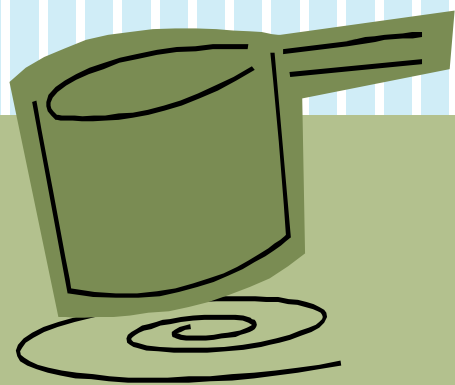
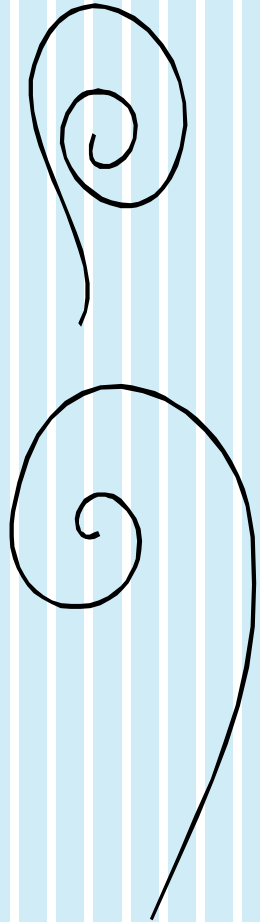


Helena School District & Sodexo
Present the Future Chefs Cookbook

2024

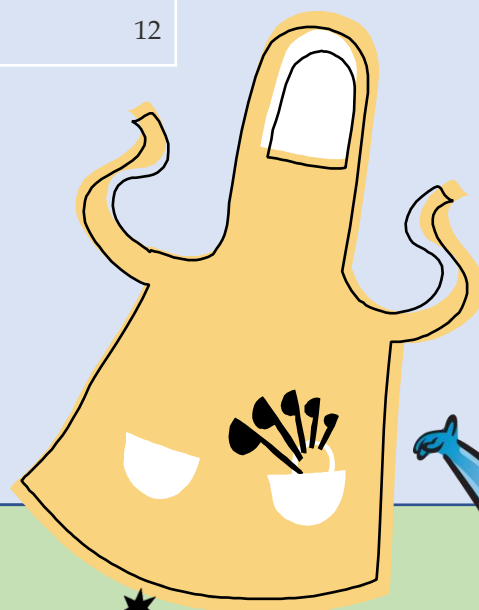


RECIPES



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sodexo

LIFT-OFF!



BIG MACK CASSEROLE

ADDY UTHMAN

Ingredients

- Potatoes - cubed
- 1 Onion - chopped
- Pickles - chopped
- Lettuce
- Cheese
- Meat
- 1 tbsp Olive Oil
- 2 tbsp Fry Sauce
- Salt
- Pepper

Directions

1. Sautee onion in oil
2. Add burger and brown
3. Add Fry sauce and potatoes and stir
4. Drizzle with olive oil and season with salt and pepper
5. Cook in air fryer at 350° for 15 minutes or until potatoes are cooked
6. When Meat and potatoes are cooked mix together
7. Top with cheese, lettuce, pickles and onions
8. Drizzle with fry sauce and serve.

Team



“Red”



SLOPPY JOES

KASH LEWIS



Ingredients

- 1 lb.. Raw Ground Beef
- ½ c Yellow onion -diced
- 1tsp Garlic
- 1tsp Worcestershire sauce
- 1 tbsp Yellow Mustard
- 1 tbsp Ketchup
- 1 can Campbells Tomato Soup
- 1 tsp Sugar
- Salt
- Pepper
- Hamburger buns
- American Cheese - sliced

Directions

1. Sauté onion, garlic, salt & pepper until translucent
2. Add ground beef and cook until done. Drain any fat
3. Add remainder of ingredients and simmer until ready
4. Serve warm on bun add cheese if desired

Team



“Red”



PASTIES

SELENA BARRAZA

Ingredients

1 c Crisco

2 2/3 c Flour

7-8 tbsp Water

1 tsp Salt

4 lbs. Hamburger - raw

3 c Onion minced

6 c Potatoes diced 1/2"

2 Eggs

1 package of instant brown gravy

Directions

1. Pre-heat oven to 375°
2. Mix Crisco, flour and salt with pastry blender mix in water as needed to get right consistency for dough
3. Sprinkle flour on counter
4. Take out dough ball the size of the palm of hand.
5. Roll dough out thin
6. Mix hamburger, potatoes and onions together
7. Place hamburger mixture about the size of your hand onto the dough
8. Fold over the dough, cut any extra dough off, pinch closed
9. Place parchment paper on cookie sheet
10. Place pastie on paper
11. Repeat until ingredients are all used.
12. Place in oven for 20 minutes
13. Pull out of oven and coat pastie in an egg wash
14. Cook for 20 more minutes
15. Prepare brown gravy serve on the side



Team



“Red”



COUS COUS SALAD

EMMA ALLEN



Ingredients

Directions

1 c Israeli Cous Cous
Pearls

Olive Oil

1-2 cloves Garlic -
minced

Chicken Broth

1-2 tbsp Lemon juice

2 English Cucumbers
diced

2 c Tomato diced

1/3 c Feta Cheese -
crumbled

1/4 -1/3 c Cilantro

1. Sauté cous cous in olive oil until brown
2. Instead of cooking with water, cook using chicken broth until tender with same amount suggested on package
3. Remove from heat and cool
4. Add cucumber, tomato and cilantro to the cooled couscous
5. Now add feta, lemon and garlic
6. Serve cold on the side

Team



“Black”





CURRY RAMEN * IS NOT SPICY*

AHRYUN RUCINSKY

Ingredients	Directions
1 tbsp Sesame Oil	1. Heat Sesame oil in a large pot over medium heat
1 c Carrots shredded	2. Add carrots, peas, mushrooms & pinch of salt and pepper to the oil.
1 c Sugar Snap Peas	3. Cook 3 minutes stirring occasionally
8oz Mushrooms sliced	4. Add curry paste to taste 1-3 tbsp, curry powder, garlic and ginger cook additional 1 minute while stirring
1-3 tbsp Curry Paste - red	5. Stir in chicken broth & coconut milk. Season to taste with salt & pepper bring to a simmer
2 tsp Curry Powder	6. Add ramen noodles and cook for 10 minutes
6 cups Chicken Broth	7. Stir in juice of lime and serve
2 tsp Ginger minced	
13.5 oz Coconut Milk	
8 oz Ramen Noodles	
Juice of lime	
Salt	
Pepper	

Team



“Black”



PEPPERONI SPAGHETTI

HADDIE DOUBEK

Ingredients

16 oz Pepperoni stick
 2 tsp Olive oil
 ½ Green Pepper chopped (optional)
 45oz Tomato sauce
 18 oz Water
 ½ tsp Salt
 ¼ tsp Pepper
 ¼ tsp Red Pepper Flakes
 2 tsp Basil dry
 1 ½ tsp Italian Seasoning
 ¼ tsp Oregano
 4 tbsp Parmesan Cheese-grated
 1 ½ lb. Pasta

Directions

1. Cut pepperoni into thick bite sized chunks
2. In Large pot heat oil on medium high
3. Add peperoni and sauté for about 5 minutes
4. If you are using the peppers add and sauté an additional 3-4 minutes
5. Meanwhile in large bowl combine, tomato sauce, water, spices and parmesan cheese and mix well
6. Once the pepperoni is done to the tomato sauce mixture and stir.
7. Cook for approximately 10 minutes
8. Cover and reduce heat simmer 30 minutes - 3 hours the longer the better
9. Cook the pasta according to package directions.



Team



“Black”



BEYOND LENTIL BOLOGNESE

GEMMA GREER

Ingredients

1 Onion yellow medium
diced fine

1 Carrot medium peeled
and diced fine

1 Celery Stick medium
diced fine

2 cloves Garlic - minced

2 tbsp Olive Oil

1 tbsp Italian seasoning

1 lb. "Beyond Beef"

1 tsp Kosher Salt

¼ tsp Black Pepper
freshly ground

14.5 oz Canned Tomatoes
diced - fire roasted

½ cup red lentils -
cooked in broth

Some pasta sauce

Directions

1. Heat oil in Dutch oven or heavy base pot until simmering
2. Add vegetables & garlic to pot and sauté for 6-8 minutes or until soft
3. Add "Beyond Beef", Italian seasoning, salt, and pepper
4. Break up the "Beyond Beef" and cook until light brown liquid is released, about 6-8 minutes.
5. Add the whole can of diced tomatoes w/juices and break up with hands as necessary.
6. Bring sauce to a simmer and cook until thickened; about 15 minutes
7. Add lentils and serve

7



Team



"Green"



FAMILY POTATO DINNER

PERRY HARRISON



Ingredients

- 1 Tube Jimmy Dean Regular sausage
- 4-5 Potatoes med/small
- 1 c Cheddar Cheese shredded
- 1 large Crown broccoli
- 1 tbsp Butter
- Salt

Directions

1. Preheat oven to 400°
2. Wash Potatoes and puncture with knife
3. Place in oven cook for 45 min -1 hour or until soft
4. Brown Sausage in a pan, charring slightly at the end
5. Wash and cut the broccoli
6. In microwave safe dish spread out the broccoli with dot of butter and salt for 3 ½ minutes
7. Cut open potato and put butter and, cheese and sausage served with side of broccoli

Team



“Green”



POTATO TACOS DORADOS W/SALSA VERDE

ANTHONY MARTINEZ



Ingredients

- Corn Tortillas
- Oil
- 3 tbsp Butter
- 4 Potatoes med
- Queso Oaxaca or Monterey Cheese
- Queso Fresco
- 3 Guajillo Chili Pods de-seeded
- 2 Chili Arbol
- 3 clove Garlic
- ½ Onion chopped
- ¼ tsp Black Pepper
- ¼ tsp Cumin
- ¼ tsp Mexican Oregano
- 1 tbsp Salt
- ¼ tsp Salt
- 7 Tomatillos
- 3 Jalapenos
- 1 bundle of Cilantro
- 2 tsp All Purpose Season Salt

Directions

1. Wash Potatoes
2. Boil potatoes skin on under medium heat with tbsp of salt- boil until soft about 1 hour
3. Boil chili guajillo and chili arbol for 5 minutes
4. Pull out chilies and put in blender with ¾ cup of boiled chili water
5. Add garlic & spices to blender and blend into sauce. Salt to desired taste
6. Peel Potatoes into a bowl add butter and mash it
7. Add the onions and Queso Oaxaca and mix
8. Add chili sauce mix to potato mix
9. **Make Salsa Verde sauce**
10. Boil Tomatillos, jalapenos and garlic for 10-15 min
11. Blend with fresh cilantro and add all purpose seasoning to taste
12. Add ¼ cup oil to small frying pan and turn to med heat.
13. Warm tortillas on a comal(small flat griddle or pan), in microwave, or griddle.
14. Add potato & cheese filling to tortilla and fold it
15. Fry till golden brown on both sides
16. Add queso fresco, onions, cilantro, lettuce, diced tomatillos and Salsa Verde on the side

Team



“Green”



HONEY BISCUITS

NOAH BELL

Ingredients

2 c All Purpose Flour

4 tsp Baking Powder

1 tsp Sugar

½ tsp Salt

¼ c Olive Oil

½ c Milk or Milk
Substitute

½ c Yogurt plain

Honey to taste

Directions

1. Pre-heat oven to 450°
2. Line sheet pan or baking pan with parchment paper
3. Place all items in a mixing bowl and mix and fold until the dough forms
4. Scoop 2 tbsp of dough onto the sheet pan, about 15 on a pan. You should still have dough left
5. Put small indentation on top of each biscuit
6. Pour in about 1 tsp of honey into each indentation
7. Cover the honey on each biscuit with remaining dough
8. Bake 12-15 minutes until golden brown
9. Let cool and serve



Team



“Blue”



HOMEMADE GERMAN PANCAKES WITH WHIPPED CREAM

ROSEMEDRI NEVINSKI

Ingredients

½ c Margarine

1 ½ c Milk

3/3 c Flour

1/3 c Sugar

¼ tsp Salt

Whipped Cream

1 cup whipping cream

1 tbsp Coconut Sugar

1 tsp Vanilla Extract

Directions

1. Preheat oven to 400°
2. Put margarine in a 9" glass pan
3. Bake for 5 minutes or until margarine is melted and bubbles
4. Turn oven to 450°
5. Wisk milk, flour, sugar, and salt until smooth with electric mixer
6. Pour the mixture into the pan and put pan back into the oven and back for 20 minutes
7. Lower the temp of oven to 350° and bake for another 8-10 minutes
8. Make the whipped cream
9. Pour the cream, coconut milk, sugar and vanilla together and then blend until it has thickened
10. Cut up pancake into squares and serve with whipped cream on top



Team



“Blue”



KIMCHI JEON – Kimchi Pancakes

FLORENCE LEE

Ingredients

- ½ c Kimchi
- 1 c All Purpose Flour
- 3 tbsp Kimchi Jubilee
- ¼ c Rice Flour
- ½ tsp Sugar
- ½ c Water
- 4 tbsp Vegetable Oil

Dipping Sauce

- 2 tbsp Soy Sauce
- 1 tsp Rice Vinegar
- ½ tsp Sugar
- ½ tsp Sesame oil

Directions

1. Cut the kimchi into bite sized pieces
2. Mix kimchi with both flours, jubilee, sugar, oil and water
3. Mix the dipping sauce ingredients together in a separate bowl and set to the side
4. Heat oil in a nonstick pan over medium-high heat
5. When pan is hot pour batter in pan out to the edges
6. Fry on that side for 2-3 minutes or until golden and crispy
7. Flip pancake over drizzle oil around edges, and fry an additional 2-3 minutes until crispy
8. Take from heat and transfer to cutting board and cut into bite sized pieces
9. Serve with dipping sauce.



Team



“Blue”

