

Los Angeles Unified
Holiday Recipe
Collection

2020





Foreword



Season's Greetings,

Our staff are pleased to share a few of their favorite recipes in this Holiday Recipe Collection.



As we all stay safer at home this holiday season, we hope you will enjoy preparing your favorite food to share with others.

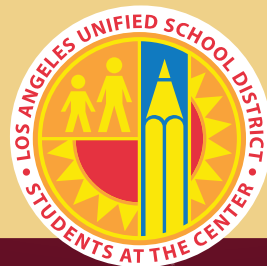


Wishing you a happy holiday season and a healthy new year.



Please stay safe.

Austin Beutner
SUPERINTENDENT



Food Services Director's Message

Food Services is proud to share some of our vintage recipes along with family favorites from our team to brighten up your holiday season.
HAPPY COOKING!

Manish Singh
DIRECTOR, FOOD SERVICES DIVISION



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Starters



Guac Chimi Foul Pico

Guacamole Dip

Ingredients

3 ripe (Mexican or Hass) avocados
1 Roma Tomato, thinly diced
2 limes juice
½ teaspoon of salt
¼ cup of thinly diced white or green onion
1-2 minced serrano peppers (remove seeds and membrane)
½ cup of fresh cilantro leaves, finely chopped

Instructions

In a large bowl place the avocado pulp, gently smash the avocado with a spoon or fork, leave it a little chunky (do not blend the avocado).

Add the lime juice, salt, diced tomato, diced onion, serrano peppers (optional), and chopped cilantro leaves.

Mixed the ingredients, and enjoy your Guacamole dip with tortilla chip, crackers or add it to your favorite plate...YUMMY!!!

*Xochitl Martinez de Cruz,
Food Services Manager*



Chimichurri Sauce

Ingredients

½ cup of extra virgin olive oil
1 cup finely chopped fresh leaves parsley
3 cloves garlic minced
1 teaspoon of dry crushed red chili peppers
4 tablespoons of dried oregano
¼ teaspoon of salt
¼ cup of apple vinegar
¼ teaspoon of black ground pepper

Instructions

Mix vinegar, garlic, salt, oregano, and red chili pepper. Let sit for 5 minutes.
Add parsley and olive oil.
Use a fork to mix all the ingredients
You can use as a dip or sauce with your favorite meats.

Ana Ducasse, Food Services Worker



Guac Chimi Fowl Pico

Fowl Mudammas

Ingredients

2 cans plain fava beans
2 garlic cloves, finely chopped
½ teaspoon of salt
¼ cup of water
½ cup of lemon juice
3 teaspoons of olive oil
½ tablespoon dry red ground pepper
1 large red tomato, chopped
1 small onion, chopped
½ teaspoon ground cumin
1 cup fresh leaves parsley, finely chopped

Instructions

In a saucepan, heat 2 teaspoons of olive oil, add onion over medium heat. Stir the onion until tender.
Add fava beans, garlic, salt, water, hot pepper, cumin to the onion, lemon juice. Smash the mix using a potato masher until the fava beans are soft.
Placed in a medium bowl, add 1 teaspoon of olive oil, parsley, and tomato.
Eat with pita bread, French toast bread, and vegetables.

*Noura Mikhail,
Food Services Worker*



Classic Pico De Gallo

Ingredients

1 cup finely chopped white onion (about 1 small onion)
Medium jalapeño or serrano pepper; ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
¼ cup of lemon juice
¾ teaspoon of fine sea salt, more to taste
1-½ lbs. of ripe red tomatoes, (about 8 small or 4 large) chopped
½ cup of finely chopped fresh cilantro (about 1 bunch)

Instructions

In a medium serving bowl, combine the chopped onion, jalapeño, lemon juice and salt. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro.

Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavor doesn't quite sync.

For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with your Pico de Gallo.

Tasty!!!

Judith Cabrera, Food Services Worker



Twisted Pesto Bread

Ingredients:

For the dough

5 cups of flour (unbleached all-purpose)
1 cup of milk
1 cup of water
1 teaspoon of yeast
½ teaspoon of sugar
1 teaspoon of salt
2 tablespoons of vegetable oil
½ teaspoon of paprika
½ teaspoon of onion powder
½ teaspoon of dry thyme
Pinch of black pepper

For the pesto

2 bunches of green basil
½ bunch of parsley
3 cloves of garlic
½ teaspoon of salt
About 4 oz. of olive oil

Directions:

Combine milk and water together (must be warm).
Add sugar and yeast. Let it stand for about 5-10 minutes until yeast activates.
Add 1 cup of flour (make sure no dry flour is left). Cover with plastic wrap and kitchen towel and let it rest for 1-½ hours.

After it has rested, in a bowl or mixer bowl add the yeast mix, 3-½ cup of flour (save the other ½ cup for dusting), vegetable oil, salt, and seasoning. Mix very well about 7-10 minutes. Place the dough in a clean oily bowl. Turn 1, 2 times to make sure all sides are oily. Cover with plastic and kitchen towel. (Note: Get a large bowl because your dough has to double its size.) Let it rest for 1-½ hours.

Combine all ingredients for the pesto in the food processor and blend them well.



After the dough has risen, divide into 2 equal parts. With a rolling pin, roll out one part of the dough into a rectangular shape and spread half of the pesto on it. Roll the dough (like you would a cinnamon roll). Split the roll in half vertically leaving 2 inches uncut from the top. Braid the dough and make sure the pesto side faces up. Repeat the steps with the 2nd part of the previously divided dough. Brush with vegetable oil and bake at 425°F for about 25 minutes or until golden brown.

Nelli Khanjyan, Food Services Manager

Cucumber and Clam Namasu (Japanese Cucumber Salad)

Ingredients:

1 can chopped clams (6.5 oz), drained
2 large or 4 small cucumbers (Japanese cucumber preferred because of less seeds)
Salt, about 1 tablespoon
Toasted sesame seeds (optional)

Marinade:

¼ cup of Rice Wine vinegar
¼ cup of sugar
¼ teaspoon of salt
1 teaspoon of ginger, freshly grated

Directions:

Wash cucumbers, slice off ends, and halve lengthwise. Cut into thin, half-moon slices and place in a large bowl. Sprinkle the cucumbers evenly with about 1 tablespoon of salt and let them rest for 20-30 minutes. Rinse the cucumbers thoroughly, gently squeeze out excess water using your hands, a cheesecloth, or a clean dishcloth.

Add marinade ingredients together and whisk until combined. Add the marinade, cucumbers, and clams into a bowl with a lid. Stir together and refrigerate until chilled. Serve with toasted sesame seeds on top, if desired.

Florence Simpson, Regional Food Services Manager



Kataifi Shrimp

Ingredients:

12 (6-8 per lb.) Jumbo Shrimp with tail (shell and vein removed)

Marinade

1-½ tablespoons of Sriracha or chili sauce
1-½ tablespoons of soya sauce
2 grated garlic cloves
2 tablespoons of lemon juice

Coating

1-2 eggs
3 tablespoons of flour
1 package of Kataifi*
½ teaspoon of salt and ¼ teaspoon of black pepper (seasoning for flour)
1 cup of oil for frying

*Kataifi is shredded phyllo dough and available at most Persian and Middle Eastern stores. Remove the shredded phyllo dough from the freezer and let it thaw for 15 minutes before use.

Hot Sweet N Sour Sauce

3 tablespoons of honey
¼-½ teaspoon of chili sauce (amount based on personal preference)
1-½ tablespoons of lime juice
1 teaspoon of cilantro, finely chopped
½ teaspoon of ginger, finely chopped
Mix the above and adjust per taste.

Directions:

This dish is a party favorite. Simple to make and both crunchy and flavorful.

Mix the marinade ingredients and apply to the shrimp. Allow to marinate for 30 minutes.

Take a bowl, break the eggs and whisk them with 1 teaspoon of water. Take a second bowl, place the flour in it and season it with salt and black pepper.

Remove the Kataifi (shredded phyllo) from its package, separate the dough into strands and cut 4" strands.

Dredge the shrimp in the flour mixture, then dip in the egg mixture. Finally, wrap the shrimp meat in the Kataifi strands, making sure that the tail is exposed.

Heat the oil in a wok on a medium flame. Add 4-5 shrimp at a time and fry them, turning the shrimp and frying on each side for 1 to 1-½ minutes until they are a nice golden brown color (please do not use a strong flame, otherwise the Kataifi will burn).



Remove the shrimp from the oil onto a rack. Serve hot with a hot sweet and sour sauce.

Manish Singh, Food Services Director

Christmas Morning Quiche

Ingredients:

2 deep dish pie crust
12 large eggs
¾ cup of milk or cream
¾ teaspoon of salt
¼ teaspoon of black pepper
1-2 pinch of red pepper flakes
2 cups of cooked ham chopped
2 cups of shredded longhorn cheddar cheese divided
3 tablespoons of green onions
1 small onion, chopped
3 tomatoes, chopped
2 jalapeños, chopped
2 bunches of chopped spinach
½ cup of cilantro
1 tablespoon butter

Directions:

Preheat oven to 425°F.

In a large bowl, whisk together eggs, milk, salt, and pepper.

In a large skillet add 1 tablespoon of butter, sauté onions, tomatoes, and jalapeños, and ham for about 3 minutes then add to egg mixture and whisk together.

Divide egg mixture into each pie shell.

Top egg mixture with cheese, spinach, green onions. Sprinkle pepper flakes and cilantro on top.

Bake 15 minutes at 425°F.

Lower temperature to 325°F and bake for 40 minutes.

Christina Olmos, Food Services Manager





Main Courses



Filipino Pork "Embutido" or Filipino Meatloaf

Ingredients:

2 lbs. of ground pork
12 pieces of Vienna sausage or 6 pieces of hotdogs
3 hard boiled eggs, sliced
½ cup of sweet pickle relish
½ cup of tomato sauce
2 raw eggs
2 cups of cheddar cheese, grated
1 cup of red pepper, minced
1 cup of green pepper, minced
1-½ cup of raisins
1 cup of carrots, minced
1 cup of onion, minced
Salt and pepper to taste
2 cups of bread crumbs



Directions:

Meatloaf made with ground pork, stuffed with hardboiled eggs, pickle relish, steamed in aluminum foil.

Place the ground pork in a large container. Add the bread crumbs then break the raw eggs and add it in. Mix well.

Add carrots, red and green pepper, onion, pickle relish, and cheddar cheese. Mix thoroughly.

Add the raisins, tomato sauce, salt, and pepper. Mix well.

Place about 2-3 spoonfuls of meat mixture in an aluminum foil and flatten it.

Put in sliced Vienna sausage and sliced boiled eggs alternately on the middle of the flat meat mixture.

Roll the foil to form a cylinder - locking the sausage and egg in the middle of the meat mixture. Once done, lock the edges of the foil. Place in a steamer for 1 hour. Place inside refrigerator until cold. Slice and serve.

Christina Suaverdez, Area Food Services Supervisor

Embutido is a favorite of our family during Christmas. It can be served hot or cold, and is usually dipped in banana ketchup or some other type of sweet sauce. Despite the Spanish name, this dish is derived from the American meatloaf.

Mushroom Smothered Pork Chops

Ingredients:

4 thick pork chops
16 oz. baby portobello sliced mushrooms
1/3 cup of cooking red wine
1 jar of mushroom marsala
2 tablespoons of butter
1 tablespoon of oil

Directions:

Season pork chops with garlic powder and black pepper. In hot cast iron skillet, add butter and oil. Sear pork chops on high heat both sides approximately 3-4 minutes until pork chop forms a light crust. Sauté portobello mushrooms in butter. Add wine and marsala sauce. Pour sauce over pork chops. Cover pan and cook 20 minutes, medium to low heat until done. (Optional to serve: mashed potatoes and sauteed spinach.)

Christina Olmos, Food Services Manager



Mole Poblano

Ingredients:

4 Pasilla chiles
2 Ancho chiles
4 cups of chicken broth
2 skinless chicken breasts
1 large ripe tomato, seeded and diced
2 tomatillos, husked and quartered
½ cup of minced onions
2 cloves garlic minced
¼ cup of sesame seeds
½ teaspoon of coriander seeds
2 tablespoons of pumpkin seeds
¼ cup of sliced blanched almonds
¼ cup of raisins
¼ teaspoon of ground cloves
½ teaspoon of ground cinnamon
¼ teaspoon of black pepper
1 oz. Mexican chopped chocolate
Kosher salt to taste

Directions:

In a saucepan, place the skinless chicken breast with 4 cups of chicken broth and once it comes to boil, simmer until cooked.

Roast the Pasilla and Ancho chiles in a dry skillet on high for 3 minutes, turning once. Add water to the skillet and soak for 30 minutes. Rinse the chiles well, discarding the soaking water. Add chiles to the blender.

Rinse and dry the skillet, then add the sesame seeds, coriander, and pumpkin seeds with the almonds. Toast on low for 5 minutes while stirring occasionally. Do not let them burn; add to the blender with the chiles.

Once the chicken is cooked, remove the chicken pieces and bring the broth to a boil and reduce heat to low. Add the tomato, onions, and garlic. Simmer for 10 minutes; add the raisins, cloves, cinnamon, pepper, and chocolate to the pot while occasionally stirring; cook until the chocolate has melted. Transfer the mixture to the blender, and blend until smooth; add salt if needed.



Plating the mole

Place one chicken breast on a plate, add a mole sauce on top and add slices of onions and sesame seeds to the taste. A mole with chicken can be accompanied with white rice as well.

Javier Gutierrez, Food Production Manager

Chicken Pozole Verde

Ingredients:

2 lbs. boneless/skinless chicken thighs
1 lb. of tomatillos, peeled and washed
1 large onion, chopped
2 green jalapeño peppers, whole
6 cups of chicken broth
1 tablespoon of dried oregano
1 teaspoon of sea salt
1 large handful of fresh cilantro
1 28-ounce can of white hominy, rinse and washed

Condiments when serving:

Limes (freshly squeezed lime juice)
Radishes
Jalapeños
Cilantro
Oregano
Onions, diced
Green cabbage, finely chopped

Directions:

Preparations time: 1-½ hours

Servings for this recipe: 6

In a large pot, add chicken thighs, onions, sea salt, and the chicken broth; place over high heat and bring to a boil. Reduce heat to simmer and cover partially. Cook for an additional 35 minutes or until the chicken is falling apart.

In a separate pot, place the tomatillos and jalapeños with 1 cup of chicken broth, cover, and cook until they are soft and fully cooked.

Transfer the cooked chicken to a cutting board and break it (shred) apart with a fork.

Place the tomatillos, jalapeños, onions, 1 tablespoon of dried oregano, and a handful of cilantro in a blender, adding a cup of the cooked chicken juice and pure juice until it is thoroughly blended.



Add all the ingredients back into the pot, including the hominy and 1 teaspoon of cooking vinegar. Cook over medium heat uncovered for 15 minutes. (Taste and add salt as necessary.)

Serve with condiments of choice.

Javier Gutierrez,
Food Production Manager

Chicken Pozole Verde is comforting soul food. Pozole surges back in the 1400's during the Aztecs and other tribes in Mesoamerica. This soup is traditionally cooked during the holidays or special occasions.

Mante

Ingredients:

1 pack of Won Ton skin dough
8 oz. of butter
1 cup of beef broth (you can substitute with just plain water or tomato paste water.)

For the filling

2 lbs. ground beef
1 medium onion, minced
2 cloves of garlic, fine minced
½ cup of minced parsley
½ cup of cilantro, minced
Salt, black pepper, and paprika to your taste

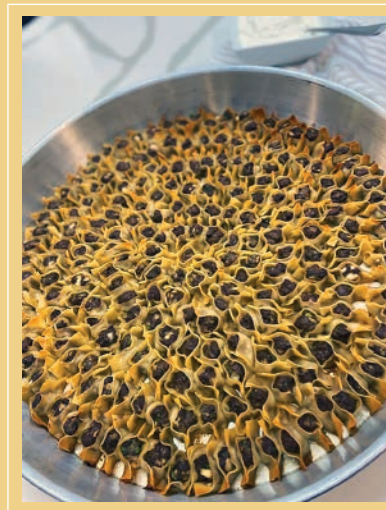
Yogurt mixture

1 cup of plain yogurt
Pinch of salt
2 cloves of fine minced garlic

Directions:

Mix filling ingredients together.
Cut won ton skin into 4 pieces (squares).
Place piece of meatball on a dough and connect corners (wet corners of the dough with a little bit of water then connect).
Place ready Mante on a baking sheet nicely and evenly close to each other.
Top with pieces of butter and bake at 400°F until golden brown.
Add 1 cup of broth and continue baking until liquid evaporates.
Serve ready Mante with yogurt mixture or anyway you prefer. Enjoy!

Nelli Khanjyan, Food Services Manager



Lina's Beef Tortillas

Ingredients:

2 tablespoons of butter, melted
1-½ lbs. ground beef
½ teaspoon of cinnamon
½ teaspoon of nutmeg
½ teaspoon of salt
½ teaspoon of black pepper
10 large flour tortillas
1 large onion, diced
1 cup of milk
1 egg



Directions:

Serves: 11 people
Total time: 30 minutes

Preheat oven to 375°F (190°C).

Heat a teaspoon of butter in your favorite pan on medium heat and sauté the onion for 1 minute.

Add ground beef, cinnamon, nutmeg, salt, black pepper, and mix well for 2 minutes or until beef is cooked through.

In a separate round baking pan that is the same size as your tortillas, brush the interior with thin layer of melted butter.

Add 5 tortillas, brushing them with butter as you stack them in the pan.

Add the cooked ground beef in an even layer on top of tortillas.

Add the rest of tortillas, still brushing a light amount of melted butter between each layer.

Cut into 2" by 2" squares and place it in the oven for 15 minutes.



Meanwhile, mix milk and egg until homogenous to make an egg wash.

Take the pan out of the oven, pour egg wash over the tortillas, and put the pan back in the oven until the top layer is golden brown, about 5 minutes.

Take it out and let it cool down.

Bon appétit!

Evelen Guirguis,
Food Services Manager

This is a recipe that was passed down from my grandmother. Growing up in Alexandria, Egypt, lots of people made this dish, although some might prefer other spices or may substitute broth for the egg wash. I like the egg wash, it adds a fluffier and crispier texture which I enjoy. This is a holiday side dish usually eaten besides grape leaf wraps, soups, and poultry.

Sesame Chicken Bites or Wings

Ingredients:

2-3 lbs. chicken thighs or chicken wings
Vegetable oil for frying

Marinade

½ cup of cornstarch
¼ cup of flour
¼ cup of sugar
3 tablespoons of soy sauce
1 tablespoon of oyster sauce
2 eggs
2 green onion stalks, sliced thin
2 garlic cloves, minced
2 tablespoons of toasted sesame seeds (if you cannot find them toasted, toast them in a frying pan on low heat.)

Directions:

Add all marinade ingredients together in a large bowl that has a lid. Mix with a large fork or whisk (be sure that all cornstarch and flour are incorporated). The marinade will be thick and paste-like.

Cut chicken thighs into bite-size pieces. Add to marinade, making sure all chicken pieces are well coated.

Cover and store in the refrigerator for 24-48 hours, occasionally stirring, so that chicken will absorb the marinade's flavor.

Frying oil should be at least 2" deep and 350°F.

Use chopsticks or tongs to stir the chicken in the marinade, remove the chicken pieces, and let excess marinade drip off before placing in the frying oil.



Fry in batches until chicken pieces float to the top and are golden brown. Chicken should reach an internal temperature of 165°F.

Florence Simpson, Regional Food Services Manager

Leg of Lamb with a Spicy Green Sauce

Ingredients:

1 leg of lamb, 3-4 lbs. (bone in or out - your choice; it will affect the cooking times.)
1 bunch of cilantro
1 bunch of thyme (optional)
1 bunch of mint, remove leaves from the stems
2 tablespoons of dijon mustard
2-3 serrano green chilies
6-8 cloves of garlic
juice of one large juicy lemon
Salt to taste
¼ cup of oil



Directions:

This has an Indian flair to it in that it is spicy and very flavorful.

Put all ingredients in a food processor/blender and make a paste. (This is a great sauce for tea sandwiches.)

Marinate the lamb, by rubbing the marinade all over the lamb (leave for 6-8 hours).

When ready to cook, preheat oven to 450°F.

Bring the leg to room temperature for about half an hour.

Cook on high heat for 30 minutes so that it gets seared, and then lower the heat to 350°F. Rotate the leg every 30 minutes.

The cooking time will vary according to the size of the leg and if it is bone in or not.

Takes about 1-½ to 2 hours depending on whether you want it rare, medium-rare or well done.

With a thermometer check the temperature: 145°F is rare, 160°F is medium-rare and 170°F is well done.

Let the leg rest for 15-20 minutes prior to slicing.

Serve with boiled or roasted potatoes and sautéed green beans. Extra sauce should be served on the side.

Manish Singh, Food Services Director

Paper Bag Roasted Turkey Recipe

Ingredients:

Whole turkey, raw (any size)
1 cup of melted butter (2 sticks)
Thyme, dry or fresh
Rosemary, dry or fresh
Marjoram, dry or fresh
Kosher or sea salt
Black pepper
2 lemons, washed with both ends trimmed off
2 large brown grocery store paper bags



Directions:

Pre-heat oven to 450°F.
Fully defrost turkey and remove inside contents. Rinse turkey and pat dry.
Place the turkey breast side up and spread melted butter on the turkey.
Generously sprinkle the thyme, rosemary, marjoram, salt and pepper on the turkey.
Insert 2 lemons inside the turkey.
Place the turkey inside a large paper bag, taking care not to scrape off the herbs and seasoning.
If the paper bag will not close fully, transfer the bagged turkey into another paper bag to fully enclose the turkey. Clip or staple the bag closed and place inside a roasting pan.
Reduce oven to 350°F. Place turkey inside the oven and add 2 cups of water to bottom of roasting pan. This is enough water to moisten the bottom of the bag.
Cook turkey for 13 minutes per pound. Example: 22-pound turkey will take 4 hours and 46 minutes.
Do not open the bag while the turkey is cooking. No basting of the turkey is required.
When the cooking time has elapsed, remove turkey from the oven and let rest inside the bag for 20 minutes. Turkey will be fully cooked, golden brown, moist and ready to serve.



Turkey roasting drippings may be used for gravy.

Dawn Soto,
Sr. Food Services Training Specialist

Whole Roast Turkey

Ingredients:

- 1 turkey (12-15 lbs.)
- 8 oz. of butter
- 1 tablespoon of smoked paprika
- 1-½ teaspoons of garlic powder
- 1-½ teaspoons of onion powder
- 1 teaspoon of dried thyme
- 1 tablespoon of Kosher salt
- 1-½ teaspoon ground black pepper
- 3-4 fresh rosemary sprigs
- 3 whole lemons
- 1 lemon zest
- 1 whole onion



Directions:

Preparation time: around 3-½ hours

Steps for day one:

1. Defrost turkey under refrigeration (2-3 days).
2. Remove all the insides from the turkey, and rinse with cold water.
3. Dry the turkey using one-time-use towels.
4. Place your turkey on a baking sheet.
5. Mix all dry ingredients in a bowl.
6. Add the lemon zest, and continue to mix until they are nicely blended.
7. Put ¼ of the mix of dry and lemon zest ingredients in the cavity of the turkey.
8. Rub the rest of the mixture on the outside of the turkey.
9. Wrap the turkey with plastic film and place on the refrigerator for 24 hours (1 day).

Step for day two:

1. Remove the plastic wrap from the turkey and place it back into the fridge for another 24 hours (1 day).

Steps for day three:

1. Pre-heat oven at 425°F.
2. Melt 8 oz. of salted butter.
3. With a brush or spatula, spread the butter on the turkey, including the cavity.
4. Insert the fresh rosemary, the three lemons, and 1 onion cut in quarters into the turkey's cavity.
5. Place the turkey on a roasting tray and put it inside the oven for ½ hour at 425°F.
6. Change the temperature to 325°F for an additional 1-½ hours or as needed to reach 165°F internal temperature.

Javier Gutierrez, Food Production Manager

Roast Turkey is a traditional main dish for Thanksgiving Day for most American families.



Desserts



Café LA Coffee Cake (Original LAUSD Recipe)

Ingredients:

2-½ cups of flour
1 cup of brown sugar, packed
½ cup + 1 tablespoon of granulated sugar
1 teaspoon of salt
1 teaspoon of nutmeg
¾ cup of vegetable or canola oil
1 teaspoon of cinnamon
1 teaspoon of baking soda
1 teaspoon of baking powder
1 large egg
1 cup of buttermilk

Directions:

Combine the flour, brown sugar, granulated sugar, salt, nutmeg, and oil and mix until crumbly. Reserve ½ cup of the above for topping and add the cinnamon.
Combine the baking soda, baking powder, egg, and buttermilk to first mixture. Blend together, but do not overmix.
Put in a greased 9" x 13" cake pan.
Sprinkle the cinnamon crumb topping over the batter.
Bake at 375°F for 25-30 minutes.

LAUSD Food Services Staff



Leche Flan

Ingredients:

12 egg yolks
1 can of evaporated milk (Carnation® preferred)
1 can of condensed milk
1 teaspoon of vanilla extract
¾ cup of granulated sugar
2 tablespoons of water



Directions:

Filipino Dessert made of egg yolks, and milk with caramel on top.

Preheat oven to 350°F.

Whisk egg yolks gently. Add condensed milk, evaporated milk, and vanilla extract. Stir until well combined (if you whisk too hard, you will get little bubbles in your flan). Set aside.

In a pot, put sugar and water, and heat over medium heat until the sugar dissolves. Lower heat and cook, shaking pan until dark golden brown and caramelized.

Pour caramelized sugar into a baking pan (you can use a 9" pan or a "llanera" which you can procure from a Filipino grocery store). Tilt pan around until evenly coated. Let set for a few minutes until the caramelized sugar hardens.

Pour the milk and egg mixture through a fine sieve into the pan, on top of the caramelized sugar.

Take a baking tray or dish (anything that is large enough to fit your flan) and place the pan or "llanera" in the baking tray. Pour about 1" of boiling water into the baking tray. Place the tray or dish into the oven. Bake for about 50 minutes. Flan is ready when a toothpick comes out clean. Remove the pan from the water bath and let it cool. Refrigerate until cold (don't rush. If it is too warm, the flan might fall apart). Once cold, run a knife around the edges of the pan. Invert onto a rimmed serving plate. Enjoy!

Christina Suaverdez, Area Food Services Supervisor

Cranberry Fluff

Ingredients:

1 package of fresh cranberries
8 oz. crushed pineapple, drained
2 cups of miniature marshmallows
1 pint of heavy whipping cream
1 cup of sugar
1 cup of chopped walnuts (optional)

Directions:

Mince cranberries in a food processor or by knife.
Add sugar to the minced cranberries and stir until combined. Cover and place inside refrigerator for 2 hours.
Whip the cream until soft peaks form.
Fold cranberries, pineapple, marshmallows and nuts into the whipped cream.
Chill in refrigerator until served.

Dawn Soto, Sr. Food Services Training Specialist



Scones

Ingredients:

- 1-½ cups of flour
- ⅓ cup sugar
- 2 teaspoons of baking powder
- ½ teaspoon of salt
- 1 cup of sugar
- ¾ cup of heavy cream
- ½ cup of chopped walnuts (substitute walnuts with dried cranberries, raisins, or miniature chocolate chips)
- 1 tablespoon of sugar or cinnamon sugar (reserve for topping)

Directions:

- Preheat oven to 375°F.
- Mix together the flour, sugar, baking powder, and salt.
- Pour in the cream, saving ½ teaspoon for a later step.
- Stir together until crumbly, then use your hands to gently knead the dough into a ball.
- Place ball onto a lightly floured surface and either roll out or pat the ball into a circle (7-½").
- Cut the dough into 6 or 8 wedges.
- Lightly coat the top of the scones with a little cream and sprinkle with sugar or cinnamon sugar.
- Place scones 1" apart on a cookie sheet lined with parchment paper or a silicone baking mat.
- Bake for 14-16 minutes.

Dawn Soto, Sr. Food Services Training Specialist



These scones are a Christmas morning tradition for my family. My children have their favorite flavors, so I make a special batch for each of them. Perfect with a cup of coffee, tea or hot cocoa when opening holiday gifts.

LAUSD Ranger Cookies

Ingredients:

1 cup (2 sticks) of butter, room temperature
1 cup of granulated sugar
1 cup of brown sugar, packed
2 eggs, well beaten
2 cups of flour
½ teaspoon of baking soda
½ teaspoon of salt
1 teaspoon of vanilla
2 cups of sugar rolled oats
2 cups of cornflakes
½ cup of coconut
½ cup of chopped walnuts



Directions:

Makes approximately 22 large cookies or 4 dozen small cookies.

Preheat oven to 350°F.

Cream butter with granulated sugar and brown sugar until light and fluffy.

Beat in eggs.

Sift flour with baking soda and salt.

Blend flour mixture into the butter and sugar mixture.

Add vanilla, oats, cornflakes, coconut, and walnuts. Mix until evenly combined.

Smaller cookies - Drop by spoonful 1" apart onto a cookie sheet lined with parchment paper or a silicone baking mat. Bake for 8-10 minutes.

Larger cookies - Drop large spoonful of dough 5" apart onto a cookie sheet lined with parchment paper or a silicone baking mat. Flatten dough to 4" diameter. Bake for 10-12 minutes.

Cookies should be slightly soft when removed from oven.

LAUSD Food Services Staff

LAUSD Chocolate Chip Cookies

Ingredients:

1 cup (2 sticks) of butter, room temperature
¾ cup + 2 tablespoons granulated sugar
1 cup of brown sugar, packed
2 eggs, slightly beaten
3 cups of flour
1-½ teaspoons of baking soda
½ teaspoon of salt
1-½ teaspoon of vanilla
2 cups (12 oz. package) of semi-sweet chocolate chips
1-½ cups walnuts, coarsely chopped



Directions:

Makes approximately 20 large cookies.

Preheat oven to 350°F.

In a large bowl, beat butter with granulated sugar and brown sugar until light and fluffy.

Beat in eggs and vanilla until well blended.

Combine flour, baking soda and salt in a separate bowl.

Add dry ingredients to the creamed ingredients and mix until well blended.

Stir in chocolate chips and walnuts (optional). Mix until evenly combined.

Drop ¼ cup portion of dough onto an ungreased cookie sheet lined with parchment paper or a silicone baking mat. Flatten dough to ½" thick.

Bake for 12-14 minutes, until golden brown and still soft in the center.

Cool on pan until firm, approximately 5 minutes.

Transfer cookies to a baking rack to cool completely.

LAUSD Food Services Staff

JB's Sweet Potato Pie

Ingredients:

1 9" pie shell
2 cups of cooked mashed sweet potatoes
1-1/3 cups of sugar (brown or white)
1 teaspoon of vanilla extract
1 teaspoon of lemon extract
1 teaspoon of cinnamon
1/2 teaspoon of nutmeg
3 eggs
1/2 cup milk or half/half
3/4 stick of butter

Directions:

Peel, cube, and mash cooked sweet potatoes. Place mashed potatoes in a mixing bowl and stir in sugar, cinnamon, nutmeg, and one egg at a time. Add vanilla and lemon extract, milk, and finally add butter. Beat with mixer on medium speed until smooth. Place mixture in 9" pie shell. Bake at 350°F for about 1 hour, or until firm when touched in the middle. Makes 1 pie (9" diameter).

Jonathan Butts, Area Food Services Supervisor



Triple Layer Mousse Cake

Ingredients:

Oreo® Crust:

7oz. Oreo® cookies (without frosting)
4 tablespoons of melted butter

Dark Chocolate Mousse:

5 oz. of semi-sweet chocolate
½ cup of heavy whipping cream
⅔ cup of heavy whipping cream (very cold)
4 grams of gelatin powder
20 ml. of cold water

Milk Chocolate Mousse:

5 oz. of milk chocolate
½ cup of heavy whipping cream
⅔ cup of heavy whipping cream (very cold)
4 grams of gelatin powder
20 ml. of cold water

White Chocolate Mousse:

5 oz. of white chocolate
½ cup of heavy whipping cream
⅔ cup heavy whipping cream (very cold)
4 grams of gelatin powder
20 ml. of cold water

Directions:

Prepare the crust: place Oreo® cookies in a processor and process until they become crumbs. Add melted butter and continue mixing until evenly moistened. Press the mixture into the bottom of 8" springform pan by using spoon or back of the glass cup. Refrigerate until the first layer is prepared.

Soak gelatin powder: mix gelatin powder with cold water and let it sit for 10-15 minutes. Prepare dark chocolate mousse: in a heatproof bowl add the semi-sweet chocolate and ½ cup of heavy whipping cream, place the bowl over a saucepan with simmering water over low heat and mix until all chocolate is melted. Melt hardened gelatin in microwave for few seconds and pour it over chocolate mixture. Let it cool completely (room temperature).

Whip the remaining ⅔ cup of heavy whipping cream until stiff peak form, add melted chocolate mixture into whipping cream and mix until well combine (don't over mix).

Pour the mousse over the chilled crust and refrigerate for about 15-20 minutes to set slightly until you prepare next layer of mousse.

Repeat same steps for milk chocolate and white chocolate mousse layers.

Refrigerate the cake for 4 hours or overnight.

Before taking out from the pan, run a knife around the edges of the cake then remove it.

Decorate mousse cake with fresh berries, fruits and chocolate.



Nelli Khanjyan,
Food Services Manager

Southern Sweet Potato Pie

Ingredients:

Deep dish pie crusts
2 medium size sweet potatoes
2 medium size yams
2 sticks of butter, unsalted
½ cup of white sugar
1 cup of light or dark brown sugar
1 tablespoon (or more to taste) vanilla extract or vanilla bean paste
⅓ teaspoon of lemon extract or almond extract (optional)
1 cup Carnation® evaporated milk
1 teaspoon of ground cinnamon
½ teaspoon of ground nutmeg
1 tablespoon of flour
4 eggs, cold

Directions:

Yield: 2-3 deep dish pies

Make sure your Carnation® milk and eggs are cold. Sticks of butter should be room temperature before mixing. Wash potatoes. Cut off both ends of potatoes, rub with oil or cooking spray, wrap tightly in foil. Lay them on a flat metal oven pan or tray. Cook for 1 hour at 400°F. Use a fork to test for softness. Fork should go into potato smoothly and easily. When done, remove from oven and allow to cool to just slightly warm or cooler (don't use hot potatoes because they will cook your eggs in the mixture).

Turn oven down to 350°F. Perforate bottom/sides of pie crusts with a fork, cook crusts until slightly tanned, approximately 6-7 minutes. Check on crusts every 2-3 minutes. Do not completely brown the crusts, as they must also cook with filling inside. Remove from oven and set aside.

Large bowl #1

Add cooled potatoes into bowl. Pour in ½ cup of cold Carnation® milk. Blend with mixer on low, using circular motion to remove fibers. The fibers will wrap around the blades of the mixer. Turn off and remove mixer from potatoes, then rinse mixer arms in bowl of warm water. Repeat this process several times until no fibers are seen. Change warm water in the bowl as needed, so you can see the fibers on the mixer blades. This will ensure you do not have stringy pies. Continue to bake an additional 20 minutes, allowing the top of pie to brown.

Directions continued on the next page.

Southern Sweet Potato Pie (continued)

Directions:

Large bowl #2

Add butter, white and brown sugar, vanilla, almond and lemon extracts. Mix on high speed to whip mixture. This adds air that will allow the pie to rise while cooking. Add eggs and continue to mix on high until well blended. Set aside.

Use spatula to combine potato mixture with egg mixture in bowl #2, scraping sides of bowl. Add in other ½ cup of Carnation® milk, flour, cinnamon and nutmeg. Taste the mixture. Add additional cinnamon, nutmeg, sugar and vanilla, if necessary to taste. (DO NOT ADD TOO MUCH SUGAR. Pies become sweeter as they cook and as the moisture evaporates.)

Fill the pie crusts with sweet potato batter. Do NOT over fill, as the pie will rise during baking. Use a spatula in a circular motion to even out batter on top. Sprinkle top of pie slightly with cinnamon for color.

Cover pies with aluminum foil. Bake for 1 hour at 350°F. Remove aluminum foil, and continue to bake an additional 20 minutes, allowing the top of pie to brown.

Richard Bowers, Food Services Manager



Alice's Cranberry & Chips Cookie

Ingredients:

1 cup of butter, softened
2 cups of chocolate chips
1 cup of sugar
2 cups of dried cranberries
2 egg yolks, room temperature
1 cup of chopped pecans
1 teaspoon of vanilla extract
½ cup of Heath® English Toffee bits
2-½ cups of flour
¼ teaspoon of baking powder
¼ teaspoon of salt

Directions:

In a mixing bowl, cream butter and sugar. Add egg yolks and vanilla, mix well. Combine the flour, baking powder and salt, gradually add to the creamed mixture and mix well. Stir in the chocolate chips, cranberries, pecans, and toffee bits. Dough will be stiff, use your hands to help shape small tablespoon-sized rounds and place on an ungreased baking sheet about 2" apart. Flatten slightly. Bake at 350°F for 11-14 minutes or until cookies are set and edges are lightly browned. Cool for 2 minutes before removing to wire racks to complete cool. Yields about 4 dozen cookies.

Florence Simpson, Regional Food Services Manager



Cocadas

Ingredients:

14 oz. package of sweetened coconut flakes
14 oz. can of condensed milk
1 egg, slightly beaten
¼ cup of flour
½ teaspoon of vanilla
½ cup of milk or dark chocolate candy melts (optional)

Directions:

Pre-heat oven at 375°F.
Mix the coconut, condensed milk, egg, flour, and vanilla until evenly combined.
Using 2 tablespoons, drop by heaping rounded spoonful about 1" apart onto an ungreased baking sheet lined with parchment paper or a silicone baking mat.
Bake for 12 minutes until lightly golden brown. Remove from oven and cool on wire rack.
Drizzle melted chocolate onto cooled Cocadas (optional).

Dawn Soto, Sr. Food Services Training Specialist

