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Camp Zeke is the first and only overnight camp where kids celebrate healthy, active living through fitness, cooking, sports, arts, fresh and nourishing food, and joyful Judaism. We are located on 560 acres in the Pocono Mountains on a private spring-fed lake.

Culinary Arts is one of our flagship programs where campers design and prepare gourmet meals! Whether you've never stirred a pot in your life or dream of opening your own restaurant, Zeke's dedicated teaching kitchens provide unrivaled opportunities to learn recipes, cooking techniques, and culinary theory.

After spending time with chefs-in-residence and participating in cooking events like Zeke's top chef competitions, you'll be able to dazzle friends and family with an array of impressive dishes. Every summer, campers go home with a cookbook of all the recipes they made in culinary arts classes.

Learn more at campzeke.org.





Skewers

Ingredients:

Skewers
Red bell pepper
Yellow bell pepper
Red onion
Large button mushrooms
Salt and pepper.



Instructions:

Preheat the oven to 425°F.

Chop the veggies large enough that they stay on the skewers.

Add the veggies alternated in the preferred pattern.

Arrange the sticks on the baking tray.

Lightly brush all of the vegetables with the olive oil so that they are coated on all sides

Sprinkle salt and pepper on top to season.

Place the tray in the oven and bake for 20 minutes.

Remove from the oven and let cool for 3-4 minutes before digging in!



Hamantaschen

Ingredients:

- $\frac{3}{4}$ Cup vegan butter softened.
- $1\frac{1}{4}$ Cup + 2 tbsp gluten free flour.
- $\frac{1}{2}$ Cup powdered sugar.
- Strawberry jam.



Instructions:

1. Preheat oven to 350°F
2. Cream the butter with a mixer until smooth and fluffy.
3. Whisk and sift together the flour and sugar. Add it to the butter little by little.
4. Once you're near the end of the flour/sugar mixture, add just a bit at a time and mix by hand until a dough forms that stays together without sticking to your hands.
5. Roll out the dough until it is $\frac{1}{4}$ inch thick with a rolling pin.
6. Cut circles in the rolled out dough. Place the circles on the baking tray.
7. Spoon about 1 teaspoon of your filling into the center of each circle. Fold up three sides of each circle and pinch the sides that touch together to create the triangle shape.
8. Place the baking tray in the freezer for 20 minutes.
9. Remove from the freezer and transfer the baking tray to the oven. Bake for 20 minutes, or until the bottom edges of the cookies start looking golden brown.

Mushroom tacos

Ingredients:

- 1 portobello mushroom
- 1 bell pepper
- $\frac{1}{4}$ cup of onions
- $\frac{1}{2}$ cup of black beans
- 1 clove of garlic
- corn tortillas
- salt and pepper
- coriander
- sour cream (vegan)
- lime juice
- 1 tbsp of olive oil



Instructions:

Slice the portobello mushrooms, onion, and bell peppers.

Heat a pan over medium heat and add the olive oil.

Cook the sliced mushrooms, onions, and peppers in the pan until tender, about 10 minutes.

If using, add the sliced jalapeño to the pan and cook for an additional 2 minutes.

While the vegetables are cooking, prepare the cilantro crema. Combine the sour cream, cilantro, and lime juice in a blender. Blend until smooth. Add salt and pepper to taste.

Once the vegetables are done, assemble the tacos.

Start by layering warm beans on the bottom of a toasted tortilla, then add the cooked veggies, and top with cilantro crema.

Crème brûlée

Ingredients:

- 1/4 cup granulated sugar
- 3 tablespoons + 1 teaspoon cornstarch
- 2/3 cup non-dairy milk
- 1 can full-fat coconut milk
- 1 tablespoon vegan butter
- 1 teaspoon vanilla extract
- 1/4 tsp salt



Instructions:

In a medium saucepan (off the heat), combine cornstarch and sugar.

Whisk in half of the milk until fully dissolved.

Add the remaining milk and coconut milk, whisking until smooth.

Place the saucepan over medium heat and cook, stirring constantly, until the mixture thickens to a consistency slightly thinner than condensed milk.

Remove from heat and stir in the vegan butter, vanilla extract, and salt until the butter is melted and the custard is smooth.

Pour the custard evenly into ramekins or shallow, heat-proof dishes. Press plastic wrap directly onto the surface to prevent a skin from forming.

Remove the plastic wrap and sprinkle each custard with about 1 tablespoon of granulated sugar. Use a culinary torch to caramelize the sugar until golden and hardened.

Let the sugar topping set for a minute before serving. Enjoy!

Sushi

Ingredients:

- 1 1/2 cups Japanese short-grain sushi rice
- 3 cups water
- 1 cup mushrooms, thinly sliced
- red bell pepper, sliced
- seedless cucumber, unpeeled and sliced
- Avocado
- 2 tablespoons seasoned rice vinegar
- nori sheets



Instructions:

Wash the rice until clear water comes out. Cook in the rice cooker and let cool. Fluff rice with a fork and transfer into a large bowl; pour rice vinegar; mix until all rice is covered. Set aside and let cool down.

Cut all the veggies into thin slices

Pick up about half a cup of cooled rice onto a sushi mat in an even layer. Wet your fingertips with warm water so the rice won't stick to your fingers.

Place some veggies in a line down. It's ok to layer the vegetables on top of each other, make sure it is not too much so the roll closes without an issue.

Pick up the edge of the sushi mat, fold the bottom edge of the sheet up, enclosing the filling, and tightly roll the sushi into a thick cylinder. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly. Repeat with remaining ingredients.

Nachos

Ingredients:

- Tortilla chips
- 2 avocados
- 1/4 onion, finely chopped
- 1/4 tomato, diced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon lemon juice
- 1 cup vegan cheese
- 1/2 cup non dairy milk



Instructions:

Cook soy chorizo on a skillet medium heat, breaking up with spoon. Sprinkle with taco seasoning,

On a pan, add the cheese and milk and mix until all combined.

Set the chorizo aside.

On a different bowl, smash the avocado and add the onion and tomato. Add salt, pepper and lemon juice. Mix it all together.

On a plate put some tortilla chips and sprinkle the guacamole and soy chorizo on top. Add cheese as wanted.

Enjoy!

Cookie dough

Ingredients:

- 1 Cup GF flour
- $\frac{3}{4}$ Cup packed brown sugar
- $\frac{1}{2}$ Vegan butter
- vanilla extract
- $\frac{1}{2}$ Tsp salt
- 2 Tbsp non dairy milk
- 1 Cup chocolate chips



Instructions:

Place flour in a microwave - safe dish and cook for a minute, stirring it every 15 seconds. Set aside and let it cool down.

Beat sugar and butter. With an electric mixer in a large bowl until creamy.

Beat in vanilla extract and salt. Add heat - treated flour; mix until crumbly dough forms.

Stir in milk until dough is just combined; fold in chocolate chips.

Serve and enjoy!

Fried rice

Ingredients:

Bell pepper, diced
Celery, diced
Red onion, diced
Carrots, diced
1 Cup soy sauce
Minced ginger
Minced garlic
1 1/2 Cups rice



Instructions:

Stir-fry garlic and ginger with a splash of canola oil. Add the red onion, bell pepper, celery and carrots.

Add the soy sauce and paprika powder and let the veggies absorb it for 2 minutes.

Add the rice, make sure to break up any clumps and stir until it all combines. P

Enjoy!

Fitter. Faster. Stronger.

Chocolate chip cookies

Ingredients:

- 1 Cup of margarine
- 1 Cup of granulated sugar
- 1 Cup light brown sugar
- 2 tsp vanilla extract
- 2 Eggs (egg replacer 2 Tbsp + 4 Tbsp water)
- 3 Cups gluten free flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp salt
- 2 Cups chocolate chips



Instructions:

Preheat oven to 350°F.

In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.

Cream together butter and sugars until combined.

Prep the egg replacer 2 Tbsp of ER + 4 Tbsp of water.

Beat in the 'eggs' and vanilla with the creamed butter until combined.

Mix in the dry ingredients. Add the chocolate chips. Mix it by hand if needed.

Make balls until you finish the dough and place them in a tray previously set up with a baking sheet and put it in the freezer for 15 minutes.

Bake for 25 minutes.

Let it cool down and enjoy!