



COOKING



CHALLENGE

Embark on a culinary adventure! Learn new cooking techniques and create your own recipes.



Join us **LIVE** at **CAMP RADDISH** in Los Angeles!



Visit raddishkids.com/campchallenge for show times.

CHALLENGE GUIDE

Choose your lesson below. Each technique makes a basic dish. Go further by preparing the bonus recipe or creating your own.

**PLAN
AHEAD!**

Each technique requires
basic ingredients and
30-60 minutes.



LESSON

PIZZA DOUGH (p.2)

- Learn: How to Knead
- Bonus Recipe: Garlic Parmesan Breadsticks

SCRAMBLED EGGS (p.4)

- Learn: How to Crack Eggs
- Bonus Recipe: Gourmet Breakfast Sandwich

FLAKY PIE CRUST (p.6)

- Learn: Cutting in Butter
- Bonus Recipe: Peach Galette

ROASTED VEGETABLES (p.8)

- Learn: Knife Safety
- Bonus Recipe: Mediterranean Couscous Salad

ICE CREAM (p.10)

- Learn: Timing and Patience
- Bonus Recipe: Chocolate Chip Strawberry Ice Cream

SALAD VINAIGRETTE (p.12)

- Learn: How to Whisk
- Bonus Recipe: Very Berry Spinach Salad

MUFFIN BATTER (p.14)

- Learn: How to Stir
- Bonus Recipe: Apple Streusel Muffins

PERFECT PASTA (p.16)

- Learn: Simmering and Boiling
- Bonus Recipe: Pasta with Fresh Pesto

PIZZA DOUGH

INGREDIENTS



1 cup warm water



1 (.25 oz) package rapid-rise yeast



1 tsp sugar



2 ½ cups flour



2 Tbsp olive oil



1 tsp salt

STEPS

1



Stir warm water, yeast, and sugar until foamy.

2



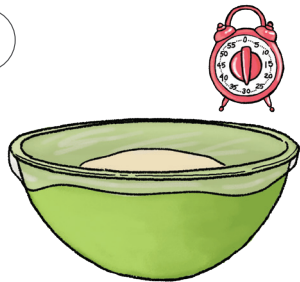
Add flour, olive oil, and salt. Stir until dough comes together.

3



Turn dough onto a lightly floured surface. Knead until smooth, 8–10 minutes.

4



Add to bowl, cover, and let rise in a warm area for 30 minutes.

Next Steps: Make pizza, rolls, or breadsticks! Bake in preheated 400° F oven until golden brown.



**Cook! Prepare yeasted dough from scratch.
Create! Use it for pizza, rolls, or breadsticks.**

FEATURED SKILL: HOW TO KNEAD

On a well floured surface, repeat this pattern:

- 1 Push the “heel” of your hand into the dough.
- 2 Pick up the dough and turn it 90 degrees.
- 3 Fold the dough toward your body.



FUN BITES



- **Italian Origins** Pizza was first created in Naples, Italy during the mid-18th century.
- **Yeast is Alive!** When mixed with warm water, yeast produces bubbles that cause dough to rise.
- **Beyond the Dough** Pizza dough is a blank canvas! Decorate it with your favorite sauce and toppings.

GARLIC PARMESAN BREADSTICKS

- 1 Preheat oven to 400° F. Line baking sheet with parchment paper.
- 2 Prepare **one batch of pizza dough**. Divide it into 6 pieces.
- 3 Roll each piece into an 8-inch stick. Arrange on baking sheet. Brush with **1 Tbsp olive oil**.
- 4 Mix **¼ cup parmesan**, **¼ tsp garlic powder**, and **¼ tsp salt**. Sprinkle on top. Bake until browned, 10-12 minutes.



Say Cheese!

SCRAMBLED EGGS

INGREDIENTS



2 eggs



1 Tbsp
milk



dash of
salt



dash of
pepper



1 Tbsp
butter

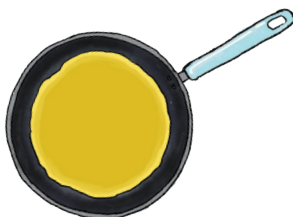
STEPS

1



Crack eggs in medium bowl. Add milk, salt, and pepper. Whisk until smooth.

2



Melt butter in skillet over medium heat. Add eggs. Cook, without stirring, for 30 seconds.

3



Gently pull the eggs across the pan with a rubber spatula, forming large curds.

4



Cook eggs, continuing to lift and fold, until no visible liquid egg remains, about 2-4 minutes.



Cook! Scramble perfectly soft and fluffy eggs.
Create! Add your choice of specialty ingredients.

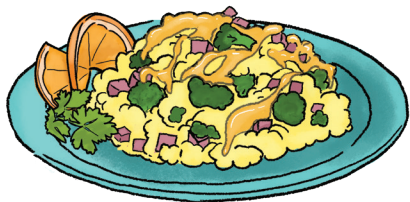
FEATURED SKILL: HOW TO CRACK EGGS

- 1 TAP the center of the egg on a flat surface.
- 2 PUSH your thumbs into the crack.
- 3 PULL the egg apart above your bowl.



Don't forget! Throw away shells and wash your hands.

FUN BITES



- **Delicious and Nutritious** Eggs provide muscle-building protein, support your immune system, and boost your energy!

- **Kitchen Cleanliness** Raw egg may contain bacteria that makes us sick. Always wash your hands after cracking eggs.

GOURMET BREAKFAST SANDWICH

- 1 Prepare **one batch** of scrambled eggs.
- 2 Toast **2 slices** of bread.
- 3 Scoop out $\frac{1}{2}$ **avocado** and mash with a **dash of salt**.
- 4 Assemble your sandwich: avocado spread, scrambled eggs, and **1 slice of cheddar** cheese.



Get Crackin'!

FLAKY PIE CRUST

INGREDIENTS



1 ¼ cups
flour



1 tsp
sugar



½ tsp
salt



½ cup butter
cut into
small cubes



3-4 Tbsp
cold water



3-4 cups homemade
or store-bought filling
(see Fun Bites)

STEPS

1



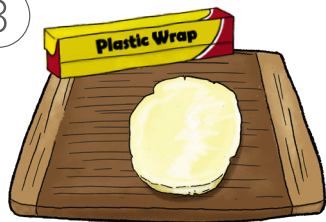
Stir flour, sugar, and salt in large bowl. Add butter. Use your fingertips to smear it into the flour, creating small flakes.

2



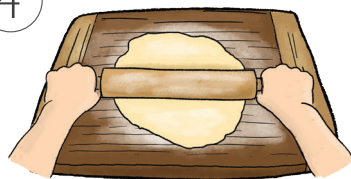
Add 3-4 Tbsp of water. Mix gently with a fork. Use just enough water so that the dough comes together when clumped in your hand.

3



Form dough into a flat disc. Wrap with plastic wrap and refrigerate at least 30 minutes.

4



Dust cutting board with flour. Roll dough into a 13-inch circle. Press into a pie pan and trim overhanging edges.



Cook! Prepare a buttery, flaky pie crust.
Create! Choose fillings and make your own pie.

FEATURED SKILL: CUTTING IN BUTTER

“Cutting in” is a special way of mixing butter into flour.

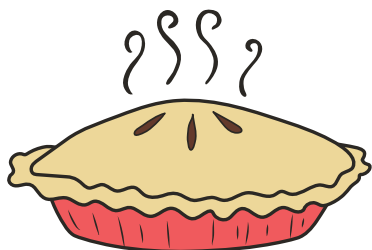
1 Start with small cubes of cold butter.

2 Blend until it resembles tiny pebbles.

Tip: Work quickly to keep it cold.



FUN BITES



- **Homemade Filling** Mix 3 cups chopped fruit or berries, 3 Tbsp cornstarch, 1 Tbsp lemon juice, $\frac{1}{3}$ cup sugar, and a pinch of salt.
- **Cold Butter** Tiny bits of very cold butter mixed in with flour is key to moist, flaky crust.
- **Double Crust** Top your pie with crust or lattice strips! Make a double batch of dough and divide it in half in Step 3.

PEACH GALETTE

- 1 Prepare **one recipe of pie crust**. Instead of pressing it into a pie pan, lay it flat on a parchment-lined baking sheet.
- 2 Stir together **3 cups sliced peaches** (fresh or frozen and defrosted), **3 Tbsp cornstarch**, **1 Tbsp lemon juice**, **$\frac{1}{3}$ cup sugar**, and a pinch of salt.
- 3 Mound peaches in center of dough, leaving a 2-inch border. Fold the edges towards the center, overlapping the dough as you rotate.
- 4 Bake at 375°F for 45-50 minutes, until crust is golden and filling is bubbling.



Eyes on the Pies

ROASTED VEGETABLES

INGREDIENTS



2 potatoes



1 Tbsp
olive oil



½ tsp
garlic powder



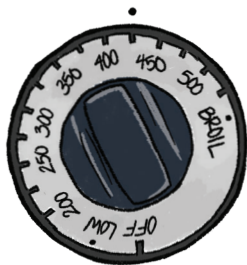
1 tsp
salt



¼ tsp
black pepper

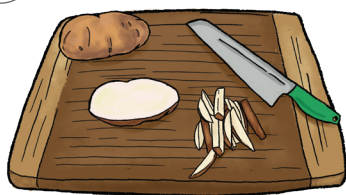
STEPS

1



Preheat oven to 425°F.
Line baking sheet with foil.

2



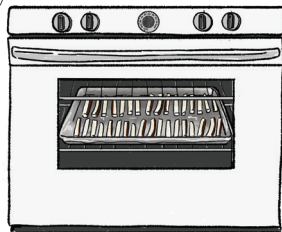
Cut potatoes into flat
planks, then into ½-inch thick fries.

3



Stir potatoes, oil, garlic
powder, salt, and pepper
in a large bowl.

4



Spread on baking sheet.
Roast 25-35 minutes,
until browned and tender.

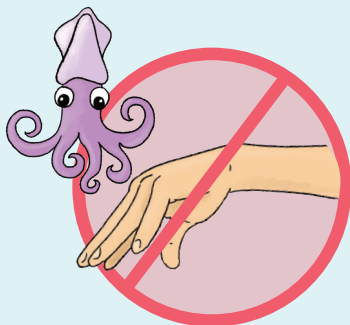


Cook! Roast French-fry style potatoes.
Create! Swap potatoes for other vegetables.

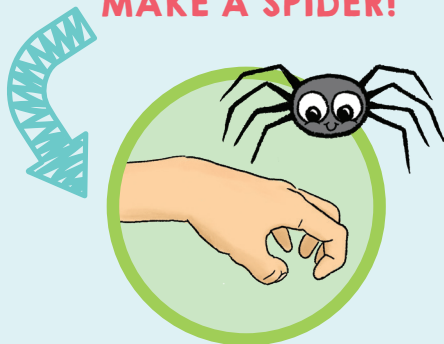
FEATURED SKILL: KNIFE SAFETY

Protect your fingertips. Allow knuckles to be the guide when cutting.

DON'T MAKE A SQUID!



MAKE A SPIDER!



Roasted Vegetable Timetable

Set oven to 425°F.

| Type | Examples | Bake Time |
|-----------|---|-----------|
| Root | Beets, Potatoes, Carrots | 25-35 min |
| Crucifers | Broccoli, Cauliflower, Brussels Sprouts | 15-25 min |
| Soft | Zucchini, Summer Squash, Bell Pepper | 10-20 min |
| Thin | Asparagus, Green Beans | 10-20 min |

*Remember, small pieces cook faster than large pieces. Cut consistently for even roasting!

MEDITERRANEAN COUSCOUS SALAD

- 1 Dice 1 zucchini and 1 red pepper. Add 1 Tbsp olive oil and 1 tsp salt. Roast according to chart above.
- 2 Pour 1 cup boiling water over 1 cup dried couscous. Cover and let sit 15 minutes. Fluff with fork.
- 3 Mince 8 leaves of basil.
- 4 Mix couscous, vegetables, basil, ½ cup crumbled feta cheese, and 1 Tbsp olive oil.



Veg Out!

ICE CREAM

INGREDIENTS



1 cup
half & half



2 Tbsp
sugar



½ tsp
vanilla



½ cup
rock salt



4 cups
ice



1 pint-size
resealable
bag



1 gallon-size
resealable
bag

STEPS

1



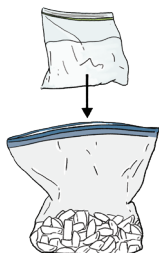
Add half & half, sugar,
and vanilla to small bag.
Seal tightly.

2



Add ice and rock salt to
large bag.

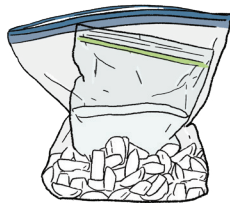
3



Set small bag inside
large. Seal tightly.

Tip: Double bag to prevent leaks.

4



Shake bags vigorously for
5-10 min, until ice cream
begins to feel solid.

Next Steps: In your next batch, add chopped candy, fruit, or cookies during Step 1. Try strawberry purée or cocoa powder too!



**Cook! Make vanilla soft serve ice cream.
Create! Add flavorful mix-ins to your next batch.**

FEATURED SKILL: TIMING AND PATIENCE

Sometimes chefs need to **WAIT** or **WORK** for a long period of time. For example, baking a cake or churning ice cream.



- 1 **Set a Timer** Keeping track of time will ensure success!
- 2 **Practice Patience** Take turns and pass time by singing, counting, or cleaning the kitchen.

FUN BITES



- **Salty Science** Salt melts ice and lowers the temperature at which water freezes. In this recipe, extra cold salt water is used to freeze sweet cream.
- **Churning** Ice cream makers *churn*, or mix, ingredients while they freeze. This creates fluffy ice cream, instead of a solid block.
- **Icy Origins** The concept of ice cream first developed when ancient Greeks stirred together snow, honey, and fruit.

CHOCOLATE CHIP STRAWBERRY ICE CREAM

- 1 Mince **4 strawberries** into very small pieces. Add to small bag.
- 2 Add **2 Tbsp mini chocolate chips** to strawberries.
- 3 Add ingredients for **1 batch of homemade ice cream** to strawberries and chocolate chips.
- 4 Make ice cream according to the method provided.



Feel the Churn!

SALAD VINAIGRETTE

INGREDIENTS



2 tsp
honey



1 Tbsp
balsamic vinegar



1 clove garlic,
minced



dash of salt
& pepper



3 Tbsp
olive oil



4 cups salad
greens

STEPS

1



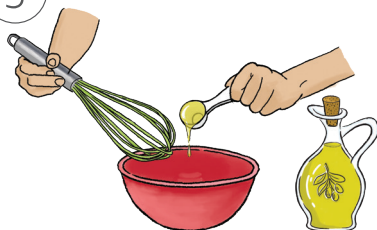
Whisk honey and balsamic
vinegar in small bowl.

2



Add minced garlic, salt,
and pepper.

3



Slowly drizzle in olive oil
while whisking constantly.

4



Drizzle vinaigrette over
salad greens and mix well.
TASTE & SHARE!

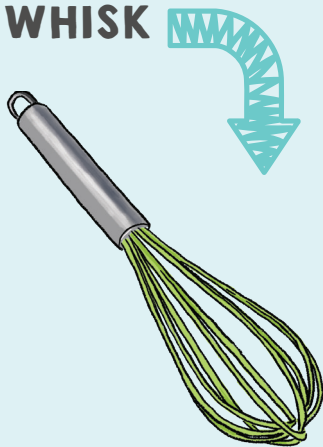


**Cook! Garnish greens with a basic vinaigrette.
Create! Mix-and-match to make your own.**

FEATURED SKILL: HOW TO WHISK

To blend or *emulsify* two foods into one:

- 1 Wrap your writing-hand around the handle.
- 2 Point your whisk to the center of your bowl.
- 3 Hold the bowl. Rotate your wrist to make a circle. Keep your elbow still.



Mix-N-Match Vinaigrette

Select an ingredient from each column!

| 2 tsp EMULSIFIER: + | 1 Tbsp ACID: + | 1-2 Tbsp FLAVOR: + | 3 Tbsp OIL: |
|---|--|---|----------------------------------|
| honey, Dijon mustard, mayonnaise, yogurt, miso paste, jam | apple cider vinegar, lemon juice, balsamic vinegar, red wine vinegar, rice vinegar | minced herbs (such as basil, sage, or thyme), garlic, Parmesan, shallots, sesame or poppy seeds | olive, sesame, grapeseed, canola |

VERY BERRY SPINACH SALAD

- 1 Make a raspberry vinaigrette with 1 Tbsp raspberry jam, 1 Tbsp red wine vinegar, dash of salt and pepper, and 3 Tbsp olive oil.
- 2 Drizzle desired amount of dressing over 4 cups baby spinach.
- 3 Slice 6 strawberries. Add to salad.
- 4 Top salad with ½ cup blueberries, ½ cup crumbled feta cheese, and ½ cup sliced almonds.



MUFFIN BATTER

INGREDIENTS



2 $\frac{1}{3}$ cups
flour



1 tsp
baking
soda



2 tsp
baking
powder



$\frac{1}{2}$ tsp
salt



1 egg



$\frac{1}{2}$ cup
vegetable
oil



1 cup
plain
yogurt



1 cup
sugar



1 cup mix-ins
such as
blueberries

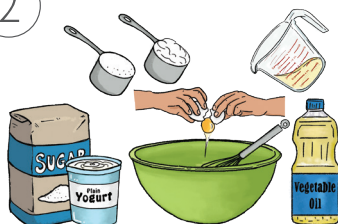
STEPS

1



Whisk flour, baking soda, baking powder, and salt in medium bowl.

2



Crack egg in large bowl. Whisk in oil, yogurt, and sugar.

3



Add dry ingredients and blueberries (or swap for another mix-in). Stir until just combined.

4



Fill lined muffin cups to the top with batter. Bake 20-25 min in a 375°F oven, until a toothpick inserted comes out clean.



Cook! Make a basic blueberry muffin batter. Create! Rewrite the recipe with a simple swap.

FEATURED SKILL: HOW TO STIR

Stir to mix ingredients evenly - make every bite taste the same!

Stir to heat ingredients evenly - avoid hot spots and burnt food!

To stir, trace small circles at the bottom of your bowl or pot and expand outward.



FUN BITES



- **Muffin Method** Stir wet and dry ingredients separately, then gently combine them. This leads to tender muffins. Never overmix!
- **Leaveners** Baking soda and baking powder are *leaveners* that help baked goods rise.
- **Creative Combinations** Add more than 1 mix-in! Use a total of 1 cup chopped fruit, nuts, chocolate, or grated veggies such as carrot or zucchini.

APPLE STREUSEL MUFFINS

- 1 Prepare one batch of plain muffin batter.
- 2 Stir in 1 cup peeled and finely diced apples.
- 3 Make a streusel topping! Stir together $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup brown sugar, and $\frac{1}{4}$ tsp cinnamon. Add 3 Tbsp butter and crumble together with your fingertips.
- 4 Sprinkle topping over muffins and bake!



We Stop at Muffin!

PERFECT PASTA

INGREDIENTS



salt



1 (1lb) box dried pasta
of your choice

STEPS

1



Fill a large pot with water.
Add 1 Tbsp of salt.

2



Bring pot of water to a
rolling boil. (See Featured Skill:
Watch for the 3 stages!)

3



Add pasta. Examine the
pasta box for cook time. Set
your timer to the beginning of
this range.

4



Taste pasta to test for
doneness. Cook until preferred
texture is achieved. Drain pasta in
colander with the help of an adult.



**Cook! Prepare pasta with perfect texture.
Create! Pair it with a simple sauce or cheese.**

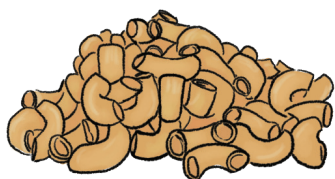
FEATURED SKILL: SIMMERING & BOILING

3 Stages of Heating Water:

- 1 **Quiver** Water trembles and tiny bubbles appear at the bottom, but do not rise.
- 2 **Simmer** Small to medium bubbles burst often across the surface of the pot.
- 3 **Boil** Large, constant bursting bubbles are visible. Water has reached 212°F. A rolling boil is achieved when bubbles are extremely rapid – add pasta now!



FUN BITES



- **Al Dente** The longer you cook pasta, the softer it becomes. Pasta that is firm to the bite is called *al dente*. This translates to “to the tooth” in Italian.
- **Salty Water** Pasta absorbs liquid while it cooks. Add a generous amount of salt to your pasta water to enhance the flavor of the noodles.
- **Fresh vs. Dried** Dried pasta is made with flour and water. Fresh pasta can be prepared by kneading together flour and egg.

PASTA WITH FRESH PESTO

- 1 Prepare 1 lb. of pasta.
- 2 While pasta cooks, add 2 cups fresh basil leaves to food processor or blender.
- 3 Add 2 peeled garlic cloves, 2 Tbsp walnuts or pine nuts, ½ cup olive oil, and ½ cup grated Parmesan cheese.
- 4 Blend until smooth and season to taste. Toss pasta with pesto and top with additional Parmesan.



Boil is This Fun!

