



Q300 International Cookbook



First Edition

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Spring 2017



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the families of Q300

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Soups, Salads & Starters

ARGENTINIAN BEEF EMPANADAS

*Argentinian
Rosana Guida
Zoe, 3rd Grade*

Dough:

2 ¼ c. flour
1 ½ tsp. salt
3 T. butter
1 egg
⅓ c. cold water

1 c. canned tomatoes, chopped

½ lb. lean ground beef
1 T. paprika
1 T. parsley, chopped
1 T. ground cumin
salt & pepper to taste
1 hard-boiled egg, chopped
Raisins
Olives, chopped
1 extra egg, beaten

Filling:

Olive oil
½ onion, chopped
½ red bell pepper, diced

Dough

In a large bowl put flour and salt. Then add the butter and use your hands to mix the ingredients. Beat the egg, water and vinegar together in a small bowl. Now mix both mixtures together. With floured hands shape the dough into a ball and place it in a floured surface and knead it. Now, wrap it in plastic and refrigerate it for an hour.

Filling

Prepare the filling while dough is in the refrigerator: Add olive oil in a large pan, over medium-high heat, sauté onions (until soft) then add the peppers. Lower the heat, add the tomatoes. After a few minutes add the ground beef, paprika, parsley, cumin, salt and pepper. Stir occasionally, when the beef is cooked add the hard-boiled egg, raisins and olives. Now move pan away from heat. Preheat the oven 400°F. Roll

dough out, about $\frac{1}{4}$ inch thick. Cut it into round shells. Place 1 spoonful of filling in each shell. Fold in half and seal them pressing a fork around edges. Place empanadas on a baking sheet, brush them with beaten egg. Punch them with a fork. Bake until golden.



Part II



*Recipes from the
Students of Q300*

Snack

Category

Sweet Mush

None

Recipe Title

Ethnic/national origin of the recipe

Lila Kennedy

Sam second grade class 202

Submitted By

Student name, grade

INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. ctn. tsp. T. oz. lb. gal. doz. sm. med. lg.

~~Yogurt~~ yogurt table

sprinkles

mixing spoon

vanilla

cinammin

glass container with top
bowl

DIRECTIONS: Scoop the yogurt into the bowl. Add vanilla and stir. Apply cinammin and sprinkles and stir till well mixed. Put in glass container and label 'Sweet Mush'.

Snack

Category

Homemade yougert

yougert

Recipe Title

Lila Kennedy

Ethnic/national origin of the recipe

Second grade, Class 202

Submitted By

Student name, grade

INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. ctn. tsp. T. oz. lb. gal. doz. sm. med. lg.

spoonfull of desired yougat

mixing spoon

milk

warm place

DIRECTIONS: Scoop one spoonfull of the disired yougert into the bowl. Apply milk. Stir unfill well mixed. Put in warm place ~~from~~ for 5-12 hours. Let cool.