

CAMP ZEKE
CULINARY
cookbook

Session One 2026



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.

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SUSHI

Ingredients

1 ½ cups Japanese short-grain sushi rice
3 cups water
Green bell pepper
Cucumber
Cream cheese
Avocado
Carrots
Nori sheets

Instructions

1. Wash the rice until clear water comes out.
2. Cook the rice in the rice cooker and let cool. Fluff rice with a fork and transfer into a large bowl.
3. Pour rice vinegar; mix until all rice is covered. Set aside and let cool down.
2. Cut all the veggies into thin slices.
3. 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.
4. 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.
5. 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.
6. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly. Repeat with remaining ingredients.

COOKIE DOUGH

Ingredients

1 cup GF flour
¾ cup packed brown sugar
½ cup margarine (room temperature)
1 tsp vanilla extract
½ tsp salt
2 Tbsp non dairy milk
1 cup crushed Oreos

Instructions

1. Place GF flour in a microwave-safe dish and cook for a minute, stirring it every 15 seconds. Set aside and let it cool down.
2. Beat sugar and margarine in a large bowl until creamy.
3. Beat the vanilla extract and salt in.
4. Add heat-treated flour; mix until crumbly dough forms.
5. Stir in milk until the dough is just combined then add the crushed oreos.
6. Let it cool down in the freezer for about 15 minutes.
7. Serve and enjoy!

CHOCOLATE CHIP COOKIES

Ingredients

1 cup of margarine
1 cup granulated sugar
1 cup brown sugar
2 tsp vanilla extract
2 "eggs"
3 cups GF flour
1 tsp baking soda
½ tsp baking powder
1 tsp salt
2 cup chocolate chips

1 "egg": 1 Tbsp egg
replacement + 2 Tbsp warm
water

Instructions

1. Preheat oven to 350°F.
2. In a medium bowl mix flour, baking soda, baking powder and salt and set aside.
3. Cream together butter and sugars until combined in a different bowl.
4. Prep the "eggs" and add to the creamed margarine alongside the vanilla until it all combines.
5. Mix in the dry ingredients.
6. Add the chocolate chips and mix it by hand if needed.
7. 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.
8. Bake for 30 minutes.
9. Let it cool down and enjoy!

Fitter. Faster. Stronger.

FRIED RICE

Ingredients

Bell pepper
Celery
Red onion
Carrots
1 cup soy sauce
½ tsp powdered ginger
¼ tsp chilli powder
½ tsp paprika powder
Minced garlic
¼ cup hot sauce (optional)
1 cup just eggs
1 ½ c Japanese short - grain rice

Instructions

1. Dice all veggies and set aside.
2. Stir fry just eggs and set aside.
3. Stir fry garlic and onion with a splash of canola oil until they're golden.
4. Add in the powdered paprika, powdered ginger and chili powder and let it simmer for a second.
5. Start adding the onion, bell pepper, celery and carrots, once they're cooked you can add the soy sauce.
6. Let the veggies absorb the soy sauce for a couple minutes.
7. Add the rice and make sure to break up any clumps and stir until it all combines.
8. Lastly, add the scrambled eggs and mix.
9. Enjoy!

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BANANA BREAD

Ingredients

2 cups GF flour
1 tsp baking soda
¼ tsp salt
¾ cups brown sugar
½ c margarine
2 eggs
4 Tbsp oat milk
4 mashed ripe bananas

1 "egg": 1 Tbsp egg
replacement + 2 Tbsp warm
water

Instructions

1. Combine GF flour, baking soda and salt in a bowl.
2. Beat brown sugar and margarine in a separate bowl until smooth.
3. Combine the eggs and milk into the margarine mixture.
4. Add the bananas into the wet ingredients until they are well mixed.
5. Mix in dry and wets.
6. Pour into a baking pan previously sprayed with PAM and put in the oven.
7. Bake for 25 minutes and let it cool once baked and enjoy!

HAMANTASCHEN

Ingredients

$\frac{3}{4}$ cups margarine
1 $\frac{1}{4}$ cups + 2 tbsp GF flour
 $\frac{1}{2}$ cups powdered sugar
strawberry jam

Instructions

1. Preheat oven to 350°F
2. Cream the margarine until smooth and fluffy.
3. Whisk and sift together the flour and sugar and add it to the margarine little by little.
4. Once you 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 a $\frac{1}{4}$ inch thick with a rolling pin.
6. Spoon about 1 teaspoon of your filling into the center of each circle. Fold up three sides of each circle and pinch the sides the touch together to create the triangle shape.
7. Place the baking tray in the freezer for 20 minutes.
8. Remove from the freezer and transfer the baking tray to the oven.
9. Bake for 20 minutes, or until the bottom edges of the cookies start looking golden brown.

SUFGANIYOT

Jam ingredients

24 oz Frozen Berries
3 Tbsp Maple Syrup or
Honey
2 Tbsp Lemon Juice

Dough ingredients

240g Rice Flour
120g Cornstarch
1 ¼ tsp Xanthan Gum
45g Sugar
2 ¼ Tbsp Baking Powder
¾ tsp Kosher Salt
75g Just Egg
340g Oat or Coconut
Milk
75g Melted Margarine
Oil For Frying
Sugar for Coating

Instructions

1. Mix rice flour, cornstarch, xanthan gum, sugar, baking powder, and salt in a mixing bowl.
2. Combine the Just Egg, milk, and melted margarine in a glass measuring cup. Stir until well mixed.
3. Gradually add the wet ingredients to the dry ingredients mixing until combined. The batter should be thick but smooth.
4. Heat oil in a deep pan or fryer to 350°F (175°C). Use enough oil so the donuts can float and cook evenly.
5. Use a 2-tbsp scoop to gently place the donuts in the hot oil without crowding the pan.
6. Fry the donuts in batches until they are crispy and golden all over.
7. Place the donuts on a wire rack set on a rimmed baking sheet to drain. Dust with sugar before serving with berry jam or any other sauce of your choice.

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RUGELACH

Dough Ingredients

3 cups GF flour
1 Tbsp dry yeast
¼ cup sugar
½ tsp salt
¾ cups plant-based milk
¼ cup canola oil or coconut oil
1 tsp vanilla extract

Chocolate filling

100g dark chocolate or chocolate chips
2 Tbsp coconut oil
1 Tbsp cocoa powder
2 tbsp

Topping

Maple syrup

Instructions

Make the dough:

1. In a large bowl, mix the flour, yeast, sugar, and salt.
2. Add the warm milk, oil, and vanilla. Knead by hand or mixer for 7–10 minutes until the dough is soft and elastic.
3. Cover with a towel and let rise for about 1 to 1.5 hours, until doubled in size.

Make the filling:

1. Melt the chocolate with the oil (in the microwave in short pulses or on the stovetop).
2. Mix in the cocoa powder and sugar until smooth.

Assemble the rugelach:

1. Divide the dough into two portions.
2. Roll each portion into a large circle (like a pizza).
3. Spread the chocolate filling over the surface.
4. Cut into triangle slices (like pizza) – about 12 per circle.
5. Roll each triangle from the wide end toward the point to create rugelach.

Baking:

1. Place on a baking sheet lined with parchment paper, leaving space between each.
2. Cover and let rise for another 20–30 minutes.
3. Bake in a preheated oven at 350°F (180°C) for 15–20 minutes, until golden.

Glaze:

1. As soon as they come out of the oven, brush with maple syrup or simple sugar syrup (you can also use thinned-out jam)

SHAVUOT CHEESECAKE

Crust ingredients

25 Oreo cookies
8 Tbsp margarine

Cheesecake filling

24oz vegan cream cheese (room temperature, coconut base)
4 tbsp powdered sugar
1 Tbsp vanilla extract
5 Tbsp maple syrup

Instructions

Crust

1. Separate the Oreos from the filling. Blend the cookie until crumbly and put in a bowl.
2. Add the margarine little by little until it can stay together without breaking.
3. Pour in a disposable and smooth and gently press onto the bottom and up the sides.

Filling

1. Cream the cream cheese with the stand mixer.
2. Add the sugar, vanilla and maple syrup and mix until combined.
3. Pour the mixture onto a baking pan and smooth the surface with a spatula.
4. Leave it in the fridge for about an hour or two and enjoy!

BROWNIES

Instructions

1/2 cup margarine
3/4 cup granulated sugar
1/2 cup brown sugar, packed
2 large eggs
1 tablespoon pure vanilla extract
3/4 cup all-purpose gluten-free flour
1/2 cup cocoa powder
1/2 teaspoon baking soda
1/2 teaspoon salt

1 "egg": 1 Tbsp egg
replacement + 2 Tbsp warm
water

Ingredients

1. Preheat oven to 350°F.
2. Spray the 8×8 square baking pan with cooking spray.
3. In a large bowl, add melted margarine, vanilla extract, granulated sugar and brown sugar and mix until fully combined.
4. Add in eggs and mix until fully combined.
5. In a medium-sized bowl combine GF flour, cocoa powder, baking soda and salt and whisk together.
6. Slowly add the flour mixture to the wet ingredients and mix until fully combined and smooth.
7. Pour the brownie batter to 8×8 sized baking pan.
8. Bake for 30-35 minutes, or until a toothpick inserted into the center comes out just barely clean. The sides of the brownies will start to pull away from the pan. Please watch your brownies because all ovens are different.
9. Remove brownies and allow to cool completely. Enjoy!

MUSHROOM TACOS

Ingredients

protein

mushrooms
½ bell pepper
¼ c of onions
1 clove of garlic
salt
pepper
1 Tbsp soy sauce

Pico de gallo

½ c onions
½ c tomatoes
coriander
lime juice
salt

Tortilla

4 plantains
water

Instructions

protein

1. Slice the mushrooms, onion, and bell peppers.
2. Heat a pan over medium heat and add the olive oil.
3. Cook the sliced mushrooms, onions, and peppers in the pan until tender, about 10 minutes and put aside.

Pico de gallo

1. Chop all veggies and put in a bowl.
2. Add lime juice, salt and pepper and set aside.

Tortillas

1. Peel and cut the plantains.
2. Cook in water for about 20 minutes or until soft.

MANGO HABANERO TENDERS

tofu

1 block super firm tofu
⅓ cup soy sauce

coating

1 c GF flour
1 Tbsp cornstarch
1 Tbsp chicken seasoning
1 cup vegan buttermilk
2 cup GF cornflakes,
crushed

mango/habanero sauce

1 mango
1 habanero pepper
1 -2 garlic cloves
1 tsp paprika
2 Tbsp maple syrup
1 Tbsp white vinegar
1 Tbsp water
1 Tbsp soy sauce
½ Tbsp cornstarch
2 Tbsp water

dip

¼ cup plain vegan yogurt
2 Tbsp vegan mayo
½ tsp garlic powder
½ tsp onion powder
1 tsp apple cider vinegar
Salt to taste

Instructions

tofu

1. Drain the tofu and pat it dry with a paper towel to remove excess moisture.
2. Slice lengthwise into 4 equal pieces. If you want, carve them into chicken-breast shapes.
3. Place in a bowl or container, pour over the soy sauce, and marinate for at least 15 minutes while you make the sauce.

mango habanero sauce

1. Add the mango, habanero, garlic, paprika, maple syrup, vinegar, water, and soy sauce to a blender. Blend until smooth.
2. Pour into a small saucepan over medium heat. In a small bowl, mix the cornstarch and water into a slurry, then slowly whisk it into the saucepan. Cook for 2-3 minutes, stirring often, until the sauce thickens. Taste and adjust sweetness or saltiness. Let it cool completely.

coating

1. In a shallow bowl, mix the flour, cornstarch, and chicken seasoning. In another shallow bowl, crush the cornflakes with your hands until there are no large chunks.
2. Coat all the tofu pieces in the flour mixture. Then, pour the vegan buttermilk into the flour bowl and mix until there are no lumps.
3. Working one piece at a time, coat the tofu in the wet batter, then press firmly into the crushed cornflakes until fully coated.
4. Lightly spray with cooking oil. Air fry at 390°F (200°C) for 15–17 minutes, flipping halfway through, until golden and crispy.

dip

1. While the tofu cooks, stir together the vegan yogurt, vegan mayo, garlic powder, onion powder, apple cider vinegar, and salt until smooth.
2. Once the tofu is cooked, brush generously with the sauce until fully coated. Serve hot with the dip on the side and enjoy while crispy.

DOUBLE CHOCOLATE BANANA BREAD

Ingredients

Wet

2 ripe bananas, mashed
2 eggs
1/3 cup maple syrup
1/3 cup melted coconut oil
1 tsp vanilla

Dry

1 c GF flour
1/3 cup black cocoa powder
1/2 tsp baking powder
1/4 cup brown sugar

1 "egg": 1 Tbsp egg
replacement + 2 Tbsp warm
water

Instructions

1. Preheat oven to 350F and grease/line a loaf tin.
2. Add the wet ingredients to a mixing bowl and combine until uniform.
3. Add the dry ingredients and combine until a smooth batter forms.
4. Stir through the chocolate chips until evenly distributed.
5. Transfer batter to the loaf tin and bake for 50-55 min or until golden brown.
6. Let cool before slicing and enjoy!

NOTES

