



*Around the World*

*10th Annual*

**K**  **IDS**

**C**   **KING**

**CELEBRATION**

*Recipe Book*

2018



# Swedish Meatballs by Jensen

5<sup>th</sup> Grade - Bennett Elementary

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## Ingredients:

2 cups	Soft bread crumbs
2/3 cup	Milk
2 Tbsp	Minced Onion
¼ cup	Butter
1 lb.	Ground beef
¼ tsp	Nutmeg
1 ½ tsp	Salt
¼ tsp	Paprika
1	Egg, slightly beaten
2 Tbsp	Flour
½ cup	Milk

## Directions:

1. Preheat oven to 400° 2. Soak crumbs with milk in a large bowl for 10 minutes 3. Cook onion in 2 tablespoons butter over medium heat until soft and yellow 4. Add onion to bowl with soaked breadcrumbs 5. Add meat with seasoning and egg; mix well 6. Form small balls and place on parchment lined baking sheet 7. Bake for 15 minutes until brown 8. Melt remaining butter in large skillet 9. Add meatballs and sprinkle with flour, coating each ball well 10. Add milk and cook, stirring constantly for about 5 minutes. Serve hot. About 2 dozen meatballs



# Norweigan Pancakes by Gracey

4<sup>th</sup> Grade- Zach Elementary

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## Ingredients:

4	Eggs
1 cup	Flour
1 ¼ cup	Milk
2 tsp	Sugar
½ tsp	Vanilla
Pinch of	Salt
Pinch of	Nutmeg (optional)

## Directions:

1. Whisk eggs
2. Slowly add in flour
3. Add milk and all of the ingredients
4. Heat the crepe pan to medium
5. Pour ½ cup batter onto the pan
6. Flip half way
7. Serve with syrup and butter (you can also add Nutella)



# Spanish Tapas by Rebecca

4<sup>th</sup> Grade – Dunn Elementary

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## Ingredients:

¼	Ciabatta Bread
1 Tbsp	Garlic oil
1	Apple ~ large, red
1	Spanish Manchego cheese
1 Tbsp	Fresh Chives ~ diced

## Directions:

1. Core and cut apple into 16 wedges 2. Dice Spanish Manchego cheese into 8 cubes 3. Cut Ciabatta bread into 8 cubes, trimming the edges so the cubes sit straight on a board 4. Heat a pan until hot 5. Brush Ciabatta cubes with the garlic oil and griddle for 2-3 minutes, turning lightly charred all over, remove and put onto a board 6. Add apple wedges to the pan and cook for 2-3 minutes, turning until lightly charred 7. Top each cube of bread with 2 apple slices, a cheese cube and a sprinkle of chives. Secure with a toothpick and serve.



# Broccoli Bacon Quiche by Connor

## 5<sup>th</sup> Grade – Cache La Poudre Elementary

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### **Ingredients:**

1 pkg	Bacon
4	Eggs
1 cup	Half & half
2 cups	Broccoli
¼ tsp	Salt
1/8 tsp	Garlic powder
1/8 tsp	Lemon pepper
1 cup	Swiss cheese

### **Directions:**

1. Beat eggs until well mixed 2. Preheat oven to 340° 3. Cook bacon until crisp 4. Add half & half and cheese to egg mixture and mix well 5. Add in broccoli, salt, garlic powder, lemon pepper and bacon 6. Pour into 9-inch pie plate and bake for 30-40 minutes until brown



# German Banana Bread by Josephine

4<sup>th</sup> Grade - Cache La Poudre Elementary

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## Ingredients:

2	Eggs
2 cups	Flour
1 tsp	Baking soda
½ tsp	Cinnamon
1 ½ cup	Shortening (or oil)
1 ½ cup	Brown sugar
¼ cup	Sour milk or sour cream
1 cup	Ripe banana
1 ½ cup	Chocolate chips (optional)

## Directions:

1. Preheat oven to 350° 2. Combine flour, baking soda, cinnamon, and salt in a bowl 3. Beat shortening (or oil) and sugar in a larger mixer bowl until creamy 4. Add eggs, one at a time, beating well after each addition 5. Gradually beat in flour mixture 6. Add mixture to a greased bread pan 7. Bake 45-60 minutes/ until wooden pick is inserted into the center and comes out clean



# Oatmeal Cake by Lara

## 5<sup>th</sup> Grade - Zach Elementary

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### Ingredients:

½ cup	Butter		
1 cup	Quick oats		
1 ¼	Boiling water	Topping	
1 cup	White sugar	1 cup	Brown sugar
1 cup	Brown sugar	1 cup	Coconut
2	Eggs	¼ cup	Melted butter
1 Tbsp	Cinnamon	½ cup	Evaporate milk
2 tsp	Baking soda		
1 tsp	Salt		

### Directions:

1. Stir butter, oats, water and cool
2. Add remaining ingredients and stir well
4. Pour into greased 9x 13 pan or 2 cake pans
5. Bake 40 minutes at 325 6. Frost after 5 minutes of cooling

### Topping:

1. Blend brown sugar and coconut
2. Add butter and milk, mix
3. Spread onto warm cake
4. Put cake under broiler until frosting is light brown and bubbly, about 5-10 minutes



# Fresh Fruit Crepes by Jillian

## Cache La Poudre Elementary

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### Ingredients:

1 cup	Flour		
1 ½ cup	Milk		
2	Eggs	Fruit Filling	
2 Tbsp	Sugar	2 cups	Fresh fruit, diced ~ strawberries, blueberries and/or raspberries
1 Tbsp	Cooking oil	2 Tbsp	Sugar
1/8 tsp	Salt		
½ tsp	Cinnamon		

### Directions:

1. In a mixing bowl combine first 7 ingredients and mix until smooth 2. In another bowl, combine all fruit, dicing if needed, and add last 2 Tbsp of sugar 3. Heat an 8 or 10-inch skillet until hot and spray with nonstick 4. Pour about 1/3 cup of batter into skillet, lifting and tilting skillet to spread evenly 5. Cook until top side form bubbles, loosen crepe with spatula and flip, cook until done 6. Repeat steps 4 & 5 with remaining batter 7. Heat diced fruit in the microwave in about 1 minute 8. Fill crepes with fresh fruit and serve





# Sushi Hand Rolls by Evan

Zach Elementary

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## Ingredients:

1 cup	Calrose rice
1 ½ cups	Water
2 Tbsp	Rice vinegar
1	Ripe avocado
1	Red bell pepper
1 cup	Shredded carrots
6 sheets	Nori
12	Shrimp
	Soy sauce for serving

## Directions:

1. Add rice and water to a pot, bring to a boil 2. Simmer 20 minutes 3. Spread rice over a baking sheet 4. Stir in seasoned rice vinegar 5. Cool completely 6. While rice cools, cut sides away from bell pepper and cut into strips 7. Cut the sheets of nori in half 8. Add ¼ cup of rice on the left side 9. Press rice into a square 10. Add 1 slice of avocado, 2 strips of bell pepper, a pinch of carrots and shrimp diagonally across the rice 11. Lift the bottom left corner of the nori across the filling to form a cone, tucking the edge 12. Roll the cone forward tightly, toward the far edge, keeping the bottom cone in place 13. Seal the hand roll by placing a few grains of rice on the outer corner. Repeat to make 12



# Homemade Pesto Pasta by Claudia

5<sup>th</sup> Grade – Harris Bilingual School

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## Ingredients

Pasta		Pesto	
1	Egg	2 cups	Firmly packed basil leaves
1 cup	Tipo “00” flour	5-6	Garlic cloves
4 tsp (or more)	Water	½ cup	Olive oil
6-8 cups	Water	1/3 cup	Pine nuts (plus 1 Tbsp for topping)
1 tsp	Olive oil	½ cup	Grated parmesan cheese
		1 tsp	Salt
			Salt and pepper to taste

## Directions:

**Pasta:** 1. Put flour onto a pastry cloth and shape it into a bowl 2. Beat the egg in a small bowl and pour it into the flour 3. Knead the two ingredients together (may need to add some water to get the right texture), continue to knead 4. Once you have a firm smooth texture, shape it into a log 5. Lightly roll it with a rolling pin until about one inch thick 6. Take a pasta machine and run the dough through the smooth rollers until it is the desired thickness 7. Roll the dough through the wide setting *on the pasta machine* 8. *Lay the pasta out to dry* 9. *Add 6-8 cups of water into a pot and put it on the stove to boil*

**Pesto:** 1. Put garlic cloves in a food processor or blender to chop 2. Add pine nuts to chop 3. Add basil leaves and salt, slowly add in the olive oil and blend 4. Add the parmesan cheese and mix together (do not blend parmesan cheese)



# Fabulous Individual Pizzas by Finley

## Cache La Poudre Elementary

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### Ingredients:

2 Flour tortillas, thick & soft  
1 jar Pizza sauce, organic  
Bell peppers  
Pepperoni  
Canned Pineapple  
Sausage Crumbles, cooked  
Onion, sliced  
Tomato  
Mushroom  
1 bag Mozzarella cheese

### Directions:

1. Preheat oven to 400°. 2. Line cookie sheet with parchment paper 3. Place Two tortillas on lined cookie sheet 4. Spread 2 Tbsp of sauce on each tortilla 5. Place desired toppings on pizzas 6. Cover with cheese 7. Bake in preheated oven for 6 minutes until cheese is melted and bubbly 8. Transfer to a cutting board and use pizza cutter to slice. Serve & Enjoy!



# Hawkeye Scrambled Eggs by Brennan

2<sup>nd</sup> Grade - Zach Elementary

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## Ingredients:

1 Tbsp	Olive oil
½ cup	Onion, diced
1	Yellow bell pepper
1 cup	Ham, diced
1 can (2.5oz)	Black olives, sliced
10	Eggs
½ tsp	Salt
1 tsp	Pepper
1 cup	Cheddar Jack cheese, shredded

## Directions:

1. Dice the yellow pepper
2. Place olive oil, onion, ham & yellow pepper in a skillet. Cook.
3. Add black olives
4. Meanwhile, crack eggs in a bowl and whisk
5. Add the eggs to the skillet 6. Sprinkle on salt and pepper.
7. Once eggs are cooked, add cheese. Cook until the cheese is melted



# German Bratwurst with Sauerkraut by Juliet

2<sup>nd</sup> Grade - Lopez Elementary

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## Ingredients:

6	Bratwurst	Sauerkraut	
		4 lbs	Cabbage
6	Hotdog buns	6-8 tsp	Sea salt
	Sauerkraut	1 tsp	Juniper berries (or a mix of coriander and caraway seeds)

## Directions:

Sauerkraut:

1. Shred cabbage into thin slices and place in very large bowl
2. Sprinkle salt and juniper berries (or coriander/caraway mixture) over cabbage
3. Massage seasoning mixture into cabbage until water begins to come out from cabbage. Continue seasoning to taste.
4. Pack cabbage mixture in a large gallon jar or three small jars leaving about a 3-inch head at the top of the jar. Cabbage mixture should be submerged in its own liquid
5. Store at room temperature for 4-6 days or up to 3 weeks, making sure the mixture stays submerged.

Serving:

Serve over warmed bratwurst. Also great on hot dogs or served alongside over hard fried eggs.



# Best Brownies by Kenya

## Cache La Poudre Elementary

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### **Ingredients:**

½ cup Butter  
1 cup White sugar  
2 Eggs  
1 tsp Vanilla  
1/3 cup Unsweetened cocoa powder  
½ cup Flour  
¼ tsp Salt  
¼ tsp Baking powder

### Frosting

3 Tbsp Butter, softened  
3 Tbsp Unsweetened cocoa powder  
1 Tbsp Honey  
1 tsp Vanilla  
1 cup Powdered Sugar



### **Directions:**

1. Preheat oven to 350 degrees. Grease and flour an 8-inch square pan. 2. In a large saucepan, melt 1/2 cup butter. Remove from heat, and stir in sugar, eggs, and 1 teaspoon of vanilla. Beat in 1/3 cup flour, salt, and baking powder. Spread batter into prepared pan. 3. Bake in preheated oven for 25-30 minutes. Do not overcook. 4. To make frosting: Combine 3 tablespoons softened butter, 3 tablespoons cocoa powder, honey, 1 teaspoon vanilla extract, and 1 cup powdered sugar. Stir until smooth. Frost brownies while warm.

# Cream Cheese Burritos by Jayden

## Kindergarten - Laurel Elementary

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### Ingredients:

16oz	Cream Cheese
4oz	Diced Ham
½	Onion, diced
4oz	Green chili peppers
12 count	tortillas

### Directions:

1. Mix room temperature cream cheese, onion, green peppers and ham into a large bowl
2. Lay out tortillas and fill with the mix
3. Wrap into a burrito and cut in half
4. Refrigerate for an hour. Enjoy!



# Calzones by Jacqueline

3rd Grade - Zach Elementary

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## Ingredients:

- 1 tube Pizza dough
- Ricotta
- Mozzarella, shredded
- Parmesan, grated
- Pepperoni
- 1 Egg
- Marina Sauce

## Directions:

1. Using a rolling pin, roll pizza dough out into a circle
  2. Spread both cheeses onto half of the pizza dough
  3. Add pepperoni
  4. Fold other half of dough on top and seal edges together
  5. Let rest for 30 minutes
  6. Brush egg wash over the top of the dough
  7. Sprinkle more grated cheese on top
  8. Bake in oven at 425° for 30 minutes until golden brown and puffed.
- Serve with Marinara dipping sauce. Enjoy!





# Pound Cake by Grace

## Redfeather Elementary

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### Ingredients:

(2) ¼ cup	Light brown sugar, packed	Glaze	
½ cup	Sugar	¼ cup	Butter
1 cup	Butter	½ cup	Brown sugar, packed
½ cup	Shortening	¼ cup	Milk
2 tsp	Vanilla	1 tsp	Vanilla
5	Eggs	2 cups	Powdered sugar
3 cups	Flour		
½ tsp	Baking powder		
¼ tsp	Salt		
1 cup	Milk		
1 cup	Roasted pecans		

### Directions:

**Cake:** 1. Heat oven to 350°. 2. Spread pecans over a flat sheet pan & toast for 6-8 minutes 3. Add first 5 ingredients together in a large bowl. Beat with electric mixer until light and fluffy 4. Add eggs, one at a time. Beat well after each addition. 5. Add flour, baking powder, salt and milk in another bowl, mix well. Combine and mix both bowls together with roasted pecans. 6. Spread batter into cake pan. Bake for 1 hour and 30 minutes. Let cool

**Glaze:** 1. Melt butter in sauce pan, medium-low heat 2. Add brown sugar. 3. Cook for 2 minutes, stirring occasionally 4. Add milk, boil, stir constantly 5. Remove pan from heat 6. Stir in vanilla 7. Pour in powdered sugar 8. Remove pan from heat and drizzle over the cake.

