



Combination Blocks

Block IV – Brunch & Block V - Brunch Mix (Desserts)

Instructor: Saddiqua Muhammad Black Bint Elijah

Contact Information: thmsadaqagroup@gmail.com

(Recipes preparations are subject to change based on available ingredients, inshaAllah)

Assalaamu Alaikum wa rahmatullahi wa barakhatahu Ukhti,

Again I hope that you have enjoyed our short break from class inshaAllah, and are ready to learn the method for Brunch & Brunch Mix Desserts.

Alhamdulillah Ya akhwatee we have reached Block III (3), so far you should have discovered the art of cooking a Continental breakfast versus a English breakfast, and which one you prefer for yourself inshaAllah.

In our last class you learned that there are two main types of breakfast: 1) Continental Breakfast which is a light breakfast that usually consist of breadstuffs (such as toast, croissants, and pastries); coffee, tea and fruit juices are usually served. Then there is the 2) English Breakfast that usually consist of a large hearty breakfast variety; these can include fruit or juice, eggs, meats or fish, cereals, baked goods, jams and coffee or tea inshaAllah.

Today we shall cover the topic of brunch; you may ask what is brunch? **Brunch** is a late morning meal between breakfast and lunch as a replacement to both meals, usually eaten when one rises too late to eat breakfast. It is a North American innovation.

A brunch (the term is a portmanteau of breakfast and lunch) can be served after a morning event or prior to an afternoon one, such as a Nikah (wedding) or sporting event. It usually involves vast quantities of standard breakfast foods such as eggs, pancakes, sausages, bacon, turkey ham, fruit salad, pastries, waffles, and the like. However, it can include almost any other type of food served throughout the day inshaAllah.

At the end of the class your entire group will be given a participation grade. This grade only demonstrates how well you work together in trying to achieve your recipe goals. Each individual grade you receive will be calculated in the following manner for a maximum of 100 % for the individual 100% for Group and 100% Written Hand out; Totaling 300 points per class.

- 1. Sanitation & Safety Skills being applied throughout the class**
- 2. Gathering your utensils and ingredients needed to prepare your dish**
- 3. Initial Preparation of food items (may involve knife handling skills)**
- 4. Working with your group**

5. Following recipe Instructions when needed

6. Cooking the food items

7. Preparing the setup

8. Arranging the food for service

9. Garnishing your items (eye candy- make the dish look appetizing)

10. Mise En' Place (putting everything back in it place)

Written Hand Outs: Count as 100% for any grade 90 points or over. The hand out consists of ten questions. That the instructor will ask you in regards to today's content. InshaAllah, you have listened closely.

Preparation of your recipe ingredients is most important. Mise en Place (everything in its place) please. Clean as you go. No one will be permitted to leave the classroom setting until it is completely clean. (Please refer to your Guide for responsibilities associated with your title for today, inshaAllah.)

General Cooking Utensils for this activity:

Large and small mixing bowls

Large skillet

Small saucepan

Mixing Spoons

Measuring cups

Baking pans (sizes may vary)

Disposable plates and eating utensils



Proper cutting techniques are essential to Kitchen safety...
Please review

Buffalo Wings

Ingredients:

- 24 chicken wings
- 1/2 cup butter
- Salt and pepper
- 1 cup Habaneras-Garlic Sauce
- Vegetable oil for frying
- 1 tablespoon white vinegar
- Blue Cheese Dressing

Preheat oven to 350 degrees and preheat oil in deep fryer to 375 degrees. Reserve wing-tips for stock. Fry wings for 8 minutes. Transfer to a tray with paper towels and let drain. Season with salt and pepper.

In a saucepan melt butter. Add hot sauce, salt, vinegar and pepper. Toss wings in sauce. Roast 15 to 20 minutes.

Arrange wings on serving platter. Garnish with flat leaf parsley. Serve with blue cheese dressing

Serves 4

Blue Cheese Dressing

Ingredients:

- 1 cup mayonnaise
- 3 tablespoons minced onion
- 1 1/2 teaspoons minced garlic
- 1/3 cup minced parsley
- 1/2 cup sour cream
- 1 tablespoon lemon juice
- 1 tablespoon white vinegar
- 1/3 cup crumbled blue cheese
- Salt and pepper

In a bowl mix together mayonnaise, onion, garlic, parsley, sour cream, lemon juice, vinegar and blue cheese. Transfer to serving bowl.

Caesar Salad

Serves: 8

Ingredients:

- 3 heads Romaine lettuce
- 1 large or 2 medium cloves of garlic, minced
- 2 teaspoons pureed anchovy
- 3/4 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 2 tablespoons lemon juice
- 4 ounces extra virgin olive oil

- 3 ounces grated Parmesan cheese

Remove the outer leaves of the Romaine heads; separate the remaining leaves and wash to remove all the grit. Cut into small pieces and reserve.

First Method: In a non-reactive salad bowl, mash the anchovies and garlic together. Add the dry mustard and the Worcestershire sauce, mixing well. Incorporate the lemon juice and slowly pour in the olive oil until an emulsion forms. Toss the romaine lettuce in the dressing adding the grated Parmesan a third at time. Serve.

Caesar Salad Dressing

Yields: 2 cups

Ingredients:

- 1 egg, coddled
- 3/4 cup olive oil
- 1/2 tsp. freshly ground black pepper
- 1 tsp. Worcestershire sauce
- 1 clove garlic, minced
- 1/4 cup fresh lemon juice
- 1/4 cup freshly grated Locatelli cheese (Parmesan or Romano will do)
- 1/2 tsp. anchovy paste (optional)

With electric mixer at high speed, beat egg till foamy. Slowly add olive until a mayonnaise forms. Whisk in remaining ingredients. Enough dressing for 2 medium heads romaine lettuce. Toss with your favorite croutons.

Zucchini Bread

Yields: 1-loaf

Ingredients:

- 4 eggs
- 2 cups sugar
- 1 cup oil
- 3 1/2 cups flour
- 2 cups unpeeled zucchini, grated
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 3/4 tablespoon baking powder
- 1 teaspoon cinnamon
- 1 tablespoon vanilla

Beat eggs and gradually add sugar and oil. Combine dry ingredients and add alternately with zucchini. Stir in vanilla. Pour into 2 greased 9-X5-X3-inch loaf pans. Bake at 350 degrees for 55 to 60 minutes. May be refrigerated or frozen. (Alternative you can add 1 cup of chopped walnuts to be stirred in when you add the vanilla)

Potato, Leek and Onion Soup with Garlic Cheese Toasts

Serves: 6 to 8

Ingredients:

- 5 tablespoons olive oil
- 3 large leeks (white and pale green parts only), sliced
- 1 1/2 pounds russet potatoes, peeled, diced
- 1 large white onion, chopped
- 4 14 1/2-ounce cans vegetable broth
- 3 large garlic cloves, chopped
- 1 1/2 cups grated Swiss cheese
- 8 slices sourdough bread
- 1/2 cup chopped fresh chives or green onion tops

Heat 4 tablespoons oil in heavy large pot over medium-low heat. Add leeks, potatoes and onion. Sauté until onion is tender, stirring occasionally, about 12 minutes. Add broth and bring soup to boil. Reduce heat to medium-low. Simmer until all vegetables are tender, about 20 minutes. Working in batches, puree 5 cups soup in blender. Return puree to soup in pot. Season with salt and pepper. (Can be made 1 day ahead. Refrigerate uncovered until cold. Cover and keep refrigerated.)

Preheat oven to 350°F. Stir remaining 1-tablespoon oil and garlic in small skillet over low heat until garlic is fragrant, about 1 minute; remove from heat and cool. Add cheese to garlic in skillet; toss to combine. Arrange bread slices on baking sheet. Spoon cheese mixture onto bread slices, dividing equally. Bake toasts until cheese melts, about 10 minutes.

Quick & Easy Strawberry Shortcake

Serves: 4

Preparation time: 1 hour 15 minutes

Ingredients:

- 1 1/2 pints strawberries, hulled and quartered lengthwise
- 1/4 cup granulated sugar, or to taste
- 1/2 cup well chilled heavy cream
- 3 tablespoons sour cream
- 1 tablespoon confectioners' sugar, or to taste
- 1/2 teaspoon vanilla
- 4 cream biscuits

In a large bowl combine 1 pint of the strawberries and the granulated sugar and with a potato masher mash the berries gently until they release their juices, being careful not to crush them to a pulp. Add the remaining 1/2-pint of berries. Let the mixture stand at room temperature, stirring occasionally, for 1 hour.

In a bowl beat the heavy cream with the sour cream and the confectioners' sugar until it holds a soft shape and beat in the vanilla. Split the biscuits horizontally with a fork, arrange the bottom halves on 4 plates, and spoon the strawberry mixture over them. Top the strawberry mixture with some of the whipped cream and arrange the biscuit tops on the cream. Serve the remaining cream separately.

Banana-Strawberry Smoothies

Ingredients

2 ripe small bananas
1 cup frozen unsweetened whole strawberries
1 8-ounce carton vanilla low-fat yogurt
3/4-cup milk

Directions

1. Peel bananas. Cut bananas into chunks. Place banana chunks, frozen strawberries, yogurt, and milk into blender a container.
2. Cover blender and blend on high speed about 1 minute or until mixture is smooth. Turn off blender. Pour drink into 2 glasses.

Breakfast Quiche

Ingredient -- Preparation Method

1 unbaked frozen deep-dish pie shell -- (9-inch)
6 eggs
1 C. Shredded Swiss cheese -- (about 4 oz.)
12 Slices bacon -- cooked and crumbled
1 C. milk
1/3 C. onions -- chopped
1/4 Tsp. Salt

Thaw pie shell, and then bake in a 425 degrees oven until light brown (about 5 minutes). Cool on wire rack. Reduce oven temperature to 350 degrees. Sprinkle cheese, bacon and onion into pie shell. Beat eggs, milk and salt until well blended. Pour over cheese, bacon and onion mixture. Bake 30 to 35 minutes until a knife inserted halfway between center and edge comes out clean. Let stand for 5 minutes before cutting. Refrigerate any leftover quiche.