My Camp
Recky Recipe
Book
Week Six

Name:________________________
Fish and Chips (4 servings)

Ingredients
HORSERADISH TARTAR SAUCE:
- ½ cup mayonnaise
- 1 tablespoon chopped capers
- 1 tablespoon prepared horseradish, more to taste
- 1 tablespoon chopped dill
- ½ teaspoon lemon juice
- ½ teaspoon lemon zest
- Pinch fine sea salt
- Black pepper, as needed

FISH AND CHIPS:
- 6 tablespoons extra-virgin olive oil, more as needed
- 1 ½ cups panko bread crumbs
- 1 ½ teaspoons minced thyme
- 1 large garlic clove, grated on a microplane or minced
- 1 teaspoon black pepper, more as needed
- ¼ cup Dijon mustard
- 2 large eggs
- 1 ¼ cups all-purpose flour
- 1 ¼ pounds skinless hake, cod or other white fish fillets, cut into 1-inch-thick strips
- 1 ½ teaspoons kosher salt, more as needed
- 1 ½ pounds russet potatoes (about 3 large), cut into 1/4-inch-thick sticks

Instructions
1. Make the horseradish tartar sauce: In a small bowl, whisk together all of the ingredients. Cover and refrigerate until ready to use.
2. Prepare the fish and chips: Arrange 2 oven racks in the top and bottom third of the oven. Place a large rimmed baking sheet on the lower rack and heat oven to 500 degrees.
3. In a large skillet over medium heat, warm 2 tablespoons oil. Stir in panko, thyme, garlic and 1/2 teaspoon pepper. Cook, stirring frequently, until crumbs are evenly dark golden brown, about 5 minutes. Transfer immediately to a bowl.
4. In a separate bowl, whisk together mustard and eggs. Place flour in a third bowl.
5. Grease an oven-safe wire rack with oil and place it over another rimmed baking sheet. Season fish with 1 teaspoon salt and 1/2 teaspoon pepper. Dredge each piece of fish in the flour, then mustard mixture, then panko mixture, making sure it is well coated with each one before moving to the next. Transfer fish to the wire rack. (You can bread the fish up to 4 hours ahead; store in the refrigerator, uncovered, either on the rack or just on a plate.)
6. In a large bowl, toss together potatoes, the remaining 4 tablespoons oil, 1/2 teaspoon salt and 1/2 teaspoon pepper. Carefully spread potatoes out on the preheated baking sheet and return to oven’s lower rack. Roast until slightly golden and crispy, tossing after 15 minutes.
7. Reduce oven temperature to 425 degrees and transfer the second pan, with the fish still on the wire rack, to oven’s top rack. Bake until fish is flaky and golden and potatoes are well browned and tender, about 10 to 15 minutes more.
8. Salt fish and potatoes immediately after removing from oven. Serve hot, with tartar sauce alongside for dipping.
Eton Mess (6 servings)

Ingredients

- 4 (6-ounce) packages fresh raspberries, divided
- 1 cup plus 3 tablespoons sugar
- 1 tablespoon freshly squeezed lemon juice
- 1½ cups cold heavy cream
- 1 teaspoon pure vanilla extract
- 3 (3-inch) bakery meringue shells, broken in pieces

Instructions

1. Pour 2 packages of the raspberries, 1 cup of sugar, and the lemon juice into a 10-inch sauté pan. Crush the berries lightly with a fork and bring the mixture to a full boil over medium-high heat. Lower the heat and simmer for 10 minutes, stirring occasionally, until the mixture is syrupy. Fold the remaining 2 packages of raspberries into the hot mixture and refrigerate until very cold.

2. In the bowl of an electric mixer fitted with the whisk attachment, beat the cream, the remaining 3 tablespoons of sugar, and the vanilla together on medium-high speed until it forms firm peaks.

3. In decorative glasses, layer a spoonful of the whipped cream, a spoonful of the raspberry mixture, and then a few meringue pieces. Repeat once or twice, depending on the size of the glasses, until the glasses are full, ending with berries and a dollop of cream. Serve immediately or chill for an hour, until ready to serve.
Ingredients

PASTA DOUGH:

- 2 cups all-purpose flour, plus more for dusting
- 1 1/2 teaspoons sea salt
- 3 eggs, plus 1 for the egg wash
- 2 tablespoons olive oil

CHEESE FILLING

- 1 pound fresh ricotta, drained if wet
- Pinch of freshly grated nutmeg
- 1 teaspoon freshly grated lemon zest (from about 1/2 a lemon)
- 1 cup freshly grated Parmigiano-Reggiano, plus more for serving
- 1 large egg, plus 1 large egg lightly beaten with 2 tablespoons water
- Salt and freshly ground black pepper

Instructions

To make the pasta dough:

1. In a large bowl whisk together the flour and salt.
2. Make a well in the center of the flour and add in the eggs all at once. Mix them together well using your hands. Add the olive oil and knead the dough for 5 minutes. Form into a ball and leave in the bowl, covered with plastic wrap for 30 minutes.
3. Take a small piece of the dough and either run it through a pasta machine a few times OR use a rolling pin, some flour and a considerable amount of muscle to create a thin sheet. Cut circles out of the dough using a cookie cutter or a glass.

To make the ravioli filling:

1. In a large bowl combine the ricotta, nutmeg, lemon zest, Parmigiano-Reggiano, and 1 egg. Season to taste with salt and pepper, stir well, and set aside.

Assemble:

1. Place 1 teaspoon of filling in the center of half the circles. Lightly brush egg wash around the edge of the circle. Place the second circle on top over the filling and use a fork to crimp the edges all around.
2. Continue with remaining pasta dough until all the dough or filling has been used.
3. To cook the pasta, bring a large pot of salted water to a boil. Add ravioli and cook for 2-3 minutes. Once they float to the top it is done. Drain pasta and toss with olive oil or sauce.
BASIL PESTO SAUCE (1 CUP)

Ingredients
- 2 cups fresh basil leaves (about 1 large bunch)
- 3 cloves garlic
- 1/2 cup pine nuts (or walnuts)
- 3/4 cup freshly grated hard cheese (such as Parmigiano-Reggiano or Pecorino-Romano cheese, or a combo of the two)
- 1/2 cup olive oil
- Kosher salt (to taste)

Instructions
1. Combine all the ingredients except the oil and cheeses in a food processor
2. Pulse until the pesto is blended into a slightly coarse paste
3. Transfer into a bowl and stir in the oil and cheeses

SIMPLE SPAGHETTI SAUCE (4 1/2 CUPS)

Ingredients
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can tomato sauce
- 1 (6 oz) can tomato paste
- 2 tablespoons sugar
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon black pepper
- 1 teaspoon crushed red pepper (optional)

Instructions
1. Throw it all in a sauce pan, stir, simmer, cover and continue to simmer for 20-30 minutes.
2. Season again to taste.
LEMON OLIVE OIL CAKE  
(MAKES 1 CAKE, SERVES ABOUT 8)

Ingredients
For cake:
- 1 cup extra virgin olive oil
- 3 eggs
- 1 1/3 cups whole milk
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh lemon zest
- 2 cups sugar
- 2 cups flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt

For frosting:
- ½ cup butter softened
- 1 8-ounce package cream cheese, softened
- 4 cups powdered sugar (may need up to ¼ cup more depending on consistency)
- 1 tablespoon fresh lemon juice
- ½ teaspoon lemon zest, plus more for garnish
- 1 teaspoon pure vanilla

Instructions
1. Preheat oven to 325 degrees.
2. In a large mixing bowl, add oil, eggs, whole milk, lemon juice, and lemon zest. Cream for 2 minutes. In large bowl, add sugar, flour, baking powder, baking soda, and salt. Stir into egg mixture and fold.
3. Spray two 9-inch or three 8-inch cake pans with nonstick cooking spray. Place batter into baking pans. If using three 8-inch pans, bake for 20-26 minutes or until toothpick comes out clean. If using two 9-inch pans, bake for 30-36 minutes. Cool.

To make frosting:
1. In a large bowl, cream together butter and cream cheese for 4-5 minutes until light and fluffy, scraping sides of bowl often. Add powdered sugar, lemon juice, vanilla and lemon zest and cream together. Chill.

To assemble cake:
1. Remove cakes from pan. Spread frosting on top of one cooled cake layer. Place other cooled cake layer on top and spread frosting all over. Garnish with lemon zest and fresh blackberries. Let chill for 20-30 minutes to let the frosting set up.

GYROS (4 SERVINGS)

Ingredients
For cake:
- 1 cup extra virgin olive oil
- 3 eggs
- 1 1/3 cups whole milk
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh lemon zest
- 2 cups sugar
- 2 cups flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt

For frosting:
- ½ cup butter softened
- 1 8-ounce package cream cheese, softened
- 4 cups powdered sugar (may need up to ¼ cup more depending on consistency)
- 1 tablespoon fresh lemon juice
- ½ teaspoon lemon zest, plus more for garnish
- 1 teaspoon pure vanilla

Instructions
1. Preheat oven to 325 degrees.
2. In a large mixing bowl, add oil, eggs, whole milk, lemon juice, and lemon zest. Cream for 2 minutes. In large bowl, add sugar, flour, baking powder, baking soda, and salt. Stir into egg mixture and fold.
3. Spray two 9-inch or three 8-inch cake pans with nonstick cooking spray. Place batter into baking pans. If using three 8-inch pans, bake for 20-26 minutes or until toothpick comes out clean. If using two 9-inch pans, bake for 30-36 minutes. Cool.

To make frosting:
1. In a large bowl, cream together butter and cream cheese for 4-5 minutes until light and fluffy, scraping sides of bowl often. Add powdered sugar, lemon juice, vanilla and lemon zest and cream together. Chill.

To assemble cake:
1. Remove cakes from pan. Spread frosting on top of one cooled cake layer. Place other cooled cake layer on top and spread frosting all over. Garnish with lemon zest and fresh blackberries. Let chill for 20-30 minutes to let the frosting set up.
**Thursday**

**Quesadillas (4 servings)**

**Ingredients**
- 1 tablespoons extra-virgin olive oil
- 2 bell peppers, thinly
- ½ onion, thinly sliced
- Kosher salt
- Freshly ground black pepper
- 1 pound boneless, skinless chicken breasts, sliced into strips
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- 4 medium flour tortillas
- 2 cups shredded Monterey Jack
- 2 cups shredded cheddar
- 1 avocado, sliced
- Sour cream, for serving

**Instructions**
1. In a large skillet over medium-high heat, heat olive oil. Add peppers and onion and season with salt and pepper. Cook until soft, 5 minutes. Transfer to a plate.
2. Heat remaining tablespoon vegetable oil over medium-high heat. Season chicken with spices, salt, and pepper and cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate.
3. Add 1 flour tortilla to skillet and top half of the tortilla with a heavy sprinkling of both cheeses, cooked chicken mixture, pepper-onion mixture, a few slices of avocado, and green onions. Fold the other half of the tortilla over and cook, flipping once, until golden, 3 minutes per side. Repeat to make 4 quesadillas.
4. Slice into wedges and serve with sour cream.

**Baked Churros**

*(Servings vary based on size, about 3 dozen 4-inch)*

**Ingredients**
- 1 cup milk
- 4 tablespoons unsalted butter
- 1/8 teaspoon salt
- 1 1/3 cups all-purpose flour
- 4 eggs
- ¼ cup granulated sugar
- 2 teaspoons ground cinnamon

**Instructions**
1. Cook the milk, butter, and salt in a large saucepan until the butter is melted and the mixture begins to boil.
2. Remove the pan from the heat, add flour and stir vigorously.
3. Return the pan to the heat and continue to stir vigorously for about 3 minutes, or until the mixture begins to pull away from the pan.
4. Remove from heat and blend in the eggs with an electric mixer.
5. Allow the mixture to cool (I usually put it in another bowl and stick it in the fridge for 10 minutes).
6. While the dough is cooling, preheat the oven to 375 degrees and mix the sugar and cinnamon in a paper bag for coating.
7. Pipe churros out to desired length (4-inches bakes best) and bake for about 20-25 minutes until golden brown.
8. When churros are done, put in bag and shake in cinnamon sugar until coated.
9. Enjoy!
California Rolls

Ingredients

- 2 cups sushi rice, rinsed and drained
- 2 cups water
- 1/4 cup rice vinegar
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 tablespoons sesame seeds, toasted
- 2 tablespoons black sesame seeds
- Bamboo sushi mat
- 8 nori sheets
- 1 small cucumber, seeded and julienned
- 1 medium ripe avocado, peeled and julienned
- 1 carrot, peeled and julienned
- Option to add crabmeat as a filling
- Reduced-sodium soy sauce (optional)

Instructions

1. In a large saucepan, combine rice and water; let stand for 30 minutes. Bring to a boil. Reduce heat to low; cover and simmer for 15-20 minutes or until water is absorbed and rice is tender. Remove from the heat. Let stand, covered, for 10 minutes.

2. Meanwhile, in small bowl, combine the vinegar, sugar and salt, stirring until sugar is dissolved.

3. Transfer rice to a large shallow bowl; drizzle with vinegar mixture. With a wooden paddle or spoon, stir rice with a slicing motion to cool slightly. Cover with a damp cloth to keep moist. (Rice mixture may be made up to 2 hours ahead and stored at room temperature, covered with a damp towel. Do not refrigerate.)

4. Sprinkle toasted and black sesame seeds onto a plate; set aside. Place sushi mat on a work surface so mat rolls away from you; line with plastic wrap. Place 3/4 cup rice on plastic. With moistened fingers, press rice into an 8-in. square. Top with one nori sheet.

5. Arrange a small amount of cucumber, carrot, and avocado about 1-1/2 in. from bottom edge of nori sheet. Roll up rice mixture over filling, using the bamboo mat to lift and compress the mixture while rolling; remove plastic wrap as you roll.

6. Remove mat; roll sushi rolls in sesame seeds. Cover with plastic wrap. Repeat with remaining ingredients to make eight rolls. Cut each into eight pieces. Serve with soy sauce if desired.
POTSTICKERS

Ingredients

• 3 tablespoons vegetable oil, divided
• 1 cup diced shiitake mushrooms
• 2 shallots, minced (red onion as substitute)
• 3 cups shredded green cabbage
• 2 carrots, peeled and grated
• 1/2 cup diced water chestnuts
• 1/2 cup chopped fresh cilantro leaves
• 1 large egg
• 3 cloves garlic, minced
• 1 tablespoon freshly grated ginger
• 1 1/2 tablespoons reduced sodium soy sauce
• 1 tablespoon rice wine vinegar
• 2 teaspoons sesame oil
• Kosher salt and freshly ground black pepper, to taste
• 32 (3-inch) round wonton wrappers

Instructions

1. Heat 1 tablespoon vegetable oil in a medium skillet over medium high heat. Add mushrooms and shallots, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in cabbage and carrots until tender, about 3-5 minutes. Let cool completely

2. In a large bowl, combine mushroom mixture, water chestnuts, cilantro, egg, garlic, ginger, soy sauce, rice wine vinegar and sesame oil; season with salt and pepper, to taste

3. To assemble the potstickers, place wrappers on a work surface. Spoon 1 tablespoon of the mushroom mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal

4. Heat remaining 2 tablespoons vegetable oil in a large skillet over medium heat. Working in batches, add potstickers in a single layer and cook until beginning to crisp on the bottom, about 2-3 minutes. Working quickly, add 1/4 cup water; cover and cook until liquid has evaporated and bottoms of dumplings are crisp and golden, about 3-5 minutes