

What's In your Kitchen?

Brought to you by the CHA Wellness Kitchen



Strawberries

Strawberry Pie Filling

Servings: 1 pie

Ingredients

- 4 pints (about 3 pounds) fresh strawberries, gently rinsed and dried, hulled
- ¾ cup granulated sugar
- 2 tablespoons cornstarch
- 1½ teaspoons Sure-Jell for low-sugar recipes (the pink box)
- Pinch of salt
- 1 tablespoon lemon juice

Add a little Whipped Cream!

- 2 cups heavy whipping cream
- 1/4 cup sugar
- Few dashes of vanilla

Whip all ingredients together until you have soft peaks and enjoy!

Directions:

- Select 6 ounces; you should have about 1½ cups. In a food processor, process the berries to a smooth puree, scraping down the bowl as needed.
- Whisk the sugar, cornstarch, Sure-Jell, and salt in a medium saucepan. Stir in the berry puree. Cook over medium-high heat, stirring constantly and bring to a full boil. Boil, scraping the bottom and sides of the pan to prevent scorching, for 2 minutes to ensure that the cornstarch is fully cooked. Transfer to a large bowl and stir in lemon juice. Let cool to room temperature.
- Measure out 2 pounds of berries. Add the berries to the bowl with the glaze and fold gently with a rubber spatula until the berries are evenly coated. Scoop the berries into the pie shell. Refrigerate pie until chilled, about 2 hours. Serve within 5 hours of chilling.

Did You Know?

What are Strawberries?

The strawberry is not a berry? The strawberry is the enlarged end of the plant stamen, although it is sometimes classified as an aggregate fruit

Strawberries do not normally reproduce by seeds. When the fruit is developing, the plant sends out slender growths called runners, that look like strings. These runners root into the soil to grow new plants.

How to Select :

Choose berries that have a bright red color, a natural shine and fresh looking green caps. Strawberries should always be refrigerated and kept dry until just before use. Leave green caps on and wash berries with a gentle spray of cool water. After washing, gently blot dry, and remove the green caps from the berries with a light twist or with the point of a knife.

Freeze Me :

After rinsing, gently blot dry. Slice stem off at top of berry. Place cut side down on a cookie sheet lined with waxed paper. Place uncovered in freezer for 24 hours. Transfer strawberries to a freezer bag or container. Frozen strawberries can be stored frozen for several months.

Nutritional Benefits:

Essential vitamins, fiber, potassium and phytochemicals. One serving of strawberries - about 8 strawberries - is an excellent source of vitamin C. In fact, a serving of strawberries provides more vitamin C than an orange!

Source:

<http://www.calstrawberry.com/health/default.asp>

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Baking a Pie Crust

Did You Know?

A Dinner Pie

Don't limit the pie to just dessert! Be creative and fill your pie crust with several yummy ingredients for breakfast or dinner. There are several recipes for breakfast pies, chicken pot pies, taco pies, and so many more.

Pie for one

Avoid waste by snipping off part of the pre-made crust with some kitchen shears and folding it over a small amount of filling for a tasty "pie pocket" for a super single meal.

Pie Crust

Servings: Makes 2

Ingredients

- 2 1/2 cups flour
- 1 tablespoon sugar
- 1 teaspoon table salt
- 2 sticks unsalted butter, very cold

Directions:

- Fill a one cup liquid measuring cup with water, and drop in a few ice cubes; set it aside.
- In a large bowl whisk together 2 1/2 cups flour, 1 tablespoon of sugar and a teaspoon of salt.
- Dice two sticks (8 ounces or 1 cup) of very cold unsalted butter into 1/2-inch pieces. Sprinkle the butter cubes over the flour and begin working them in with the pastry blender, using it to scoop and redistribute the mixture as needed so all parts are worked evenly. When all of the butter pieces are the size of tiny peas stop.

- Start by drizzling 1/2 cup of the ice-cold water (but not the cubes) over the butter and flour mixture. Using a rubber or silicon spatula, gather the dough together. You'll probably need an additional 1/4 cup of cold water to bring it together, but add it a tablespoon as a time.
- Once you're pulling large clumps with the spatula, take it out and get your hands in there. Gather the disparate damp clumps together into one mound, kneading them gently together.
- Divide the dough in half, and place each half on a large piece of plastic wrap. Let the dough chill in the fridge for one hour, but preferably at least two, before rolling it out.
- Preheat oven to 425.
- Remove dough from refrigerator. Sprinkle dough with flour and cover with plastic. Roll out with a rolling pin to a 10 to 11-inch circle. Fold dough circle in half and lay on pie tin. Unfold, press dough down in to pie pan and trim edges.
- Place a large piece of parchment paper on top of dough and fill with dry beans. Press beans into edges of dough and bake for 10 minutes. Remove parchment and beans and continue baking until golden in color. Approximately 10 to 15 minutes.
- Remove from oven and place on cooling rack. Let cool completely before filling.

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Yeast

Did You Know?

What is Yeast?

Yeast is a single-celled microorganism that is classified in the kingdom Fungi. The main purpose of yeast is to serve as a catalyst in the process of fermentation, which is essential in the making of bread.

What does yeast do?

Yeast is important in making dough rise. It also strengthens the dough by holding in the gases that will be necessary in making the dough rise. In addition, yeast helps in the process of fermentation which gives bread its flavor.

Sandwich Bread

Servings: Makes 2 loaves

Ingredients

- 3 1/4 cups bread flour
- 3 1/4 cups all-purpose flour
- 2 teaspoons instant or active dry yeast
- 1 1/2 tablespoons kosher salt
- 3 cups water

Directions:

- Combine flours, yeast, and salt in a large bowl. Add water and stir together with a wooden spoon to form a shaggy dough.
- Cover with plastic wrap or a tea towel and let proof at room temperature for around 5 hours. At this point the dough can be used immediately, or covered with plastic wrap and kept in the fridge for up to two weeks.

Baking Day

- On baking day, remove half of the dough from the bowl and return the remainder to the fridge.
- Turn the dough out on a floured surface and lightly knead 3–4 times.
- Shape dough into a rectangle approximately 8 in. x 12 in. Fold one third of the dough into the center, followed by the other third.
- Place seam side-down in a buttered loaf pan. Cover and let rise for approximately 1 hour, or until the dough has doubled in size.
- Preheat your oven to 450°.
- Dust the top of the dough with a little flour and score with a serrated knife.
- Bake for 30–35 minutes, or until the top of the loaf has just begun to brown. Let cool for at least an hour before slicing.



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Cinnamon

Did You Know?

What is Cinnamon?

Cinnamon is the dried inner bark of a tropical evergreen tree which is used for cooking. It's available as Cinnamon chips (like wood chips), rolled into Cinnamon sticks that are between 2-6 inches long or ground into Cinnamon powder.

How to use:

Cinnamon can be used in a variety of ways. Powder Cinnamon can be added to your cereal, coffee or tea and for baking. It can be mixed with sugar and added as a topping for cakes and other baked goods.

Palmiers

Servings: 18 cookies

Ingredients

- 1 sheet frozen puff pastry
- 1/4 cup granulated, sugar or brown sugar
- 1 tablespoon unsalted butter, melted
- 1 tablespoon cinnamon

Directions:

- Unwrap the puff pastry and lay it on a clean work surface. Cover to prevent the dough from drying out and let it thaw until completely pliable but still cool. It's very important that the dough be completely thawed before using.
- Mix cinnamon and sugar together and sprinkle over the dough in a single thick coating.
- Run a rolling pin over the pastry to press the cinnamon and sugar into the dough and help it adhere.
- Tightly roll both sides of the pastry inward so they meet in the middle.
- Wrap the rolled log in plastic wrap and refrigerate 20-30 minutes.
- Pre-heat the oven to 425°F. Place a rack in the middle position.
- Use a serrated knife to slice the roll into cookies roughly 1/3 - 1/2 inch thick. Arrange the cookies on a parchment-lined baking sheet, allowing 2 inches of expansion room between each one.
- Flatten each cookie slightly using the bottom of a cup. Brush each cookie with melted butter and sprinkle a little more sugar over the tops.
- Bake for 18-20 minutes, until golden brown.
- Allow to cool 10 minutes on the cookie sheet and then transfer to a wire rack to finish cooling. Store in an airtight container. Cookies will be less crispy but still delicious the next day.

