

THE FUN COOKING MAGAZINE FOR FAMILIES

CHOP CHOP

Giftable EDIBLES

Holiday treats for
family and friends



Make-It-your-Way Salad Dressing

Start with a simple vinaigrette base (oil and vinegar or lemon juice), and then add whatever seasoning you like to complement the rest of the meal!

■ ADULT: NO ■ HANDS-ON TIME: 10 MINUTES ■ TOTAL TIME: 10 MINUTES ■ MAKES: ABOUT 1 CUP



KITCHEN GEAR

Measuring cup
Jar with lid or small bowl
Measuring spoons
Fork or whisk

INGREDIENTS

$\frac{2}{3}$ cup olive oil
 $\frac{1}{3}$ cup vinegar or fresh lemon juice
 $\frac{1}{4}$ teaspoon salt

INSTRUCTIONS

1. Put all the ingredients in the jar, put the lid on tightly and shake, shake, shake.
or
Put all the ingredients in the bowl and whisk, whisk, whisk.
2. Taste the dressing on a small piece of salad. Does it need more of anything?
If so, add it and taste again.

Be creative

To add a little global flavor to your dressing, try adding a bit of seasoning. Make it:

- **French:** add $\frac{1}{2}$ teaspoon dried tarragon
- **Greek:** use fresh lemon juice and add 1 teaspoon dried oregano
- **Italian:** add $\frac{1}{2}$ teaspoon dried basil
- **Indian:** add $\frac{1}{2}$ teaspoon curry powder
- **Latin American:** substitute fresh lime juice for lemon and add $\frac{1}{2}$ teaspoon chili powder
- **Asian:** Use rice vinegar, substitute soy sauce for the salt, and add $\frac{1}{2}$ teaspoon each sesame oil, minced garlic, and freshly grated ginger.
- **Middle Eastern:** add $\frac{1}{2}$ teaspoon each ground cumin, coriander, and minced garlic.

Striped SOUP MIX

A pot of soup is not the kind of present you can wrap—but a beautifully layered jar of homemade soup mix is! Plus, you can make a lot of presents at once to use up all those beans.

ADULT: NO | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 30 MINUTES | MAKES: 1 JAR

KITCHEN GEAR

Measuring cup

INGREDIENTS

1-pound dried peas, beans, and lentils (pink, black, white, lima, kidney, navy, red, or pinto beans; green, brown or red lentils; black-eyed peas; green or yellow split peas)

1 bay leaf

1 teaspoon dried basil

1 teaspoon dried rosemary

1 pint-sized canning jar

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Carefully layer the beans in the jars, using $\frac{1}{4}$ -cup of each type of bean.
2. Put dried herbs in each jar, and screw on the lid.



▶ **WASH** your hands with soap and water and dry them.

▶ **CLEAN** the countertop.

▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.

▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



Molasses Cookies

A little bit spicier than a gingersnap and, for most people, they seem kind of adult, but we haven't found a kid yet who doesn't love these.

Bet you will, too!

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 35—80 MINUTES DEPENDING ON HOW MANY BATCHES YOU MAKE ■ MAKES: ABOUT 3—4 DOZEN

KITCHEN GEAR

Mixing bowl
Rubber spatula
Measuring cup
Measuring spoons
Spoon
Baking sheet
Pot holder
Large plate

INGREDIENTS

1 ½ sticks unsalted butter, at room temperature
1 cup sugar
1 large egg, at room temperature
¼ cup molasses
1 teaspoon vanilla extract
1 cup all-purpose flour
1 cup whole-wheat flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon Kosher salt
½ teaspoon ground cardamom (if you like)

INSTRUCTIONS

1. Turn the oven on and set it to 350 degrees.
2. Put the butter and sugar in the bowl and mix until smooth and creamy.
3. Add the egg, molasses, and vanilla extract and mix well. The mixture will not blend completely and will not be completely smooth. Don't worry.
4. Scrape down the sides of the bowl, add the flours, baking soda, cinnamon, ginger, salt, and cardamom, if you like, and stir until everything is mixed in. (You can cover and refrigerate the dough up to 1 week.)
5. To form the cookies: break off small pieces and roll into 1-inch balls. Put the balls 2 inches apart on the baking sheet. Using your palm, gently press each ball down to flatten slightly.



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6. Carefully put the baking sheet in the oven and bake until the cookies begin to brown at the edges, 12 to 15 minutes. Cool on the baking sheet. Transfer to the plate and repeat with the remaining dough.

What is molasses? It's the by-product of cane sugar processing that gives a great, slightly bitter flavor to cookies. There are three grades of molasses: the higher the grade, the more bitter tasting the molasses. Blackstrap molasses is so called because of its deep brown, almost black, color.

Be creative

Maple Cookies: Substitute maple syrup for the molasses.

Safety Tip Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

www.chopchopmag.org/gift

Chai

Chai (it rhymes with “pie”) is a gently spiced, slightly sweet, milky tea from India. Almost everyone there drinks it, from very young kids to great, great grandparents!

■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 15 MINUTES ■ MAKES: ABOUT 1 JAR

KITCHEN GEAR

Measuring spoons
Sharp knife (adult needed)
Cutting board
Measuring cup
Heavy duty freezer bag
Rolling pin, heavy pot, or mallet
Canning jar

INGREDIENTS

8 cinnamon sticks, broken up
12 star anise, broken up
2 tablespoons whole peppercorns
3 tablespoons whole cardamom
1 tablespoon chopped crystallized ginger
1/3 cup high quality decaffeinated loose black tea

INSTRUCTIONS

Put the cinnamon sticks, star anise, peppercorns and cardamom in a heavy duty freezer bag and close tightly. Using a rolling pin, hammer, mallet or anything else similar, press down hard and break the spices. Alternatively use the back of a pot, and rock back and forth a little bit, to lightly crush them. Put the mixture in a bowl and add the ginger and tea. Mix well and transfer to a jar.



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BEAN SOUP

Rinse beans with cold water and transfer to a large pot. Add 6 cups cold water & soak overnight. Drain & set aside. Put the pot on the stove, set heat to medium-low & when hot, add 2 tbsp olive oil. Add 1 onion, 2 carrots, 2 celery stalks & 2 garlic cloves, all chopped, & cook 10 minutes. Add the beans, 8 cups chicken stock, 1 16-oz can diced tomatoes & bring to a boil. Lower heat to low & cook, partially covered, until beans are tender, about 2 hours. Remove bay leaf. Add 1 tbsp vinegar, fresh basil or pesto & grated Parmesan cheese. Makes 12 cups

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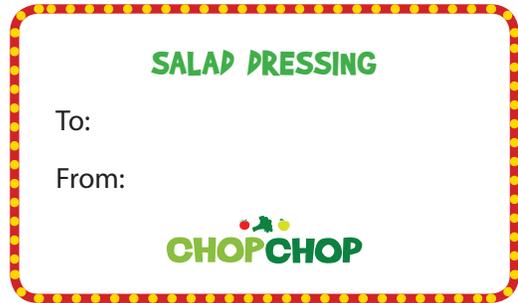
To:

From:



SALAD DRESSING

A salad can be as simple as a giant bowl of greens, or as complicated as a mosaic of color and texture. And what really makes a salad special? The dressing, of course. Drizzle on a green salad, cooked grains like couscous and pasta, or on chicken and fish.



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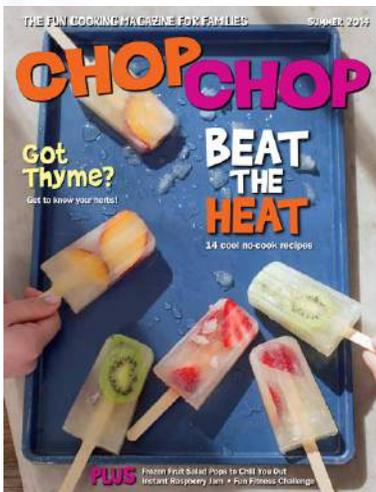
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