

Cooking Camp 2021



Around the World

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My Kitchen Prayer

Bless my little kitchen, Lord,
I love its every nook,
And bless me as I do my work,
Wash pots and pans and cook.
May the meals that I prepare,
Be seasoned from above,
With Thy blessing and Thy grace,
But most of all Thy love.
As we partake of earthly food,
The table Thou hast spread.
We'll not forget to thank Thee Lord,
For all our daily bread.
So bless my little kitchen, Lord,
And those who enter in;
May they find naught but joy and peace, and happiness therein. Amen

Slow-Roasted Shoulder of Lamb with Herb Dumplings

Serves 4-6

Ingredients:

2 large carrots, cut into thin sticks
1 onion, sliced
3 ¼-pound bone-in shoulder of lamb
2-3 fresh bay leaves
1 sage sprig
Small bunch parsley
Salt and pepper
2 ½ cups meat stock

Herb-flavored dumplings

1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
¼ teaspoon black pepper
1 ½ tablespoons finely chopped fresh parsley
1 ½ tablespoons finely chopped fresh mint or herb of your choice
2 tablespoons lightly salted butter
1 egg
2 tablespoons milk

Directions:

1. Preheat the oven to 450°F. Scatter the carrots and onion over the bottom of a roasting pan slightly larger than the meat. Place the meat on top, tucking the herbs underneath. Season with salt and pepper, then pour in enough stock to not quite cover the vegetables.
2. Cover the pan with thick aluminum foil, sealing the edges well. Roast in the preheated oven for 20 minutes, then reduce the heat to 325°F and roast for an additional 3 hours.
3. To make the dumplings, sift the flour, baking powder, and salt into a bowl. Mix in the black pepper and herbs. Rub in the butter until the mixture resembles coarse bread crumbs. Beat together the egg and milk in a pitcher, then stir into the flour mixture to make a soft, slightly sticky dough.
4. With floured hands, divide the dough into 12 pieces and roll into balls. Drop into a large saucepan of boiling salted water. Partially cover and cook for 15 minutes. Using tongs, gently lift the dumplings into a colander and let drain for a few minutes. Transfer to a plate until needed.
5. Just before the meat is ready, heat the remaining stock in a small saucepan. Remove the meat from the oven and open up the foil. Arrange the dumplings around the meat and pour in the hot stock. Reseal the foil and roast for another 15 minutes.
6. Transfer the meat to a warm platter and discard the herbs. Arrange the dumplings and vegetables around the meat. Strain the juices into a pitcher and serve the meat.

White Soda Bread

Ingredients:

4 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

14 ounces buttermilk

Directions:

1. Preheat the oven to 425°F .Lightly grease and flour a cake pan.
2. In a large bowl sift and combine all the dry ingredients.
3. Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead.
4. Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.
5. Cover the pan with another pan and bake for 30 minutes. Remove the cover and bake for an additional 15 minutes. The bottom of the bread will have a hollow sound when tapped to show it is done.

Note: Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Kjottsuppe (Vegetable Meat Soup)

Ingredients:

2 pounds soupmeat or chuck roast	Salt and pepper
2 carrots, cut into chunks	1 marrow bone
2 celery stalks, cut into chunks	½ small cabbage (cut up)
2 medium onions, sliced	4 quart water

Directions:

Cook meat in water with marrow bone about 2 hours. Add vegetables and cook 1 hour longer. Test vegetables to make sure they are tender.

Dumplings

Ingredients:

3 tablespoons butter or margarine	2 tablespoons sugar
1/3 cup flour	1 teaspoon salt
¾ cup milk	½ teaspoon cardamom
1 egg	

Directions:

Melt butter in saucepan. Stir in flour, then milk. Cook over low heat until thick. Take off heat, beat in 1 egg, salt, sugar, and cardamom. Drop 2 or 3 spoonfuls into each soup plate or drop by spoonful into soup and let simmer for approximately 5 minutes.

Stuffed Pork

Ingredients:

- 2 ¼ pounds bone-in pork loin chops
- 3 tomatoes, sliced
- 2 onions, sliced
- ¾ cup shredded Gouda cheese
- 1 clove garlic, crushed
- Salt and freshly ground black pepper
- 3 tablespoons prepared yellow mustard

Directions:

1. Preheat oven to 350°F.
2. Cut pork into ¼-inch slices lengthwise, stopping ½-inch from the bottom, so it can fan out like a book. Stuff tomatoes, onion, and Gouda cheese in between the slices.
3. Combine garlic and salt in a bowl, then stir in mustard and pepper. Spread mixture all over the pork. Press pork slices firmly together and wrap in aluminum foil.
4. Bake for 1 hour 30 minutes. Uncover and continue baking until nicely browned, about 30 minutes more.

Russian Black Bread

Ingredients:

1 ½ cups water	1 tablespoon brown sugar
2 tablespoons cider vinegar	3 tablespoons unsweetened cocoa powder
2 ½ cups bread flour	1 teaspoon instant coffee granules
1 cup rye flour	1 tablespoon caraway seed
1 teaspoon salt	¼ teaspoon fennel seed
2 tablespoons margarine	2 teaspoons active dry yeast
2 tablespoons dark corn syrup	

Directions:

1. Combine all ingredients in a mixing bowl. Use a bread hook (if available) to mix. (You can also use a food processor.) Mix until all ingredients are thoroughly combined together. Dough will be sticky.
2. Pour out onto a floured surface and knead lightly.
3. Place dough in a greased bowl and cover with a dish towel.
4. Let rise for at least 2 hours or when it is doubled in size.
5. Remove from bowl, lightly knead again and form into a flat ball.
6. Place on a baking sheet. Bake at 375oF for 35-40 minutes or until the bread sounds hollow when you tap it on the bottom.

Stuffed Shells

8 servings

Ingredients:

12 ounces jumbo pasta shells
Kosher salt
2 large egg yolks
1 large egg
2 cups whole-milk fresh ricotta
3 ounces Parmesan, finely grated, plus more for serving
¼ cup finely chopped parsley
8 ounces low-moisture mozzarella, coarsely grated, divided
Freshly ground black pepper
3 cups ***Classic Marinara Sauce***, divided (*recipe on next page*)
Dried oregano and olive oil (for serving)

Directions:

1. Preheat oven to 375°F. Cook shells in a large pot of boiling salted water, stirring occasionally, until very al dente; drain. Run under cold water to stop the cooking and drain again.
2. Lightly whisk egg yolks and egg in a large bowl. Stir in ricotta, Parmesan, parsley, and 1 ½ cups mozzarella; season with salt and pepper. Transfer filling to a large resealable plastic bag.
3. Spread 1 ½ cups marinara sauce in a 13x9" baking dish. Snip off 1 end of plastic bag and, working one at a time, squeeze filling into shells, arranging them in a single layer in baking dish as you go. Top with remaining 1 ½ cups marinara sauce and remaining mozzarella. Cover pan tightly with foil and bake shells until sauce is bubbling throughout, 35-40 minutes. Let rest 5 minutes.
4. Carefully move rack to top of oven and heat broiler. Uncover pasta and broil until lightly browned on top, about 2 minutes. Sprinkle with oregano and more Parmesan and drizzle with oil.

Do Ahead: Pasta can be baked 3 days ahead. Let cool; cover and chill. Reheat, covered, at 375°.

Classic Marinara Sauce

Makes about 5 cups

Ingredients:

¼ cup olive oil
1 small onion, finely chopped
4 garlic cloves, thinly sliced
2 sprigs basil
2 28-ounce cans whole peeled tomatoes
Kosher salt, freshly ground pepper

Directions:

1. Heat oil in a medium heavy pot over medium. Cook onion, stirring occasionally, until very soft, 8-10 minutes.
2. Add garlic and cook, stirring occasionally, until very soft, about 5 minutes; stir in basil.
3. Add tomatoes, crushing with your hands as you go; season with salt and pepper and bring to a simmer.
4. Reduce heat; simmer gently, stirring occasionally, until sauce is thick, about 1 hour.
5. Season with salt and pepper. Let cool.

Do Ahead: Sauce can be made 1 week ahead. Cover and chill, or freeze up to 3 months.

Chicken Chili Verde

Ingredients:

3 lbs. Boneless chicken breasts cut into 1-inch cubes
4 medium carrots, sliced
1 medium onion, thinly sliced
4 garlic cloves, minced
3 tablespoons canola oil
1 can (28 ounces) green enchilada sauce
1/4 cup cold water
2 jalapeno peppers, seeded and chopped
1 cup minced fresh cilantro
Hot cooked rice
Flour tortillas, warmed

Directions:

1. In a large skillet, saute the chicken, carrots, onion and garlic in oil in batches until chicken is browned.
2. Transfer to a 5-qt. slow cooker.
3. Add the enchilada sauce, water, jalapenos and cilantro.
4. Cover and cook on low for 6 hours or until meat is tender.
5. Serve with rice and tortillas.

Pinto Beans

Ingredients:

1 lb dried pinto bean

4 slices bacon or 4 slices salt pork

salt

pepper

½ teaspoon garlic powder

2 quarts water

½ teaspoon onion powder

½ teaspoon cayenne pepper

Directions:

1. Clean beans and wash well with water.
2. Put beans in large pot, add water.
3. Bring beans to boil and let boil for 1 hour.
4. Check closely, as beans cook, you will probably need to add more water.
5. Run tap water until very hot before adding to beans.
6. Add bacon pieces and cook another 45 minutes.
7. Add spices and reduce heat to low and cook another 20 to 25 minutes.

Taco Seasoning

Ingredients:

2 ½ tablespoons chili powder

1 ½ tablespoons paprika

2 tablespoons cumin, we love cumin- feel free to adjust to your taste

2 teaspoons oregano, preferably Mexican oregano

1 tablespoon garlic powder

1 ½ tablespoons onion flakes (minced dried onion) or 1 1/2 tablespoons onion powder

½ teaspoon cayenne pepper, omit if you like it mild and increase if you like it spicier

1 teaspoon salt, adjust for your taste the salt helps to keep it fresh when storing

Directions:

1. Mix all spices together.
2. Store in airtight container. Will keep for 6 months to a year.
3. 7 teaspoons of this spice mix is the equivalent of one 1.25 oz packet of store bought taco seasoning. This recipe makes the equivalent of 4 spice packets.
4. To make tacos- mix 7 tsp (or 2 T and 1 t) to 1 pound ground meat that has been browned and drained of fat. Add ¾ cups water and stir to blend. Cook until water has evaporated.

Churros

4 servings

Ingredients:

1 cup water

2 ½ tablespoons white sugar

½ teaspoon salt

2 tablespoons vegetable oil

1 cup all-purpose flour

2 quarts oil for frying

cup white sugar, or to taste

1 teaspoon ground cinnamon

Directions:

1. In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.
2. Heat oil for frying in a deep fryer or deep pot to 375 degrees F (190 degrees C). Pipe 5- to 6-inch strips of dough into the hot oil using a sturdy pastry bag fitted with a medium star tip. Do not overcrowd the oil. Fry until golden; drain on paper towels.
3. Combine 1/2 cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.

