week, campers kept asking if we would have it again in 2016. Since we had such a large repertoire of recipes for the whole summer, we did manage to squeeze in 2 chocolate days. These cakes were one of the concoctions made during that period and although we made extras, the smell attracted many chocolate-craving campers into our kitchen...



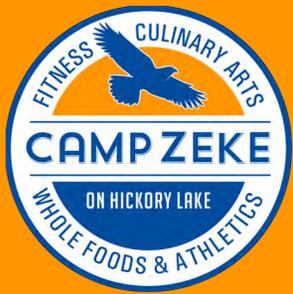
INGREDIENTS:

180 grams oat flour (gluten free, if needed)
 $\frac{3}{4}$ cup plus 3 tablespoons coconut sugar
 $\frac{1}{3}$ cup plus 1 tablespoon cacao powder
 $\frac{1}{3}$ cup semi sweet chocolate chips
 $\frac{3}{4}$ teaspoon sea salt
1 $\frac{1}{2}$ teaspoons baking powder
 $\frac{3}{4}$ cup mylk
1 tablespoon flax meal
3 tablespoons water
2 tablespoons coconut oil, melted
1 $\frac{1}{2}$ teaspoons pure vanilla extract
1 $\frac{1}{4}$ cup hot water

METHOD:

1. Preheat oven to 375 F. Line a muffin tin with paper cups.
2. In a large bowl, mix oat flour, $\frac{3}{4}$ cups coconut sugar, $\frac{1}{3}$ cup cocoa powder, chocolate chips, salt and baking powder with a spatula.
3. In another bowl, whisk mylk, flax meal, water, coconut oil and vanilla.
4. In a small bowl combine remaining 3 tablespoons coconut sugar with 1 tablespoons cacao powder and set aside.
5. Pour liquid mixture into oat flour mixture and whisk. Add in hot water and whisk until very few clumps remain. Pour into prepared pans and sprinkle each with a bit of the coconut sugar/cacao dust.
6. Bake until semi-firm on top, but still bubbly and gooey in the center, about 8 to 10 minutes.
7. Let cool a bit and enjoy while still warm.

Makes 12 individual cakes



RAW CHOCOLATE BARS

Campers loved making their own chocolate bars. These are loaded with antioxidants and sweetened with dates, as opposed to sugar.

INGREDIENTS:

100 grams very soft Medjool dates, pitted
30 grams raw cacao powder
85 grams cacao butter
½ teaspoon pure vanilla extract
pinch sea salt

Flavoring options: cacao nibs, sea salt, chili pepper, puffed cereal, etc....



METHOD:

1. Mash the dates with a fork, or in a food processor.
2. In a double boiler (or a glass/stainless steel bowl over water) over low-medium heat, melt the cacao powder, and butter until completely smooth. Add the cacao powder, vanilla, and salt. Stir to thoroughly combine. Remove from heat.
3. Let mixture cool in the freezer for about 5 minutes, until mixture becomes slightly thicker.
4. Add dates and fold to combine. Taste for sweetness, adapt seasoning if needed, let cool.
5. Once chocolate is cool enough to hold and rough shape, divide the chocolate in half and place one section on a piece of parchment paper. Fold the parchment paper over the chocolate once and use your hands or a rolling pin to mash it down into a thin piece. At this point you can fold the remaining sides up around the chocolate to create a bar and press the chocolate into the corners. A bench scraper can be very helpful for making sharp lines through the paper. Decorate the package if you wish and refrigerate until completely firm. Alternatively, press the chocolate into a mold or chocolate form. Place in the fridge or a cool place to firm up. Repeat with the other half. Store chocolate in a cool, dry place away from direct light.
Makes 2 large chocolate bars.



MOLDED CHOCOLATE

It was priceless to see campers' faces after unmolding their perfect chocolates. They couldn't believe they had made shapes that looked like they came from a box!

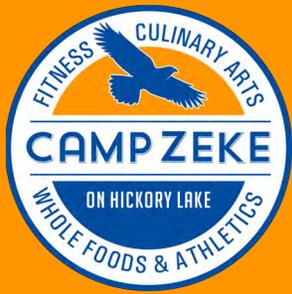
INGREDIENTS:

- ¼ cup virgin coconut oil
- 1 ½ teaspoon cacao butter
- 3 tablespoons pure maple syrup or raw honey
- 45 grams raw cacao powder
- a pinch of salt



METHOD:

1. In a double boiler (or a glass/stainless steel bowl over water) over low-medium heat, melt coconut oil, cacao butter, sweetener cacao powder, and salt until completely smooth.
2. Place chocolate in a glass measuring spoon and pour a bit through the spout into chocolate silicone molds. Fill the molds half way full and add a filling, if desired; such as seed or nut butter or crispy rice cereal and fill the remaining half with more melted chocolate. Refrigerate to set and unmold and keep in a cool, dry and dark place.



POWER COOKIE DOUGH BITES

You can put these together in a cinch! Campers wanted to keep making them over and over. They are made with tiger nut flour, which, as we explained, is neither a nut nor a tiger, but a tiny African vegetable that's very high in probiotic fiber!



INGREDIENTS:

- 180 grams oat flour (gluten free, if needed)
- 2 tablespoons virgin coconut oil, melted
- 2 tablespoons unsweetened seed or nut butter
- ¼ cup pure maple syrup
- 1 teaspoon pure vanilla extract
- ½ cup tiger nut flour
- ¼ teaspoon sea salt
- 3 tablespoons cacao nibs
- 2 tablespoons hemp seeds

METHOD:

In a large bowl, mix together with a spatula oat flour, coconut oil, seed/nut butter, maple, vanilla, tiger nut flour and salt. Add in cacao nibs and hemp seeds and form into balls. Refrigerate or freeze, if desired. Campers ate them right after shaping into balls, which also works!



CINNAMON CRUMB MUFFINS

During camp olympics, Blue and Yellow had to face each other in a muffin relay war in the culinary arts kitchen! The goal was to prepare the 300 muffins needed for banquet! We used this extremely moist, cozy and delicious recipe. Plus...these save you if you need to bake gluten free and vegan treats! This is a recipe I developed for cupcakes: You can follow the recipe for the batter, and swap or omit the cinnamon and crumb topping. Once cooled completely, you can top the cupcakes with our [sweet hummus](#) or our [2015 chocolate-avocado](#) mousse. The crumb recipe is fabulous as the topping for any fruit crumb.

CRUMB TOPPING INGREDIENTS:

2 cups sushi rice
2 cups water, plus more for rinsing rice
¼ cup rice vinegar
1 tablespoon + 2 teaspoons honey
1 teaspoon sea salt

BATTER INGREDIENTS:

300 grams oat flour (gluten free, if needed)
100 grams tapioca flour
60 grams millet flour
40 grams flax meal
120 grams coconut sugar
1 tablespoon potato flour
2 teaspoons ground cinnamon
1 teaspoon sea salt
2 teaspoons baking powder
1 teaspoon baking soda
140 grams avocado or coconut (melted) oil
130 grams pure maple syrup
480 grams (2 cups) mylk
4 teaspoons pure vanilla extract
2 tablespoons raw apple cider vinegar

METHOD:

1. Preheat oven to 350 F and line 2 muffin or 3 muffin pans with paper liners.
2. Prepare the crumb topping by mixing all ingredients together in a bowl with your hands. Just enough so they come together, but don't press them into a dough and don't knead them. You don't want to compact it! Set aside while you prepare your batter.
3. In a large bowl, whisk together oat, tapioca, millet, and flax flours/meal, coconut sugar, potato flour, cinnamon, salt, baking powder and baking soda. Once well incorporated, add in the oil, maple, milk, vanilla and vinegar. Whisk quickly and pour ¼ cup batter into each of the prepared cups immediately.
4. Sprinkle about 1 tablespoon of topping on each, without pressing down.
5. Bake for about 10 to 15 minutes, until muffin bounces back when lightly pressed on the center. Let cool and enjoy.

Makes 26 muffins (recipe can be halved)