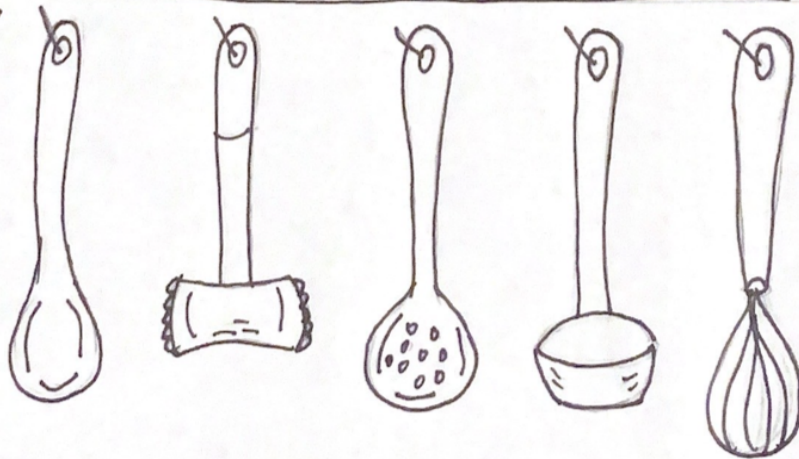




Blue Ridge Cookbook



2022



Andrea Cohen

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**WE LOVE
COOKING
WITH YOU!
#WELIVEFORTHIS**



Good Old Fashioned Pancakes

Ingredients

1 cup flour
2 tbsp sugar
½ tsp salt
2 tsp baking powder
1 cup milk
2 tbsp melted butter
1 tsp vanilla extract
1 egg
Toppings as desired



Preparation

1. Combine the flour, sugar, salt, and baking powder in a mixing bowl.
2. Make a well in the middle and add the melted butter, milk, vanilla and egg.
3. Use a whisk to mix the wet ingredients together, before slowly incorporating the dry. Mix together till smooth.
4. Heat a nonstick pan over low to medium heat and wipe over with a little butter to lightly grease the pan.
5. Pour ¼ of a cup of batter onto the pan and spread out gently into a round shape with the back of a ladle.
6. When bubbles begin to appear on the surface and the underside has turned golden flip with a spatula and cook till golden.
7. Repeat with the remaining batter.
8. Serve plain, with fruit, or chocolate chips and/or with whipped cream and/or syrup



Chef Ever's Not-So-Secret Mushy Cookies

Yields around 34

Ingredients

1 cup unsalted butter, softened
1 cup white sugar
1 cup brown sugar
2 tsp vanilla extract
2 eggs
3 cups flour
1/2 tsp baking soda
1/2 tsp salt
1 cup chocolate chips

Preparation

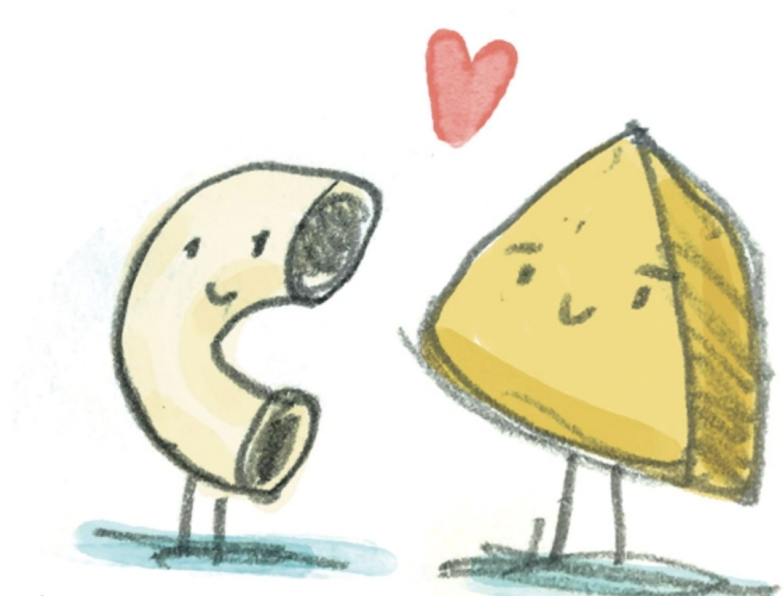
1. Preheat the oven to 375° F.
2. Mix the dry ingredients: flour, baking soda and salt.
3. In a separate bowl, mix the butter and sugars until fluffy. Add the eggs and vanilla extract.
4. Add the dry ingredients to the wet ingredients. Mix until well combined. Fold in the chocolate chips.
5. Cover a baking tray with parchment paper. Roll 2-3 Tbsps of batter into balls and place them on the baking tray leaving enough space between them.
6. Bake the cookies for 8-10 minutes until golden on the sides.
7. Either enjoy them warm and mushy, or let them cool completely and add ice cream for ice cream sandwiches!



Mac & Cheese

Ingredients

1lb. elbow pasta
1/2 cup unsalted butter
1/4 cup cornstarch
1/4 cup flour
1 1/2 cup milk
2 cups heavy cream
4 cups Cheddar cheese
2 cups Mozzarella cheese
1/2 tbsp salt
1/4 tsp pepper
1/2 tsp paprika



Preparation

1. Preheat the oven to 325° F.
2. Boil the pasta for 1 min less than stated on the package.
3. Mix the cheeses and divide the total amount into 3 bowls.
4. Melt the butter over medium heat. Sprinkle in the cornstarch and the flour and whisk for 1 min. Slowly pour in the milk and cream. Whisk until the sauce has thickened.
5. Remove the sauce from the heat. Add the spices and 1/3 of the cheese.
6. Mix the boiled pasta with the sauce.
7. Add half of the pasta into the baking dish and top with 1/3 of the cheese mix.
8. Add the rest of the pasta and finish up with the leftover 1/3 of cheese.
7. Bake for 15 minutes until golden.



Airfryer Mozzarella Sticks

Yields 16

Ingredients

8 mozzarella sticks
2 eggs
1 Tbsp milk
1 1/2 cup breadcrumbs
1 1/2 Tbsp vegetable oil
1 1/2 tsp garlic powder
1/2 cup flour
1/2 salt
1/4 pepper



Preparation

1. Cut the cheese sticks in half.
2. Prepare 3 separate stations: In one bowl, whisk the eggs with the milk. In a separate bowl, combine the breadcrumbs with the oil and garlic. In the third bowl, mix the flour with salt and pepper.
3. Dip the mozzarella stick in the egg, then flour, then egg and finally breadcrumbs. Make sure to cover completely to avoid leaking!
4. Freeze them for 30 minutes to firm up.
5. Preheat the airfryer to 390°F. Spray the mozzarella sticks with cooking spray and place them in the airfryer basket. Cook for 5-7 minutes until crisp.



Fudgy Brownies

Ingredients

1 cup white sugar
1/2 cup brown sugar
1/4 powdered sugar
3/4 cup flour
2/3 cup cocoa powder, sifted
1/2 cup choc chips (optional)
3/4 tbsp salt
1/2 cup vegetable oil
1 tsp vanilla
2 eggs



Preparation

1. Preheat the oven to 350° F.
2. Combine the dry ingredients: sugars, flour, cocoa powder, choc chips and salt.
3. Combine the wet ingredients: eggs, oil and vanilla.
4. Add the dry ingredients to the wet ingredients and stir until combined.
5. Bake for 40 minutes until a knife comes out with a few crumbs.
6. Cool completely before cutting.



Grandma Bea's Banana Cake with Joelle and Alyssa

Ingredients

½ stick of butter
1 cup of sugar
2 eggs (room temperature)
4 tbsp sour cream
1 tsp vanilla extract
1 cup of flour, sifted
1 tsp baking soda, sifted
Tsp baking powder, sifted
2-3 black bananas



Preparation

1. With hand mixer, beat softened butter and sugar and add eggs one at a time
2. Add sour cream and vanilla and mix well
3. In sifter or fine mesh screen, sift flour, baking powder, baking soda
4. Add ½ to wet ingredients until just incorporated
5. Don't overmix, the cake will get tough
6. Mash bananas and mix into batter with spatula
7. Bake in a loaf pan at 325° F for 70 minutes

Chocolate chips are optional



Fiesta with Josh Capon
Tacos, Guacamole, & Red Rice
Yields enough food for 10 people

Tacos

Ingredients

5lbs Ground Beef
Olive oil
2 Red Onions
20 Hard Shell (corn) taco shells
20 Soft Corn Tortillas (6 inch)
2 heads iceberg lettuce
5 beefsteak tomatoes
2 bags of cheddar cheese
1 pint sour cream

Preparation

1. Heat olive oil in a saucepan over medium high heat.
2. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Chop/ dice onions, lettuce, and tomatoes
4. To serve, spoon several tablespoons of the beef mixture into the center of a shell/ tortilla, and garnish with lettuce, tomatoes, onions, cheese, sour cream, as desired.



Fiesta with Josh Capon
Tacos, Guacamole, & Red Rice
Yields enough food for 10 people

Guacamole

Ingredients

6 ripe avocados
2 red onion
1 bunch cilantro
4 plum tomatoes
2 jalapenos
3 limes
2 bags yellow corn tortilla chips
1 gallon of salsa

Preparation

1. Chop/ dice onions, lettuce, and tomatoes
2. Slice the avocados in half, remove the pit, and scoop into a mixing bowl
3. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.
4. Serve the guacamole with salsa and tortilla chips.



Fiesta with Josh Capon
Tacos, Guacamole, & Red Rice
Yields enough food for 10 people

Red Rice

Ingredients

5 Cups White Rice
2 White onions
1 Can Crushed
tomatoes - 16oz

Preparation

1. Sauté the onion until softened
2. Stir in the crushed tomatoes, kosher salt and pepper; cook for 1 more minute.
3. Add water and rice.
4. Bring the mixture to a boil, reduce the heat to low, and simmer (uncovered) until the liquid reduces slightly, about 8-10 minutes.
5. Transfer the mixture to a greased 2-quart baking dish, cover it tightly, and bake in a 350° F oven until the rice is tender, about 40-45 minutes. Stir the rice every 15 minutes.
6. Fluff with a fork, garnish as desired, and serve!



No-Bake Cookies with Joanna Lander

Ingredients

- 2 cups granulated sugar
- 1 stick unsalted butter
- 1/2 cup milk
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 3 cups quick-cooking rolled oats (uncooked)

Preparation

1. Measure and separate the ingredients.
2. Line baking sheets with parchment paper and set aside
3. In a large saucepan, combine the granulated sugar, unsalted butter, milk, cocoa powder, and salt.
4. Bring to a boil over medium heat, stirring frequently. Continue to boil for three minutes.
5. Remove the pan from the heat and stir in the oats.
6. Drop by spoonfuls onto the prepared baking sheets. Allow to sit at room temperature to firm up.
7. It will take about 45 minutes for no-bake cookies to set at room temperature. No-bake cookies can also be placed in the fridge and will firm up in about 15 minutes!
8. Once firm, peel the set cookies from the parchment paper and store in an airtight container.
9. Decorate or add-in to taste.



Lettuce Wraps with Shannon

Ingredients

- 1 pound ground turkey
- 2 tablespoons oil
- 2 cloves garlic, minced
- 1 onion, diced
- 1 can water chestnuts diced & drained
- 2 scallions chopped
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly ground ginger
- 1 head iceberg lettuce

Preparation

1. Heat olive oil in a saucepan over medium high heat.
2. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the turkey as it cooks; drain excess fat.
3. Stir in garlic, onion, soy sauce, rice wine vinegar, ginger until onions have become translucent, about 1-2 minutes.
4. Stir in water chestnuts until tender, about 1-2 minutes; season with salt and pepper, to taste.
5. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, and garnish with scallions taco-style.



Fruit Smoothies with Fitness Lindsay

Ingredients

Protein powder— vanilla and chocolate

Frozen strawberries

Frozen blueberries

Frozen mixed fruit

Frozen bananas

Ice

Water or a gallon or two of milk

Preparation

Pour ingredients into blender and blend



Pasta Night with the Schoenfelds

Ricotta Gnocchi

Ingredients

Salt

One 15-ounce container ricotta cheese, preferably whole milk

2 eggs, lightly beaten

1 ¼ cups freshly grated Parmesan, plus more for serving

Freshly ground black pepper

¾ to 1 cup flour

Sauce of your choice. In camp, we made a quick marinara sauce, and a garlic and oil sauce.

Preparation

1. Bring a large pot of water to a boil and salt it.
2. Combine the ricotta, eggs and Parmesan in a large bowl, along with some salt and pepper.
3. Add about 1/2 cup flour and stir; add more flour until the mixture forms a very sticky dough.
4. Scoop up a spoonful of dough and boil it to make sure it will hold its shape; if it does not, stir in a bit more flour.
5. Divide the dough into handful size balls, lightly flour your work surface and your dough, and with your hands, roll out into a long rope about one inch thick.
6. With a knife, cut the dough into bite-size pieces (about 1.5 inches). Remember the dough is sticky, so add flour as needed so they don't stick together.
7. When ready, place gnocchi into the boiling water, working in batches of six or so at a time so as not to overload the pot.
8. When the gnocchi rises to the surface, remove with a slotted spoon and transfer to the skillet with any sauce you like.
9. When all the gnocchi are done, toss in sauce, taste and adjust the seasoning, and serve immediately.



Pasta Night with the Schoenfelds

Homemade Linguini Cacio e Pepe

Pasta Ingredients

- 2 Cups All Purpose Flour
- 3 Eggs
- 1 Tbsp olive oil
- 1 tsp Kosher Salt

Pasta Preparation

1. Mix flour, salt, eggs and oil in a metal bowl with your hands until a shaggy dough forms.
2. Knead dough on a wooden floured cutting board until it forms a smooth ball.
3. Cover dough with plastic wrap, let rest for at least 30 minutes. Boil a large pot of water in preparation for your pasta. Once it comes to a boil, add salt.
4. Roll pasta into sheets with a pasta roller hand crank (easily found on Amazon).
5. First roll out sheets to desired thickness and place on a floured tray.
6. Then change the crank to the pasta setting of your choice (spaghetti, linguini, etc) and place the pasta sheet through the crank again.
7. Boil as soon as you can and the pasta is ready as soon as it floats.



Pasta Night with the Schoenfelds

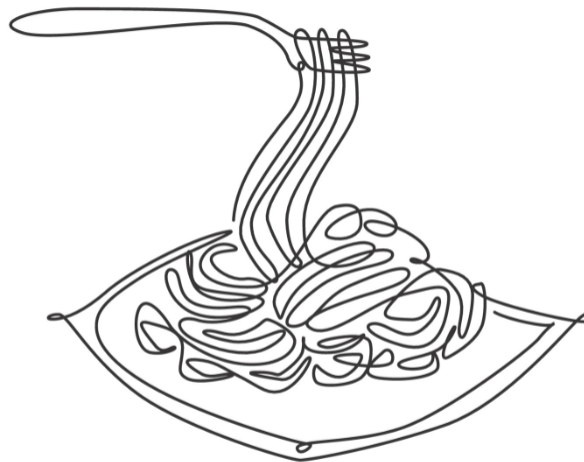
Homemade Cacio e Pepe Sauce

Cacio e Pepe Sauce Ingredients

2 Tablespoons Unsalted Butter
1 Cup grated Pecorino Romano cheese
1 Cup grated Parmesan Cheese
Fresh cracked black pepper
Pasta Water

Sauce Preparation

1. In a large saute pan, melt butter over medium heat while you are preparing your pasta.
2. Grind black pepper (as much as you like. We did 15 turns) into the butter. The butter should begin to foam and turn a light brown.
3. Add both cheeses and immediately ladle in 1 ladle of hot pasta water (from the boiling pot above) and whisk until sauce becomes creamy.
4. Add more water to thin sauce.
5. Add fresh pasta when ready.



CBR "Farm to Table."

The CBR Garden was in full bloom this summer!
Many vegetables and herbs were used in cooking
or served in the mess hall!

We love the CBR Garden and Farmer Kristin!



Wild Blueberry Hand Pies

(Recipe makes appr. 4 hand pies)

Wild blueberries were a favorite this summer as the harvest was regular and plentiful. Please enjoy this blueberry focused recipe from Farmer Kristin.



Ingredients

Pie Crust:

You can make your own pie crust or use store bought.

Filling:

1 pint freshly picked wild blueberries

1/4 cup sugar

4 tablespoons flour

zest of 1 lemon

juice of 1 lemon

optional: cinnamon, ginger, nutmeg



Preparation

1. Preheat oven to 400°F.
2. Combine blueberries, sugar, flour, lemon zest, lemon juice, and spices if using.
3. Gently stir together until berries are well coated and everything is combined. Set aside
4. Roll out the pie crust as you would if making a pie (until it's approximately 1/4" thick).
5. Using a cookie cutter or other object (such as a bowl) that is at least 2" in diameter, cut several rounds (or you could cut dough into squares).
6. Place rounds on baking sheet that has been lined with aluminum foil or parchment paper.
7. Scoop out blueberry filling using a small serving spoon and place in center of each round/square.
8. Once all filling has been placed in pie dough rounds, dip your finger in a bowl of water and run around the bottom edge of the pie dough.
9. Gently fold the dough over the filling and gently press the top of dough onto the bottom.
10. Using the water will seal the dough and help it stick together.
11. After sealing all the dough rounds, you can use a fork to decorate the edges.
12. Cut slits in the top of the pie dough to help the hand pies breathe as they bake.
13. Bake for 25 minutes or until the mixture is bubbly and the tops are brown.
14. If the mixture is bubbly before the tops are brown, place under a broiler until nice and golden brown. Allow to cool before eating



Clucks & Kisses Lip Balm with Farmer Kristin

Yields 4 1-ounce tins (inedible)

Ingredients

2-ounces carrier oil(s)
1-ounces grated beeswax
10 drops of essential oil(s) of choice

Preparation

1. Place carrier oil(s) and grated beeswax into a glass measuring cup.
2. Set the cup down into a saucepan containing a few inches of water to form a makeshift double boiler, making sure no water gets into the glass measuring cup.
3. Heat over medium heat, until the beeswax is melted, stirring occasionally.
4. Once you remove from heat, add the essential oil(s) and stir again.
5. Carefully pour into lip balm tins, filling to the first ring on the tin then allow to cool before capping.
6. Add labels if desired.





We are SO egg-cited to see you in 2023!

