

Cooking with Kitchen Staples



LIVE WELL UTAH

COOKING WITH KITCHEN STAPLES

With a few basic cooking skills and some common kitchen staples, you can cook a variety of foods in your kitchen. Try some of these basic recipes using flour, and learn more about the Youth Can Cook program.

Youth Can Cook

The **Youth Can Cook** program is a multi-tiered life skills and job-readiness program. Eligible youth will be provided with food-related education, healthy relationship tips and be connected to career opportunities, by completing the Food Safety Manager Certification and through a paid internship.

As part of the **Youth Can Cook** program, teens learn about basic cooking skills. With the combination of basic cooking skills and staple ingredients, the options are endless. Staple ingredients are ingredients commonly used for a variety of recipes. Today we are focusing on the staple ingredient, flour.

Cooking with Flour

Do you have a lot of flour but are not sure what to do with it? Flour is a kitchen staple that many people have on hand. It is a diverse ingredient used for making sauces, desserts, and tortillas. Here are a few recipes that don't take long and might have you thinking outside of your normal routine! The following recipes call for whole wheat flour; feel free to use half whole wheat flour and half white flour, or just white flour for these recipes.

Homemade Tortillas

Ingredients:

- 2 $\frac{1}{2}$ C. whole-wheat flour
- $\frac{1}{2}$ C. oil
- 1 t. salt
- 1 C. water heated in microwave for 1 minute

Instructions:

1. In the bowl of a heavy-duty mixer set with a dough hook,

pour in the flour, oil, and salt. Beat with the paddle until crumbly, about 3 to 5 minutes. Scrape the sides as needed. If your hand-held mixer comes with dough hooks, those can be used as well.

2. With the mixer running, gradually add the warm water and continue mixing until the dough is smooth, about 3 minutes.
3. Take out the dough and divide it into 12 equal-sized pieces. I do this by making the dough into a big log shape that is about 8 – 10 inches long. Then I cut it in the middle. Then I cut each of those pieces in the middle and so on until you have 12 pieces.
4. Using the palms of your hand, roll each piece into a round ball and flatten it out on a baking tray or board. Cover with plastic wrap and let rest at room temperature for at least 15 minutes or up to one hour.
5. Heat a cast iron skillet, griddle or 12-inch skillet over med-high heat. The pan should be fairly hot before you begin cooking the tortillas.
6. On a lightly floured board or counter top, use a rolling pin to turn each ball into an 8-to-10 inch flat circle (measure against your recipe if printed on a 8.5 X 11 sheet of paper). Be careful not to use more than a teaspoon or two of flour when rolling out each ball into a tortilla because too much excess flour will burn in the pan.
7. Grease the pan with a touch of oil (or ghee) and then carefully transfer each tortilla, one at a time, to the pan and cook until puffy and slightly brown, about 30 to 45 seconds per side. Set aside on a plate to cool slightly. Eat within an hour, refrigerate or freeze.

Recipe

from:

<https://www.100daysofrealfood.com/recipe-whole-wheat-tortillas>

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Homemade Pizza Dough

Ingredients:

- 2 C. whole-wheat flour
- 1 $\frac{1}{2}$ T. yeast
- 1 t. salt
- 1 $\frac{1}{2}$ t. sugar
- $\frac{3}{4}$ C. water
- 1 t. canola oil (optional)

Instructions:

1. Preheat oven to 425 F.
2. Mix dry ingredients in a bowl.
3. Add water and oil and mix well to incorporate flour mixture. Form dough into ball. Let rise 10 minutes while covered with a clean towel.
4. Turn dough onto a well-floured surface. Using a rolling pin, roll out into a pizza crust shape.
5. Place on prepared pizza pan or baking sheet. Cover with your favorite sauce and toppings and bake in preheated oven until golden brown, about 15-20 minutes.

Recipe from: Food \$ense program

Homemade Pretzels

Ingredients:

- 1 $\frac{1}{3}$ C. warm water
- 2 t. salt
- 1 package fast acting yeast
- 2 $\frac{1}{4}$ C. all-purpose flour
- 2 $\frac{1}{4}$ C. whole-wheat flour
- 4 T. butter
- $\frac{1}{4}$ C. honey
- Vegetable oil, for pan
- 10 C. water

- 1/3 C. baking soda (for boiling water)
- 1 large egg yolk beaten with 1 T. water
- Salt

Instructions:

1. Combine the water, salt, yeast, flour, butter, and honey.
2. Using the dough hook attachment, mix on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl, approximately 4 to 5 minutes.
3. Remove the dough from the bowl, and prepare a second bowl by rubbing vegetable oil along the inside.
4. Place the dough in the bowl, cover with plastic wrap and sit in a warm place for approximately 50 to 55 minutes or until the dough has doubled in size.
5. Preheat the oven to 450 F.
6. Line 2 half-sheet pans with parchment paper and lightly brush with the vegetable oil. Set aside.
7. Bring the 10 cups of water and the baking soda to a rolling boil in an 8-quart saucepan.
8. In the meantime, turn the dough out onto a slightly oiled work surface and divide into 8 equal pieces. Roll out each piece of dough into a 24-inch rope.
9. Make a U-shape with the rope, holding the ends of the rope, cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel.
10. Place onto the parchment-lined, half-sheet pan.
11. Place the pretzels into the boiling water, one by one, for 30 seconds.
12. Remove them from the water using a large flat spatula.
13. Return to the half sheet pan, brush the top of each pretzel with the beaten egg yolk and water mixture and sprinkle with salt.
14. Bake until dark golden brown in color, approximately 12 to 14 minutes. Transfer to a cooling rack for at least 5

minutes before serving.

Recipe

from:

<http://honestcooking.com/honey-whole-wheat-pretzels/>

This article was written by Katie Kapp, Youth Can Cook Program Coordinator with Utah State University Extension Salt Lake County