

Our American penfriends' recipes



Recipe Title:

Chocolate Cookies

Recipe Ingredients :

(Avoid abbreviations!)

1 cup brown sugar

1/4 teaspoons of salt

1/2 cup shortening

1 egg + 1 egg white

1 cup buttermilk

1 teaspoon of baking soda

1 teaspoon of vanilla extract

4 squares of baking chocolate, melted

3/4 cups of walnuts

2 cups of flour

Directions:

Mix all ingredients together well

Put the ingredients on the baking sheet using teaspoonfuls

Bake for 375 degrees for 12-15 minutes

Picture (if possible):



Recipe Title:sloppy joes

Recipe Ingredients :

(Avoid abbreviations!)

1 pound lean ground beef

1 quarter of a cup of celery

1 cup of ketchup

1 tablespoon worcestershire sauce

1 teaspoon ground mustard

1 eighth teaspoon of pepper

buns

Directions:

In 10 inch skillet cook beef and celery over medium heat for 8 to 10 minutes then drain

Stir in the ketchup worcestershire sauce mustard and pepper heat to boiling simmer for 10 to 15 minutes spoon on to buns



The Best Lemon Blueberry Muffins

INGREDIENTS

- ½ cup unsalted butter, room temperature
- zest of 1 lemon
- 1 cup sugar
- 1 egg, room temperature
- 1 teaspoon vanilla
- 2 cups (256 grams) all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 cups fresh blueberries
- ½ cup milk



DIRECTIONS

1. Heat the oven to 375°F. Cream butter with lemon zest and the sugar until light and fluffy.
2. Add the egg and vanilla and beat until combined. Meanwhile, toss the blueberries with ¼ cup of flour; then whisk together the remaining flour, baking powder, and salt.
3. Add the flour mixture to the batter a little at a time, alternating with the milk. Fold in the blueberries.
4. Grease a 12-cup or jumbo muffin tin with butter, or line with paper liners. Distribute batter among muffin cups. If using a jumbo muffin tin, bake for around 30 minutes. If using a 12-cup muffin tin instead, bake for around 20 minutes.
5. Check with a toothpick for doneness. If necessary, return pan to oven for a couple of more minutes. Let muffins cool in pan for about 7 minutes before serving.

Recipe Title:

Scrambled eggs

Recipe Ingredients :

(Avoid abbreviations!)

Milk

Eggs

Non-stick cooking spray

pepper

Directions:

Get out a pan, as well as a measuring cup, put $\frac{1}{2}$ cup of milk in the measuring cup, then crack the eggs into the measuring cup with the milk, take a wisk and stir around the eggs and milk until it makes it a nice yellow color, Spray the pan with nonstick cooking spray, turn on the stove, empty the eggs/milk onto the pan, wait a little while for the mixture to start getting harder then take a spatula and flip it over and move it around until the eggs get hard and add a little bit of pepper then they are ready to be eaten

Picture (if possible):



Recipe Title: buckeyes

Recipe Ingredients :

(Avoid abbreviations!)

$\frac{3}{4}$ cups peanut butter

$\frac{1}{4}$ cups of butter

$\frac{1}{2}$ teaspoons of vanilla

8 ounces of powdered sugar

3 ounces of chocolate chips

1 tablespoon of shortening



Directions: combine, peanut butter, butter and powdered sugar

Recipe Title: Blueberry Banana Smoothie

Recipe Ingredients :

(Avoid abbreviations!)

1 cup of frozen blueberries

1 banana

1 cup of almond milk

About a handful of granola (optional)

Directions:

Place all ingredients in a blender and blend until its a thick liquid.



Recipe Title: Pancakes (4 people)

Recipe Ingredients :

(Avoid abbreviations!)

1. 1 ½ cups of Flour
2. 2 tablespoons of sugar
3. 1 tablespoon of baking powder
4. 3 ¼ teaspoons of kosher salt or ½ teaspoon of regular salt
5. 1 tablespoon of cinnamon
6. 1 teaspoon of vanilla extract
7. 1 ¼ cup of milk
8. 1 big egg
9. 4 teaspoons of melted butter



Directions:

1. Put all the dry ingredients (flour, baking powder, cinnamon, salt) into a bowl and mix them together.
2. After the dry ingredients are all mixed up, add the wet ingredients (sugar, vanilla extract, milks, egg, melted butter) and mix up those ingredients.
3. Heat up a skillet/fry pan over medium heat (350 fahrenheit/ 175 celsius) and scoop ¾ of a cup of pancake batter onto it.
4. When you see bubbles flip the pancake over.
5. Wait about 1 minute and then check to see if both sides of the pancake are a golden brown color.
6. Then you can serve up the pancakes and eat them!

Picture (if possible):

Recipe Title: choco zucchini cake

Recipe Ingredients :

(Avoid abbreviations!)

2 cups flour

2 cups sugar

$\frac{3}{4}$ cups cocoa powder

2 teaspoon baking soda

1 teaspoon baking powder

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

1 teaspoon cinnamon

4 eggs

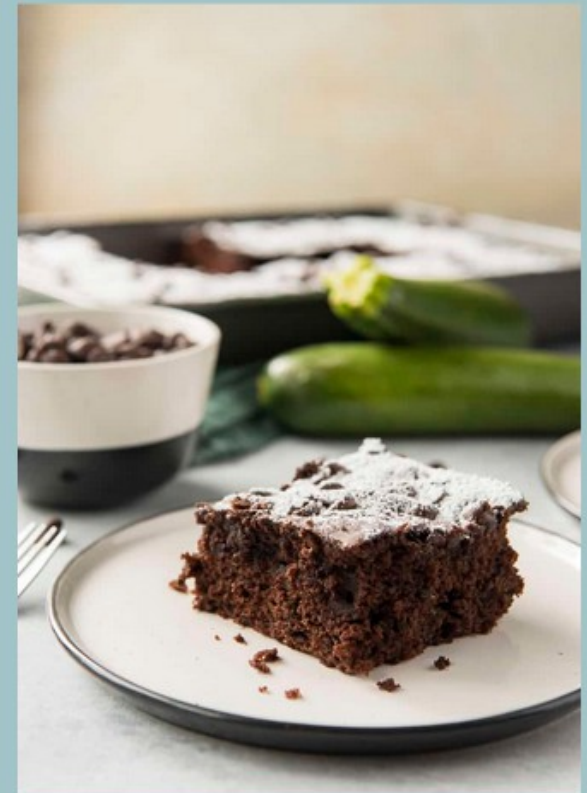
1 and a half cups vegetable oil(preferably)

3 cups grated zucchini

Directions:

Put together the dry ingredients (flour,sugar cocoa powder, baking soda, baking powder, salt, cinnamon). Then add eggs and oil together and mix it with the dry ingredients. At last fold the zucchini into the dry ingredients. Preheat you ovan for 350.grease pan with butter or oil .Put in 9*6 pan and cook for 50-60minutes

Picture (if possible):



Recipe Title: American Apple Pie

Recipe Ingredients :

(Avoid abbreviations!)

1. 8-12 sweet apples
2. 1/4 teaspoon ground nutmeg
3. 1/4 teaspoon ground ginger
4. 1/2 teaspoon ground cinnamon
5. 1/2 cup sugar
6. 1/2 of a stick of butter in slices

Directions:

Peel and core apples. Slice and chunk into 1/4 of an inch segments. Mix together all ingredients. Set aside. Using a pie crust recipe, make and roll out two crusts for a 9 inch pie pan. Line the bottom of the pan with one crust. Fill with filling and dot with the butter. Lay the top crust on top and seal with pinching motion. Cut slits in the top to the desired pattern. Cook for 10 minutes at 425°F, then 40 to 50 minutes at 350°F. Remove when then top is golden brown.



Recipe Title:

Strawberry Sweet Muffins

Recipe Ingredients :

(Avoid abbreviations!)

2 cups of flour

1 cup of sugar

1 teaspoon of baking powder

1/2 teaspoon of salt

1/2 cup of butter

1 teaspoon of vanilla extract

1 cup of chocolate chips

1 cup of strawberries.



Recipe Title: Shrimp and Risotto

Recipe Ingredients :

- 1 tablespoon butter
- 1 medium onion, thinly sliced
- 1 pound uncooked shrimp, peeled and deveined
- 1/2 cup dry white or vegetable broth
- 1 1/2 cups uncooked Arborio rice or regular-medium grain white rice
- 1 can (14 1/2 ounces) ready-to-serve vegetable or chicken broth
- 1 cup water
- 1/4 cup freshly grated parmesan cheese
- Freshly ground pepper



Directions:

- ❑ Melt butter in a 12 inch nonstick skillet or dutch oven medium high heat. Cook onion in butter 8 to 10 minutes, stirring frequently, until tender, reduce heat to medium.**
- ❑ Stir in shrimp. Cook uncovered about 5 minutes, stirring frequently, until shrimp are pink and firm. Remove mixture from skillet; keep warm.**
- ❑ Add wine to skiller; cook until liquid has evaporated. Stir in rice. Cook uncovered over medium heat, stirring frequently, until rice begins to brown. Mix broth and water; pour 1/2 cup broth 1/2 cup at a time and stirring occasionally, until rice is tender and creamy. Stir in shrimp mixture. Sprinkle with cheese and pepper.**

Recipe Title: Buttered Noodles

Recipe Ingredients : 16 ounces or 1 package of fettuccine noodles, 6 tablespoons of butter, $\frac{1}{3}$ cup of grated parmesan cheese, salt, black pepper
(Avoid abbreviations!)

Directions: First fill a large pot with water, and add a little bit of salt. Bring the water to a boil, and then put in the noodles. Cook for about 8 to 10 minutes until the noodles are firm yet tender, then drain the pot of water. Mix the butter, parmesan cheese, salt, and pepper into the pasta until it is mixed together and ready to serve.



Recipe Title: Homemade Applesauce

Recipe Ingredients :

(Avoid abbreviations!)

- ★ 10 apples
- ★ 5 tablespoons of water
- ★ 1 cinnamon stick

Directions:

- ★ Peel and core the apples
- ★ Cut them into fourths
- ★ Put them in a pot with the water on medium heat
- ★ Cover the pot, but not all the way
- ★ Cook the apples in the pot for 15 minutes or until you can easily cut them with a wooden spoon
- ★ Add the cinnamon stick the last 10 minutes of cooking

***NOTE* Add a little bit more water if needed, to prevent the apples from sticking**

- ★ Remove the cinnamon stick and blend the apples
- ★ Enjoy :)

Picture (if possible):



Recipe Title: Fried green beans (AlexZander Allen to Maelys)

Recipe Ingredients :

(Avoid abbreviations!)

1 pound of fresh green beans, a half a cup of flour, a egg, 1 cup of seasoned bread crumbs and 2 cups of vegetable oil.

Directions: put spray on tray, place your green beans on tray, Preheat oven on 425 degrees fahrenheit and wait 10 minutes. Then once the 10 minutes are done, you will put your green beans in the oven and let them cooks for another 10 minutes, then after that you have your deep fried green beans.

Picture (if possible):



Recipe Title: Macaroni & Cheese

Recipe Ingredients :

- 16 ounces of elbow macaroni, cooked
- 1 tablespoon of extra virgin olive oil
- 6 tablespoons unsalted butter
- $\frac{1}{3}$ cups of all purpose flour
- 3 cups of whole milk
- 1 cup of heavy whipping cream
- 4 cups of sharp cheddar cheese shredded
- Salt and pepper to taste
- 1 1.2 cups of panko crumbs
- 4 tablespoons of melted butter
- $\frac{1}{2}$ cups of shredded Parmesan cheese
- $\frac{1}{4}$ teaspoon of smoked paprika or regular paprika



Directions

- ❑ Preheat oven to 350 F. Lightly grease a large 4 quart baking dish and set aside. Combine shredded cheese in a large bowl and set aside.
- ❑ Cook the pasta on minute shy of al dente according to the pasta box instructions. Remove from heat, drain, and place in a large bowl.
- ❑ Drizzle pasta with olive oil and stir to coat pasta. Set aside to cool while preparing cheese sauce.
- ❑ Melt butter in a deep saucepan, dutch oven, or stock pot
- ❑ Whisk in flour over medium heat and continue whisking for about 1 minute until bubbly and golden.
- ❑ Gradually whisk in the milk and heavy cream until nice and smooth. Continue whisking until you see bubbles on the surface and then continue cooking and whisking for another 2 minutes. Whisk in salt and pepper.

Directions

- ❑ Add two cups of shredded cheese and whisk until smooth. Add another two cups of shredded cheese and continue whisking until creamy and smooth. Sauce should be nice and thick.
- ❑ Stir in the cooled pasta until combined and pasta sauce is fully coated with the cheese sauce.
- ❑ Pour half of of the Mac and cheese into the prepared baking dish. Top with remaining 2 cups of shredded cheese and then the remaining mac and cheese.
- ❑ In a small bowl, combine panko crumbs, parmesan cheese, melted butter and paprika. Sprinkle over the top and bake until bubbly and golden brown, about 30 minutes. Then ready to serve.

Recipe Title: Classic Stuffed Shells

Recipe Ingredients :

- 24 jumbo pasta shells
- 15 ounces ricotta cheese
- 3 cups shredded mozzarella cheese
- 2 teaspoons Italian seasoning
- Salt and pepper
- 1 egg
- 1/2 cup grated parmesan cheese
- 3 cups marinara sauce
- 2 tablespoons chopped parsley
- Cooking spray

Directions:

1. Preheat the oven to 375 degrees Fahrenheit (190 degrees celsius). Coat a 9 inch x 13 inch baking pan with cooking spray.
2. Spread 1.5 cups of the marinara sauce in an even layer in the bottom of the pan.
3. Place the ricotta cheese, 1.5 cups of mozzarella cheese, Italian seasoning, egg, salt, pepper and parmesan cheese in a bowl. Stir to combine.
4. Fill each shell with the ricotta mixture and place in the baking dish.
5. Spoon the remaining marinara sauce over the shells, then sprinkle the other 1.5 cups of cheese over the top.
6. Cover the dish with foil. Bake for 20 minutes. Uncover the pan, then bake for an additional 10 minutes or until cheese is melted and starting to brown.
7. Sprinkle with parsley, then serve.



Recipe Title: Peanut Butter Pie

Recipe Ingredients :

- ~ 1/2 cup of peanut butter.
- ~ 1/2 cup milk.
- ~ 1 cup of confectioners sugar (powdered sugar).
- ~ 1 container of cool whip.
- ~ 8 ounces of cream cheese.
- ~ 1 teaspoon of vanilla extract.
- ~ Pie crust.

Directions:

- ~ Mix ingredients together until smooth.
- ~ Pour batter into pie crust.
- ~ Freeze pie overnight.



Enjoy!

Recipe Title:

Molasses Teacake

Ingredients :

- ½ teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon ginger
- 1 eggs
- 1 teaspoon baking soda
- 1 ¼ cup of flour
- ½ cup of oil
- ½ cup of sugar
- ½ cup molasses
- ½ cup boiling water
- ¼ teaspoon salt
- Square pan 9 inches by 9 inches.
- Cooling rack

Directions:

1. Oil and flour pat pan.
2. Preheat oven 375 F
3. Add in order oil, molasses, boiling water, sugar, cinnamon, cloves, ginger, salt.
4. Mix
5. Slowly add flour and mix.
6. Add egg
7. Mix until smooth
8. Add baking soda and mix complete.
9. Pour in pan.
10. Shake the pan so it is flat.
11. Bake at 375 F for 25 minutes
12. Poke with toothpick for finish.
13. Take out of oven and put on cooling rack.
14. After cooled cut and put in container or eat.



Recipe Title:

mug cake

Recipe Ingredients : 1 tablespoons butter (heat for 30 seconds)

1 egg yolk

1 tablespoon milk

1/2 teaspoon vanilla extract

3 tablespoons flour

2 tablespoons sugar

1/4 teaspoon baking powder

(Avoid abbreviations!)

Directions: add egg yolk to melted butter and vanilla extract and stir

Add flour, sugar, baking powder and mix

Fold in flavor of choice Chocolate: 2 tablespoons of chocolate chips

Blueberry: 2 tablespoons blueberries

Cook for 1 min and add 15 seconds if not done



