



Passport Kitchen

Recipe Booklet



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Measuring Conversion Chart

<i>Cup</i>	<i>TBSP</i>	<i>TSP</i>	<i>Fluid OZ</i>
<i>1 Cup</i>	<i>16 Tbsp</i>	<i>48 tsp</i>	<i>8 oz</i>
<i>3/4 Cup</i>	<i>12 Tbsp</i>	<i>36 tsp</i>	<i>6 oz</i>
<i>2/3 Cup</i>	<i>10 Tbsp + 2 tsp</i>	<i>32 tsp</i>	<i>5 1/3 oz</i>
<i>1/2 Cup</i>	<i>8 Tbsp</i>	<i>24 tsp</i>	<i>4 oz</i>
<i>1/3 Cup</i>	<i>5 Tbsp + 1 tsp</i>	<i>16 tsp</i>	<i>2 2/3 oz</i>
<i>1/4 Cup</i>	<i>4 Tbsp</i>	<i>12 tsp</i>	<i>2 oz</i>
<i>1/6 Cup</i>	<i>2 Tbsp + 2 tsp</i>	<i>8 tsp</i>	<i>1 1/3 oz</i>
<i>1/8 Cup</i>	<i>2 Tbsp</i>	<i>6 tsp</i>	<i>1 oz</i>
<i>1/16 Cup</i>	<i>1 Tbsp</i>	<i>3 tsp</i>	<i>1/2 oz</i>

Recipe: Wild Rice Soup

Recipe makes: 4 Servings Prep Time: 35 Min Stove Temp: Medium Heat

Ingredients

- ♦ 2lb Of Skinless Boneless Chicken Breast
- ♦ 1 Box of Wild Rice
- ♦ 32oz of Chicken Stock/Broth
- ♦ 8oz of Frozen Crinkle Cut Carrots
- ♦ 6oz Frozen Corn
- ♦ 8oz Frozen Green Beans

Directions

- ♦ Bring 4 to 6 cups of water to a boil. Once the water starts to boil gently drop in the chicken and allow to cook completely through. Once cooked remove the chicken from the water and set aside to cool. Save around 3 cups of the water and set it aside
- ♦ Prepare rice according to box instructions in a separate pot
- ♦ In a large stock pot pour in the chicken stock/broth, carrots, corn, & green beans bring to a boil and cook until vegetables are tender.
- ♦ Shred the cooled chicken and add it to the vegetables along with the rice. If there is not enough liquid begin adding the water you set aside earlier until your desired consistency.
- ♦ Bring to a simmer, Mix well and enjoy



Recipe: Tompouce Glaze & Whipped Cream

Tompouce Glaze Recipe Makes: 1 Cup Prep Time: 10 Minutes

Whipped Cream Recipe Makes: 1 Cup Prep Time: 10 Minutes

Glaze Ingredients

- ♦ 1/2 cup Powdered Sugar
- ♦ 1/2 tsp Orange Juice
- ♦ 2 tsp Milk
- ♦ 1 drop food coloring

Glaze Directions

- ♦ In a medium mixing bowl combine the powdered sugar, orange juice, and milk.
- ♦ Whisk until smooth and free of lumps you may need to add more water based on consistency. Mixture should coat the back of a spoon evenly.
- ♦ Add 1 drop of food coloring and completely mix. Spread on the top of 4 of your 8 puff pastry squares.

Whipped Cream

Ingredients

- ♦ 1 Cup Cold Whipping Cream
- ♦ 2 Tbsp Sugar
- ♦ 1/2tsp Vanilla Extract

Whipped Cream Directions

- ♦ In a medium mixing bowl combine the cold cream, sugar, & vanilla. Whisk until fluffy and smooth.
- ♦ Fill a piping bag full and pipe on the top of your glazed puff pastry. Best to do the whipped cream last.

Recipe: Tompouce Filling

Recipe makes: 2 Cups Prep Time: 25Min Stove Top: Medium Heat

Ingredients

- 3 egg yolks
- 1/3 cup sugar
- 1/3 cup Flour
- 1 & 1/4 cup milk
- 1 & 1/4 tsp vanilla extract

Directions

- ♦ Warm the milk & add the vanilla extract to the milk. The key here is to warm the milk not boil it.
- ♦ Get a separate bowl and mix the egg yolks with the sugar and flour. Stir until slightly lumpy consistency of paste is what you should be looking for .
- ♦ Take two tablespoons of the warm milk & and stir it into the egg yolk mix.
- ♦ Carefully stir all this back into the warm milk in the pan, put it back on a low heat and stir continuously until it becomes thick .
- ♦ Take the filling off the stove and place in a separate dish a cover the cream with a piece of plastic. Make sure that the plastic touches the mixture.
- ♦ Allow to fully cool and the spoon into the piping bag and pipe filling onto cooked puff pastry rectangles





How to Make a Making a Substitute for Buttermilk

While you can buy buttermilk at the store, you can also make a buttermilk substitute at home with some simple ingredients you probably already have.

Recipe makes: 1 cup of Buttermilk Substitute

Ingredients

1 Cup Milk
1Tbsp of Lemon Juice
or White Vinegar

Directions

- ♦ Mix 1 cup of any milk with 1Tbsp of Lemon Juice or White Vinegar
- ♦ Let mixture stand for around five minutes it should now have formed curdles in the milk.
- ♦ Stir again and its ready for use
- ♦ Tip: Any milk works for this but whole dairy milk will produce the best results.



Recipe: Irish Soda Bread

Recipe makes: 1 loaf of Bread Bake Time: 35 Min Oven Temp: 425°F

Ingredients

4 cup all-purpose flour
1 tsp baking soda
1 tsp table salt
1 1/2 cup buttermilk

Directions

- ♦ Preheat oven to 425 degrees Fahrenheit.
- ♦ In large bowl whisk together your flour, baking soda & salt
- ♦ Add in your buttermilk and stir until combined
- ♦ Turn out onto lightly floured surface and knead until it forms a smooth ball.
- ♦ Dust the outside with flour and place on an lightly greased baking sheet or round pan.
- ♦ Ask an Adult for help with this part. Use a sharp knife to slash a 1 inch deep X on top of the loaf.
- ♦ Bake in oven for 35 minutes or until golden brown.





Recipe: Spring Roll Dipping Sause

Recipe makes: 1 Cup Prep Time: 10Min

Ingredients

1/2 Cup Sweet & Sour Sause

1/4 Cup Water

1/4 Cup Sriracha

Juice from 1 Freshly Squeezed Lime

Optional Ingredients

1 Tbsp Crushed Peanuts

OR

1 Tbsp Sugar

Directions

- ♦ Combine in a bowl the sweet & sour sauce, water & sriracha. Whisk together until combined.
 - ♦ Juice one lime into a separate bowl, make sure juice is free of any seed and then whisk into the sweet and sour sauce mixture.
 - ♦ Optional: Simmer on medium heat for 15 minutes to thicken
 - ♦ Optional step for a more Robust Sauce: Add 1 tablespoon of crushed peanuts to add a crunch and salty complexity to the sauce
- OR
- ♦ Optional Step for a Sweeter Sause: And 1 tablespoon of sugar to the dipping sauce mixture for a sweeter dipping sauce.

Recipe: Laos Spring Rolls

Recipe makes: 5 Spring Rolls Prep Time: 20mins Bake Time: 25min

Ingredients

5 Rice Wrappers

1 Head Romaine Lettuce

1 Medium Ripe Avocado

1 Medium Roma Tomato

1 Medium Cucumber

Optional Ingredients

1 Pack Rice Noodles

1 Pack Ground Chicken

Medium Bunch Green

Onion

1 Package Bean Sprouts

Directions

- ♦ First thinly slice the tomato, green onion, & avocado. Slice the vegetables to be around an 1/8 to 1/4 of an inch thick. Cut the cucumber in half, long ways and scoop out the seeds in the center and thinly slice it to about an 1/8 of an inch thick.
- ♦ Grab a large round plate or large round low side bowl and fill it with warm water. Dip the rice wrappers in the warm water until fully coated or submerged. Pull out of the water and allow excess water to drip off, place flat on a separate plate.
- ♦ Begin by laying a medium size piece of romaine lettuces at one end of the wrap. Then layer your choices of Vegetables on top don't stuff to full. Once filled roll like you would a burrito tucking the ends in halfway through the rolling process.
- ♦ If you're adding ground chicken cook to the specification of the packages and season how you like, cool then add it to your spring roll before wrapping.
- ♦ If you're adding rice noodles: prep the rice noodles according to package instructions, drain and set aside to cool.



Recipe: Homemade Puff Pastry

Recipe makes: 1 Sheet Prep Time: 4 Hours Bake Time: 25min Oven Temp: 400°F

Ingredients

2 cups all-purpose flour

1 teaspoon salt

1 1/4 cups unsalted butter (2 1/2 sticks), cold

1/2 cup cold water

If you do not want to make homemade puff pastry you can buy it from your local grocery store.

Directions

- ◆ Place the flour and salt in a large bowl and whisk to combine.
- ◆ Cut the cold butter into 1/4-inch slices and add to the flour mixture, tossing to coat. Stir in the cold water until a thick dough forms.
- ◆ Gather the dough into a ball, flatten it into a disk-shape, and wrap in plastic wrap. Chill for 1 hour in the fridge, or 20 to 30 minutes in the freezer.
- ◆ Unwrap the dough, dust the work surface with flour, and roll the dough into a rough rectangle shape. Fold the dough in thirds, Hotdog style or like a letter. Turn 90 degrees, roll and fold again.. Repeat this process about 2 to 4 times.
- ◆ wrap the dough in plastic wrap, and chill for 2 hours or overnight.
- ◆ Unwrap and cut into 8 rectangles, poke holes in the dough with a fork. Bake for 12 minutes or until golden brown.

