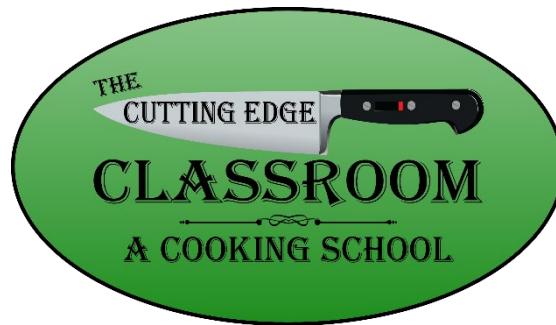


Class Date and Time: December 7<sup>th</sup>, 2022 2:00PM-3:30PM

Contact Person/Company: Tracy Matthews/AARP

Contact Phone Number: 865-237-5681

Contact Email: tmatthews@aarp.org



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

### The Menu

### Quick And Easy Holiday Meal For Two

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## 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

- ✓ 2 cornish game hens

### Produce

- ✓ 1 pound new potatoes
- ✓ 1 medium onion
- ✓ 1 lemon
- ✓ ½ lb green beans
- ✓ 2 leeks
- ✓ 3 tart apples
- ✓ 1 bunch parsley

### Dairy

- ✓ 1 lb butter
- ✓ 1 egg

### Pantry Items

- ✓ 2 tbsp olive oil
- ✓ Rosemary
- ✓ Thyme
- ✓ Salt & pepper
- ✓ 1 cup flour
- ✓ 4 cups chicken broth
- ✓ 1 bay leaf
- ✓ 4 tbsp sugar
- ✓ Vanilla extract
- ✓ Cinnamon

### Dry/Canned Goods

- ✓ 2 tbsp Caramel

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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
- ✓ Tongs

### Cookware

- ✓ Saute pan
- ✓ Sauce pan

### Appliances

- ✓ Oven
- ✓ Stove

### Bakeware

- ✓ 2 Sheet Pans

### Other

- ✓ Mixing bowls

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### **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:**

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### Sheet Pan Cornish Hen Meal

Preparation time: 15 minutes

Start to finish time: 1 hour, 15 minutes

Serves: 2 or 4 (see quantities for 4 in parenthesis)

This is a simple one-pan solution to Thanksgiving This sheet pan dinner serves up the main dish  
Cornish hens, and sides of roast potatoes and green beans all in one.

Ingredients:

- 1/2 (1) pound new potatoes, halved or quartered
- 1/2 (1) Pound sweet potatoes, halved and quartered
- 2 (4) medium sweet onions, each cut into 6 wedges, divided
- 1 (2) lemon, thinly sliced
- 2 (4) tablespoons olive oil, divided
- 2 (4) Cornish hens
- 3 tablespoons butter, divided
- 4 (8) fresh rosemary sprigs
- 4 (8) fresh thyme sprigs
- 1 (2) tsp Salt
- 1 (2) tsp Freshly ground black pepper
- 1/2 pound fresh green beans, trimmed
- 1 (2) leek, trimmed, white part thinly sliced, rinsed well
- 2 sprigs parsley
- 2 tablespoons all-purpose flour



Instructions:

1. Heat oven to 425 degrees. Spray a rimmed baking sheet with cooking spray. If doubling the recipe, prepare two baking sheets.
2. Toss the potatoes and the onion wedges with the oil in a medium bowl. Spread out on baking sheet. Top with lemon slices.
3. Pat hens dry and cut up either side of backbones to remove.
4. Rub outside of hens with 1 tablespoon of the butter and place skin side up over potatoes and lemons. Slip a rosemary sprig under each hen.
5. Move baking sheet to hot oven and roast 30 minutes. Toss green beans and leeks in remaining tablespoon oil and scatter over potatoes around hens. Roast an additional 20 minutes, until the thickest part of the thigh on a hen reaches 160 degrees on an instant read thermometer.
6. When hens have come to temperature, remove from oven and either serve from the sheet pan, or transfer hens to a serving platter and move vegetables to a serving dish.

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### **Classic Gravy**

Total: 3 hr

Prep: 30 min

Yield: 4 cups

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Ingredients

#### **For the broth:**

- 1 tablespoon unsalted butter
- 1/2 medium onion or leek, or 1 shallot, sliced
- Backbones from hens
- 4 cups low-sodium chicken broth
- 2 sprig thyme, parsley, rosemary and/or sage
- 1 bay leaf

For the gravy:

- Hen Drippings from your roasting pan
- 1/4 cup all-purpose flour
- Dash of Worcestershire sauce
- Kosher salt and freshly ground pepper
- 1 tablespoon cold butter

Directions

1. When your hens go into the oven, start the broth: Melt the butter in a saucepan over medium-low heat.
2. Add the onion and backbones; cook, stirring, until the bones are browned, about 15 minutes. Add the chicken broth, herb sprigs and bay leaf; cover and simmer while the hens roast, about 1/2 hour. Strain the broth and keep warm.
3. When your hens are done, transfer them to a cutting board and pour all the pan drippings into a degreasing cup. Add 1/2 cup of the prepared broth to the roasting pan and scrape up the browned bits with a wooden spoon. (If the bits are stuck, put the pan over a low burner to loosen them.) Add the bits and liquid to the degreasing cup.
4. Let the fat rise to the top of the degreasing cup, then spoon off 1/2 cup fat and transfer to a large saucepan over medium heat. Make a roux: Sprinkle the flour into the pan and cook, stirring constantly with a wooden spoon, until the flour browns slightly, about 4 minutes. If you need more fat add some oil or butter.
5. Gradually add the hot broth to the roux, whisking constantly to prevent lumps. Bring to a boil, then reduce the heat to medium low. Pour the dark roasting juices from the degreasing cup into the gravy, discarding any remaining fat. Simmer, whisking occasionally, until the gravy thickens, about 10 minutes. Add the Worcestershire sauce and season with salt and pepper. Stir in the butter.

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### **Rustic Caramel Apple Tart**

Apple pie without a pan, this yummy tart has a crispy crust that cuts nicely and a caramel topping.

Total Time

Prep: 20 min. + chilling Bake: 25 min.

Yield 4 servings

Ingredients

- 2/3 cup all-purpose flour
- 1 tablespoon sugar
- 1/8 teaspoon salt
- 1/4 cup cold butter, cubed
- 6-1/2 teaspoons cold water
- 1/8 teaspoon vanilla extract

FILLING:

- 1-1/2 cups chopped peeled tart apples
- 3 tablespoons sugar
- 1 tablespoon all-purpose flour

• TOPPING:

- 1 teaspoon sugar
- 1/4 teaspoon ground cinnamon
- 1 large egg
- 1 tablespoon water
- 2 tablespoons caramel ice cream topping, warmed



Directions

1. In a large bowl, combine flour, sugar and salt; cut in butter until crumbly. Gradually add water and vanilla, tossing with a fork until dough forms a ball. Cover and refrigerate until easy to handle, about 30 minutes.
2. Preheat oven to 400°. On a lightly floured surface, roll dough into a 10-in. circle. Transfer to a parchment-lined baking sheet. Combine the filling ingredients; spoon over crust to within 2 in. of edges. Fold up edges of crust over filling, leaving center uncovered. Combine sugar and cinnamon; sprinkle over filling. Whisk egg and water; brush over crust.
3. Bake until crust is golden and filling is bubbly, 25-30 minutes. Using parchment, slide tart onto a wire rack. Drizzle with caramel topping. Serve warm.

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