



**SPROUT BA'BAYIT 2.0 COOKBOOK  
2020**

**2ND- 5TH GRADERS**

**DECEMBER 28-31**

Elective Day	Ingredients Needed	Materials Needed
Day 1 (December 28): <a href="#">Donuts</a> and <a href="#">Latkes</a>	<ul style="list-style-type: none"> <li>• 4 tablespoons butter</li> <li>• ¼ cup vegetable oil</li> <li>• ½ cup granulated sugar</li> <li>• ⅓ cup brown sugar</li> <li>• 2 large eggs</li> <li>• 1 ½ teaspoons baking powder</li> <li>• ¼ teaspoon baking soda</li> <li>• ½ to 1 teaspoon nutmeg</li> <li>• ¾ teaspoon salt</li> <li>• ¾ teaspoon vanilla extract</li> <li>• 2 ⅔ cups all-purpose flour</li> <li>• 1 cup milk</li> <li>• Donut toppings               <ul style="list-style-type: none"> <li>○ ¼-⅓ cup cinnamon sugar</li> <li>○ ½ cup non-melting topping sugar or confectioners' sugar</li> <li>○ Sprinkles, coconut, chopped nuts</li> <li>○ Vanilla Glaze                   <ul style="list-style-type: none"> <li>▪ 1 ¼ cups confectioners sugar or glazing sugar</li> <li>▪ 1 tablespoon light corn syrup</li> <li>▪ 1 tablespoon melted butter</li> <li>▪ 1-2 tablespoons milk or water</li> <li>▪ ½ teaspoon vanilla extract</li> </ul> </li> <li>○ Chocolate Glaze                   <ul style="list-style-type: none"> <li>▪ ½ cup semisweet chocolate chips or chopped semisweet or bittersweet chocolate</li> <li>▪ 2 tablespoons butter</li> <li>▪ 1 tablespoon + 1 teaspoon light corn syrup</li> <li>▪ ½ teaspoon vanilla extract</li> </ul> </li> </ul> </li> <li>• 2 lbs potatoes (peeled and shredded or grated- try and do before class please)</li> <li>• 1 onion (shredded or grated)</li> <li>• 2 eggs</li> <li>• Salt, pepper</li> <li>• ¼ cup matzo meal or ¼ cup flour</li> <li>• ¼ teaspoon baking powder</li> <li>• Nonstick cooking spray</li> <li>• Optional: applesauce and sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Donut or muffin pan</li> <li>• Baking sheet</li> <li>• Medium size mixing bowl</li> <li>• Wooden spoon</li> <li>• Measuring cups and spoons</li> <li>• Cooling rack</li> <li>• Spatula</li> <li>• For cinnamon and sugar donuts: Plastic or brown paper bag</li> <li>• For vanilla glaze: bowl and spoon</li> <li>• For chocolate glaze: saucepan and spoon</li> <li>• Strainer or cheesecloth</li> <li>• Cutting board</li> <li>• Large bowl</li> <li>• Wooden spoon</li> <li>• 2 baking sheets</li> <li>• Oven mitts</li> <li>• Parchment paper</li> </ul>
Day 2 (December 29):	<ul style="list-style-type: none"> <li>• 1 ½ cups all purpose flour</li> <li>• ¾ cup white sugar</li> <li>• ½ teaspoon salt</li> <li>• 2 teaspoons baking powder</li> </ul>	<ul style="list-style-type: none"> <li>• Muffin pan</li> <li>• Muffin liners</li> <li>• Mixing cups and spoons</li> </ul>

<p><a href="#">Apple Cinnamon Muffins</a> and <a href="#">Granola</a></p>	<ul style="list-style-type: none"> <li>• 1 teaspoon ground cinnamon</li> <li>• 1/3 cup vegetable oil</li> <li>• 1 egg</li> <li>• 1/3 cup milk</li> <li>• 2 apples- peeled, cored and chopped</li> <li>• 1/2 cup white sugar</li> <li>• 1/3 cup all-purpose flour</li> <li>• 1/2 cup butter, cubed</li> <li>• 1 1/2 teaspoons ground cinnamon</li> <li>• 4 cups old-fashioned rolled oats</li> <li>• 1 1/2 cup raw nuts and/or seeds</li> <li>• 1 teaspoon fine-grain sea salt (if using standard table salt, scale back to 3/4 teaspoon)</li> <li>• 1/2 teaspoon ground cinnamon</li> <li>• 1/2 cup olive oil</li> <li>• 1/2 cup honey</li> <li>• 1 teaspoon vanilla extract</li> <li>• 2/3 cup dried fruit, chopped if large</li> <li>• Optional mix-ins: 1/2 cup chocolate chips or coconut flakes</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl</li> <li>• Wooden spoon</li> <li>• Small bowl</li> <li>• Fork</li> <li>• Toothpick or cake tester</li> <li>• Cooling rack</li> <li>• Apple peeler and knife or apple cutter</li> <li>• Baking sheet</li> <li>• Parchment paper</li> <li>• Large mixing bowl</li> <li>• Wooden spoon</li> <li>• Oven mitts</li> </ul>
<p>Day 3 (December 30): <a href="#">Grilled Cheese</a> and <a href="#">Tomato Soup</a> and <a href="#">Sugar Cookie Dough</a></p>	<ul style="list-style-type: none"> <li>• 2 slices of bread</li> <li>• 1-2 slices of cheese</li> <li>• Butter</li> <li>• 4 tablespoons unsalted butter</li> <li>• 1/2 large onion, cut into large wedges</li> <li>• 1 (28-ounce) can tomatoes, whole peeled or crushed</li> <li>• 1 1/2 cups water, low sodium vegetable stock or chicken stock</li> <li>• 1/2 teaspoon fine sea salt, or more to taste</li> <li>• 1/4 cup and 2 tablespoons butter, softened</li> <li>• 1/2 cup white sugar</li> <li>• 1 egg</li> <li>• 1/4 teaspoon vanilla extract</li> <li>• 1-1/4 cups all-purpose flour</li> <li>• 1/2 teaspoon baking powder</li> <li>• 1/4 teaspoon salt</li> </ul>	<ul style="list-style-type: none"> <li>• Depending on how you want to make grilled cheese, skillet, toaster or oven and baking sheet</li> <li>• Aluminum foil</li> <li>• Oven mitts</li> <li>• Knife</li> <li>• Plate</li> <li>• Spatula</li> <li>• Dutch oven or large saucepan</li> <li>• Measuring spoons and cups</li> <li>• Spoon</li> <li>• Blender or immersion blender</li> <li>• If using blender, kitchen towel</li> <li>• Large bowl</li> <li>• Spoon</li> </ul>
<p>Day 4 (December 31): Cook and Decorate Cookies for New Year's</p>	<ul style="list-style-type: none"> <li>• Frosting, sprinkles, chocolate chips, etc. to decorate cookies</li> <li>• Cookie cutters</li> <li>• <a href="#">Sugar Cookie Icing</a> <ul style="list-style-type: none"> <li>○ 1 cup confectioners' sugar</li> <li>○ 2 teaspoons milk</li> <li>○ 2 teaspoons light corn syrup</li> <li>○ 1/4 teaspoon almond extract</li> <li>○ Food coloring</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Rolling pin</li> <li>• Baking sheet</li> <li>• Oven mitts</li> <li>• Cookie cutters</li> <li>• Parchment paper</li> <li>• For optional icing: <ul style="list-style-type: none"> <li>○ Small bowls</li> <li>○ Spoon</li> </ul> </li> </ul>

## Day 1 (December 28): [Donuts](#) and [Latkes](#)

### Ingredients Donuts (yield 12)

- 4 tablespoons butter
- ¼ cup vegetable oil
- ½ cup granulated sugar
- ⅓ cup brown sugar
- 2 large eggs
- 1 ½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ to 1 teaspoon nutmeg
- ¾ teaspoon salt
- ¾ teaspoon vanilla extract
- 2 ⅔ cups all-purpose flour
- 1 cup milk
- Donut toppings
  - ¼-⅓ cup cinnamon sugar
  - ½ cup non-melting topping sugar or confectioners' sugar
  - Sprinkles, coconut, chopped nuts
  - Vanilla Glaze (yield: ½ cup)
    - 1 ¼ cups confectioners sugar or glazing sugar
    - 1 tablespoon light corn syrup
    - 1 tablespoon melted butter
    - 1-2 tablespoons milk or water
    - ½ teaspoon vanilla extract
  - Chocolate Glaze (yield: ½ cup)
    - ½ cup semisweet chocolate chips or chopped semisweet or bittersweet chocolate
    - 2 tablespoons butter
    - 1 tablespoon + 1 teaspoon light corn syrup
    - ½ teaspoon vanilla extract

### Directions Donuts

1. Preheat the oven to 425F. Lightly grease two standard donut pans (If you do not have donut pan, grease muffin pan).
2. In a medium-sized mixing bowl, beat together the butter, vegetable oil, and sugars until smooth.
3. Add the eggs, beating to combine
4. Stir in the baking powder, baking soda, nutmeg, salt, and vanilla.
5. Stir the flour into the butter mixture alternately with the milk, beginning and ending with the flour mixture and making sure everything is thoroughly combined. The batter will be fairly thick; when you draw your spatula through the batter, it will leave a furrow.

6. Spoon the batter into the lightly greased donut pans, filling the wells to about ¼” shy of the rim.
7. Bake the donuts for 10 minutes. Remove them from the oven, and wait 5 to 7 minutes before turning them out of the pans onto a rack.
8. For cinnamon donuts, shake warm donuts in a plastic bag with about ¼ to ⅓ cup cinnamon-sugar. For sugar-coated donuts, shake donuts in a plastic bag with about ½ cup non-melting topping sugar (for best results), or confectioners’ sugar.
9. For frosted donuts, see our three easy donut glazes. Sprinkle the glazed donuts with toasted coconut or chopped nuts, if desired.
  - a. To make vanilla glaze: Stir the ingredients together, adding extra liquid or confectioners’ sugar to adjust the consistency as needed.
  - b. To make chocolate glaze: Melt the ingredients together over low heat or in the microwave, stirring often. Add extra corn syrup if needed to make a smooth, shiny glaze.

### **Ingredients Latkes (yield 14)**

- 2 lbs potatoes (shredded or grated)
- 1 onion (shredded or grated)
- 2 eggs
- Salt, pepper
- ¼ cup matzo meal or ¼ cup flour
- ¼ teaspoon baking powder
- Nonstick cooking spray

### **Directions Latkes**

10. Preheat oven to 425F
11. Drain excess liquid from potatoes. Mix all ingredients in a large bowl.
12. Spray two baking sheets
13. Add latke mixture by ¼ cup; flatten
14. Bake 15 minutes; turn latkes; and bake 10 minutes longer.
15. Serve with applesauce or sour cream.

## Day 2 (December 29): [Apple Cinnamon Muffins](#) and [Granola](#)

### Ingredients Apple Cinnamon Muffins (yield 6)

- 1 ½ cups all purpose flour
- ¾ cup white sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ⅓ cup vegetable oil
- 1 egg
- ⅓ cup milk
- 2 apples- peeled, cored and chopped
- ½ cup white sugar
- ⅓ cup all-purpose flour
- ½ cup butter, cubed
- 1 ½ teaspoons ground cinnamon

### Directions Apple Cinnamon Muffins

16. Preheat oven to 400F. Grease six muffin cups or line with paper muffin liners.
17. Stir together 1 ½ cup flour, ¾ cup sugar, salt, baking powder and 1 teaspoon cinnamon. Mix in oil, egg and milk. Fold in apples. Spoon batter into prepared muffin cups, filling to the top of the cup.
18. In a small bowl, stir together ½ cup sugar, ⅓ cup flour, butter and 1 ½ teaspoons cinnamon. Mix together with fork and sprinkle over unbaked muffins.
19. Bake in preheated oven for 20-25 minutes, until a toothpick inserted into center of a muffin comes out clean.

### Ingredients Granola (yield 8 cups)

- 4 cups old-fashioned rolled oats
- 1 ½ cup raw nuts and/or seeds
- 1 teaspoon fine-grain sea salt (if using standard table salt, scale back to ¾ teaspoon)
- ½ teaspoon ground cinnamon
- ½ cup olive oil
- ½ cup honey
- 1 teaspoon vanilla extract
- ⅔ cup dried fruit, chopped if large
- Optional mix-ins: ½ cup chocolate chips or coconut flakes

## **Directions Granola**

20. Preheat oven to 350F and line a large, rimmed baking sheet with parchment paper.
21. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
22. Pour in the oil, honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
23. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
24. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
25. Store the granola in an airtight container at room temperature for 1-2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5-10 minutes before serving.

**Day 3 (December 30): [Grilled Cheese](#) and [Tomato Soup](#) and [Sugar Cookie Dough](#)**

**Ingredients Grilled Cheese (yield 1 sandwich)**

- 2 slices bread
- 1-2 slices of cheese
- Butter

**Directions Grilled Cheese**

26. Preheat toaster to 425F on the bake setting.
27. Spread butter on outside of your bread
28. Put your bread butter side down and place cheese on it, then top with second slice butter side up.
29. Remove the toaster pan and put the sandwich on it. Cook until brown (about 5 minutes)
30. Take it out carefully, flip with spatula and return it for another 2-4 minutes until the other side is brown as well.
31. Cool, cut and enjoy

**Ingredients Tomato Soup (yield 2)**

- 4 tablespoons unsalted butter
- ½ large onion, cut into large wedges
- 1 (28-ounce) can tomatoes, whole peeled or crushed
- 1 ½ cups water, low sodium vegetable stock or chicken stock
- ½ teaspoon fine sea salt, or more to taste

**Directions Tomato Soup**

32. Melt butter over medium heat in a dutch oven or large saucepan
33. Add onion wedges, water, can of tomatoes with their juices, and ½ teaspoon of salt. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.
34. Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender does make quick work of this, or you can use a blender. If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. We like to remove the center insert of the lid and cover it with a kitchen towel while blending- this helps to release some of the steam and prevents the blender lid from popping off which can be a big, hot mess.



### **Ingredients Sugar Cookie Dough (yield 15)**

- ¼ cup and 2 tablespoons butter, softened
- ½ cup white sugar
- 1 egg
- ¼ teaspoon vanilla extract
- 1-¼ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt

### **Directions Sugar Cookie Dough**

35. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt.
36. Cover, and chill dough for at least one hour (or overnight).

## **Day 4 (December 31):Cook and Decorate Cookies for New Year's**

### **Ingredients:**

- Frosting, sprinkles, chocolate chips,etc. to decorate cookies
- Cookie cutters
- Sugar Cookie Icing
  - 1 cup confectioners' sugar
  - 2 teaspoons milk
  - 2 teaspoons light corn syrup
  - ¼ teaspoon almond extract
  - Food coloring

### **Directions**

37. Preheat oven to 400F. Roll out dough on floured surface ¼ to ½ inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
38. Bake 6-8 minutes in preheated oven. Cool completely.
39. Icing Instructions:
  - c. In a small bowl, stir together confectioners' sugar and milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup.
  - d. Divide into separate bowls, and add food colorings to each to desired intensity. Dip cookies, or paint them with a brush.