



SURREY CHRISTIAN SCHOOL
EDUCATING FOR WHOLENESS



the

Foods 11/12 Quarantine

cook
book

A Note from the Teacher:

I am thrilled to present you with this cookbook. As we navigated how to have Foods class while everyone was working from home, we decided that the best use of our time was to create a cookbook for our SCS community. Students designed these recipes themselves, cooked them for their families and photographed them for this book. We hope that you find these recipes delicious, healthy and quick to prepare. We have designed them with pantry staples in mind, so you shouldn't have to make an extra trip to the grocery store. The students have also included some reflections about life lessons they have learned while cooking and eating together with family and friends. We hope that these thoughts and recipes will inspire you and help you gather around to share a meal with those you love.

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Easy Chili Recipe

By Beauty D.

Chili is one of the most quick and simple dinner recipes to make that the whole family will enjoy!

prep and cook time
40 minutes

serves
6 people

things you need

- 1 tbsp olive oil
- 4 cloves garlic, minced
- 1 onion, diced
- 1 lb lean ground beef
- 2 ½ tbsp chili powder
- 2 tbsp cumin
- 2 tbsp sugar
- 1 tbsp paprika
- 1 ½ tsp salt
- ½ tsp black pepper
- 1 tbsp oregano
- 1 tbsp basil
- 2 tbsp tomato paste
- 1 bell pepper, seeded and diced
- 1 (8 oz.) can tomato sauce
- 1 (15 oz.) can diced tomatoes
- 1 (16 oz.) can dark red kidney beans, drained and rinsed
- 1 1/2 cups beef broth

here's how

- 1 Turn on heat to medium-high and place a large pot on the stove. Add in olive oil, garlic, and diced onions. Cook for 5 mins or until caramelized.
- 2 Add the ground beef and chili powder into the pot. With a wooden spoon, break the beef apart and mix. Cook for 8 mins or until browned. Drain fat.
- 3 Add in the cumin, sugar, paprika, salt, black pepper, oregano, basil, and tomato paste. Mix with wooden spoon.
- 4 Add in the bell pepper, tomato sauce, diced tomatoes (with juice), dark red kidney beans (drained/rinsed), and beef broth.
- 5 Bring to boil, then lower heat to medium-low. Let it simmer for 25 mins, uncovered.
- 6 Remove pot from heat and enjoy!

My life lesson from cooking:

Holiday dinners always comes to mind when I think about generosity, compassion, and togetherness. Christmas, Thanksgiving, and Easter is a big deal in my household. This is when my family and friends are brought together to enjoy a big meal and really communicate. In this time period, my family and I join forces to create something delicious. By doing this, we can connect and learn. Our holiday dinners are always very entertaining, hilarious, and not to mention delectable.

My family has a lot of different little traditions that we do for Christmas. For one, we have to dress up in matching Pajamas. My mom goes all out on Christmas eve and makes a lot of different dishes such as baked mash cheesy potatoes, lasagna, Scotch eggs, green beans, stuffing, and of course turkey. Every time that we open the kitchen door, we can smell the different kinds of herbs and spices on the turkey baking away in the oven, which makes us be desirous of it. A few Christmas' ago our neighbors joined our family for Christmas Eve and Christmas. " So glad to have you here," my mom expressed as she opened the door. We had such a great time and we enjoyed each other's company, although we had a minor problem. As we were taking the turkey out of the oven, our neighbor made the mistake of accidently dropping the turkey. "Oh no!" she said. Even after that mishap, we laughed about it and sat down and had a really fun time and I still mark that day as one of the best Christmas ever. This event taught me that the connection of people is what truly matters in life.



Chicken Fajitas

By Emily D.

These are very simple and use common ingredients most people have in their kitchen all the time. They are very easily adapted to whatever ingredients you have. You can add various toppings and spices, or eat them without any toppings and they are delicious either way!

prep and cook time

30 minutes

serves

5-7 people

things you need

- 500g (or about 3-4) boneless, skinless chicken breasts
- 3 bell peppers
- 1 medium onion

- 4 tbsp canola oil
- 2 tbsp lemon or lime juice
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/4 tsp pepper
- 1/4 tsp salt
- 1/2 tsp crushed red pepper flakes (optional)
- 1 tsp minced garlic or garlic powder (optional)
-
- 6-8 tortilla wraps
- Optional toppings: Sour cream, salsa, guacamole, cheddar cheese

here's how

- 1 Combine 2 tbsp oil, lemon juice, cumin, chili powder, onion powder, paprika, pepper, salt, red pepper flakes and garlic.
Use the remainder of your oil to coat the bottom of the pan. Add chicken and spices to the pan and cook until chicken is no longer pink.
- 2 Slice chicken into bite size strips and add to mixture. Let the chicken sit and marinate as you prepare your other ingredients.
- 3 Cut your onion and peppers into slices.
Use 1 tbsp of oil to coat the bottom of a pan. Fry onions and peppers on medium-high heat, stirring them often until they are tender.
Remove onions and peppers from the pan.
- 4 Return the onions and peppers back into the pan with the chicken and cook until hot.
- 5 Serve over tortillas.
- 6 Optional: Add toppings such as sour cream, salsa, guacamole, or grated cheddar cheese.

My life lesson from cooking:

My family gathers at the table to eat dinner together every night. Usually we spend time talking about our days, although some nights when we're in a rush we simply eat quickly and carry on, but we always make sure to eat together. On holidays such as Christmas, Thanksgiving and Easter we cook a meal and eat with our whole extended family, and spend the evening together. Recently, due to the global pandemic we were unable to see our extended family for a big Easter dinner and we were all bummed out because of that.

It is difficult to go out and shop for ingredients currently, so my parents chose to prepare an extra special meal for us this Easter using what we had in the house. When supper was almost ready the smell of the food filled the whole house and I heard my mom call, "Dinner's ready," so I raced downstairs. We had mashed potatoes and gravy, fresh asparagus with creamy hollandaise sauce and ribs cooked on the barbeque. Even though it wasn't our traditional Easter dinner, they did what they could to show that they care and cherish the moments we have together as a family. This taught me that even with challenging circumstances, there is always a way to do a simple act such as cooking a meal and spending time building relationships with family to show you care.



Chicken Wings with Mixed Vegetables

By Favour D.

I designed this recipe because it's a easy family friendly meal to make. You also have your food groups that includes protein and veggies.

prep and cook time
15-20 minutes

serves
2-3 people

things you need

Baked chicken wings

- 1/2 orange, juice and zest
- 1/4 cup olive oil
- 2 tsp ground ginger
- 1 tsp salt
- 1/4 tsp cayenne pepper
- 1.5 kgs chicken wings

Creamy broccoli

- 500g broccoli florets
- 250g mixed frozen vegetables
- 3/4 cup mayonnaise
- 1 tbsp dill
- salt and pepper, to taste

here's how

- 1 Preheat the oven to 400 F.
- 2 Mix juice and zest from the orange with the oil and spices in a small bowl. Place the chicken wings in a plastic bag and pour in the marinade. Give the bag a good shake to cover the wings. Put aside to marinate for at least 5 minutes but preferably more if you wish.
- 3 Place the wings in one layer in a greased baking dish or on a broiler rack, for extra crispiness.
Baked on middle rack in the oven for about 45 minutes or until the wings are golden brown and crispy.
- 4 In the meantime, add the broccoli and mixed vegetables to a pot and boil in salted water for 3 minutes.
- 5 Strain the broccoli and mixed vegetables and let some of the steam evaporate before adding the remaining ingredients. Serve the broccoli with the baked wings.

My life lesson from cooking:

An important life lesson I have learned about is having fun in the kitchen while cooking. Don't stress while making it perfect. You can create something easy and it still would be delicious. When my friends came over I decided to make jollof rice (a traditional dish) and chicken for them. It's simple to make and it's a very pretty sort of orange color. As the dish boils the smell just fills up in the air. When my friends walked in, they could just smell something delicious in the aroma. At the end of the day I got lots of compliments about how they like the food. Ika said, "What did you put inside?" I had Samantha asking, "How did you make this color because whenever I make my jollof rice it doesn't turn out to be this orange color." It's honestly about having fun in the kitchen and just being stress free. But the memories you would really have is not them telling your food looks good but is the memories of the people around you and the conversation and the bond you share with them and lots of laughter. That's what you would remember the most.



Quarantine Quesadilla

By Mae C.

I designed this recipe because it's quick, simple and you can make alterations to your Quarantine Quesadilla depending on what you have in your kitchen already.

prep and cook time

30-40 minutes

serves

4 people

things you need

- 4 Tortillas
 - 1 cup of any cheese
 - 4 tbsp butter
 - Around 1 ¹/₂ - 2 cups of ground beef or shredded chicken
 - Pinch of garlic powder
 - Pinch of salt and pepper
 - ¹/₄ cup of salsa or tomato sauce
 - 4 tbsp finely diced onions
 - ¹/₂ cup finely diced bell peppers
- (*for any of the ingredient measurements you can add more or less depending on what you have available)

here's how

- 1 In a large pan on medium high heat, cook beef until brown in color. Break beef with a spoon and drain fat.
- 2 In the same pan on medium high heat, add bell peppers, finely diced onions and seasoning (garlic powder, salt and pepper and any other seasonings). Sauté for 3 mins or until onions and vegetables are softened (add oil if needed). Then add 1/4 cup of salsa or tomato sauce and ground beef. Mix until well combined.
- 3 In a new clean pan over medium heat add one tbsp of butter. Place tortilla in the pan. Add cheese of choice on half of the tortilla and then add the beef mixture to the same half that you've placed your cheese. Fold in half and let it sit for 1-2mins, flip and repeat until cheese is melted and tortilla is browned on both sides.
- 4 Remove quesadilla from pan. Cut into wedges and you can serve it with a side of guacamole or sour cream and Enjoy!

My life lesson from cooking:

Growing up in a world where we are so blinded by corruption and social media we tend to lose sight of what really matters to us most. Society shows us that its okay to always be busy, that it's okay to always be on our phones, that it's okay to distance ourselves from the people that truly matter in our life because "there only a phone call away." In my family New Years tradition is a big thing. On New years we all come as a family, even extended family and friends, and we all come as one to gather around the table. This allows us to show compassion to one another and engage with one another instead of losing sight by being on our phones. God shows us compassion when he died on the cross for us. God also shows us compassion because in his stories Christ opens his arms wide to those who have rejected him. And we can do the same with our food; we can show others compassion through food. That could be by making food for the homeless or by opening your doors to friends and family instead of shutting them out because society says it's normal. We can also find this normal the same way God has showed his lessons. When we gather as one we tend to have food and we find God's love made edible. We find compassion for those sitting around the table with us as we enjoy our food and one another's company.

During the New Years my family and close friends come together as one and have a party to celebrate the new year. Our parties tend to start at 4pm till 1am every year. The kids and adults play games and enjoy each others company. We also all come together and bring dishes and desserts such as babinka: a sticky, chewy sweet dessert that makes you want more. One tradition that we always do is when it hits twelve we all make noise, "NEW YEARS," the children and adults yell as the elders throw money. All the kids, teens and even the adults hurry to get the money. This story goes to show how much compassion and generosity there is when we are gathered with our family and friends.



Yummy Tuna Poke Bowl

By Trisha S.

I absolutely love Poke bowls and I've never met a person that doesn't. Although this recipe is a little more work, it most definitely pays off.

prep and cook time

Insert the amount of time it takes to prep here
serves

4 people

things you need

- 1 can pineapple
- 2 cups edamame soybean
- 1 cup jasmine rice
- 2 pounds of frozen ahi tuna (sushi grade), thawed
- 1 cup of frozen corn
- 1/4 cup of cilantro leaves or any hardy greens you have in your fridge
- 2 tablespoons of sesame oil
- 1 cup soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon of toasted sesame seeds
- 2 tablespoons mayonnaise
- 2 teaspoons sriracha sauce

here's how

- 1 Slice tuna into 3/4 inch chunks and marinate in soy sauce, lemon juice, and sesame oil for 2 hours.
- 2 Cook edamame and corn in boiling water for 3 minutes. Combine pineapple, edamame beans, corn and cilantro leaves in a bowl.
- 3 Bring two cups of water to a boil. Add one cup of jasmine rice and reduce to a low heat. Cover and cook for 15 min. Let sit with the lid on for at least 5 minutes before serving.
- 4 If you do not wish to eat raw tuna, sear in a hot pan for 30 seconds per side.
- 4 Place rice on the bottom of a bowl. Top with salad and tuna (raw or seared). Sprinkle with sesame seeds
- 5 Mix the mayonnaise and sriracha sauce. Pour the sauce over the dish in diagonal lines to add to the presentation.

My life lesson from cooking:

Eating with others has always involved sharing wild, hilarious, or educational stories. I've noticed eating with people who are older than me usually entails long stories of wisdom in an attempt to spread knowledge. Eating with people my age and under is usually a more goofy time. I enjoy eating and conversing with almost anyone but the most enjoyable meal I've ever had, made the story teller that evening one of my favorites to eat with.

The most adventurous and funny story that has ever been shared with me during a meal was told by a funny, short, old man named Les. His attitude was always positive. He always told good stories, but this one went down in the books. The story he told started off as a regular day at work, down at the airport when he and his co-workers realized there were hundreds of bunnies running about all over the runway, and digging holes through the grass beside it. The employees were then instructed to exterminate the bunnies. Les and his co-workers sat down together and plotted the most efficient way complete this task. They all have a great sense of humor and tended to mess around more than actually doing their jobs, so using red and blue smoke bombs seemed like the best option to them, which was a terrible idea. The next day they came to work and found blue and red bunnies jumping all over the runway, seemingly unharmed but in a different shade of fur. Needless to say, the story caused everyone at the table to enter a state of uncontrollable laughter. The story inspired me through humor and adventure. The friendliness in his voice as he told the story felt welcoming and the tears streaming down our red cheeks from laughter made the humor that much more intense. At the end of the day we all thanked the food that had brought us together. A strong sense of gratitude was felt by all of us for the simple gift of a meal given by God and the ability to rejoice in his gifts with friends and people we care so deeply for. The lesson I learned that day was not from the story told, but from the people who told it and the experience of positive environment inspiring me to spread laughter to others the way Les had shared it with me.



Homemade Chili

By Anaiah H.

I designed this recipe because everyone in my family loves chili and its one of our staple foods, especially during quarantine. All the ingredients used are staple foods that you can probably find in our own house and it's very simple to make.

prep and cook time

1 hour

serves

8-10 people

things you need

- 3lb of lean ground beef
- 2 cans of kidney beans
- 1 can of black beans
- 3 cups of tomato sauce
- 1 can of diced tomatoes
- 5 tbs of chili powder
- 2 tbs of garlic powder
- 1 tbs of cumin
- 1 tbs of coco power (optional)
- 2 tsp of onion powder (optional)
- ½ tbs of chili flakes (optional) - This will make the chili spicy

here's how

- 1 Put your large heavy pot on medium high heat.
- 2 Brown 3lbs lean ground beef until there is no pink left.
- 3 Add 2 cans of kidney beans and 1 can of black beans.
- 4 Add 5 tbs of chili powder, 2 tbs of garlic powder, 1 tbs of cumin, 1 tbs of coco power, 2 tsp of onion powder and ½ tbs of chili flakes.
- 5 Then add 3 cups of tomato sauce and 1 can of diced tomatoes. Stir continuously and bring to a boil.
- 6 Once boiling reduce heat to low and stir occasionally for 30-40 minutes.

My life lesson from cooking:

Except for special occasions like Christmas and Thanksgiving, our family never sits around the dining room table to eat our meals. This topic came up a lot as my mom was determined to change that fact. My mom would get us all in the same room and announce that “for now on, we are eating together around the dinner table.” But we never did. And It was not that we did not want to but because we have seven people in our family. We all have different schedules and things to do, and it is tough to get all seven of us around a dinner table at the same time. As time went on, we continued to eat our meals around the TV, outside in our backyard or around the campfire. A meal that we love eating outside when it is sunny would have to be anything barbecued, especially hamburgers, BBQ chicken, and ribs. I think why we like BBQ so much is because of its smokey taste and how everything melts in your mouth.

We started to realize that we do not need everyone to sit around a table to eat like a family and bond. Eating together is not about where you eat, but about the people you eat with, the conversations you have and the food you share. We also have better conversations and memories since we are split up in smaller groups. This is because you have more time to focus on two people rather than all seven. One of my favorite memories of eating outside would have to be with my brother Ryder. He got up from his seat with food in his hand and continue eating it as he starts dancing to the music playing from our radio. Eating as a family is different for every family, and for mine this is how we eat together. We found that we actually became closer and bond more this way, whether it's around a campfire or the TV.



Grandma's Chicken Tomato Soup

By Caitlin N.

I designed this recipe because it reminds me of a similar recipe my grandma used to make whenever there were snow days,. We would always visit her those days. This recipe brings me back to warm memories.

prep and cook time

40 minutes

serves

4 people

things you need

- 1 onion
- 2 celery stalks
- 2 medium carrots
- 1 large can crushed tomatoes
- 2 packages of Lipton's tomato vegetable soup
- 1 chicken breast (optional)

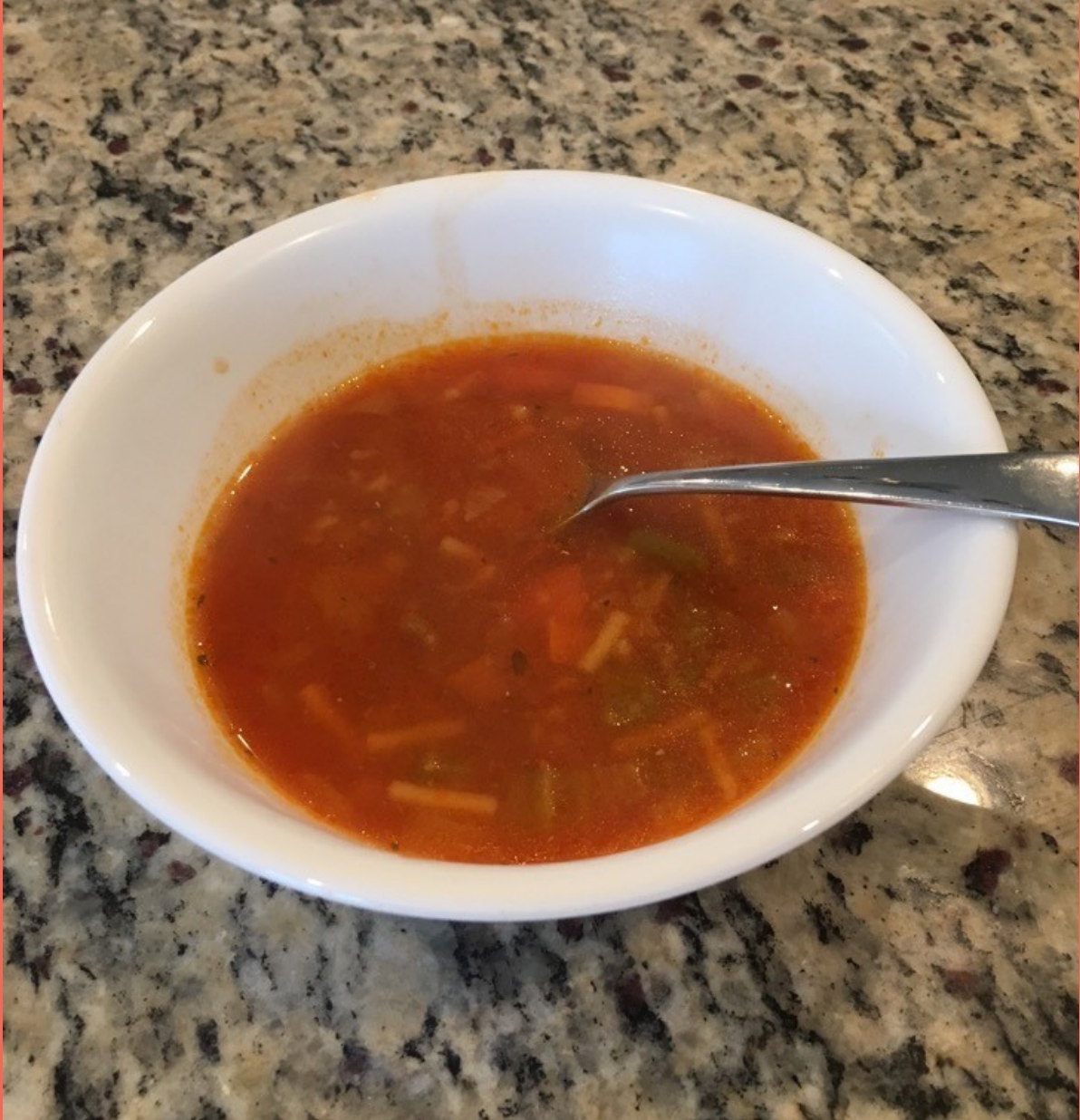
here's how

- 1 Dice onion, celery and carrots. Fry over medium heat in a soup pot with a drop of oil for 3 minutes.
- 2 Chop chicken into bite sized pieces and add to the pot. Fry for another 3 minutes.
- 3 Add tomatoes, soup packages and water to desired consistency.
- 4 Simmer for 20 minutes.
- 5 Add salt and pepper to taste.

My life lesson from cooking:

When I was younger I LOVED to bake. It was pretty crazy actually. Every night after school I would take out the eggs, butter, sugar, and whatever else I could find. Half the time whatever I made would taste weird and maybe not edible and yes my parents would get mad at me about the mess, but in the end they encouraged me to bake because they loved seeing the passion and dedication in my eyes.

One Saturday morning when I was about 12 I decided to make myself and my older brother home made butter cream pancakes. Everything was going well, though maybe I spent too long making the batter. When I gave it to my brother steaming with syrup and berries and whip cream he took a bite and his expression gave it all away. He said, "Yum it tastes like cake," but his eyes showed horror. He was trying to be nice. I took a bite and it was disgusting. I actually don't know what went wrong to this day. Anyways we laughed it off and I now I just go to the prepackaged pancake mix. My life lesson is be kind and understanding to others, especially when they are just trying to help.



Taco Salad

By Hannah J.

My mom and I love to make these together because everyone can enjoy them by adding what they want. Plus you can try new things each time. There isn't a recipe that we follow and it is probably different for every family who makes them. All the items are optional except maybe lettuce because you can't really make a salad without lettuce.

prep and cook time
25 minutes

serves
4 people

things you need

- 1 head lettuce, washed and ripped up into bite-sized pieces
- 2 tomatoes, diced
- 1 cup cheese, grated
- 4 handfuls of taco chips, crumbled
- 1 pepper, diced
- 1/4 cup sour cream
- 4 tbsp salad dressing (balsamic)
- 1 pound of ground beef
- 1/4 cup salsa

here's how

- 1 Clean and chop up all your veggies
- 2 Cook you meat in a medium frying pan until there is no pink left
- 3 In four separate bowls add lettuce
Then add the meat
Add chopped tomatoes, cheese, and peppers
- 4 Sprinkle taco chips ovetop
- 5 Add topping like sour cream, salsa and dressing

My life lesson from cooking:

Eating with other families is always different. You are used to the traditions in your house, like helping out, setting up, cleaning up and anything else your family does for dinner. But when you go to other people's houses it is different: they don't eat the same things, they don't pray or they do pray and some people don't help out. It is one of my biggest pet peeves when my friends come over or I go over to their house and they don't help or even offer. If you are eating their food it is polite to offer support — that is how I was raised.

At my grandma's house it is not even a question; you are in big trouble if you don't ask to be excused, clear your plate and help out without being asked. So I am shocked when my friend's mom will cook for the whole family, clean it all up and still have a smile on her face. It is not the mother's job. We aren't in the 1900's. Everyone needs to help out if they want to eat. Luckily a lot of my friends always help out their parents or offer to help at my house. Whenever I go to someone else's house I make sure to help when I can clean up and try to help afterward and that is how I am going to raise my kids.



Spinach Chicken Wraps

By Jessica V.

I wanted to try to make a much healthier taco by using the spinach tortillas. It's very delicious!

prep and cook time
4 hours

serves
4 people

things you need

- 4 spinach tortillas
- 4 chicken thighs
- 2 cups shredded cheddar cheese
- 4 leaves lettuce
- 1 tsp sour cream
- 1 tsp salsa
- 2 tsp taco seasoning
- 2 tsp water

here's how

- 1 Cook chicken thighs in an empty crockpot for 2 hours on low.
- 2 After 2 hours of cooking, cut the chicken with a fork and knife. Add Taco seasoning and water into the crockpot and let the chicken cook for another 1-2 hours.
- 3 Shred Cheddar cheese, put the Cheese into a medium sized bowl
Wash lettuce and cut lettuce into small pieces, put the lettuce into a bowl.
- 4 Add sour cream and salsa into small bowls
Remove spinach tortillas from the bag
- 5 When the chicken is ready, add the chicken, cheese, lettuce, sour cream and salsa into the Spinach tortillas

My life lesson from cooking:

I enjoy cooking and serving meals for others. I just love making people smile and people showing me how thankful they are for the meal that I have made. Last Easter I wanted to take my baking skills to the next level so for my family get together for Easter I made mini cheese cake baskets with chocolate eggs on top for dessert. They ended up looking great and everyone loved it!

Looking back now from that Easter I remember how happy everyone was and their thankfulness for trying my best. What I did for my family came from my love to them and also God's love too. When I did this for my family it remind me of this verse 1 Corinthians 10:31 says, "So, whether you eat or drink, or whatever you do, do all to the glory of God".



Paella-style Chicken Rice

By Jonathan M

This recipe is similar to a way my family makes rice. However I chose to adapt it to be similar to a paella. I also made it to use a whole chicken, but it is written so that you can just use chicken meat.

prep and cook time

45 min + optional 5 hours for stock

serves

5-6 people

things you need

Paella

- 1 Whole Chicken (or just the meat)
- 2 cups Rice
- 2.5-3 cups Chicken Stock (or water)
- 1 Tomato
- 1 cup Frozen Mixed Vegetables.
- 1 Small Onion Diced
- 2 Cloves Garlic Minced
- 1 Tbsp Oil (+ 1 Tbsp separated)
- 1/2 Tsp Salt and Pepper
- 1/2 Tsp Salt
- 1 Tsp Chili Powder

Optional

Stock

- 1 Chicken Worth of Bones
- 1 Onion
- 1 Head of Garlic
- 2 Carrot
- 3 Celery Stalks
- 1 Leek

here's how

1. Break down the whole chicken. Follow How to Debone a Chicken By Adam Liaw on Youtube: <https://www.youtube.com/watch?v=bRHWMPgjJro>
 2. Save the bones for stock. The Chicken wings can be used for the stock or can be
- 2 Chicken
 1. Butterfly the Chicken breast by laying it flat and cutting horizontally, but not cutting all the way through. This is to reduce the thickness
 2. Mix the Chili powder, salt, and pepper and add to all of the chicken pieces
- 3 Stock (Optional)
 1. Quarter the Onion, Carrots, Celery, and Leek
 2. Cut the garlic in half horizontally, exposing all the cloves
 3. In a large stock pot, add the oil and heat on medium to high
 4. Add bones to the hot oil and sear for 2 minutes per side by not moving them for the 2 minutes.
 5. After 4-5 minutes add the Onion, Carrots, Celery, Leek, and Garlic. Reduce heat to low. Add water to cover everything then add 3 more cups or to fill to 3 inches from the top of the pot.
 6. Cook on low heat for 4 hours. For the first 15 minutes remove the scum on the surface if you want. There might not be any.
 7. Strain stock after the 4 hours. Bring to a boil and reduce to desired concentration.
 8. Add salt to taste.
- 4 Paella
 1. Add tomatoes, and 1 cup of stock or water to a food processor or blender and blitz.
 2. Remove mixture and add stock or water to equal 4 cups or amount required for rice. Place in a small pot and bring to a boil.
 3. Heat a pan on medium. If using whole chicken place the skin side down and fry for 2 minutes flip and fry for another 5 minutes, flip again and cook another 3 minutes or until crispy. Remove and place on paper towel.
 4. Add the chicken fat or 1 Tbsp of oil to the pan.
 5. Add onion and cook for 10 minutes.
 6. Add rice, cook for 3-6 minutes.
 7. Add frozen vegetables and garlic.
 8. When vegetables are heated add the tomato mixture, cumin, and tsp of salt
 9. Cover and let cook for 15 minutes or until liquid is gone. Turn the heat off and steam for 10 minute or until the rice is fully cooked.
 10. Chop the chicken skin and meat and place on the rice.

My life lesson from cooking:

When I think of cooking it is probably different than most people. To me there is baking and cooking, like everyone else. But the difference between the two, for me, is that baking should follow a recipe and cooking doesn't. I compare it to art and chemistry. In chemistry and baking you should follow a set procedure in order to get what you want. However in art or cooking, as long as you understand some basic skills and knowledge, you can make some good food by just throwing ingredients into a pan.

This way of thinking may have been inspired by chef Michael Smith and watching *Chef at Home*. However it came about, it's quite a fun way to cook and a good way to empty the fridge. If you have left overs that aren't as good reheated? Then take it apart and make something new. Use the left over rice to make a Chinese style fried rice with chicken and vegetables. Or use the bones of a roasted chicken to make a chicken stock that can be made into a soup.



Adaptable Omelet on Rice

By Sean L.

This is an easy rice recipe that can use most ingredients that you already have and is easy to change. I decided to use this recipe to display how adaptable it is with pantry ingredients like tuna, soy sauce, and bacon bits.

prep and cook time

15 minutes

serves

2 people

things you need

- ½ cup of crumbled bacon
- ½ can of canned tuna
- 2 cups of cooked rice.
- 1/4 cups of chopped carrots
- ½ cup of chopped yellow onion
- 2 tsp of soy sauce
- 2 tbsp canola oil
- 2 large eggs beaten
- 2 tbsp milk
- salt and pepper to taste
- 1 tbsp of minced garlic

here's how

- 1 Beat the eggs in a small bowl and add salt, pepper, and milk as you whisk. Once it is light and frothy, set it aside.
- 2 Dice the carrots into squares, dice the yellow onions, and dice any other vegetable you want to add.
Get a wide pan and heat 1 tbsp of oil over it. Start to sauté the onions for 30 seconds or until they are soft.
Add the other vegetables and continue cooking them for 4 minutes. Season with minced garlic, salt and pepper.
- 3 Add the rice and separate the rice so that there are no chunks. Add soy sauce, bacon bits, and tuna as you cook the rice until it's evenly mixed. Once done, scoop rice out into small plates. Make the portions sizable enough for the egg to cover it.
- 4 Get another pan for the beaten eggs and heat the remaining 1 tbsp of canola oil over medium high heat. Once hot, pour the egg mixture over the pan. Make sure the bottom of the pan is fully covered. Tilt pan to get the egg mixture to cover the pan.
- 5 Once the egg mixture is half cooked, turn off the heat and let it rest for half a minute. This should make the egg slide off the pan easier.
Carefully move the egg (runny side facing down) onto the fried rice. Tuck the edges of the egg around the rice until it is fully covered. (Cool trick you can do, when the egg is half cooked, use some chopstick to pinch the middle of the egg and twirl it into a vortex shape.)
Add ketchup if desired.

My life lesson from cooking:

You never should give up before you've even begun. Many times we see a task and give up immediately. Sometimes it's laziness and sometimes it's fear of failure. However, we shouldn't be afraid of it so much. It's only through trial and error do we learn to improve. Otherwise, one would begin to stagnate and never progress. Nobody should mourn over a small mistake. Everyone makes them and you should understand that and learn from them. Just tell yourself "It's fine!" and continue on.

Many times have I stated that I would try to cook something new only to give up once I come across a long recipe. I always overestimate its difficulty and always assume I'll fail. I was worried that I would waste ingredients on a mistake. I've since then learned that even failures can turn into something delectable. I once failed to create pasta sauce due to adding too much sugar. It would be make someone's tongue numb for all the sweetness. My mother then aided me with using that overly sweetened tomato sauce for dipping sauce, like a fancy ketchup. I've grown to no longer fear failure and will often try at least once and see if a recipe is really as hard as it looks. I'm pleasantly surprised many times where I'm able to do it well. If I do mess up, I merely go "It's alright" and see why I made that mistake.



Cheese & Chicken Quesadilla

By Sierra B.

I created this recipe because it is something I personally make all the time. It only takes about 15 minutes to make. There aren't a whole lot of ingredients so it would be fairly easy for anyone to try.

prep and cook time

10-15 minutes

serves

Up to 4 people

things you need

- 4 tortillas
- 1 cup grated cheese of your choice (add more if you please)
- Butter
- 1 Chicken breast
- 1 tbsp olive oil
- 1/2 pepper (optional)
- 1/2 tomato (optional)

here's how

- 1 Add about 1 TBSP of olive oil to a medium pan on medium heat. add the chicken to the pan and add any seasoning you desire. Once it isn't pink on the inside move to a cutting board and cut into small pieces and set aside.
- 2 If you are adding veggies than chop up and set aside
- 3 Smear butter onto a large pan at medium to high heat. Place one tortilla onto pan than place cheese and any other ingredients you would like in the quesadilla. Than place another tortilla on top. Flip after about a few minutes.
- 4 Move to a cutting board and cut into 8 pieces.
Repeat with other 2 tortillas.
Put onto a plate and enjoy.

My life lesson from cooking:

Cooking with family give you a chance to bond with them. I used to cook with my grandma before she passed away. Cooking was something we did all the time and it was how we bonded. Every big family dinner my family has I always see if I an help out since I would like to bond with my family since I don't see them often. So my life lesson is to always cook with people you love and the people you wish to bond with.



Vegetarian Vermicelli Stir Fry

By Sterling L.

I wanted to choose something healthy and I figured stir fries are healthy enough to eat during quarantine. As well, most people have vegetables in their fridge.

prep and cook time

25 minutes

serves

2 people

things you need

- 9 mushrooms
- 2 onions
- 2 large tomatoes
- 1 celery stalk
- 1/2 a pepper
- 1 cup salsa
- 1 tsp canola oil
- 1 tsp red wine vinegar
- 1 tsp dill weed
- 1 tsp garlic powder
- 1 squeezed lime
- 1 box vermicelli

here's how

- 1 Oil and preheat pan on low. Chop up the onions into little cubes throw into the pan. Chop mushrooms and throw into pan. Drop a capful of red wine vinegar into pan. Squeeze half lime into pan
- 2 Slice celery into half-moons and put in pan. Slice the half pepper into cubes and put in pan. Sprinkle a pinch of garlic powder in the pan. Add the one cup of salsa.
- 3 Add two teaspoons of dill weed. Slice tomatoes into half-moons and put in pan. Stir for two minutes. Add two spoonfuls of spaghetti sauce into the pan.
- 4 Leave with lid on for three minutes while filling pot with water to boil the noodles. Put lid on pot and wait for the water to boil. Once the three minutes is up change temperature to low. Once the water has boiled add the box of noodles. Stir when the noodles have softened and is ready to serve when the noodles are white and soft not yellow.



Spaghetti

By Zack W.

I thought about adding spaghetti squash but that's not a pantry item so I switched it to regular spaghetti.

prep and cook time
25 minutes

serves
4 people

things you need

- 3 ½ cups tomato sauce
- 1/2 can diced tomatoes, drained
- 1/2 of an onion
- 200g of ground beef
- 200g of spaghetti
- 2 pinches of basil and oregano
- 1 clove of garlic
- 1 bay leaf
- 1/8 of a cup of parmesan
- Salt and pepper to taste
- 2 cups of water

here's how

- 1 Organize ingredients
Dice a $\frac{1}{4}$ of an onion
Put ground beef and onions in a pan and cook on medium (mix)
- 2 Add tomatoes and sauce when the beef and onions have browned
Add spices and parm once tomatoes have mixed in well
Leave on a low simmer once mixed well together
- 3 Prep a pot with 2 cups of water and put on high heat
Once boiling add the spaghetti and cover with a lid.
Set a 8 minute timer and check spaghetti's once timer has gone off.
Once you are happy with your spaghetti drain it
Enjoy!



Veggie Fried Rice

By Naomi H.

I wasn't sure if we had anything for the vegans out there so I designed this recipe because I believe it's important to try to include everyone. There are options in the directions for meat eaters too.

prep and cook time

35 minutes

serves

4 people

things you need

Fried Rice

- 1 cup Rice (if you'd like a healthier option you may substitute for brown rice - cook according to package directions)
- 2 cup Water
- 2 tbsp Olive oil
- 1 block of Tofu
- 2 tbsp olive oil
- 1 tbsp Soy sauce
- Pinch of Salt
- 2 Carrots
- 1/2 cup Peas
- 1/2 Onion (optional)
- 1 Green onion

Teriyaki Sauce

- 1/2 cup Soy sauce
- 1/4 cup Water
- 1/2 tsp Brown sugar
- 1/2 tbsp Ginger (Peeled and chopped into tiny chunks)

here's how

1 Rice (Best if made a day in advance)

1. Pour water into saucepan over high heat.
2. Once the water is boiling, pour rice into water with a pinch of salt.
3. Lower the heat to bring to a simmer and place the lid onto the saucepan.
4. Let simmer for 18 mins or until rice is tender. Do not lift the lid.
5. Remove from heat and let it sit as is for 5 mins.
6. Place in fridge until cold.

2 Teriyaki Sauce

1. Pour ingredients into a blender and blend until combined.

3 Fried Rice

1. Pour olive oil into the pan and let it heat up on medium-high.
2. Place your tofu into the pan and let it fry until darkened.
3. Take tofu out of pan and set aside for later.
4. Cut the carrots in half so that both pieces are long. Then cut both pieces again in the same way. Push them together and cut them so that you end up with many smaller chunks. (If you would like an onion included, cut into chunks as well.)
5. Pour the carrots and peas (and onions) into a pan and turn the element to high. (If you wish to add egg, push the veggies to one side of the pan and scramble 2 eggs on the other side.)
6. Pour the rice into the same pan and stir together. (If you are a meat-eater then you may add whatever cooked meat you wish here)
7. Add the soy sauce and tofu and continue stirring until the rice looks as cooked as you'd like it.
8. Top with green onion and teriyaki sauce. Enjoy your meal! Preferably with your family.

My life lesson from cooking:

I am not someone who grew up cooking. The most I had done until high school was help make pancakes on Saturdays. There had been a time before that, in a moment of weakness and craving, I tried to make some instant pudding and had somehow ended up burning it. A few years later I tried again and it ended up lumpy and making me sick. After those two times I had thought I just wasn't meant to be allowed in the kitchen.

I was wrong.

Grade 10 rolled around and I didn't know what electives to choose as either they didn't interest me or I was terrified of taking them. I eventually decided to face my fears and take my first few steps into the kitchen with the Foods 10 course.

It turned out that I really enjoyed cooking with my classmates and with practice I was able to cook and bake at home without burning the house down. I remember I noticed this when we were making home made pasta. Everyone worked together on the dough and then we split up to make the sauce and the pasta. The results were very tasty. It tasted like pretty basic pasta but we added Italian sausage to make it a bit spicy. It tasted even better since we made it completely from scratch.

Even if you don't think you can bake or cook, practicing and following recipes can really help improve your skills and boost your confidence in the kitchen. You just have to persevere. 47

