



# La Salle CYO



## 2017 Kitchen Kapers Recipes

# La Salle CYO Kitchen Kapers Participants



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# Introduction

Kitchen Kapers is a cooking contest open to all 6th, 7th, and 8th grade students (boys and girls) who are students at La Salle Academy or members of St. John Baptist de la Salle or St. Benedict's Parish.

## Category Guidelines

- **APPETIZERS:** small finger food served before or between the regular courses of a meal.
- **BREAD/YEAST PRODUCT:** any item which YEAST is used.
- **CAKES:** a sweet, baked food in loaf or layer form, made with or without shortening, usually with flour, sugar, eggs, flavoring, usually with baking powder or soda and a liquid.
- **CASSEROLES:** a mixture of several foods consisting of pre-cooked or quick-cooking food, often with pasta or rice.
- **COOKIES:** a small cake made from stiff, sweet dough that is dropped, rolled, or sliced and then baked.
- **CREAMY DESSERT:** sweetened dessert such as flan, custard, pudding, or mousse.
- **DEATH BY CHOCOLATE:** anything that SCREAMS chocolate.
- **DIPS:** a mixture of ingredients, baked or unbaked, using an item such as bread, chips, vegetables to be covered or dipped and eaten.
- **PASTRIES:** articles of food in which pastry (dough) forms an essential part of pies, tarts, etc.
- **SALADS:** any combinations of chilled fruit, vegetables, herbs, meat, cheeses, fish, cereals, or pasta and some kind of moist dressing.
- **SOUP/STEW/CHILI:** a liquid food made by boiling or simmering meat, fish, or vegetables with various added ingredients.

# Banana Chocolate Chip Bread

By Nate Karwejna



## Ingredients:

- 2 cups of flour
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 1 teaspoon of salt
- 3 ripe bananas, mashed
- 1 tablespoon of milk
- 1 teaspoon ground cinnamon
- 1/2 cup of butter, softened
- 1 cup of sugar
- 2 eggs
- 1 cup semisweet chocolate chips

## Directions:

Preheat oven to 325°F. Grease a 9x5 inch loaf pan, preferably glass. Mix flour, baking soda, baking powder and salt in a bowl. Stir bananas, milk and cinnamon in another bowl. Beat butter and sugar in a third bowl until light and fluffy. Add eggs to butter mixture, one at a time, beating well after each addition. Stir banana mixture into butter mixture. Stir in dry mixture until well blended. Fold in chocolate chips until just combined. Pour batter into prepared loaf pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 70 minutes. Cool in the pan for about 10 minutes before removing to cool completely on a wire rack before slicing.

Enjoy!

# Lemon Blueberry Cake

By Gabe Anton



## Cake:

1 cup of unsalted butter, room temperature  
1 1/4 cup of sugar  
1/2 cup of packed light brown sugar  
4 large eggs  
1 tablespoon of vanilla extract  
3 cups of flour  
1 teaspoon of baking soda  
1 tablespoon of baking powder  
1/2 teaspoon of salt  
1 cup of buttermilk  
The zest and juice of 3 medium lemons  
1 1/2 cup of blueberries, fresh or frozen (do not thaw), 1 tbsp of flour

## Cream Cheese Frosting:

8 ounces of cream cheese, room temperature  
1/2 cup of unsalted butter, room temperature  
3 1/2 cups of confectioners sugar  
1 to 2 tablespoon of heavy cream  
1 teaspoon of vanilla extract  
Pinch of salt

## Directions:

Preheat oven to 350°F. Grease and lightly flour three 9x2 inch cake pans with nonstick spray, set aside. Beat butter on high until creamy, add sugar and brown sugar until creamed, add eggs and vanilla.

Mix flour, baking powder and salt in a large bowl. Slowly add the dry ingredients to the wet ingredients, beat on low for 5 seconds, then add the milk, lemon zest and lemon juice. Remove from the mixer and stir lightly until all combined, toss the blueberries in 1 tbsp of flour and fold into batter, do not over mix, batter is extremely thick. Pour batter into 3 prepared cake pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 21 to 26 minutes. Remove from oven and allow to cool completely before frosting.

Enjoy!

# Mummy Cake

By Kylie Rozum



## Chocolate Cake:

2 cups of flour

2 cups of sugar

2 teaspoons of baking soda

1 teaspoon of baking powder

1 teaspoon of salt

3/4 cup unsweetened cocoa powder

Mix all ingredients together and set aside.

In a separate bowl, mix the following ingredients:

1 cup of milk

1 cup of oil

1 cup of hot black coffee

2 eggs

1 teaspoon of vanilla extract

Slowly mix in the chocolate cake mixture until all ingredients are mixed together. Bake at 350°F for 45 minutes.

## Icing:

Heat 5 tablespoons of flour plus 1 cup of milk until thick.

## Cream Mixture:

2 sticks of butter

1 cup of sugar

2 teaspoons of vanilla

Cool flour and milk and add to cream mixture.

Let cake cool before icing.

Enjoy!

# Pumpkin Roll

By Luke Bennethum



## Cake:

1 cup of flour  
1 cup of sugar  
1 teaspoon of baking soda  
3 eggs  
2/3 cup of pumpkin  
1 teaspoon of cinnamon

Mix all the ingredients together.

Pour on a greased sheet with sides and bake at 350°F. Bake the pumpkin roll for about 15-20 minutes (don't over bake). Take the cake out of the oven and roll the cake in parchment paper. Refrigerate for an hour.

## Filling:

4 tablespoons of soft butter  
1 teaspoon of vanilla  
1 cup of confectioners sugar  
8 ounce of cream cheese, softened

Beat cream cheese and butter until blended, add confectioners sugar and vanilla until smooth.

Once cake is chilled, add the filling and refrigerate.

Enjoy!

# Vanilla Cake

By Preston Pines



Cake:

2 cups of sugar

4 eggs

2 1/2 cups of flour

1 cup of milk

3/4 cup of vegetable oil

2 teaspoons of baking soda

2 1/4 teaspoons of baking powder

1 teaspoon of vanilla

Preheat oven to 350°F. Line two 9 inch round cake pans with parchment paper. Grease the paper and the sides of the pan well. In mixing bowl, beat sugar and eggs until slightly thickened, about 1 minute. Add flour, milk, oil, baking powder and vanilla and beat for another minute, just until batter is smooth and creamy. Pour batter into prepared pans.

Bake for 30 to 40 minutes or until the tops are golden and a toothpick poked into the center of the layer comes out clean. Loosen the sides of the cake from the pan with a thin knife, then turn out onto a rack and peel off the paper.

Icing:

1/2 cup of butter or margarine

2/3 cup of hershey's cocoa

3 cups of confectioners sugar

1/3 cup of milk

1 teaspoon of vanilla extract

Melt butter, stir in cocoa. Alternately add sugar and milk, beating to spreading consistency. Add small amount of additional milk, if needed. Stir in vanilla extract.

Let cake cool completely before covering with icing.

Enjoy!

# Crunchy Mac and Cheese

By Robert Silver



## Ingredients:

4 tablespoons of unsalted butter

4 tablespoons of flour

1 1/2 teaspoon of dry mustard

1 1/2 teaspoon of garlic powder

1/2 teaspoon of cayenne

Salt and fresh cracked pepper to taste

2 1/2 cups of milk

Pinch of crushed chili flakes (optional)

3 cups of shredded sharp white cheddar

3 cups of shredded pepper jack

1 box of macaroni (cooked according to package)

1-2 jalapeños, sliced (depending on how spicy you like it)

1 small bag of potato chips crushed (we recommend jalapeño or salt and vinegar for a little tang)

Hot sauce, if desired

## Instructions:

Preheat oven to 400°F and prepare individual ramekins, 13x9 baking dish or casserole dish with butter.

In a pot, melt butter with flour, dry mustard, garlic powder, cayenne, salt and pepper. Whisk in milk and bring to a boil.

Reduce to a simmer and add cheese, mixing until smooth.

Stir in cooked macaroni and sliced jalapeños.

Pour into prepared baking dish and top with crushed potato chips. Bake until golden and bubbly.

Serve hot with extra hot sauce.

Enjoy!

# Sicilian Lasagna

By Gianna Olinger



## Meatballs:

1 pound of ground beef, 6 slices slightly stale bread, 3 eggs, chopped celery leaves, chopped parsley, 1 garlic glove chopped, 1/4 cup grated parmesan cheese, salt & pepper.

## Spaghetti Sauce:

Pork and beef bones, small amount of cooking oil, 1 small onion, 2 cloves of garlic, parsley, 1 quarter bell pepper, 8 white mushrooms, basil, 12 ounces of tomato paste, 23 ounces of tomato sauce, 30 ounces of water.

## Lasagna filling:

1 pound of ricotta cheese, 3 eggs, 1/3 cup of grated parmesan cheese, 1/2 cup of chopped parsley, salt and pepper, 2 sheets of fresh pasta and 1 pound of grated mozzarella cheese

## Directions:

Mix all meatball ingredients and form into golf ball-sized balls. Brown pork and beef bones in oil. Remove bones and set aside. Brown meatballs in this oil, remove and set aside.

Chop all spaghetti sauce vegetables. Add vegetables in order listed to the oil and saute each until soft before adding the next one, constantly stirring. Add 23 ounces of tomato sauce and 30 ounces of water. Return bones to sauce. Bring to a boil, reduce heat and simmer for 1 1/2 hours. Remove bones and add meatballs. Simmer for 1 hour, allow to cool.

Cut fresh pasta sheets into 2 inch wide ribbons to fit pan. Boil until tender and allow to cool. Mix all lasagna ingredients except for mozzarella cheese. Assemble lasagna by beginning with a layer of sauce. Add pasta and spread the lasagna mixture on the pasta. Distribute crumbled meatballs on the mixture. Ladle sauce over top of ingredients. Repeat 2 times, in order. Spread grated mozzarella on top. Bake for 1 hour at 350°F. Allow to cool 15 minutes.

Enjoy!

# Peaches and Cream Pie

By Paige Hagan



3/4 cup of flour  
1/2 teaspoon of salt  
1 teaspoon of baking powder  
1 egg  
1/2 cup of milk  
1 (3 ounce) package of instant vanilla pudding mix  
1 (29 ounce) can of sliced peaches, drained & syrup reserved  
1 (8 ounce) package of cream cheese  
1/2 cup of sugar  
3 tablespoons of butter, softened  
1 teaspoon of ground cinnamon  
1 tablespoon of sugar

## Directions:

Preheat oven to 350°F. Grease sides and bottom of a 10 inch deep dish pie pan. In a medium mixing bowl, mix together flour, salt, baking powder and pudding mix. Mix in butter, egg and milk. Beat for 2 minutes, pour mixture into pie pan. Arrange the peach slices on top of the pudding mixture.

In a small mixing bowl, beat cream cheese until fluffy. Add 1/2 cup of sugar and 3 tablespoons reserved peach syrup. Beat for 2 minutes. Spoon mixture over peaches to within 1 inch of pan edge. Mix together 1 tablespoon sugar and 1 teaspoon cinnamon, and sprinkle over top.

Bake in preheated oven for 30 to 35 minutes, until golden brown. Chill before serving.

Enjoy!

# Snowballs

By Peter Cinelli



## Ingredients:

7/8 cup butter (1 cup less 2 tbsp)  
1/2 cup of confectioners sugar  
2 teaspoons of vanilla  
1 tablespoon of water  
1/2 teaspoon of salt  
2 cups of flour  
1 cup of ground walnuts

## Directions:

Preheat oven to 350°F.

Cream the butter with 1/2 cup of confectioners sugar and the vanilla. Mix in the flour, walnuts, water and salt.

Roll about 1 tablespoon or so of dough into balls and place on an ungreased cookie sheet.

Bake in preheated oven until bottoms are golden, about 15 minutes. Do not allow cookies to get too brown; it's better to undercook them than overcook them.

While cookies are still hot, roll them in confectioners sugar. Once they have cooled, roll them once more in confectioners sugar.

Enjoy!

# Espresso Mocha Macaroon

By Megan Hatcher



## Ingredients:

4 ounces almond meal  
7 ounces powdered sugar  
1/2 ounce espresso powder  
1/2 ounce cocoa powder  
4 ounces egg white  
A pinch of cream of tartar  
50 grams sugar  
1/2 cup butter  
3 cups powdered sugar  
4 tablespoons cocoa powder  
3 tablespoons dark chocolate cocoa powder  
3 tablespoons heavy cream  
1 teaspoon sea salt

## For the Shells:

Pulse the powdered sugar, the almond flour, espresso powder, and the cocoa powder together in a food processor to form a fine powder. Sift three times into a large mixing bowl. Set aside.

Sprinkle the cream of tartar over the egg whites and hand mix first. Beat the mixture on medium speed until foamy. Slowly add the granulated sugar and beat on medium speed until soft peaks form. Increase the speed to high and beat until stiff peaks form. Sift 1/3 of the almond mixture into the bowl with the meringue. Fold the ingredients. Continue sifting and folding until all the mixture is incorporated into the meringue and the mixture drips slowly off the spatula. Put batter into a large piping bag with 1/2 inch tip.

Preheat oven to 350°F.

Once all the batter has been piped, grab the edges of the pan, bang the pans on the counter to release any remaining air bubbles in the meringue. Continue rapping the sheets, turning occasionally, until no more air bubbles surface. Allow the macaroon to rest on the counter at least 30 minutes. Once they've rested and the tops are no longer sticky to the touch, bake for 7 to 9 minutes. Rotate the pans front to back and top to bottom and bake an additional 7 to 9 minutes. Do the wiggle test to see if the meringue is cooked; carefully grab the top of the shell and if it moves easily from side to side when wiggled, indicating the meringue isn't completely cooked, then continue to cook in 2 to 3 minutes intervals until they no longer wiggle. Remove from heat and allow to cool completely before filling.

## For the Buttercream:

Combine the butter and powdered sugar together and beat until combined. Add in the cocoa powders and the cream. Continue to beat until the mixture is light, fluffy, and no longer grainy. Add the sea salt and stir until blended. Place the filling in a piping bag fitted with a plain tip and pipe the filling onto one shell. Top with another shell and allow to rest before serving.

Enjoy!

# Killer Cake

By Sydney Boyd



## Cake:

6 ounces of unsweetened chocolate  
1 cup of unsalted butter  
6 eggs  
3 cups of sugar  
1 teaspoon of vanilla  
1 1/2 cup of flour  
1 1/2 cup of chocolate chips  
1 1/2 cup of pecans or walnuts

## Icing:

1 1/2 cup of sugar  
1 cup of heavy whipping cream  
4 teaspoons of desired liquor (Kahlua, Bailey's or Raspberry)  
6 ounces of unsweetened chocolate  
1 cup of unsalted butter

## Directions for Cake:

Melt butter and chocolate together on stove.  
Mix together in separate bowl; eggs, sugar and vanilla.  
Pour melted chocolate and butter mixture into egg, sugar and vanilla mixture.  
Fold in flour, chocolate chips and nuts. Pour into two floured and buttered cake pans.  
Bake at 350°F for 35 minutes.

## Directions for Icing:

Boil cream and sugar, add liquor of your choice, chocolate and butter. Stir until smooth. Pour over two inverted cooled cakes. Set to chill.

Enjoy!

# Moist Chocolate Cake

By Dante Casantini



## Cake:

2 cups of flour  
1 teaspoon of salt  
1 teaspoon of baking powder  
2 teaspoons of baking soda  
3/4 cup of cocoa  
2 cups of sugar  
1 cup of oil  
1 cup of hot coffee  
1 cup of milk  
2 eggs  
1 teaspoon of vanilla

Sift all dry ingredients, add the liquids and mix at medium speed for 2 minutes. Add the eggs and vanilla, beating 2 more minutes. Pour into 2 nine inch round greased and floured cake pans. Bake in preheated oven (325°F) for 25 to 30 minutes or until center of cake springs back at gentle touch.

## Buttercream Icing:

1/2 cup of shortening (like Crisco)  
1/2 cup of butter  
1 teaspoon of vanilla extract  
4 cups of confectioners sugar  
2 tablespoons of milk

Cream together the butter, shortening and vanilla. Blend in sugar one cup at a time, beating well after each addition. Beat in the milk and continue to mix until light and fluffy.

Cool cake completely before icing.

Enjoy!

# Mommy's Killer Cake

By Chloe Ritter



## Cake:

1 3/4 cup of flour  
2 cups of sugar  
3/4 cup of cocoa  
2 teaspoons of baking soda  
1 teaspoon of baking powder  
1 teaspoon of salt  
1 cup of buttermilk  
1/2 cup vegetable oil  
2 large eggs  
1 teaspoon of vanilla extract  
1 cup of coffee

## Dark Chocolate Frosting:

2/3 cup of cocoa  
3 cups of confectioners sugar  
1 stick of butter  
1 teaspoon of vanilla extract

## Directions:

Sift flour, sugar, cocoa, baking soda, baking powder and salt. Mix together in bowl, set aside.

In another bowl, combine buttermilk, oil, eggs and vanilla. Add the wet ingredients to the dry ingredients, add coffee and mix everything together.

Pour batter into 2 well greased cake pans. Bake at 350°F for 35 to 40 minutes. Allow to cool before frosting.

Enjoy!

# Salsa Di Parmigiano

By Michaela Burkey



## Ingredients:

1/2 pound Parmesan cheese,  
not too dry  
1/2 pound Asiago cheese, not too dry  
2 tablespoons chopped green onion  
2 teaspoons minced garlic  
1 teaspoon freshly ground black pepper  
1 teaspoon red pepper flakes  
1 1/2 cups of extra-virgin olive oil

## Directions:

Remove any rind from the cheeses and chop the cheeses into rough 1 inch chunks. Pulse the cheeses in the food processor until reduced to the size of a fine pea gravel.

Transfer the cheese to a bowl and stir in the green onion and garlic. Add the oregano, rubbing it between your fingers to release its fragrance. Add the black pepper, red pepper flakes, and olive oil. Stir well.

Cover and let stand at room temperature for at least four hours before serving.

Enjoy!

# Taco Dip

By Kate Barbon



## Ingredients:

1 (16 ounce) can of refried beans  
2 cups of guacamole  
1 taco seasoning packet  
1 (16 ounce) container of sour cream  
1 cup of tomatoes, diced  
2 cups of shredded cheddar cheese  
3/4 cup of sliced black olives  
tortilla chips for dipping

## Directions:

Mix together one container of sour cream (16 ounce) and taco seasoning packet. Refrigerate for 8 hours prior to preparing the dip.

Layer the serving dish with refried beans. Next, layer the guacamole, then the sour cream and taco seasoning mixture.

Top with chopped tomatoes, shredded cheese and black olives.

Refrigerate before serving and serve with tortilla chips.

Enjoy!

# Snickerdoodle Apple Cobbler

By Madison Cannon



## Ingredients:

6 granny smith (or your favorite flavor) apples, peeled and sliced thin  
1/2 cup brown sugar, packed  
1 cup unsalted butter, softened and divided  
3 teaspoons cinnamon, divided  
3/4 cup + 1/3 cup granulated sugar, divided  
1 egg  
1 tablespoon vanilla extract  
1/2 teaspoon baking soda  
1/2 teaspoon cream of tartar  
1/2 teaspoon salt  
2 cups flour

## Directions:

Preheat oven to 350°F.

Melt 1/4 cup of butter in a large skillet over medium-low heat. Add the sliced apples, brown sugar, and 1 teaspoon cinnamon. Toss to coat. Cook for 5-8 minutes over medium-low heat, stirring often, until the apples just become translucent. Set aside to cool while you make the topping.

Cream 3/4 cup butter and 3/4 cup granulated sugar in the bowl of a stand mixer fitted with the paddle attachment. Beat in egg and extract. Mix in baking soda, cream of tartar, and salt. Slowly mix in flour.

Pour apples into a 9×13” baking dish. Spoon tablespoons of the cookie dough mixture evenly over the top in a single layer. Mix remaining 1/3 cup granulated sugar and 2 teaspoons cinnamon in a small bowl. Sprinkle evenly over cookie dough.

Bake for about 24-26 minutes until the cookie dough starts to brown. Cool slightly before serving.

Serve warm with ice cream or whipped cream.

Store in refrigerator loosely covered for up to 3 days.

Enjoy!

# Stick Around for Some Pie

By Dalton Maiers



## Dough:

3 cups of all purpose flour, sifted  
1 teaspoon of salt  
1 1/4 cups of butter, chilled  
1 large egg  
2 teaspoons vinegar  
water

## Apple Filling:

4 cups of sliced, peeled apples, 2 tablespoons of lemon juice  
1/2 cup of sugar, 3 tablespoons of cornstarch, 1/4 teaspoon  
of nutmeg, 1 teaspoon of cinnamon, 1 cup of warm water

## Pumpkin Fluff Filling:

12 ounces of cream cheese, 2 cups of confectioners sugar  
1 cup canned pumpkin, 1 teaspoon of ground ginger,  
1 teaspoon of pumpkin pie spice or cinnamon.

## Topping:

2 cups of whipped topping

## Directions:

Mix together ingredients for dough, roll out into small circles to make individual pies. Mix apple filling ingredients in one bowl and mix pumpkin fluff filling in another bowl. Place filling in center of dough, place another circle of dough on top and press edges together. Bake at 350°F for 30 to 40 minutes until pies are slightly browned.

When removed from oven, place stick in center of pie. Let pies cool 10 to 15 minutes before placing whipped topping on individual pies.

Enjoy!

# Broccoli and Cheese Soup

By Brady Mider



## Ingredients:

1/4 cup unsalted butter  
1/2 cup diced onions (yellow or white)  
1 cup shredded carrots  
2 1/2-3 cups broccoli, chopped small  
1 1/2 cups chicken broth  
1 cup milk  
1 cup heavy whipping cream  
1/4 cup flour  
1 1/2 teaspoon kosher salt  
1/2 teaspoon black pepper  
pinch of crushed red pepper flakes (or more as desired)  
2 cups shredded cheddar cheese

## Directions:

In a large pot over medium high heat, melt butter. Add in onions, carrots and broccoli. Cook to soften about 5 minutes (may be more or less depending on the size vegetables you cut).

Slowly add in broth, milk and cream. Sprinkle with flour and add salt, pepper and red pepper flakes. Continue stirring and heating over medium heat until thickened. This will take about 10-15 minutes.

Once thick, add cheese and stir until melted and smooth.

Enjoy!



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