

flāv'our

cooking school

7401 w. madison, forest park, IL 60130

p: 708.488.0808 f: 708.488.8133

wgn
around town

menu

mango chili salsa

roquamole

homemade buttermilk ranch dressing

zucchini bread

mexican soup with quinoa

vegetable stir fry

raspberry banana frozen yogurt

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mango chili salsa

(makes ~2 c)

ingredients

2 ripe mangos, cut in lg pieces
2 ripe avocados, cut in lg pieces
½ - 1 red chili, diced small (heat dependant)
½ red onion, cut in lg pieces
1-2 limes, freshly squeezed
1-2 T vegetable oil
¼ c fresh cilantro
tt sea salt
tt black pepper, freshly ground

technique

*put all ingredients in food processor
*pulse to create a salsa consistency (scrape as needed)
*season to taste with S+P
*let sit ~1 hr before serving

roquamole

(makes ~2 c)

ingredients

2 ripe avocados, pit & peel removed

¼ c roquefort OR blue cheese
½ c sour cream

~2 T pickled jalapenos from a jar, minced
2 scallions, sliced thinly
¼ t paprika

tt lime juice, freshly squeezed
tt sea salt & black pepper, freshly ground

technique

*put avocados in med bowl
*mash with potato masher or fork

*crumble blue cheese atop avocado
*add sour cream
*stir the mixture thoroughly to combine

*add jalapenos, onions, paprika, S+P
*stir to thoroughly combine

*add a bit of lime juice as needed
*taste & adjust seasoning

some celery ribs with leaves
some baby carrots
some tortilla chips

*serve with celery, carrots & tortilla chips



homemade buttermilk ranch dressing

(makes ~1½ c)

ingredients

1 clove garlic, pressed
1 c quality mayo OR quality greek yogurt
1/3 c buttermilk
2 T minced fresh italian parsley
2 T minced fresh chives
1 T minced fresh oregano
2 scallions, minced
1 t white wine vinegar
¼ t celery powder
pinch paprika
pinch cayenne pepper
tt sea salt
tt black pepper, freshly ground

technique

*combine all ingredients in med bowl
*whisk to thoroughly combine
*refrigerate for at ~30 min to let flavor develop

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zucchini bread

(makes 2 loaves)

ingredients

4 c flour
1 T baking soda
¼ t baking powder
1 t fine sea salt
1 t cinnamon
1/8 t nutmeg

5 eggs
2 c sugar
1 c dark brown sugar
1½ c vegetable oil
2 t vanilla extract

2 c grated zucchini
1 c grated apple
1 c chopped nuts (optional)

technique

*preheat oven to 350°
*butter & flour 2 loaf pans
*line a sheet pan with parchment paper

*put dry ingredients into lg bowl
*whisk to combine
*set aside

*put eggs, sugars, oil & extract in med bowl
*whisk to combine

*stir zucchini, apples & nuts into egg mixture
*add wet ingredients to dry ingredients
*whisk to combine thoroughly – do not overmix
*divide batter evenly into loaf pans
*put pans on parchment lined sheet pan
*bake til tester comes out clean, ~60-70 min
*cool ~15-20 min in pan
*remove from pan & cool completely on cooling rack

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mexican soup with quinoa

(serves 8-10)

ingredients

roast vegetables

1 lb tomatillos, husked
1 white onion, peeled & cut in ½" slices
4 garlic cloves, peeled
2 poblanos, stems & seeds removed

2 t cumin
2 t dried oregano

soup

¼ c extra virgin olive oil
¼ c masa harina (or flour)

4 chicken stock

½ c quinoa

1 c frozen corn
1-2 T lime juice, freshly squeezed
½ c fresh cilantro, roughly chopped
some sour cream

technique

*preheat oven to 400°
*line a sheet pan with parchment paper

*put tomatillos, onion, garlic & chilis on sheet pan
*roast in oven til slightly charred, ~20-25 min

*transfer vegetables to a food processor
*add spices & pulse til mixture is chunky

*heat lg soup pot over med hi heat
*add oil & swirl to coat
*add masa & whisk to combine
*stir ~2 min to cook off raw flour taste

*add stock slowly, whisking after each addition
*add vegetable mixture to pot & stir thru
*bring soup to a boil & reduce to low

*add quinoa
*cover & simmer til quinoa is tender, ~20 min

*add corn & lime juice & heat thru
*ladle into serving bowls & garnish with sour cream & cilantro

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vegetable stir fry

(serves 4)

ingredients

- ¾ c vegetable or chicken stock
- ¼ c soy sauce
- 1 T sugar
- 1 T mirin
- 2 T cornstarch
- 1 t sambal (optional)

- 1 T peanut oil
- 6 c assorted vegetables, cut
(zucchini, red pepper, celery, red onion,
bean sprouts, asparagus, snow peas,
carrots, scallions, etc.)
- 1 clove garlic, minced

technique

- *combine all sauce ingredients in sm bowl

- *heat a large sauté pan or wok over med heat
- *add oil and heat thru
- *add vegetables and sauté until al dente
- *add garlic to release aroma ~30 sec
- *stir sauce to ensure its well combined
- *add sauce mixture and bring to a boil
- *remove from heat and serve over rice

raspberry banana frozen yogurt

(serves 4-6)

ingredients

- 2 frozen bananas, peeled & chopped into
~1" pieces
- 1 c frozen raspberries
- 1 c vanilla yogurt, cold
- 1 T chambord liquour (optional)

technique

- *put all ingredients into a food processor
- *process in short bursts til smooth
(try not to process too long or the blade
will get hot & melt the mixture)
- *serve immediately OR freeze for 2-3 hrs