



# **My Recipe Book**

## **Week 3**

### **Cuisine From Around the World**



# **Cannoli Cones**

## **Ingredients:**

**1 lb. whole milk ricotta cheese (drained overnight)**

**10 sugar cones**

**$\frac{3}{4}$  semisweet chocolate chips (for dipping cones; optional)**

**$\frac{1}{2}$  -  $\frac{2}{3}$  c. powdered sugar**

**$\frac{1}{2}$  tsp vanilla extract**

**$\frac{2}{3}$  c mini chocolate chips**

**Total Time: 30 minutes      Serves: 10 cones**

## **Instructions:**

- 1. Drain your ricotta overnight. Take a mixing bowl and laid a large mesh strainer on top, then a paper towel, followed by the ricotta and let it sit in the fridge overnight. You can also use a cheese cloth if you have one!**
- 2. If you want to dip your cones in melted chocolate, melt the semi-sweet chips in the microwave and dip! Place the cones in a glass or on wax paper to dry.**
- 3. In a large mixing bowl, beat together the drained ricotta, sugar, and the vanilla until well-combined. Stir in the mini chocolate chips. Use a piping bag or spoon the mixture into each cone. Serve!**

# **Vanilla Raspberry Italian Cream Soda**

## **Ingredients:**

**Ice**

**½ cup torani vanilla syrup**

**½ cup torani raspberry syrup**

**4 cups club soda**

**½ cup half & half**

**Total Time: 5 minutes      Serves: 8**

## **Instructions:**

- 1. First, fill each cup with ice.**
- 2. Then pour 1 tbsp. Torani Vanilla syrup and 1 tbsp. Torani Raspberry Syrup in each cup.**
- 3. Next, add ½ cup of club soda to each cup and top with 1 tbsp. Of half & half.**
- 4. Garnish with fresh raspberries and serve.**

# **Instant Pot Macaroni and Cheese**

## **Ingredients:**

**4 cups water**  
**1 pound elbow macaroni pasta**  
**1 ½ tsp fine sea salt**  
**1 tsp ground mustard**  
**1/2tsp paprika**  
**½ tsp garlic powder**  
**2 Tbsp unsalted butter**  
**12 oz can evaporated milk**  
**2 cups shredded mild cheddar cheese**  
**1 cup shredded Monterey Jack cheese, or Mozzarella**  
**Black pepper, optional for garnish**

**Prep Time: 5 minutes Cook Time: 4 minutes**

**Time to Reach Pressure: 10 min. Serves: 8**

## **Instructions:**

- 1. Into a 6-quart instant pot multi-cooker, add 4 cups water, macaroni pasta, salt, mustard, paprika, and garlic powder. Stir to combine**
- 2. Add butter. Cover with the lid and set the pressure cooker on manual high pressure for 4 minutes.**
- 3. After the cooking cycle is complete, follow the manufacturers guide for a quick release and wait until all of the pressure is released. Turn off the instant pot.**
- 4. Stir in the evaporated milk right away.**
- 5. Add the cheese one cup at a time, stirring with each addition. Once the cheese is completely melted, season to taste and serve right away garnished with freshly cracked black pepper if desired.**

# **The Best Chicken Quesadillas**

## **Ingredients:**

**1 teaspoon salt (I use coarse, kosher salt)**

**½ teaspoon onion powder**

**½ teaspoon garlic powder**

**½ teaspoon dried oregano**

**½ teaspoon cumin**

**½ teaspoon chili powder**

**½ teaspoon paprika, smoked or regular**

**¼ teaspoon black pepper**

**4 cups cooked, chopped chicken**

**1 tablespoon oil**

**2 medium bell peppers (any color), cored and sliced into thin strips**

**1 large onion, sliced into thin half moon strips**

**2-3 tablespoons broth or water**

**2 cups shredded Monterey Jack cheese**

**1 cup shredded medium or sharp cheddar cheese**

**8 8-inch flour tortillas**

**Total Time: 30 minutes**

## **Instructions:**

- 1. In a small bowl, add all the seasoning ingredients. Mix well.**
- 2. Toss the chicken with 1/2 of the seasoning mixture. Set aside.**
- 3. In a 12-inch nonstick skillet, heat the oil over medium heat. Add the onions, and bell peppers. Sprinkle the remaining seasoning mixture over the veggies. Cook, stirring often, until the onions start to turn translucent and the vegetables start to soften.**
- 4. Add 2-3 tablespoons water or broth (omit this if there is already liquid in the pan from the other veggies). Continue cooking over medium heat for 2-3 minutes until the veggies are crisp-tender and the liquid has reduced slightly.**
- 5. Assemble the quesadillas by spreading cheese on 1/2 of each tortilla. Top the cheese with chicken, veggies, more cheese, and then fold the tortilla in half over the filling ingredients.**
- 6. Heat a 12-inch nonstick skillet (or griddle) over medium or medium-low heat. Add a touch of oil to the pan for a crispier quesadilla. Cook the quesadillas on one side until golden, moderating the heat as needed, pressing lightly with a spatula to compress and flatten a bit, if desired. Carefully flip the quesadillas with the spatula and cook on the other side until the tortilla is golden and the filling and cheese is hot and melted.**
- 7. Cut into triangles and serve immediately. (Or keep the cooked quesadillas warm on a baking sheet in a 200 degree oven until ready to serve.)**



# **French Crepes with Syrup and Blueberry Sauce**

## **Ingredients:**

### **Crepes:**

**2 cups milk**

**1 egg**

**1 cup flour**

### **Homemade Syrup:**

**1 cup brown sugar, packed**

**2-3 tablespoons water**

**Splash of vanilla extract**

### **Homemade Blueberry Sauce:**

**2 cup blueberries {fresh or frozen}**

**1/3 cup sugar**

**2 tablespoons water**

**1 teaspoon lemon juice**

**1 1/2 teaspoon cornstarch**

**Total time: 20 minutes Servings: 7-8 crepes**

## **Instructions:**

### **Crepes**

- 1. In a large measuring cup, add milk and egg, whisk lightly**
- 2. Gradually add flour, whisking until combined**
- 3. Using a 10" non-stick pan, over a medium-low heat, add 1/3 cup batter to pan, immediately swirl to coat pan with a paper thin layer of batter**
- 4. After crepe is bubbly in the middle, run a rubber spatula around the edge to loosen**
- 5. Flip after the crepe is golden brown, continue to cook a couple more minutes, watching closely.**

### **Homemade Syrup**

- 6. Add all ingredients to a small saucepan and heat to bubbling, reduce heat and simmer for about 5 minutes.**
- 7. Homemade Blueberry Sauce**
- 8. Add all ingredients to a small saucepan and heat to bubbling, reduce heat and simmer until thickened.**

### **Homemade Blueberry Sauce**

- 9. Add all ingredients to a small saucepan and heat to bubbling, reduce heat and simmer until thickened**

# **Churros**

## **Ingredients:**

**1 cup water**

**2½ Tbsp sugar**

**½ tsp salt**

**2 Tbsp veg oil**

**1 cup all-purpose flour**

**½ cup sugar**

**1 tsp ground cinnamon**

**Oil for frying**

## **Instructions:**

- 1. In a small saucepan, combine water, sugar, salt and vegetable oil.**
- 2. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.**
- 3. Form dough into strips.**
- 4. Heat oil in a deep skillet and put dough strips into sizzling oil.**
- 5. Fry until golden brown then drain on paper towels.**
- 6. Roll churros in sugar and cinnamon mixture and serve!**