

## Cooking with Tiana Supply List

### Monday Session One

#### Homemade Pasta and Meatballs Part One

Pasta Ingredients:

- 3 cups all-purpose flour
- 4 large eggs (or 5 small eggs)

#### The Grey Stuff Part One

Ingredients:

- 1 1/2 cups cold whole milk
- 1 (3.4 ounce) package instant vanilla pudding mix
- 15 chocolate sandwich cookies (Oreos)
- 1 (8 ounce) container whipped topping, thawed
- 3 tablespoons instant chocolate pudding mix
- 12 sugar cookies
- Edible sugar pearls



### Monday Session Two

#### Homemade Pasta and Meatballs Part Two

Meatball Ingredients:

- 1 1/2 lbs ground beef
- 1 large egg, slightly beaten
- 1/2 cup grated parmesan cheese
- 1/3 cup breadcrumbs
- 1 -2 tablespoon fresh minced garlic (or use 1 teaspoon garlic powder or to taste)
- 1 -2 teaspoon salt
- 1 teaspoon fresh ground black pepper
- 1/3 cup milk (can use up to 1/2 cup milk)
- 1/2 teaspoon dried oregano (optional, or to taste)
- 1/4 cup chopped fresh parsley (or 2 tablespoons dried parsley)
- 2 Jars of pasta sauce (or check out your take-home activity packet for instructions on how to make your own!)
- Rested Pasta from earlier

## Wednesday Session One

### **Homemade Tamales with Fresh Salsa Part One**

#### Tamale Dough Ingredients:

- 1 ½ cups very hot water
- ¼ pound lard
- 1 ¾ cup of masa
- 2 ½ tablespoons unsalted butter, softened
- 2 teaspoons salt
- ¾ teaspoons baking powder
- ½ cup chicken stock
- Large Bowl
- Stand or Hand Mixer

### **Red Chili Pork Filling Part One**

#### Red Chili Pork Filling Ingredients:

- 3 pounds pork shoulder
- One package of corn husks
- 1 tablespoon mild olive oil or vegetable oil, plus more for coating the pork
- 4 tablespoons plus 1 teaspoon kosher salt
- 2 tablespoons chipotle powder
- 8 dried guajillo chiles, seeded and stemmed
- 6 garlic cloves
- 1 teaspoon ground cumin
- 3 cups cold water
- Paper towels
- Small bowl
- Roasting Pan
- Tin Foil
- Meat Thermometer

## Wednesday Session Two

### **Homemade Salsa**

#### Ingredients:

- 1 ¼ pounds ripe Roma Tomatoes (about 5-6)
- 1 (14.5 oz) can petit diced tomatoes
- 2 green onions, ends trimmed, chopped into thirds
- ½ cup chopped red onion (about ½ of a medium onion)
- 1 jalapeno pepper
- 1/3 cup fresh cilantro (about a handful)
- 2 large cloves fresh garlic
- 2 tbsp fresh lime juice
- ½ tsp chili powder
- ¼ tsp ground cumin
- ½ tsp granulated sugar (optional)
- Salt and Pepper to Taste
- Blender or food processor

## Friday Session One

### **Baked Beignets Part One**

#### Ingredients:

- ¾ cups lukewarm water
- ⅓ cup granulated sugar
- 1 heaped teaspoon active dry yeast
- 1 egg
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 3 ½ cup bread flour
- 2 tablespoons butter, melted
- 1-2 cups confectioner's sugar for dusting
- 2 tablespoons butter, melted
- ½ cup evaporated milk (can replace it with milk and add 2 tbsp of sugar)
- Baking sheet
- Parchment paper or cooking spray
- Pizza Cutter or Kitchen Knife

### **Cajun Style Gumbo Preparations**

#### Ingredients:

- 1 bunch of celery (about 10 stalks)
- 2 large yellow onions
- 2 green bell peppers
- Cutting Board
- Kitchen Knife
- Large Bowl
- Plastic Wrap

## Friday Session Two

### **Cajun Style Gumbo**

#### Gumbo Ingredients:

- 6 cups of chicken stock
- 1 bunch of celery (about 10 stalks) \*
- 2 large yellow onions\*
- 2 green bell peppers\*
- 2-4 tablespoons minced garlic
- 4 tablespoons salted butter
- 1 pound Andouille Sausage (spicy if you like extra spice)
- 2 pounds boneless chicken thighs
- 1 pound raw, deveined shrimp (OPTIONAL)
- Tabasco to taste
- ¼ cup canola oil
- ¼ cup unsalted butter
- ½ cup flour
- 1 tablespoon Creole seasoning.
- 1 tablespoon chicken bouillon powder or 1 cube
- ½ tablespoon smoked paprika
- 1 tablespoon thyme fresh or dried
- 2-6 bay leaves
- 1 14- oz can tomatoes (chopped)
- 1 tablespoon gumbo file
- 2 green onions , chopped
- ¼ cup chopped parsley

\*items should be prepped from morning session

#### Rice Ingredients:

- 1 cup basmati rice
- 1-¾ cups water
- 1-½ tablespoons unsalted butter
- ½ teaspoon salt
- ½ cup chopped scallions
- Medium bowl
- Medium pot with lid
- Ice Cream Scoop