

Cooking Series Patch Program



Have you ever eaten a meal and wondered how it was made? Completing the Cooking Series patch program is the perfect opportunity to learn cooking basics. Follow along with local chefs where you'll receive a delicious lesson in preparing recipes including Guacamole, Mexican Lasagna, Drop Biscuits, White Chicken Chili, and Cheesecake. Complete each recipe individually or plan a day to prepare a full meal that will impress the whole family! Make sure to have an adult nearby when working with knives and kitchen appliances.

Steps to Earn Your Cooking Series Patch & Charms

1. Complete all 5 recipes.
2. [Order your patch set!](#)

Cooking Tips

- Print out your recipes. Handling your phone during cooking is bad both for your dish and your phone.
- Read the recipe in its entirety before starting.
- Prep ingredients ahead of time.
- Prep workspace - start with clean surfaces, equipment, and hands.
- Keep things tidy as you go along cooking.
- Measure all the ingredients.
- Pre-heat your pans and pots.
- When using the stove, turn pan handles to the side to avoid knocking the pan on the floor.

Guacamole

12 Servings

Directions

1. Wash, cut, pit, and peel avocados.
2. Dice avocados and transfer to large bowl.
3. Finely dice the garlic and add to avocados.
4. Sprinkle avocados with salt, lime juice and olive oil.
5. Mash everything together with a potato masher or fork until mostly smooth (some chunks are fine).
6. If using freezer bags, fill bag with about 1 1/2 cups of guacamole. Squeeze air out, zip bag shut, flatten and place in the freezer on a cookie sheet.
7. If using mason jars or other freezer container, fill with about 1 1/2 cups guacamole and smooth the surface to make it even. Cover with a thin layer of olive oil to prevent browning.
8. To use, thaw the guacamole overnight in the fridge. To speed up thawing, place bag/jar/container in cool to room temperature water for about 30 minutes.
9. Transfer guacamole to serving bowl and mix well.
10. If desired, chopped cilantro, jalapeño peppers, tomatoes or onions can be added just before serving.

Follow along with Chef Ellen starting at the 14:24 mark.



Ingredients

- 12 avocados
- 8 garlic cloves, minced
- 3 tablespoons lime juice, fresh, or bottled
- 2 tablespoons olive oil
- 1 tablespoon salt

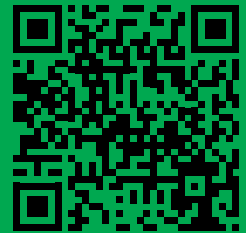
Mexican Lasagna

8 Servings

Directions

1. Heat skillet to medium/high.
2. Add oil and turkey/beef, break down turkey and start to brown.
3. Add pepper, green chile, onion and saute for 5-7 minutes, until turkey is cooked through.
4. Season with taco seasoning and add tomatoes, stir well.
5. In a 9x13 pan, put a thin layer of sauce, and top with a corn tortilla.
6. Add 1/2 of meat mixture, and 1/2 of corn and beans mixed.
7. Top with 1/2 cup cheese and repeat layers.
8. Bake in oven on 350 degrees for 15 minutes or until cheese is melted and browned.

Follow along
with Chef Ellen.



Ingredients

- 2 tablespoons olive oil
- 1 cup bell pepper
- 1 1/2 tablespoons green chile
- 1 cup onion chopped, sweet
- 1 1/2 lbs lean ground turkey or beef, 90/10
- 15 ounces can crushed tomato
- 2 tablespoons taco seasoning
- 15 ounces kernel corn, can drained
- 15 ounces black beans low sodium, can drained
- 2 cups shredded cheese, (Cheddar, Cheddar blend, etc.)
- 12 corn tortilla

Drop Biscuits

20 Servings

Directions

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper; alternatively, grease the baking sheet with butter.
2. In a large bowl, whisk together flour, baking powder, and salt.
3. Toss butter into dry ingredients until coated with flour. Working quickly, using your fingers or a pastry blender, rub or cut butter into flour until it resembles coarse meal. Alternatively, add flour mixture and butter to the bowl of a food processor and pulse 2 to 3 times to form pea-sized pieces; transfer to a large bowl.
4. Add milk and stir with a fork until the mixture just comes together into a slightly sticky, shaggy dough.
5. For small biscuits, use a teaspoon or a small cookie scoop to mound walnut-sized balls of dough onto prepared baking sheet. For large biscuits, use a 1/4-cup measuring cup to mound balls of dough onto prepared baking sheet.
6. Bake biscuits until golden brown, about 15 minutes for small biscuits and 20 minutes for large ones. Let cool slightly, then transfer to a wire rack. Serve warm or at room temperature.

Follow along with
Chef Ellen.



Ingredients

- 1 1/2 cup all-purpose flour
- 1/2 tablespoon plus 1/2 teaspoon baking powder
- 1 teaspoon kosher salt, for table salt use half
- 1/2 cup unsalted butter, cold, cut into 1/4-inch cubes and refrigerated
- 3/4 cup whole milk

White Chicken Chili

8 Servings

Directions

1. Prep vegetables by dicing onion and peppers.
2. Cut chicken into bite-sized chunks.
3. Place stock pot on medium heat and place small amount of oil in pan.
4. Add diced chicken to pan and add and pepper.
5. Add chili powder and cumin to chicken and stir.
6. Add diced vegetables to stock pot with chicken.
7. Add green chilies to stock pot.
8. Add vegetable stock and heat.
9. Add half and half and reduce heat to simmer until chicken is cooked through and vegetables are tender.
10. Add beans and stir.
11. Add shredded cheese and stir until cheese is melted.

Follow along with Chef Ellen starting at the 8:45 mark.



Ingredients

- 1 lb can of cannelli (or another favorite) beans
- 1 yellow onion
- 3/4 cup chicken broth
- 2 cups half and half,
- 1/2 Tbsp chili powder
- 1 tsp cumin
- 1/2 tsp salt
- Pepper to taste
- 4 oz green chilies, cans
- 2 lbs chicken breast (can use rotisserie chicken if in a hurry)
- 1 1/2 cups Monterey Jack cheese, Colby and blend
- 1 red bell pepper
- 1 yellow bell pepper
- 1 orange bell pepper

Cheesecake

6 Servings

Directions

1. Heat oven to 350 degrees Fahrenheit. Spray 6" cake pan or springform pan with food spray. Line the bottom of the pan with parchment. If using a springform pan, wrap foil around the outside to stop any water from seeping into the crust while baking the filling.

To make the crust:

2. Combine finely crushed crumbs with melted butter and firmly press into bottom of pan.
3. Bake 10 minutes at 350 degrees Fahrenheit.

To make the filling:

4. Place a pan larger than your cheesecake pan in the oven. Your cheesecake will bake in this pan with some water to help prevent the top from cracking.
5. Next, cream together the softened cream cheese, sugar and vanilla extract by beating them in a bowl with an electric mixer or stand mixer until smooth.
6. Add the milk and beat in until completely incorporated into the cream cheese mixture. Add eggs one at a time and combine until you can see no more yellow from the yolks from each egg before adding the next egg. Add sour cream and combine well.
7. Scrape down the sides of the bowl and mix again until lump-free and all the ingredients are completely mixed in. Add pumpkin 7.5 ounces (half a 15-ounce can) of pumpkin puree or 1/2 to 1 sleeve of finely crushed Oreos and mix in until completely mixed together.
8. Pour the filling over baked crust. If you're making a fruit swirl flavor, spoon 3 ounces (6 tablespoons) of thawed or fresh, chopped fruit over the top of the filling and swirl with a knife (flavors that work well: blueberry, raspberry, or strawberry).
9. Place your filled cheesecake pan in the pan in the oven, then pour water into the bigger pan with warm water until it comes up about halfway up the cheesecake pan. Bake your cheesecake for 48 minutes. Check the wobble when the timer goes off. If it still looks like water or very wiggly, bake an additional 10 minutes. Bake until firm but still wiggles a little bit in the center - like Jell-O. Turn heat off and let sit in oven for an additional 15 minutes in the oven. Remove from oven and cool at room temperature for 45 minutes. Place in fridge for at least 45 minutes before serving, or overnight.

Follow along
with Chef Marianne.



Ingredients

Crust

- 5 ounces (2/3 cup) graham cracker crumbs
- 3 ounces (6 tablespoons) unsalted butter, melted

Chocolate crust option

- 1 sleeve Oreos (2/3 cup), finely crushed
- 2 ounces (4 tablespoons) unsalted butter, melted

Filling

- 16-ounce package of full-fat cream cheese, softened
- 5.3 ounces (just a bit over 2/3 cup) granulated sugar
- 2 ounces (1/4 cup) whole milk
- 4 ounces (1/2 cup) full-fat sour cream
- 2 large eggs
- 1 teaspoon vanilla extract