

# RECIPES TO DO AT HOME FROM OUR FOOD SCIENCE TEACHERS

## RECIPE FROM TRACY

This is a favorite recipe in my class, it is about taking time to feed ourselves.

### Bibimbap

#### Rice

2 ½ cups unwashed short grain rice

2 ½ cup water

¾ t salt

Directions:

- Bring water and rice to a boil over high heat
- Lower the heat, put on lid and heat for 7 minutes

#### Red Chili Sauce

¼ cup Hot and Sweet Chili Sauce (I use Gochu Jang - look in the Asian aisle at the grocery, any brand will do)

3 T water

2 T sesame oil

1 t sugar

Directions:

- Mix it all together and set aside

Vegetables of your choice (carrots, onions, mushrooms, cabbage, spinach, etc)

½ cup water

3 scallions

3 T soy

3 cloves garlic

1 T sugar

Directions:

- Mix all the sauce ingredients together
- Grill the vegetables in 1 t sesame oil and part of the garlic sauce

Assembling it all:

1. Heat your pan to high heat with 2 T vegetable oil and 1 T sesame oil
2. Pack down rice into a tight layer
3. Cook for 2 minutes
4. Turn to low
5. Add vegetables to the top of the rice
6. Put fried egg (with runny yolk) on top
7. Top with the chili sauce
8. Gently toss (leaving the rice as the bottom layer)



## RECIPE FROM DAN K.

# Betty Crocker Buttermilk Pancakes

### Ingredients

WET INGREDIENTS	DRY INGREDIENTS
1 Egg	1 Cup Flour
1 Cup Buttermilk	1 teaspoon baking powder
2 Tablespoons of melted butter or shortening	1 Tablespoon sugar
	½ teaspoon baking soda
	½ teaspoon salt

### Directions

1. Melt the butter and let it cool.
2. Beat the egg and mix with the buttermilk in one bowl.
3. Sift the dry ingredients together in a separate bowl.
4. Add the wet ingredients to the dry ingredients and mix until batter is smooth with a few small lumps—do not overmix.
5. Heat a skillet to 350 degrees or medium high (water drops will skitter around on grill), lightly grease the skillet and spoon batter onto the skillet. Cook until bubbles have formed and are starting to pop, then flip and cook the other side.