

# ***ESL Kitchen Day***

## *5 American Dessert Recipes*

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- ✚ Rice Krispy Treats Bars
- ✚ Lemon Bars
- ✚ Chocolate Chip Cookie
- ✚ Frosted Chocolate Brownies
- ✚ Frosted Soft Sugar Cookie



### **Basic Ingredients:**

- Sugar
- Powdered Sugar
- Brown Sugar
- Flour
- Eggs
- Shortening
- Butter
- Cocoa Powder
- Chocolate Chips
- Lemons

### **Measurements:**

- Cup (c.)
- Teaspoon (tsp.)
- Tablespoon (T.)
- Ounce (oz.)



### **Conversions:**

3 tsp. = 1 T.  
16 T. = 1 c.  
8 oz. = 1 c.  
2 T. = 1 oz.

### **Volume vs. Weight:**

Sugar: 1 cup = 7 oz.  
Flour: 1 cup = 4.5 oz.  
Honey: 1 cup = 12 oz.  
Eggs: 1 cup = 5 large



# KELLOGG'S RICE KRISPIES TREATS

## Ingredients:

- 1/4 cup butter (1/2 stick butter)
- 1 (10 oz., about 40) pkg. regular marshmallows or 3 cups miniature marshmallows
- 6 cups Kellogg's Rice Krispy's cereal



## Method:

1. In a large saucepan, melt butter over low heat. Add the marshmallows and continue to stir until the marshmallows have completely melted. Remove from heat.
2. Stir in the Kellogg's Rice Krispy's cereal coating them well with the melted marshmallow mixture.
3. Using a buttered or silicone spatula, press the mixture evenly into a 13 x 9 x 2 inch pan which has been buttered or sprayed with non-stick spray or lined with wax paper.
4. Cut into squares when the mixture cools.

Makes 24 squares.

## MICROWAVE DIRECTIONS:

Microwave butter with marshmallows on high setting for 2 minutes in a microwave safe mixing bowl. Stir together when melted. Microwave again on high for 1 additional minute. Stir in cereal, mixing until well coated. Press into pan as above.

# Easy Lemon Bars

## Ingredients:

### Crust:

- 1 1/2 cups flour
- 1/2 cup powdered sugar
- 3/4 cup (1 1/2 sticks) butter, softened

### Filling:

- 4 eggs
- 1 1/2 cups granulated sugar
- 1/2 cup fresh lemon juice
- 2 tablespoons flour
- 2 to 3 teaspoons grated lemon peel



## Method:

1. Preheat oven to 350°F. Line a 13x9x2-inch baking pan with Reynolds Parchment Paper, extending paper up sides of pan; set aside.
2. Combine crust ingredients in a large bowl on low speed of an electric mixer until mixture is crumbly. Press mixture evenly into parchment-lined pan.
3. Bake 20 minutes or until light brown; remove from oven.
4. Beat together filling ingredients in a medium bowl until well blended; pour mixture evenly over warm baked crust.
5. Return to oven and continue baking for 15 to 20 minutes longer or until filling is set and bars are brown around the edges. Cool completely on a wire rack. Use edges of parchment lining to lift bars from pan. Place on a cutting board. Pull back edges of parchment for easy cutting; sprinkle with additional powdered sugar. Cut into bars.

Makes 36-40 servings.

# Chocolate Chip Cookies

## Ingredients:

- 2 1/2 c. flour
- 1 tsp. soda
- 1 tsp. salt
- 1 c. butter
- 3/4 c. sugar
- 3/4 c. brown sugar, packed
- 1 tsp. vanilla
- 2 eggs
- 2 c. chocolate chips

## Method:

1. Preheat oven to 375 degrees. Mix together flour, soda and salt. Set aside.
2. In large bowl cream together butter, sugar, brown sugar and vanilla.
3. Add eggs and mix.
4. Add flour mixture and stir well. Add chocolate chips.
5. Bake 9-11 min



# *Frosted Chocolate Brownies*

## **Ingredients:**

### **Brownie:**

- 2 cups sugar
- ½ cup cocoa powder
- 4 eggs
- ½ pound (2 sticks) butter melted, cooled
- 1 tsp. salt
- 1 tsp. vanilla
- 1 ½ cups flour

### **Frosting:**

- 1 stick butter
- ¼ cup chocolate chips
- 1 pound powdered sugar
- 1 tsp. vanilla
- 1 egg yolk



## **Method:**

1. Mix sugar and cocoa powder together. Mix in eggs and beat well.
2. Add melted butter, salt and vanilla.
3. Stir in flour mixing well.
4. Prepare a 9 X 13 pan with butter and flour. Pour in brownie batter.
5. Bake at 350 degrees for approximately 35 minutes.

### **When brownies are cooled, frost with the fudge frosting.**

1. Melt butter, chips and vanilla together.
2. Stir in powdered sugar until thick. You may need more or less sugar that what is called for.
3. Add egg yolk and beat until creamy.
4. Frost the brownies quickly as the frosting sets up when cooled.
5. Cut into squares or bars and serve.

## *Frosted Soft Sugar Cookie (from Linda Foes Halberg)*

### Ingredients (cookies):

- 1 cup shortening
- 2 cups sugar
- 3 eggs
- 2 tsp. vanilla
- 2 tsp. baking soda
- 1 tsp. salt
- 1 cup sour cream
- 4 cups flour

### Terry's Buttercream Wedding Cake Frosting:

#### Ingredients (frosting):

- 1 stick butter
- 2 cups shortening
- 1 T. vanilla
- 3 pounds powdered sugar (10X)
- ½ cup evaporated milk

#### Instructions (frosting):

1. Mix all ingredients together and whip until light and fluffy
2. **Note:** you can add ½ to 1 cup of cocoa powder to make this frosting recipe a chocolate butter cream. Delicious!

For a **chocolate fudge frosting**, melt 1 stick butter with a small handful of chocolate chips; add 1 tsp. vanilla and enough powdered sugar (approximately one pound) until it is thick. Add 1 egg yolk and mix until frosting becomes creamy. Frost quickly before fudge sets up. May reheat frosting (carefully) to make spreading consistency.

### Method (cookies):

1. Cream sugar and shortening together.
2. Add eggs one at a time mixing well after each addition.
3. Mix vanilla into sour cream and baking soda and salt into flour.
4. Add sour cream and flour mixtures alternately to the sugar mixture mixing well after each edition. Refrigerate overnight.
5. Roll out dough on floured board (dough is very sticky) to ½ inch.
6. Cut and place on greased baking sheet and bake at 350° for 8-10 minutes. Cool and frost.
7. **Alternatively**, use an ice cream scoop and place dough on baking sheet. Flatten slightly with a wet knife to ½ inch thickness.

