

Dr. Greg's
SuperChefs
Cookery for Kids™

Holiday Recipe Book



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Banana Bread

*Online video demonstration available at

<https://www.superchefs.org/videos/superchefs-cookery-online-cooking-video-lessons/>

An easy treat to prepare for guests (such as Santa) who are visiting over the holidays.

Add extra ingredients such as chocolate, berries or use your imagination to make your banana bread your own!

Ingredients:

- Banana bread
- 3 mashed bananas
- 1 tsp baking soda
- 1 tsp baking powder
- 1 + 3/4 cup flour
- 1 egg
- 1/4 cup sugar
- 1/2 cup butter
- 2 tsp vanilla
- splash of milk (~ 2 tablespoons)

Directions:

1. Combine flour, baking soda and baking powder (for a fluffier bread, use a sieve)
2. Mash up bananas with the back of a fork
3. With a mixer (or wooden spoon) cream butter and sugar in a bowl
4. Add in 1 egg and mix
5. Use a whisk to add banana and vanilla extract into the wet ingredients and combine
6. Slowly stir 1/2 the wet ingredients into the dry, then splash in some milk (~a tablespoon),
7. Finish adding the remainder of the dry ingredients making sure to scrape the edges of the bowl to ensure all dry ingredients are fully combined
8. Once all combined, transfer into a baking tin
9. Bake for 45 - 1 hour, at 350°F.
10. Take a knife and dip into the tallest part of the bread, if the knife is clean, the baking is complete!



SuperChefs Sugar Cookies

Submitted by: Sophie Stone, SuperChefs

Here's a chance to get creative and bring out your favourite holiday cookie cutters, festive coloured royal icing and yuletide imagination to make your cookies a definite stopping place for the man in a red suit on Christmas Eve.

Ingredients:

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2 1/4 cups all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- Additional sugar



Directions:

1. Preheat oven to 350 degrees and line a cookie sheet with a silicone baking mat or parchment paper.
2. Cream butter, shortening and sugar together for 3-4 minutes, until light and fluffy.
3. Add egg and vanilla extract and mix until combined.
4. Combine dry ingredients in a separate bowl, then add to wet ingredients and mix until well combined. Dough will be very thick. You might need to use a spatula or your hands to help it all come together.
5. On a lightly floured surface and using smaller amounts of dough at a time, roll out dough to about 1/8 to a 1/4 inch. If you roll them out too thick, they may spread a little bit. If the dough sticks to the rolling pin, lightly sprinkle the top of the dough with flour.
6. Use cookie cutters to cut out cookies, then transfer to cookie sheet. (If you want to be completely sure that they don't spread, put them on parchment paper and freeze them for 7-8 minutes before baking)
7. Bake cookies for 6-8 minutes. Remove from oven just before they start to brown on the edges.
8. Allow cookies to cool for 4-5 minutes, then move to cooling rack to finish cooling.

Dr. Steve Howell's Peppermint Foam

Submitted by Dr. Steve B. Howell, NASA Astrophysicist

In this recipe, you will use mechanical energy and food chemistry to trap air bubbles in the cream, producing a fluffy and stable foam – whipped cream. The air bubbles you mix into the cream become coated with proteins from the cream and the stabilized trapped air makes a foam. The addition of cream of tartar changes the electric charge of the proteins, keeping them apart in the foam, increasing the lifetime of the trapped air bubbles.

Ingredients:

- 1 cup heavy cream – chilled
- 1 tsp peppermint extract
- 1 tbs sugar
- ¼ tsp cream of tartar



Directions:

1. Pre-chill a mixing bowl, metal (copper) is best but glass works too
2. Mix all the ingredients into the chilled bowl
3. Whip it, Whip it good. (using a whisk by hand, or an electric mixer)
4. After a 3–4 minutes (or 5–10 by hand) soft peaks will form in a stiff foam
5. Enjoy over fruit, on a piece of pie or on top of hot chocolate

The sugar is added for some sweetness but also as a stabilizer. Cream of tartar provides additional stabilization of the foam, a good addition if you plan to make your whipped cream ahead of time. Try the recipe again, but leave out the sugar and tartar, or substitute another food stabilizer, corn starch, for the sugar. How do these changes change the texture, longevity, and taste of the whipped cream

Grandpa's Favourite Shortbread

Submitted by Chef Vanessa Lee

My dad loves buttery shortbread so I love making these Christmas shortbread cookies with my kids as a Christmas gift to bring a smile onto grandpa's face. In turn, the boys feel so proud that they can involve themselves throughout the whole baking process.

The recipe is very forgiving because if you make a mistake or the dough gets too warm, simply gather the dough and place it in the fridge for an hour. You can roll again and restart the process. From our family to yours.

Ingredients:

- 1 cup of unsalted butter (room temperature)
- 2 tbsp of salted butter
- 2ml (1/2 tsp) fine sea salt
- 1/2 cup icing sugar
- 1/2 cup cornstarch
- 2 cups all purpose flour (take out 2 tbsp)
- 1/4 cup brown sugar (packed)
- 1/2 tsp vanilla extract



Directions:

Dough (can be made ahead of time)

1. Sift icing sugar, cornstarch and flour together 4 times
2. Cream butters and brown sugar until it is light and fluffy with a pale yellow colour.
3. Add in salt and vanilla extract to the butter, mix until incorporated
4. Add flour mixture to the butter mixture, 1/2 a cup at a time, mixing gently until flour is fully incorporated before you add the next 1/2 cup
5. Sprinkle the counter with flour and pour dough out. Begin kneading the dough until the dough is smooth in texture. Sprinkle with flour if the dough feels sticky.
6. Divide the dough into 4 discs. Wrap and rest the dough in the fridge for at least 1 hour.

Baking time

1. Preheat oven to 325F
2. Take chilled dough out, sprinkle counter very lightly with flour. Roll out the dough to around 1/4 inch thick.
3. Cut shapes with your favourite Christmas cookie cutters and place onto cookie sheet.
4. Sprinkle with Christmas sugar if desired
5. Bake for 6 minutes for small shapes, 11 minutes for large shapes or until the cookies are golden brown on the bottom (the edges should stay pale)

Struffilo Italian Honey Balls

Submitted by Lisa Kimmel, MS, RD, CD-N (Wellness at Yale)

My family has made this Italian sweet treat at Christmas time for as far back as I can remember. My Grammy and Poppy would call it a "labor of love" as they cut and fried hundreds of dough balls. Typically, the fried balls are covered with honey and sprinkles all at once and assembled into a dome or pyramid, but my family tops them with warm honey and sprinkles fresh "on demand" and puts them in individual cupcake holders (our way of portion control).

Ingredients:

- 7 cups flour
- 3 teaspoons fresh baking powder
- Pinch of salt
- 2 tablespoons Crisco
- 12 eggs
- 3 teaspoons vanilla
- Vegetable oil
- Deep fryer



Directions:

1. Sift flour.
2. Add all remaining dry ingredients to flour.
3. Blend the Crisco into flour mixture with your fingers.
4. Beat eggs and vanilla using electric mixer.
5. Put flour onto a large wooden board or counter and make a center well.
6. Pour egg mixture in gradually into the flour well and blend using your hands.
7. Continue until all egg mixture has been added to the flour. The mixture may be sticky. If so, add a few tablespoons of sifted flour and continue to knead the dough until air bubbles appear in the center.
8. Preheat about 3-4 inches of oil in the fryer at 350-400°F.
9. Divide the dough into two balls and refrigerate one of them while working with the other.
10. Cut off a small piece of dough and roll it out to a 1/2 - 3/4 inch rope.
11. Cut 1/4 inch pieces from the rope and put them in the fryer. Fry until golden.
12. Remove from fryer and place in doubled brown paper bags.
13. Top with warm honey and sprinkles and put in individual cupcake holders. (You can do this all at once or make them fresh in small batches).

Dr. Sandra Maduke's Family Gingerbread

Submitted by: Dr. Sandra Maduke (Maduke Bulat Orthodontics)

A family tradition in the Maduke family, this is the recipe for her gingerbread dough, as she made gingerbread men for years with her mother, and continues this tradition making gingerbread houses with her teenage kids.

Ingredients:

- 1 cup butter
- 1 cup brown sugar
- 1 egg
- 1 cup molasses
- 4 -4.5 cups flour
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1 tsp allspice

Directions:

1. Cream butter and sugar together until light and fluffy.
2. Add beaten egg and molasses.
3. Mix flour, baking soda, and the three spices in a separate bowl. Then add this mixture to the first bowl.
4. Roll out and cut into shapes with a cutter.
5. Baked on greased cookie sheet for 10 mins at 350 degrees.
6. Glaze and decorate !
7. (Glaze recipe - 1.5 cups icing sugar mixed with 2 tablespoons of milk).



Torta Rustica

Submitted by Dr. Greg

This recipe was taught to me by my first culinary instructor, Chef Glenys Morgan. This layered, predominantly vegetable creation adorns our Christmas brunch table every year as every bite full is a sheer delight.

Ingredients

- For a 10-12" Springform: 2 packages of puff pastry
- Filling:
- 2-3 bunches spinach washed
- 2 tablespoons olive oil
- 1 medium minced onion
- 2-3 cloves minced garlic
- 3 eggs, beaten
- 4 large red peppers, roasted and peeled or canned or in a jar
- 1/2 lb coarsely grated mozzarella
- 1 cup grated parmesan
- 1/2 lb sliced prosciutto, salami or spicy cappiocola
- 1 cup minced fresh herbs; basil, Italian parsley, thyme
- Bread crumbs for layering
- Beaten egg for the crust



Directions:

1. Divide the dough into 2/3 and 1/3 pieces. Roll the larger piece to fit the springform pan, extending the sides and to the outside of the pan by 1". Chill until needed. Roll the smaller piece into a round for the top and trim to the size of the pan. Chill until torta is filled.
2. Heat the olive oil in a skillet and cook the onion and garlic until translucent. Add the greens and cook until softened, the juices released and evaporated. When cool, pat dry and add the beaten eggs and stir together.
3. Begin to layer the torta in the pastry-fitted pan, remembering to alternate in colours and textures. Starting with layers of meat (or grilled vegetables for meatless version) then cheese, peppers, parmesan and spinach. Whenever a layer of egg/spinach is added, dust with bread crumbs before and after the layer to absorb extra moisture.
4. Whenever possible, finish with a layer of spinach and crumbs. Place a plate on top of the mixture, press down to set the layers.
5. Top with pastry round and fold in the 1" rim onto the top of the torta.
6. Brush with the glaze and bake in a preheated 375-400 F oven until golden brown, about 45 minutes.
7. Cool until warm before slicing or serve at room temperature.

Classic Warm Spinach Dip

Submitted by Chef Robert Bartley

This recipe is contributed by Chef Robert Bartley, Executive Chef of the Vancouver Canucks- who should know a thing or two about entertaining hungry Canuck fans during the holidays!

Ingredients:

- 1 jar marinated artichokes – very well drained and chopped
- 1 box frozen chopped spinach – thawed and very well drained
- 2 TB minced garlic
- 3 TB mayo
- 1 TB Sriracha sauce
- Salt & pepper
- 2 cups shredded cheese – mix of mozzarella, provolone, parmesan, fontina + asiago
- ½ cup whipping cream

Directions:

1. Mix all ingredients together in a mix master – except whipping cream.
2. Add in whipping cream until smooth.
3. Bake at 325F for 15 min
4. Serve with crackers, veggies or flatbread.



Holiday Eggnog

Submitted by BC Egg

Serves: 10

Prep time: 10 Minutes

Cook time: 15 Minutes

Ingredients:

- 6 eggs
- 1/3 cup (75 mL) liquid honey or sugar
- 1/8 tsp (0.5 mL) salt
- 4 cups (1 L) whole milk, divided
- 1 tbsp (15 mL) vanilla extract
- Optional flavourings (see Notes)



Directions:

1. Whisk eggs, honey and salt in large saucepan.
2. Gradually add 2 cups (500 mL) milk.
3. Cook and stir over medium-low heat until mixture coats back of spoon, 12 to 15 minutes. (Do not let mixture boil.)
4. Pour into large heatproof bowl; stir in remaining milk and vanilla. Place bowl in ice water, stirring frequently, until mixture is cool, about 15 minutes.
5. Cover and refrigerate for at least 3 hours.
6. When ready to serve, whisk in flavouring, if desired.

Eggnog may be covered and stored in the refrigerator for several days. To serve, keep bowl of eggnog on ice and serve within two hours.

For creamy eggnog, fold in 2 cups (500 mL) whipped cream or whipped topping.

Notes:

Try adding these flavouring suggestions to prepared, cooled eggnog:

- Stir in 1/2 to 1 cup (125 to 250 mL) rum or brandy or a combination of both.
- Stir in 1-1/2 tsp (7 mL) instant coffee granules dissolved in 1 tbsp (15 mL) hot water or 1 to 2 tsp (5 to 10 mL) rum extract.
- Stir in 2 cups (500 mL) softened vanilla ice cream and blend with whisk or mixer.
- Replace half of the milk with Amaretto, French Vanilla or Irish Cream flavoured dairy blend for coffee.

UBC Holiday Ponderosa Cake

SuperChefs has had an ongoing partnership with UBC Dentistry Development for many years. Dr. Greg is an alumnus of UBC Dentistry, runs an inter professional program between the Faculty of Dentistry and Land & Food Systems, and also hires many UBC students to run the Summer SuperChefs Camp programs. So it is fitting we include an age old UBC recipe in our holiday collection. This recipe was developed in the 1960s, back when UBC's bakeshop was located in the old Ponderosa building. Oak House in Ponderosa Commons stands on the same site today. The majestic old ponderosa tree that gave its name to the buildings and the cake still stands in the courtyard at Oak House.

Ingredients:

- 1 cup (250ml) butter
- 2 cups (500ml) sugar
- 2 eggs, beaten
- 1 tsp (5ml) vanilla
- 3 medium ripe bananas
- 3 cups (750ml) flour
- 2 tsp (10ml) baking powder
- 2 tsp (10ml) baking soda
- 1 cup (250ml) sour cream
- 1 tsp (5ml) cinnamon
- ½ cup (125ml) brown sugar
- 1 ½ cups (375ml) chocolate chips

Yield: 18 Large Servings

Directions:

1. Preheat oven to 350°F (180°C).
2. Cream together butter and sugar.
3. Add beaten eggs and beat until smooth.
4. Add vanilla and bananas; mix until smooth.
5. Sift flour, baking powder and baking soda, add to banana mixture alternately with sour cream, ending with dry ingredients.
6. Pour half the batter into greased 9×13-inch (22x32cm) pan.
7. Combine cinnamon and brown sugar. Sprinkle half of this mixture over the batter in pan. Top with half of the chocolate chips.
8. Repeat layers.
9. Bake for 45 to 50 minutes.
10. Remove from the oven and allow to cool before slicing into large squares.
11. Dust with icing sugar for holiday snow effect and garnish with holly or sprig of West Coast Fir



White Christmas Dream Drops

Submitted by: Sheila Crye

Chef Shiela Crye has been teaching cooking in Maryland since 1998, and is an active member of Les Dames d'Escoffier, teaches youth in her Young Chefs program, and is section head of the IACP Cooking Schools and Teachers Section. Shiela was the first person (and one of the nicest) Dr. Greg met at his first IACP Conference, where she also was former Section Head of IACP's Kids in the Kitchen, as they both share a passion for passing on cooking skills to youth everywhere.

Unlike traditional meringues, which are crisp all the way through, these are still chewy on the inside, like mini pavlovas—but with white chocolate chips and plenty of peppermint. For an elegant touch, dip the edges in melted dark chocolate

Ingredients:

- 2 large egg whites, at room temperature
- 1/8 teaspoon cream of tartar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 3/4 cup sugar
- 1 cup white chocolate chips
- 1/3 cup plus 1 1/2 tbsp. coarsely crushed peppermint candies

Directions:

1. Preheat oven to 250°. Beat egg whites and cream of tartar in a deep bowl with a mixer, using whisk attachment if you have one, just until soft peaks form. Add vanilla and salt. With motor running and mixer on high speed, pour in 1 tablespoon sugar and beat 10 to 15 seconds, then repeat until all sugar has been added. Scrape inside of bowl and beat another 15 seconds. At this point, meringue should form straight peaks when beaters are lifted. Fold in chocolate chips and 1/3 cup candies with a flexible spatula.
2. Line 2 baking sheets with parchment paper, using a bit of meringue at corners as glue. Using a soup spoon, drop meringue in rounded 1-tbsp. portions slightly apart onto sheets, scraping off with another spoon. Sprinkle with remaining 1 1/2 tbsp. candies.
3. Bake until meringues feel dry and set when touched but are still pale, 30 to 35 minutes, switching pan positions halfway through. Turn off oven, open door, and let cookies stand about 10 minutes. Let cool on pans.

Make ahead: Up to 2 days, stored airtight.

Carrot Pudding

Submitted by: Linda Annis- Councillor, City of Surrey

One highlight of our big family Christmas dinner at our house was my grandmother's Carrot Pudding. As a farm wife, she had to use the seasonal foods available in winter. It was delicious. The indulgence as the lemon said. They used to use rum, but for the kids lemon was healthier. The Carrot pudding was similar to Plum pudding, but for my grandmother plums were not in season. Her carrot puddings were a huge hit, even with the kids table located some feet away from the grownups. We were not usually keen on veggies, but this pudding was hardly having to eat your veggies.

Ingredients:

- 1/2 c shortening
- 1 cup of white sugar
- 1-1/2C all purpose flour
- 1 tsp. Baking soda
- 3/4 tsp Salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1/2 tsp ground cloves
- 1 c carrots
- 1 c raisins
- 1 c chopped walnuts
- 3/4 c white sugar
- 1-1/2tsp cornstarch
- pinch of salt

- 1-1/4 c hot water
- 3-1/2 tsp. Butter
- 3-1/2 tsp lemon juice
- 1-1/2 tsp. Vanilla extract

Directions:

1. In a large bowl, cream together the shortening and 1 cup of sugar until light and fluffy. Combine flour, baking soda, salt, cinnamon, nutmeg and cloves; stir into the creamed mixture until well blended. Stir in carrots, raisins and chopped walnuts. Pour into a well greased pudding mould. Cover and top with aluminum foil.
2. Place the pudding mould into a Dutch oven filled with 2 inches of water. Cover pan and bring to a simmer. Allow the pudding to steam for 4 to 4.5 hours over low heat. Remove the mould. Service with warm lemon sauce.
3. To make lemon sauce, mix together 3/4 cup of sugar, cornstarch and salt in a saucepan. Stir in hot water, butter, lemon juice and vanilla. Cook over medium heat until thickened. Serve warm over the pudding.



Gambas de Palamós al ajillo

(Red prawns with garlic)

Submitted by: Jaume Brichs- Private/Corporate Chef, Barcelona Spain

"The way to celebrate the holidays in traditional style in Catalunyan area is having appetizers as iberic ham, prawns in garlic , bread with tomato, anchovies...

After that we have a broth made with pork, chicken, cabbage, sausage, beans, vegetables....called "Escudella" with pasta.

As a second course comes all that ingredients from the broth in a plate and also in the case of my family my mother likes to serve at the very end "Chicken farm raised with prunes, apricots and pine nuts.(sometimes with parsnips too. I like it that way)" As a dessert we have catalan cream or nougat."

Here I share the recipe of our prawns in garlic with you!

Ingredients:

- 8 prawns
- 2 cloves garlic (slices)
- cayenne pepper
- extra virgin olive oil
- salt and pepper

Directions:

1. Heat the olive oil in the pan
2. Add the garlick slices
3. Fry them with cayenne pepper
4. Add the prawns, salt and pepper
5. Let them cook just one side.
6. Cover and cook 2 minutes
7. Serve in the same pan



Thank you to our recipe contributors:

- Sophie Stone, SuperChefs
- Dr. Steve B. Howell, NASA Astrophysicist
- Chef Vanessa Lee
- Lisa Kimmel, MS, RD, CD-N (Wellness at Yale)
- Dr. Sandra Maduke (Maduke Bulat Orthodontics)
- Dr. Greg/Chef Glenys Morgan
- Chef Robert Bartley, Executive Chef of the Vancouver Canucks
- BC Egg Marketing Board
- UBC
- Sheila Crye
- Linda Annis- Councillor, City of Surrey
- Jaume Brichs

And to our partners:



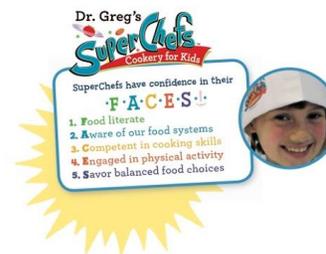
About SuperChefs

SuperChefs is an entertainment lifestyle private company which has a non-profit arm called **Dr. Greg's SuperChefs Cookery for Kids**, headquartered in Vancouver, British Columbia and Manhattan New York. SuperChefs is guided by international experts in the healthcare, culinary, entertainment and academic world to improve the health and wellbeing of children worldwide. Our pillars help children put on their best **FACES**: Food literacy, Aware of their food systems, Competent in cooking skills, Engaged in physical activity and Savour balanced food choices.

SuperChefs founder is Dr. Greg Chang, a dentist/chef/clown that uses food to connect the dots between oral health and overall wellness. SuperChefs Entertainment Inc. owns the SuperChefs brands, including **The Super Chefs of the Universe**, a program designed for younger children aged 4-8 years with a 'super hero' theme. The SuperChefs, Mira, Spicer, Coco, Potpan, Wrapper and Mixer try to save kids from the evil Deep Fry and his gang of fast food fiends.

Dr. Greg's SuperChefs Cookery for Kids program is an award winning cooking program designed for kids 8-12 years where "Kids get Cookin'". These non-profit programs run in schools, community centres, resorts, summer camps and culinary events across North America. SuperChefs has partnered with local (Surrey School District, University of British Columbia), National (International Association for Culinary Professionals, Canadian Dental Association), and Global Partners (Westin Hotels and Resorts- Kids Eat Well Program) to make an impact on kids' health all over the world.

For more information: www.superchefs.org



Culinary Events
<https://www.youtube.com/watch?v=KqBGZN05L64>



Kids Cookery programs
<https://www.youtube.com/watch?v=LTU0uLan-QM>



University Programs
<https://www.youtube.com/watch?v=Jnwe37QIWnY>



Healthy Children's Menus
<https://www.youtube.com/watch?v=xuGPT-TKvCA>



Our History:
<https://www.youtube.com/watch?v=RxoW4NNMD2A>

