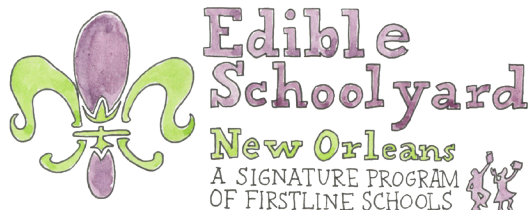


Louisiana Summer



A COLLECTION OF RECIPES TO
make with your kids at home!

Recipes adapted by
Chef & Garden Educators
at





Edible Schoolyard New Orleans is a garden and culinary education program that aims to teach children to make healthy connections through food and the natural world. Founded in 2006 as the first replication of chef activist Alice Waters' Edible Schoolyard in Berkeley, CA, ESYNOLA is a signature program of FirstLine Schools, a nonprofit organization that operates five open admissions public charter schools in New Orleans.

Culinary education: We offer experiential, standards-based kitchen classes that encourage children to try new foods, prepare and enjoy fresh produce grown in our gardens, and understand how food affects the human body, communities, and the environment. What follows are recipes from ESYNOLA teaching kitchens, selected and adapted by chef and garden educators for cooking at home with your children. Enjoy!

Louisiana Summer

About this Collection

It's eight o'clock in the morning on a hot summer day in New Orleans. You step into the garden to check what's harvestable early in the day to beat the heat that is fast approaching, but even the early hours of the morning warn of the stifling heat to come. By eleven, the sun will be strong and you will feel the sweat around your eyes, your nose, and your neck as you search for ripe tomatoes from the vine and push through the leaves to find the darkest, plumpiest eggplant. Even after taking a shower, you will immediately feel the sweat start to reappear. Welcome to summer in Louisiana, which can often feel like the longest season in the state. From May through sometimes late October, we are engulfed in heat and humidity, which leads to sweaty clothes but also a climate conducive to growing produce like bell peppers, tomatoes, cucumbers, basil, eggplants, squash, and okra.

This collection of recipes illustrates what you will find in the Edible Schoolyard New Orleans school gardens during the summer months in Louisiana. These recipes were pulled from our recipe archive, and represent both tradition and innovation. Ratatouille (used every year to teach knife skills) and basil pesto (a popular recipe used with younger students during their first week back in kitchen class in August) are examples of recipes that we use every year to reflect what's growing in our gardens. Israeli Shakshuka, made with bell peppers and tomatoes, represents our chef educators' work to balance traditional crowd favorites with adventurous, unfamiliar, and culturally diverse recipes. While you won't find peaches in our school gardens, they are still seasonal during summer months and make satisfying sweet treats. We hope you enjoy cooking these recipes, and take your time moving at the slow pace of a Louisiana summer.

Happy cooking!
Chef Alana

Table of Contents

Basil Pesto.....	page 2
Ratatouille.....	page 3
Shakshuka with Zhoug.....	page 4
Elote (Mexican Street Corn).....	page 5
Stuffed Bell Peppers.....	page 6
Peach Cobbler.....	page 7
Summer Okra & Tomatoes.....	page 8
Quick Pickles.....	page 9
Safety Rules from the ESYNOLA Kitchen.....	page 10
Attributions & References.....	page 11

These recipes were chosen and annotated by
Chef Alana, culinary educator at Samuel J. Green Charter School.

Illustrations by Nicole Gelb Dugat
Published Summer 2020

Basil Pesto

4-6 Servings, 1/4 cup Serving Size

Ingredients

2 cups packed fresh basil
2 cloves garlic
1/4 cup sunflower seeds (or pecans, walnuts)
2/3 cup olive oil
1/2 lemon, juiced (about 2 tablespoons)
1/2 cup freshly grated Parmesan cheese (optional)
Salt, to taste

Instructions

1. Combine all ingredients in a food processor or blender. Puree until smooth.
2. Add additional olive oil for a smoother consistency if desired. Season with additional salt and pepper to taste.
3. Serve over pasta, add to pizza, or use with crackers as a dip.

Make it with your kids!

This is a recipe for all ages, but has lots of cooking jobs for smaller children.

Pre-K - 2nd grade:

- Students can pick herbs and/or greens into small pieces, squeeze lemons, and add salt and pepper using tiny “pincer” fingers. If you have a mortar and pestle, kids love to use this to crush ingredients in kitchen class. Try making it the old-fashioned way by crushing garlic, sunflower seeds, and herbs/greens in the mortar and pestle.

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.



INGREDIENT SWAP

Pesto can be made with any greens—carrot tops, cilantro, kale, nasturtium leaves, arugula, spinach, kale, any fresh greens. Try making pesto from a mix of greens like kale, collard greens, and/or mustard greens during the winter. Use what's in season!

RECIPE ADVENTURES

Try making a pizza with pesto instead of tomato sauce!

Ratatouille

4-6 Servings, 1/2 cup Serving Size

Ingredients

1/4 cup olive oil, plus more as needed
1/2 cups yellow onion, small diced
2 teaspoon garlic, minced
2 cups medium eggplant, skin on and diced
1/2 teaspoon fresh thyme leaves
1 cup zucchini squash, diced
1 cup yellow squash, diced
1 1/2 cups tomatoes, peeled and diced
1 tablespoon fresh basil, thinly sliced
2 teaspoons balsamic vinegar
Salt and black pepper to taste
1/2 lb Italian sausage, cooked* (optional)

* Cook sausage by crumbling into a sauté pan, and cooking until evenly browned

Instructions

1. Heat olive oil in a large skillet over medium heat. Add onions and garlic to the pan. Cook the onions, stirring occasionally, until they are lightly caramelized, about 5-7 minutes.

2. Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes.

3. Add the zucchini and squash and continue to cook for an additional 5 minutes.

4. Add the tomatoes, basil, and balsamic vinegar and cook for a final 5 minutes. Season with salt and pepper to taste.

5. Add Italian sausage if using and stir well to combine. Serve either hot or at room temperature. Can be eaten alone or over cooked noodles.

Make it with your kids!

Pre-K & Kindergarten:

- Students can crush tomatoes with their hands by squeezing them in a bowl (keep a towel nearby, this gets messy!). You can use canned or fresh tomatoes for this.
- They can also pick herbs to add to add at the end.

1st - 4th grade:

- Using a butter knife, students can dice veggies that have been pre-sliced by adults, or older siblings!

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.
- Since this recipe requires a lot of chopping, practice knife safety skills like bear claw and slicing, dicing, mincing, and chiffonade!



HOT COOKING TIP

Always cook the eggplant before adding squash to the pan, it takes longer to saute.

IN THE TEACHING KITCHEN

Ratatouille has been used for years in both the Ashe and Green kitchens to teach knife skills to middle schoolers. Although we make it every year, students always seem excited to make it. One year, an 8th grade student suggested we add it to our Restaurant Green menu, because she associated ratatouille with kitchen class. We took her suggestion and served it in a homemade rosemary bread bowl, and it was a huge hit!

Shakshuka with Zhoug

4-6 Servings, 1/2 cup Serving Size

Ingredients

For Shakshuka

2 Tablespoons olive oil
1 cup cherry tomatoes, halved
1 yellow onion, sliced
1 bell pepper, sliced
2 cups crushed tomatoes
1 Tablespoon salt
1/2 cup peas
4 large eggs
Green onions for garnish
(optional)

For Zhoug:

1 bunch cilantro, chopped
1/2 bunch parsley, chopped
3 Serrano chilies, chopped
1 Tablespoon olive oil
1/4 cup white vinegar
1/4 cup water
1/2 teaspoon sugar
1/4 teaspoon cloves
1/4 teaspoon cardamom
1 clove garlic, minced

Instructions

1. Heat 2 tablespoons olive oil in a skillet over medium-high heat. Add cherry tomatoes and cook until tomatoes are blistered, 3-5 minutes.

2. Turn heat down to medium and add garlic, onions, and bell peppers. Continue to cook until peppers are soft, 3-5 minutes. Add crushed tomatoes, peas, and salt. Bring to a simmer and let cook uncovered for 3-5 minutes. Season with additional salt if desired.

3. When the sauce has thickened slightly, crack eggs directly on top of the sauce, evenly spaced around the pan. Cover and cook for 5-6 minutes or until the whites have set but yolks are still soft.

4. While shakshuka is cooking, make the zhoug. In a food processor, add all ingredients for zhoug. Blend until combined but still chunky. Season with additional salt and seasoning if desired.

5. When shakshuka is ready, drizzle with several spoonfuls of zhoug and garnish with chopped green onions if desired. Serve immediately.

Make it with your kids!

Pre-K - 2nd grade:

- Younger children can help make zhoug by picking cilantro and parsley leaves from stems. They can also help measure and pour spices, but do not let them touch the Serrano peppers because they are very hot.
- Students can also snip green onions with scissors and squeeze crushed tomatoes in a bowl.
- 1st and 2nd graders can slice cherry tomatoes in half.

5th - 8th grade:

- Always wear gloves when chopping spicy peppers, especially Serrano peppers. They sometimes leave a lingering, painful burning sensation on your hands if you touch them without gloves!

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.

IN COOKING CLASS

The Spring 2020 Restaurant Green menu was designed to represent breakfast dishes around the world. Shakshuka with Zhoug was chosen to represent Israel; it's a popular breakfast dish in this Middle Eastern country. Although it's traditionally served for breakfast, it makes a great breakfast for dinner too!

Elote (Mexican Street Corn)

4 Servings, 1 ear of corn Serving Size

Ingredients

- 1/4 cup mayonnaise
- 1/4 cup Mexican crema or sour cream
- 1/2 cup cotija or feta cheese, plus more to garnish
- 1/2 teaspoon ancho, guajillo, or arbol chili powder, plus more to garnish
- 1/4 teaspoon cayenne
- 1 clove garlic, finely minced
- 1 Tablespoon cilantro, chopped
- 4 ears of corn, shucked
- 1 lime, cut into wedges

Instructions

1. Preheat the grill.
2. Mix together the mayonnaise, crema, cotija, powdered chili, garlic and cilantro in a small bowl.
3. Grill the corn until a little charred and thoroughly cooked on all sides.
4. Spread the mayonnaise mixture all over the corn and sprinkle with more cheese and chili powder.
5. Serve hot with lime wedges.

Make it with your kids!

Pre-K - 2nd grade:

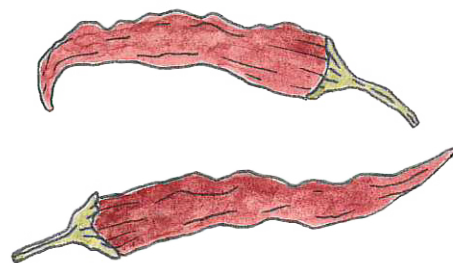
- Students can squeeze slices of lime, crumble the cheese, and pick cilantro from the stem.
- Once the sauce is mixed together, have students dip a spoon or brush into the sauce and spread it onto their piece of corn.

5th - 8th grade:

- Middle schoolers LOVE to mince. They can mince garlic that has been popped and peeled, using a chef's knife.
- Middle schoolers can also sear the corn on the stove, if you are using that method.

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.



HOT COOKING TIP

If you don't have a grill, that's ok! There are other ways to prepare the corn and it will taste just as delicious. In class, we boil the corn ahead of time and keep it warm while students make the sauce. You can also try searing the corn on the stove to get a similar charred effect.

IN COOKING CLASS

This recipe balances many different flavors. Both Pre-K students and 7th graders make this recipe to discuss and identify the different flavors of each ingredient!

Stuffed Bell Peppers

6 Servings, 1 bell pepper Serving Size

Ingredients

6 bell peppers, any color	1 cup rice, cooked
4 tablespoons olive oil, plus more for drizzling	1 1/2 cups pepper jack cheese, grated (optional)
8 oz. lean ground beef	1 teaspoon thyme
1 onion, small diced	2 teaspoon creole seasoning (even mixture of garlic powder, onion powder, smoked paprika, cayenne pepper, and thyme)
2 stalks celery, small diced	Salt and pepper to taste
2 cloves garlic, minced	
1 medium zucchini, small diced	
4 tomatoes, finely chopped	

Instructions

1. Preheat the oven to 350°F.
2. Cut the tops off the peppers, remove and discard the stems. Finely chop the tops, then set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish large enough to fit all 6 peppers upright.
3. Heat 2 tbsp olive oil in a large skillet over medium-high heat. Add the beef, seasoning with salt and pepper and breaking up any lumps. Cook until just beginning to brown, about 8-10 minutes. Remove from the pan and put on a paper-towel lined plate.
4. Add remaining 2 tbsp of the oil to the pan and add onions, celery, and diced bell pepper. Cook until soft, then add zucchini and garlic and cook for about a minute. Season with salt and pepper. Add the tomatoes, thyme, and creole seasoning, and cook until everything is heated through.
5. Add cooked beef and rice, taste to adjust seasoning. Stir in 1 cup of cheese, if using.
6. Fill the peppers with the rice mixture and sprinkle remaining cheese on top. Pour a small amount of water in the baking dish and drizzle the tops of the peppers with olive oil. Cover with foil and bake for 30 minutes. After 30 minutes, uncover and continue baking for 15-20 minutes, until the cheese is melted and lightly browned. Serve warm, and enjoy!

Make it with your kids!

Here are some things students can help with in the preparatory stages before heading to the stove:

Pre-K - Kindergarten:

- Students can measure and mix spices for the creole seasoning.

1st - 4th grade:

- Students can dice vegetables that have been pre-sliced, like celery, onion, zucchini, tomatoes.

5th - 8th grade:

- They can prep all vegetables with a chef's knife and mince garlic that has been popped and peeled.
- Middle schoolers can also grate cheese, if you are using a grater.

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.
- Pause to smell individual spices before adding them to the Creole spice mix. Practice tasting as you go, and adding more salt or more spice.

IT'S THE GROWING SEASON

Mid-April through early May is the perfect time to transplant bell peppers in southern Louisiana! Bell peppers prefer well-drained soil rich in organic matter and lots of sun. Plant them about 1 1/2 feet apart and space rows at least 2 feet apart. Harvest when peppers are firm and green, or leave them to turn red and yellow and they'll contain more beta carotene/vitamin A.

Peach Cobbler

10 Servings, Serving Size 1/2 cup

Ingredients

1 1/2 cup unsalted butter (1 stick)
1 cup all-purpose flour
2 cups granulated sugar, divided
1 tbsp baking powder
Pinch of salt
1 cup milk
4 cups fresh peaches, sliced (frozen works too)
1 tbsp lemon juice
1/2 tsp ground cinnamon or nutmeg (optional)
Vanilla ice cream, for serving (optional)

Instructions

1. Preheat oven to 375°F.
2. Melt butter in a 9X13 inch baking dish.
3. In a medium bowl, combine flour, 1 cup of sugar, baking powder and salt. Add the milk, stirring until dry ingredients are moistened. Pour batter into the baking dish over the melted butter.
4. In a small saucepan, heat peaches, remaining 1 cup of sugar, and lemon juice over high heat and bring to a boil, stirring constantly. Pour over the batter in the baking dish, but do not stir! Sprinkle with cinnamon or nutmeg, if desired.
5. Bake for 40-45 minutes or until golden brown. Serve warm or at room temperature, with a scoop of vanilla ice cream (recommended)! Sprinkle a dash of cinnamon or nutmeg on top to garnish (optional).

Make it with your kids!

Pre-K & 2nd grade:

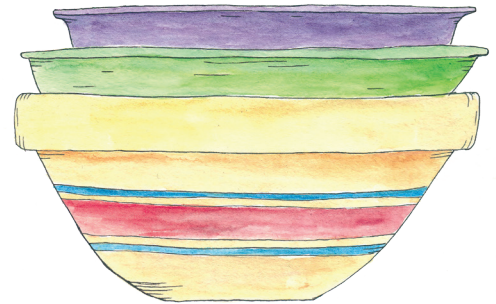
- With assistance, younger students can accomplish all of the measuring and mixing jobs in this recipe.
- 1st graders and 2nd graders can use plastic or silver butter knives to slice peaches into smaller shapes, and juice small slices of lemons!

3rd - 8th grade:

- Students can heat the peaches in a saucepan on the stove!

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.



INGREDIENT SWAP

One key difference between peaches and nectarines are that peaches are fuzzy! However, try using nectarines instead of peaches in any baked dish for a slightly sweeter taste.

IT'S THE GROWING SEASON

In Louisiana, peak peach season is from June 15 to July 15, but you can find them in grocery stores from mid-April through mid-August.

Summer Okra & Tomatoes

6 Servings, Serving Size 1/2 cup

Ingredients

For the Okra & Tomatoes:

- 2 tbsp olive oil, divided
- 1/2 pound okra, halved lengthwise
- 1 medium red onion, sliced
- 3 cloves garlic, thinly sliced
- 3 medium tomatoes, quartered
- 1/3 cup chopped fresh herbs (such as parsley, oregano, basil, or thyme)

For the Dressing:

- 2 cups packed fresh basil
- 2 cloves garlic
- 1/4 cup sunflower seeds (or pecans, walnuts)
- 2/3 cup olive oil
- 1/2 lemon, juiced (about 2 Tablespoons)
- 1/2 cup freshly grated Parmesan cheese (optional)
- Salt, to taste

Instructions

1. Heat one tablespoon of oil in a large saucepan over medium-high heat. Working in batches, add okra in a single layer; cook, without stirring, until charred. Transfer to a serving platter, and set aside. Add onion and sliced garlic to pan; cook until lightly charred. Transfer to a serving platter. Add tomatoes and cook until blistered and charred; place on a serving platter. Set aside.

2. In a large bowl, whisk together herbs, lime zest and juice, vinegar, grated garlic, salt, red pepper, and remaining oil. Toss with okra, onion, and heirloom tomatoes.

3. Garnish with herbs, if desired.

Make it with your kids!

This is a recipe for all ages, but it has lots of cooking jobs for smaller children.

Pre-K - Kindergarten:

- Students can squeeze slices of lemon or lime, pick herbs off the stem, and whisk together a dressing.

5th - 8th grade:

- Practice using your bear claw while you slice veggies.

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients. Since this recipe requires a lot of chopping, practice knife safety skills like bear claw and slicing, dicing, mincing, and chiffonade!



IN COOKING CLASS

In kitchen class, 3rd grade students learn that the okra plant was first cultivated in parts of West Africa, and then learn the etymology of the word okra and its connection to gumbo.

IN THE GARDEN

Okra is a popular vegetable to grow during the summer in Louisiana because it grows best in full sunlight.

Quick Pickles

16 Servings

Ingredients

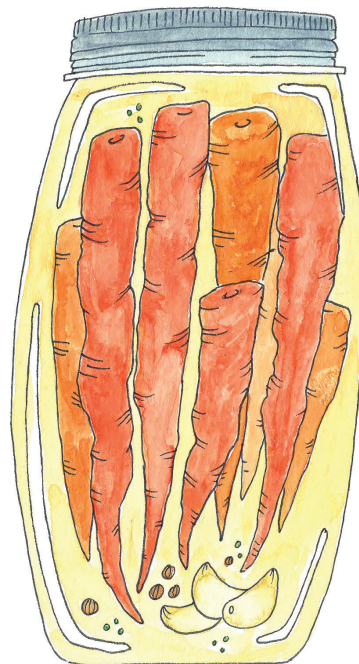
- 1 quart sliced vegetables (cucumbers, red onions, cabbage, greens, carrots, cauliflower, etc.)
- 2 cups white vinegar
- 2 cups water
- 2 tablespoons salt
- 1 teaspoon sugar
- Optional: whole cloves, whole peppercorns, crushed red pepper flakes, mustard seeds, garlic cloves, sprigs of dill

Instructions

1. Mix vinegar, water, salt, sugar, and any desired spices/herbs in a medium-sized pot.
2. Bring mixture to a boil and simmer until all salt and sugar is dissolved.
3. Pour vinegar mixture over vegetables (be careful, and make sure the container your vegetables are in is heat-proof).
4. Let pickles cool. Cover, and place in the refrigerator for at least two hours. Use within two weeks.

Make it with your kids!

This recipe mostly involves slicing vegetables, measuring, and stove use. It's geared more towards middle school students who can use chef's knives to slice vegetables, but younger children can always help measure pickling liquid and spices!



IN COOKING CLASS

Pickled red onions are a favorite across all grades in the ESY kitchen—they add a crunchy, tart kick and bright pink color to any dish!

SAFETY RULES

from the ESYNOLA Teaching Kitchen

STOVE RULES

1. Only adults adjust the flame.
2. Keep arm lifted and stir slowly.
3. Sleeves up, hair pulled back.

KNIFE RULES

1. Use bear claw and bridge.
2. Focus!
3. Knife on the cutting board, always.

RECIPE ATTRIBUTIONS & REFERENCES

Ratatouille

Recipe adapted from Chef Emeril Lagasse

Shakshuka with Zhoug

Recipe adapted from Chef Alon Shaya

Peach Cobbler

Recipe adapted from myrecipes.com

Summer Okra & Tomatoes

Recipe adapted from *Louisiana Cookin' Magazine*

Bon Appétit!

YOU
MAY
EAT.

Edible Schoolyard New Orleans

signature program of FirstLine Schools

www.esynola.org