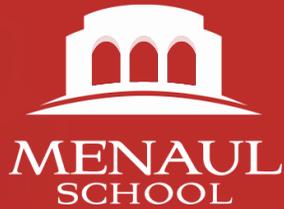




# MENAUL SCHOOL COOK BOOK





*Step inside the kitchen with our 6th, 7th, and 8th Grade Classes!*

*We are incredibly proud to present this cookbook, which is the culmination of a deep, cross-curricular project. Our students explored the science of nutrition, the art of presentation, and the importance of family history—all through the lens of food. After a dedicated week of research, creation, and sharing, they selected their absolute best work to feature here.*

*Thank you for supporting their learning. Get ready to explore a world of flavor, skill, and Menaul spirit!*



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# Waffles



*By: Landon Grassie*

**2 cups all-purpose flour**  
**1 teaspoon salt or to taste**  
**4 teaspoons baking powder**  
**2 tablespoons white sugar**  
**2 large eggs**  
**1 ½ cups warm milk**  
**⅓ cup butter, melted**  
**1 teaspoon vanilla extract**

- 1. Gather all ingredients.**
- 2. Mix flour, salt, baking powder, and sugar together in a large bowl; set aside. Preheat waffle iron to desired temperature.**
- 3. Pour milk mixture into flour mixture; beat until blended.**
- 4. Ladle batter into a preheated waffle iron.**
- 5. Cook waffles until golden and crisp.**
- 6. Serve at once and enjoy!**

**1 cup of frozen berries**

**1 cup of milk**

**1 tsp of honey**

- 1. Add all ingredients to a blender**
- 2. Blend on high until completely smooth**
- 3. Add extra milk if needed**
- 4. Pour into a glass**

# Smoothie



*By: Ethan Lujan*



# Chile Rellenos Quiche

2 (4 oz.) cans chopped green chiles  
 2 cups (8 oz.) shredded Cheddar Cheese  
 1 cup (4 oz.) shredded Monterey Jack Cheese  
 2 cups 2% milk  
 1 cup all-purpose baking mix  
 4 large eggs, lightly beaten  
 1 cup part-skim ricotta cheese  
 1 cup finely diced ham (optional)

½ cup sugar  
 ¼ cup firmly packed light brown sugar  
 ½ tsp. ground cinnamon  
 1 (8 oz.) can refrigerated crescent rolls  
 ¼ c. butter, melted

**Preheat oven to 350 F. Sprinkle green chiles, diced ham (if using), Cheddar Cheese, and Monterey Jack cheese evenly into a lightly greased 11- x 8-inch baking dish.**

**Beat milk, baking mix, and eggs at low speed with an electric mixer until smooth. Stir in ricotta cheese; pour mixture evenly over chiles and cheese in baking dish.**

**Bake, uncovered, at 350 F for 45 minutes or until a knife inserted in center comes out clean. Let stand 10 minutes until cutting.**

**Preheat oven to 350 F.**

**Stir together first three ingredients.**

**Unroll crescent dough; brush with melted butter, and sprinkle evenly with the sugar mixture.**

**Separate dough into triangles. Roll up each triangle, starting with shortest side; place on a lightly greased baking sheet.**

**Bake for 10-12 minutes or until golden brown; remove to a wire rack to cool. Makes 8 rollups.**

# Cinnamon Toast Rollups

By:  
Mrs. Wichman





**Classic Italian Bruschetta**  
By: Hana Nguyen

**Ingredients:**

**Tomato topping:**

- 6 Roma tomatoes, diced
- 1/3 cup basil leaves, chopped
- 5 garlic cloves, minced
- 1 Tbsp balsamic vinegar
- 2 Tbsp extra virgin olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper

**Toasts:**

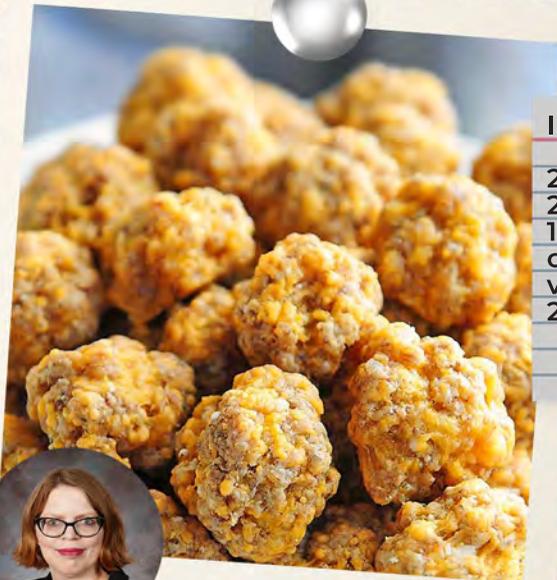
- 1 baguette
- 3 Tbsp extra virgin olive oil
- 1 tsp minced garlic
- 1/3 cup shredded parmesan cheese

**Instructions:**

1. Core and dice tomatoes. Drain any excess juice and transfer tomatoes to a medium bowl.
2. Stack basil leaves and roll them into a tube. Using a sharp knife, thinly slice the basil into ribbons and transfer to the bowl with tomatoes.
3. Finely mince 5 garlic cloves. Mix 1 tsp of minced garlic into 3 Tbsp olive oil and set aside. Add remaining minced garlic to the mixing bowl with tomatoes.
4. Season tomatoes with 2 Tbsp olive oil, 1 Tbsp balsamic, 1/2 tsp salt, and 1/4 tsp black pepper. Stir gently to combine and set aside to marinate for 15-30 minutes. Serve with bruschetta toasts.

**Make the Bruschetta Toasts:**

1. Preheat oven to 400-degree F with a rack in the center of the oven. Place toasts on parchment-lined baking sheet. Cut toasts into 1/2 inch thick slices, slicing diagonally.
2. Arrange toasts on the prepared baking sheet and brush the garlic infused olive oil on both sides of toasts. Sprinkle tops with parmesan cheese and bake at 400- degree F for 5 minutes then broil on high heat for 1 to 2 minutes or until the edges are golden brown



**Sausage Balls**  
By: Mrs. Wichman

**Ingredients:**

- 2 cups Bisquick
- 2 cups shredded Cheddar cheese
- 1 package breakfast sausage, cooked and crumbled, any variety
- 2-4 Tbsp. milk

**Instructions:**

Preheat oven to 400 F.

In a mixing bowl, combine Bisquick, cheese, cooked sausage. If the mixture is dry, add a little milk, one tablespoon at a time until it's the right consistency.

With a cookie scoop or two teaspoons, form the dough into balls and place on a greased baking sheet.

Bake for 8-10 minutes until golden brown. 4-5 dozen, depending on size.

# Banana Muffins with Walnut & Chocolate Chips

## Ingredients:

1 and 1/2 cups (188g) all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1 and 1/2 cups (345g) mashed bananas (4 medium or 3 large ripe bananas)  
6 tablespoons (85g) unsalted butter, melted (or melted coconut oil)  
2/3 cup (135g) packed light/dark brown sugar (or coconut sugar)  
1 large egg, at room temperature  
1 teaspoon of pure vanilla extract  
2 tablespoons (30ml) milk  
Optional: 1 cup of chopped walnuts, pecans, or chocolate chips

## Instructions:

Preheat oven to 425 Fahrenheit (218c). Spray at a 12-count muffin pan with nonstick spray or cupcake liners.

Whisk the flour, baking powder, soda, salt, cinnamon, and nutmeg together. in a medium bowl in a large bowl mash your bananas then beat in the melted butter, brown sugar egg, vanilla extract and milk. Mix your dry and wet ingredient together and mix until combined lastly add your walnuts and chocolate chips.

Put your batter into your cupcake liners filling them all the way to the top. Bake for 5 minutes at 425 Fahrenheit and keep muffins in the temperature to 350. Bake for an additional 16 to 18 minutes until toothpick gets inserted into the center an comes out clean. The total e these muffins take are 21 to 23 minutes if you make mini muffins the total time will be 12 to 14 minutes total 350 Fahrenheit. Lastly allow muffins to cool for 5 minutes.

# Deviled Eggs

By: Lorelei Schierstein

## Ingredients:

12 hard boiled eggs  
6tsp of prepared mustard  
3/4 tsp of seasoned salt  
3/4 tsp of cajun pepper  
3/4 tsp of instant minced onion  
1 1/2 tsp of vinegar  
Mayonnaise to consistency (about 2 tablespoons)  
Paprika for dusting

## Instructions:

- 1: Gather ingredients.
- 2: Cut hard boiled eggs in half lengthwise.
- 3: Put yolks in a plastic ziplock bag.
- 4: Put ingredients in bag and mash. (except mayonnaise)
- 5: Add mayonnaise to ziplock bag and mash.
- 6: Cut the corner of the bag with scissors.
- 7: Pipe mixture into the egg whites.
- 8: Dust with paprika.



By: Santanna Estrada





**Green Chile Enchiladas**  
**By: Yoel Barela**

**Ingredients:**

- 8" x 12" baking tray
- 2- packs of wheat tortillas
- 2- packs of traditional seasoned chicken from Albertsons(cooked)
- 2- 11oz cans chicken broth
- 2- 11oz cans mushroom broth.
- 2- family-size bags of Mexican-style cheese
- Green chile (seasoned to taste, , canned or fresh)
- Jalapeños on the side (optional)

**Instructions:**

1. In a BIG bowl, grab both chickens and begin to shred the chicken into small pieces into the big bowl.
2. Get all for chicken broth and mushroom broth mix together and pour into your chicken bowl. Add green chile.
3. Get your tray and place tortillas evenly until bottom is covered so about 6 or 8 tortillas.
4. Then start layering your chicken with the green chili and then tortillas
5. Repeat until almost full then put half the cheese on top.
6. Place them in a preheated oven at 350 F and bake 30 minutes or until brown and bubbly.

- 300g white, short-grain rice.
- 100g Spanish chorizo
- 300g chicken thighs and drumsticks.
- 1 jar of red pepper
- 1 green bell pepper
- 1 onion
- Green peas (frozen).
- 1 pinch of saffron
- 1/2L chicken broth
- 1 small jar of Spanish olives with pimiento
- 1/4 cup Olive oil
- 1/2 cup white wine
- Salt and pepper

**Ingredients:**



**Arroz con Pollo y Chorizo**  
**By: Ceres Ferrara**

**Instructions:**

1. Chop peppers (red and green) and onion into small pieces, fry in olive oil for about 5 minutes
2. Add saffron to hot water, let it release color and flavor
3. Add chicken pieces to oil, fry until brown/crispy
4. Chop chorizo into slices and sauté lightly (3-5minutes)
5. Add wine, deglaze
6. Add rice, broth, and olives, bring to boil
7. Reduce heat, simmer until rice is done
8. Add frozen peas and serve (The heat will cook the peas)

# Jollof Rice

By: Judah Romaine



## For the Stew Base:

- 1 pound (475g) plum tomatoes (about 3 medium tomatoes), cored and roughly chopped
- 2 medium (7-ounce; 200g) red bell peppers or 2 red shepherd peppers (see note), stemmed, seeded, and roughly chopped
- 1 medium (8-ounce; 225g) red onion, roughly chopped
- 1/4 of a Scotch bonnet or habanero pepper, stemmed and seeded
- 1 1/2 cups (355ml) Nigerian stock

## For the rice itself

- 1/4 cup (60ml) peanut, vegetable, or other neutral oil, divided
- 1 medium (8-ounce; 225g) red onion, thinly sliced, divided
- 3 dried bay leaves
- 2 teaspoons Caribbean/Jamaican-style curry powder (see note), plus more if needed
- 2 teaspoons dried thyme
- Kosher or sea salt and freshly ground black or white pepper
- 2 tablespoons (30g) tomato paste
- 3 teaspoons (12g) unsalted butter, divided (see note)
- 1 1/2 cups (355ml) Nigerian stock
- 2 cups (400g) converted long-grain rice or Golden Sella basmati, rinsed
- 1 plum tomato (4-ounces; 120g), halved then sliced thinly crosswise into half-moons

## Instructions:

1. For the Stew Base: In a blender jar, combine tomatoes, red pepper, onion, Scotch bonnet or habanero, and stock. Blend until a smooth puree forms, about 2 minutes. This will yield just shy of 5 cups (1.18L).

2 Transfer the stew base to a 3-quart saucier or saucepan, cover partially with a lid to contain splatter, and bring to a boil over medium-high heat. Reduce the heat to medium-low and cook, stirring and scraping the bottom occasionally, until reduced by half (roughly about 2 1/2 cups; 590ml), about 30 minutes. Remove from heat and set aside.

3 For the Jollof Rice: In a 4- or 5-quart pot or Dutch oven, heat 2 tablespoons (30ml) oil over medium heat until shimmering. Add half the sliced onion along with the bay leaves, curry powder, dried thyme, a large pinch of salt, and a large pinch of black or white pepper. Cook, stirring, until the mixture is fragrant and the onion softens slightly, about 3 minutes.

4 Stir in tomato paste and 2 teaspoons (8g) butter. Cook, stirring continuously, until the tomato paste darkens, about 3 minutes. Stir in reserved stew base, cover partially with the lid to prevent splattering, and cook at a gentle simmer over medium-low heat until reduced by half, about 15 minutes.

5 Stir in stock and bring to a boil over high heat. Season with salt and pepper; if the curry flavor is lacking, you can add more to taste (the curry powder should come through pleasantly but not be overpowering, though this is a question of personal taste).

6 Stir in rice until evenly coated in sauce. Cover the pot with a double piece of foil or parchment paper, crimped down around the edges to seal, then top with lid (this will trap steam to lock in the flavor and aid cooking). Reduce the heat to the lowest possible and cook for 20 minutes, then uncover pot and gently stir rice to redistribute. Cover again and continue to cook until rice is just cooked through but still retains a firm bite and the liquid is mostly absorbed, about 15 minutes longer. If rice is undercooked and/or still wet, cover and cook 5 minutes longer.

7 Stir in sliced tomato along with the remaining sliced onion and the remaining 1 teaspoon (4g) butter until butter is fully melted

8 Remove from the heat, cover, and let stand 10 minutes. Serve

# Beef Shawarma

*By: Hussein Hussein*

## Ingredients:

The whole bottle of date vinegar  
salt 1/ of a cup  
4 or 5 cloves of garlic  
half of the jar of tahini  
the whole jar of yogurt  
1 cup of lemon juice  
20 pounds of beef  
10 pounds of lamb fat

*\*Serves 10-20\**

## Instructions:

- 1.put the date vinegar into a mixing bowl
- 2.put the yogurt into the mixing bowl
3. Put the lemon juice into the mixing bowl
4. Chop up the garlic small, and then put the garlic into the mixing bowl
5. Put the tahini into the mixing bowl
6. Put the salt into mixing bowl
6. Mix the ingredients
7. Mix in the Shawarma
8. Put the lamb fat and the shawarma and lamb fat on the shawarma machine

# Rice, Meat & Gravy

## Ingredients:

1 pound ground beef  
2 cups white rice  
1 cup water  
1 brown gravy packet  
Garlic salt half teaspoon

## Instructions:

- 1.Brown meat and use garlic salt as seasoning.
- 2.Drain grease.
- 3.Cook rice.
- 4.Make gravy.

*By: Amora Salazar*



**Italian Hot Chocolate**  
By: Eris Ferrara

**Ingredients:**

- 3 tablespoons cocoa powder
- 1 tablespoon cornstarch
- 1 ½ tablespoons white sugar
- 2 tablespoons milk (separate from the 1 ½)
- 1 ½ cups milk

**Instructions:**

1. Whisk cocoa powder and sugar together in a saucepan.
2. Put pan on stove and add the 1 ½ cups of milk
3. In a small cup mix cornstarch and 2 tablespoons of milk, then slowly add into the saucepan
4. Stir/ cook until has a thick consistency
5. Serve warm and enjoy!



**Oreo Mug Cake**  
By: Merrick Tapia

**Ingredients:**

- 7 Oreo cookies
- 1/3 cup milk
- 1/4 teaspoon baking powder

**Instructions:**

1. Place 7 Oreo cookies into a microwave-safe mug. Use a fork to mash them together with the milk until you have a smooth, well-combined batter.
2. Stir in the baking powder until it is fully incorporated.
3. Place the mug in the microwave and cook on high for 70–90 seconds. The cake is done when it is just set and slightly glossy on top.
4. Let the cake rest in the microwave for 1 minute before carefully removing it. Be cautious, as the mug will be hot.
5. Top with whipped cream, ice cream, or an extra Oreo for garnish if desired, and enjoy.

# Brownies

Yields: 16 squares  
Prep Time: 10 minutes  
Cook Time: 30-35 minutes



By:  
*Marianna Sepulveda-Martinez*

## Ingredients

- $\frac{1}{2}$  cup (1 stick or 113g) unsalted butter
  - 1 cup granulated sugar
- $\frac{1}{2}$  cup unsweetened cocoa powder
  - 2 large eggs
  - 1 teaspoon vanilla extract
  - $\frac{3}{4}$  cup all-purpose flour
  - $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup chocolate chips (optional, for extra fudginess)
- 8x8 inch metal baking pan
- Medium saucepan or microwave-safe bowl
  - Mixing bowls
  - Whisk and rubber spatula

## Instructions

1. **Preheat Oven and Pan:** Preheat your oven to  $350^{\circ}\text{F}$  /  $175^{\circ}\text{C}$ . Lightly grease 8 times inch metal baking pan. For easy removal, line the pan with parchment paper, allowing the paper to overhang on two sides.
2. **Melt Butter:** Melt the butter in a medium saucepan over low heat, or in a microwave-safe bowl.

## Mixing the Batter

1. **Combine Wet Ingredients:** Remove the melted butter from the heat. Whisk in the granulated sugar and cocoa powder until the mixture is uniform and smooth.
2. **Add Eggs and Vanilla:** Whisk in the eggs, one at a time, until fully incorporated. Stir in the vanilla extract. Whisk the mixture vigorously for approximately 30-60 seconds to help develop a shiny crust.
3. **Fold in Dry Ingredients:** Switch to a rubber spatula. Gently fold in the flour and salt until just combined. Avoid overmixing the batter, as this can result in a tougher, more cake-like texture.
4. **Add Chocolate (Optional):** If using, fold in the chocolate chips until evenly distributed.

## Baking and Cooling

1. **Bake:** Pour the batter into the prepared pan and spread it into an even layer. Bake for 30-35 till brownies are finished when a toothpick inserted into the center comes out with moist, fudgy crumbs attached (not raw batter).
2. **Cool:** Allow the brownies to cool completely in the pan on a wire rack. Cooling is essential for achieving a dense, fudgy texture and clean slices. Once cool, use the parchment paper overhang to lift the brownies out before cutting



# Biscochitos

## Ingredients:

- 6 cups flour
- 2 cups snow cap lard
- 1 cup sugar
- 1 teaspoon anise (optional)
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- ¼ cup of brandy

## Instructions:

1. Add cream lard, eggs, and sugar until fluffy.
2. Add dry ingredients gradually and mix by hand until becomes soft dough. May add more liquid (water or brandy) or more flour depending on consistency of dough (if too sticky).
3. Roll out with a little flour

4. Cut into desired shapes

5. Sprinkle mixture of sugar and cinnamon before baking.

6. Bake at 350 degrees for about 8-15 minutes (depending on your oven). Can make with or without anise seed, depending on your taste. Enjoy



*By: Julian Romans*

# Chocolate Chip Cookies

*By: Lilliana Goodman*

## Ingredients:

- ½ cup of shortening
- 6 tablespoons of white sugar
- 6 tablespoons of brown sugar
- ¼ of a teaspoon of water
- ½ teaspoon vanilla extract
- 1 egg
- 1 cup + 2 tablespoons of flour
- ½ teaspoon of baking soda
- ½ teaspoon of salt
- 1 cup semi sweet chocolate chips
- Love

## Instructions:

1. Cream the sugar with the shortening
2. Add water and vanilla
3. Add the egg and beat well
4. Add flour with baking soda and salt mixture
5. Stir until all is mixed well
6. Add the chocolate chips and pre heat oven to 350
7. Drop by spoonfuls on a greased cookie sheet (place 1 inch apart)
8. Bake at 350 degrees for 8-10 minutes
9. When browned take cookies out and leave them to cool





# Macaron Cookies

By: Olivia Watts

### Filling Ingredients:

16 oz whipping cream  
 1/2 cup powdered sugar  
 1 tbsp almond extract  
 2 tbsp vanilla instant pudding powder.

### Cookie Ingredients:

100g egg whites  
 140g almond flour  
 90g granulated sugar  
 130g powdered sugar  
 1 tsp vanilla  
 1/4tsp cream of tarter

### Cookie Instructions:

1. Sift the powdered sugar and almond flour into a bowl.
2. Add room temperature egg whites into a very clean bowl.
3. Using a mixer, whisk egg whites. Once they begin to foam add the cream of tarter, then slowly add the granulated sugar.
4. Add food coloring and vanilla and continue to beat until stiff peaks form.
5. Begin folding in the dry ingredients.
6. The final mixture should look like flowing lava. Spoon into a piping bag.
7. Pipe one inch dollops onto a baking sheet. Let sit for about 40 minutes before baking.
8. Bake at 300°F for 12-15 minutes. Rotate tray half way through. Allow to cool completely before removing from baking sheet.

### Filling Instructions:

1. Put all ingredients in a bowl.
2. Using a mixer, mix all ingredients on medium speed till stiff peaks form.
3. Spoon in whipped cream into piping bag and put a dollop on one cookie and place a second cookie on top to make a sandwich.
4. Let cookies sit in the refrigerator over night.
5. Enjoy!

### Ingredients:

**16oz whipping cream**  
**1/2 cup powdered sugar**  
**1 tbsp almond extract**  
**2 tbsp vanilla instant pudding powder**

### Instructions:

1. Set oven to preheat on bake. 350.
  2. Put the bag in the fridge for at least 30 minutes.
  3. Grab the cookie sheet.
  4. wash your hands with soap and water.
  6. Open the fridge
  7. grab the bag
  8. close the fridge.
  9. Open the bag
  10. Leave the bag open to unthaw, then put vegetable oil on the cookie sheet.
  - Really spread it out so it's not super sticky on the pan.
  11. Get the cookie dough and roll it into a ball. Do this multiple time and spread them out onto the sheet.
  12. Grab your oven mitts.
  13. Put the sheet and cookies in the oven.
  14. Wait for 15 minutes.
  15. Wait until the edges are golden.
  16. Grab the cookies out of the oven.
- ENJOY!!!!



# Chocolate Chip Cookies

By: TJ Mims

# Smores Chocolate Chip Cookies

By: Naysa Ortiz



## Equipment

Large bowl  
Baking Sheet  
Parchment paper  
Stand mixer

## Ingredients:

1 1/2 cups all-purpose flour 180g  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp corn starch  
3/4 cup semisweet chocolate chips  
10 tbsp unsalted butter room temperature  
1/4 cup granulated sugar  
1/2 cup light brown sugar  
1 egg  
1 tsp vanilla extract  
1/4 tsp salt  
1 cup mini marshmallows OR marshmallow bits, divided  
1 bar Hershey's Chocolate 1.55oz  
4 Graham crackers 56g

## Instructions:

1. Roughly chop the Graham crackers and Hershey's bar, then tear the mini marshmallows in half. These marshmallows are one of the best parts of the cookie but they will puff up and get a bit out of control if you don't halve them.
2. Combine the flour, salt, baking powder, baking soda, and cornstarch in a bowl then whisk together and set aside
3. Using a stand or hand mixer, beat butter and sugars in a bowl until creamy, about 2 minutes. Add in egg and vanilla and until combined. Scrape the bowl down and mix once more.
4. Gradually add flour mixture to butter mixture, beating on low speed until just combined.
5. Reserve a handful of the torn marshmallows and set aside then add the remaining marshmallows, chocolate chips, and Graham crackers to the dough and mix on low until just combined (do not over-beat)
6. Refrigerate dough for an hour or more.
7. Heat oven to 350F. Portion out roughly two tablespoon sized pieces of dough. Roll into balls and place on a parchment-lined baking sheet, spacing about 2 inches apart.
8. Bake at 350° for 8 minutes then top the cookies with the reserved marshmallow and Hershey's bar pieces then return to the oven for 2-3 minutes to finish baking. IF a some cookies had a blowout because of a few too many marshmallows to you can corral them back together with a round cookie cutter or a knife.
9. Leave on pan to cool completely.

# Banana Bread



By:  
Lilliana Goodman

## Ingredients:

1/3 cup of shortening  
1/2 cup of sugar  
2 eggs  
1 and 3/4 cups of sifted all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon of soda  
1/2 teaspoon of salt  
1 cup of mashed ripe bananas  
1/2 cup of chopped walnuts (optional)  
1/2 cup of chocolate chips (if wanted)  
Love

## Ingredients:

1 3/4 cups flour  
1 tsp pumpkin pie spice  
1/2 tsp cream of tartar  
1/2 tsp baking soda  
1/2 tsp kosher salt  
1/2 cup of softened butter  
1 cup granulated sugar  
1 large egg  
1/3 cup pumpkin puree  
1 tsp vanilla sugar

## Instructions:

1. Pre heat oven to 350, cream together shortening and sugar
2. Add eggs and beat well
3. Sift together dry ingredients
4. Add to creamed mixture alternately with bananas (blending well after each addition)
5. Stir nuts (if wanted)
6. Pour into well-greased loaf pan
7. Bake in moderate oven (350) 40 to 45 minutes or til done
8. Remove from pan and let sit until cooled

## Instructions:

Preheat over to 350 ° F.

Mix dry ingredients into a medium bowl.

Mix butter, sugar, egg, and pumpkin puree into a large bowl. Add the dry ingredients and mix to combine.

Shape dough into 1 inch size balls.

Roll dough into cinnamon sugar

Bake at 350 ° F for 12 minutes

# Pumpkin Snickerdoodle Cookie

By: Julia Montoya





### For the Cake

- 3 eggs
- 300g sugar
- 300g flour
- 150g butter
- 1 glass of milk
- 16g of baking powder
- 3 apples
- Zest of 1 lemon
- 1tsp of vanilla extract

### For the Strawberries

- 1 tablespoon of sugar
  - 1/4 of a lemon
  - 20 to 30 strawberries
1. Slice all the strawberries into four parts
  2. Put sliced strawberries into a large metal bowl
  3. Squeeze the lemon into the bowl
  4. Add the sugar
  5. Mix with spoon used for sugar for extra sweetness

1. Preheat oven to 350 degrees Fahrenheit
2. Beat the sugar and the eggs at high speed for 5 to 10 minutes until they are pale yellow in color and the mixture has doubled in volume.
3. Melt the butter, then let it cool slightly.
4. Sift the flour and baking powder.
5. Add the flour and the milk alternating in three parts. Mix after each addition until all the flour and milk are absorbed. Do not over-mix.
6. Fold in the butter, vanilla extract, and lemon zest



**Apple Cake**  
with Strawberries, Lemon & Sugar  
By: Emilio Pratt

7. Peel, core, and cut the apples into thin pieces.
8. Fold the apples into the batter
9. Grease a 9-inch spring form and dust it with flour
10. Pour the batter into the spring form
11. Cook for 40 minutes.
12. Test with a toothpick



### Ingredients:

- 1 can evaporated milk
- 1 1/4 can water
- 2 tbs plus 1 tbs corn starch
- 1/2 - 3/4 C. Sugar (depend on how sweet)
- 1/4 tsp salt
- 1 tsp vanilla
- 1/4 tsp nutmeg
- 2 eggs – separate white/yolks
- cinnamon for dusting

### Instructions:

1. Warm sugar, milk, and 1 can water over med-high heat, stirring constantly
2. In Separate bowl mix egg yolks, corn starch, 1/4 can cold water
3. Once sugar/milk mix is warm add egg yolk SLOWLY to pan while whisking
4. Bring to boil, stirring constantly
5. Remove from heat, add vanilla, salt, nutmeg and set aside
6. In separate bowl, beat egg whites until stiff
7. Place different egg whites in large bowl, pour hot mixture OVER egg whites
8. Sprinkle top with cinnamon



**Natillas**  
By: Ismael Maestas



# Natillas

*By: Adalaide Schall*

## Ingredients:

**4 cups milk**

**4 eggs**

**1 teaspoon salt**

**3 tablespoons flour**

**¾ cup sugar**

**Cinnamon to taste**

## Instructions

Separate yolks from egg whites. Save the yolks. Whip the egg whites with an electric mixer until stiff, then set aside.

Heat milk in a deep saucepan on medium high, then add sugar and salt.

Stir frequently with a whisk so milk doesn't rise over the edge of the pan as it warms.

Whisk flour with ¼ cup water. Add to milk mixture and boil for approximately 2 minutes, until mixture thickens. Stir constantly so the bottom doesn't scorch.

Reduce heat to medium. Add egg yolks and, gradually, the stiffened egg whites. Continue to mix on the stovetop until mixture has a pudding-like consistency.

When completely mixed, pour into a bowl. Sprinkle cinnamon on top. Serve warm or chilled.



# **Menaul School Middle School**

## **6th Grade:**

*Ceres Ferrara*                      *Judah Romaine*  
*Landon Grassie*                    *Julian Romans*  
*Hana Nguyen*                      *Amora Salazar*  
*Emilio Pratt*                        *Merrick Tapia*

## **7th Grade:**

*Yoel Barela*                         *TJ Mims*  
*Santana Estrada*                  *Julia Montoya*  
*Lilliana Goodman*               *Lorelei Schierstein*  
*Hussein Hussein*

## **8th Grade:**

*Eris Ferrara*                        *Naysa Ortiz*  
*Ethan Lujan*                       *Adalaide Schall*  
*Ismael Maestas*                  *Olivia Watts*  
*Marianna Sepulveda-Martinez*

# Menaul School

## *Middle School*

# COOK BOOK

# 2025-2026

