Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu
Breakfast Foods You Can Enjoy Making with A Child

Email: jalunnijr@gmail.com
www.thecuttingedgeclassroom.com
https://www.facebook.com/Thecuttingedgeclassroom
https://www.twitter.com/cuttingedgeknox
https://www.instagram.com/thecuttingedgeclassroom
Ingredient Shopping List

Below is a list of ingredients you’ll need to make the recipes in this packet. Please reach out for substitution suggestions.

Protein

✓

Produce

✓ 2 Apples
✓ 2 bananas
✓ 1 cup Fresh Blackberries and/or Raspberries

Dairy

✓ 8 oz whipped cream cheese
✓ 2 large eggs
✓ 2 cups milk
✓ Whip cream
✓ 1 cup Greek or another yogurt
✓ 1 tbsp butter

Pantry Items

✓ 2 ¼ cup ap flour
✓ 1 tbsp baking powder
✓ 3 tbsp sugar
✓ ½ tsp salt
✓ 1 tsp cinnamon
✓ ½ cup vegetable oil
✓ 1 tsp vanilla extract
✓ Maple syrup

Dry/Canned Goods

✓ Rainbow sprinkles

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Equipment Needed

Below is a list of tools you’ll need to make the recipes in this packet.

Cutlery

✔ Knife
✔ Cutting board

Hand Tools/Gadgets

✔ Whisk
✔ Spatula
✔ Ladle

Cookware

✔ Waffle iron

Appliances

Bakeware

Other

✔ Mixing bowls
Pre-Class Mise en Place and Notes

• Please gather all ingredients prior to class if you will be cooking along

• It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible

• Please pre-measure ingredients

• We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:
Rainbow Waffles
Prep Time: 20 minutes
Cook Time: 4 minutes
Total Time: 24 minutes
Servings: 4
Ingredients
• food coloring
• whipped cream
• rainbow sprinkles
Instructions
Preheat waffle iron
1. Spray waffle iron with cooking spray (if your iron requires it)
2. Prepare waffle batter recipe below and separate into six separate bowls.
3. Add a couple drops of food coloring to each bowl & mix until you get your six rainbow colors: yellow, green, purple, orange, red, and blue.
4. To make the waffles neater, add the batter into pastry bags, or ziplock bags & snip the corner.
5. Add one color to the center, and continue adding colors until all are used.
6. Cook waffle according to your waffle maker directions.
7. Remove and allow to slightly cool. Break in half, decorate with whipped cream and rainbow sprinkles.

Homemade Belgian Waffle Batter
Prep Time: 15 minutes
Servings: 8
Ingredients
• 2 ¼ Cups All Purpose Flour
• 1 Tablespoon Baking Powder
• 3 Tablespoons Sugar
• ½ Teaspoon Salt
• 1 Teaspoon Cinnamon
• 2 Large Eggs Separated
• ½ Cup Vegetable Oil
• 2 Cups Milk
• 1 Teaspoon Vanilla Extract
Instructions
1. In a large bowl whisk together the flour, baking powder, sugar, salt, and cinnamon.
2. In a medium bowl beat the egg whites with a hand mixer until stiff peaks form. Set aside.
3. In a separate medium bowl mix together the egg yolks, vegetable oil, milk, and vanilla extract.
4. Add the egg yolk mixture to the dry ingredients and mix well.
5. Fold in the egg whites.
6. Prepare waffles according to rainbow waffle instructions
Breakfast Sushi Recipe
PREP TIME 5 mins
TOTAL TIME 5 mins
SERVINGS 1 roll
INGREDIENTS
• Banana
• Greek Yogurt
• Fruity Pebbles Cereal
• Blackberries
INSTRUCTIONS
1. Begin by peeling the banana.
2. Using a butter knife, spread a layer of Greek yogurt on the outside surface of the banana.
3. Place your Fruity Pebbles in a shallow dish. Roll your banana in the Fruity Pebbles, until fully coated.
4. Place banana on a plate. Slice into “sushi” sized pieces. Arrange and top with blackberries.

Easy Apple Doughnuts