Superheroes Cookbook

Learn to cook like a Real Superheroe

BOOK I

Rules for the Kitchen

1. Always ask an adult if you can use the kitchen. Always be with an adult in the kitchen.

2. Make sure you have all the ingredients before you start.

3. Wash your hands before you touch food.

4. Wear an apron or towel to keep your clothes clean.

5. Always clean up when you are finished.

6. Enjoy your meal!

What is in this book?

NOTE FOR PARENTS

COOK WITH THE SUPERHEROES

Children appreciate the process of transforming ingredients. They enjoy the assembling, measuring and chopping tasks that require their deepest concentration, and they like projects that have a beginning (preparation), a middle (messy fun), and an end (happy diners around the table).

If a first attempt at a recipe is a flop, it can be hilarious, but it's never a disaster. When the kids succeed, it's an occasion for feeling very good about themselves.

Getting your child to feel competent at cooking pays off for everyone. Begin by inviting him or her into the kitchen during an unrushed moment, when there is time to instruct and share responsibilities.

Next, determine your child's ability level from the categories that follow. (A child's cooking level is mostly a matter of experience and personality.) Choose a recipe you will both enjoy, then start off with lots of supervision and fun.

Batman

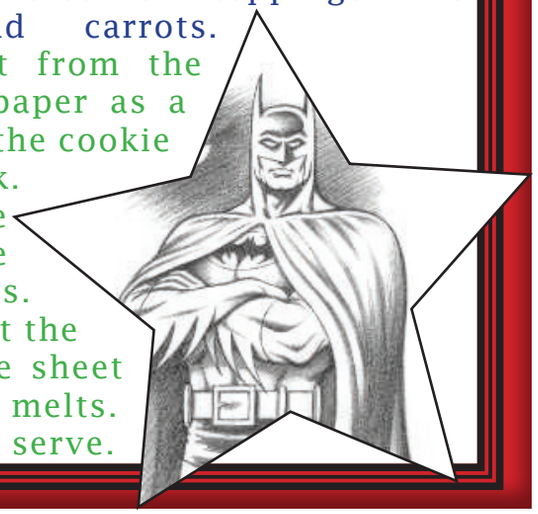
Tasty Catepillar

Recipe Ingredients:

Store-bought pizza dough (half a bag)
2 white button mushrooms, sliced
Olive oil for brushing
Toppings, such as peppers, carrots, olives, fresh basil, and pepperoni
Sauce of your choice (we used both pesto and tomato)
Mozzarella (we cut deli-style slices into disks with a biscuit cutter)

Process:

1. Heat the oven to 400 F. Lay a piece of parchment paper on a cookie sheet so that it extends slightly beyond each end. If needed, let the dough rise according to the package directions. Divide the dough into 15 one-inch balls and combine 3 balls to make the head. Dust your hands with flour, then arrange the balls on the cookie sheet and flatten them slightly with your palms.
2. Press the mushroom slices under the dough for legs, as shown. Brush the dough and mushrooms with olive oil, then bake until the dough is starting to crisp around the edges, about 10 minutes.
3. While the dough bakes, create the caterpillar features from your choice of toppings. We used green peppers and carrots.
4. Remove the cookie sheet from the oven. Using the parchment paper as a carrier, lift the caterpillar off the cookie sheet and set it on a wire rack.
When it's cool enough paint the surface with sauce and arrange the Mozzarella and toppings.
Again using the parchment, set the caterpillar back on the cookie sheet and bake it until the cheese melts.
Let it cool slightly, slice, and serve.



Ninja Turtles

Pizza Mummies

Recipe Ingredients:

English muffins
Pizza sauce
Black olives
Scallions
Red or green pepper
Cheese sticks or slices

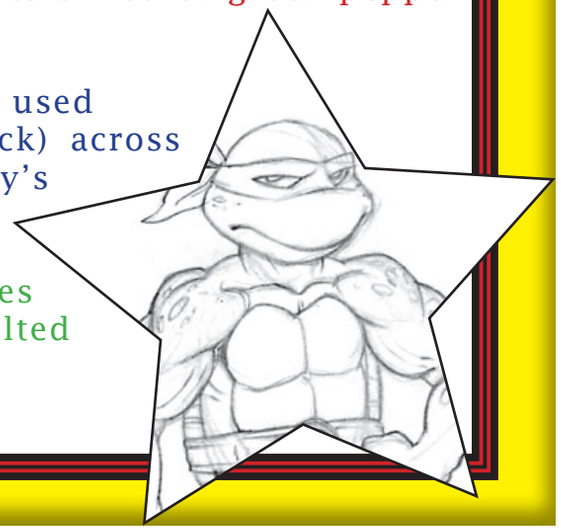
Process:

1. Heat the oven to 350° F. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin (toast it first, if you like).

2. Set olive slices in place for eyes and add round slices of green onion or bits of red or green pepper for pupils.

3. Lay strips of cheese (we used a pulled-apart cheese stick) across the muffin for the mummy's wrappings.

4. Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.



Spiderman

Animal Shapes

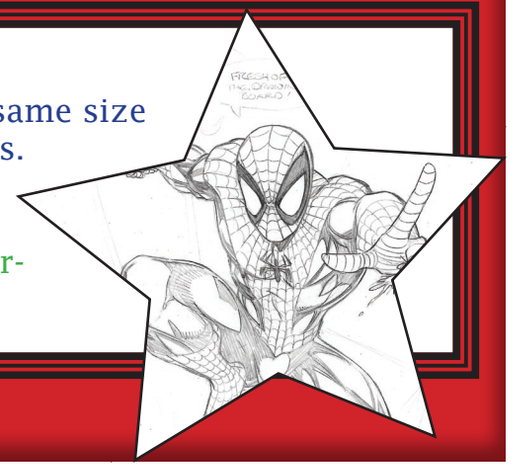
Recipe Ingredients:
1 large flour tortilla
Cooking spray
Salt

Process:
1.Use animal-shaped cookie cuters to cut shapes from a large flour tortilla.
2. Arrange the animals on a baking sheet, lightly coat them with cooking spray, and sprinkle them with salt.
3. Bake at 350° for 5 to 7 minutes, and your chips are ready for a dip in salsa or guacamole.

Funky Fruit Snack

Recipe Ingredients:
Any kind of fruit of relatively the same size
Options: Apples, oranges and pears.

Process:
1. Slice two pieces of fruit that are relatively the same size and alternately stack the pieces, as shown.



Flash

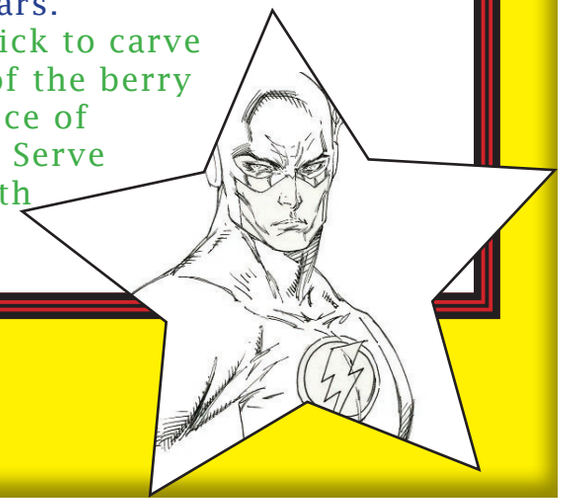
Strawberry Mice

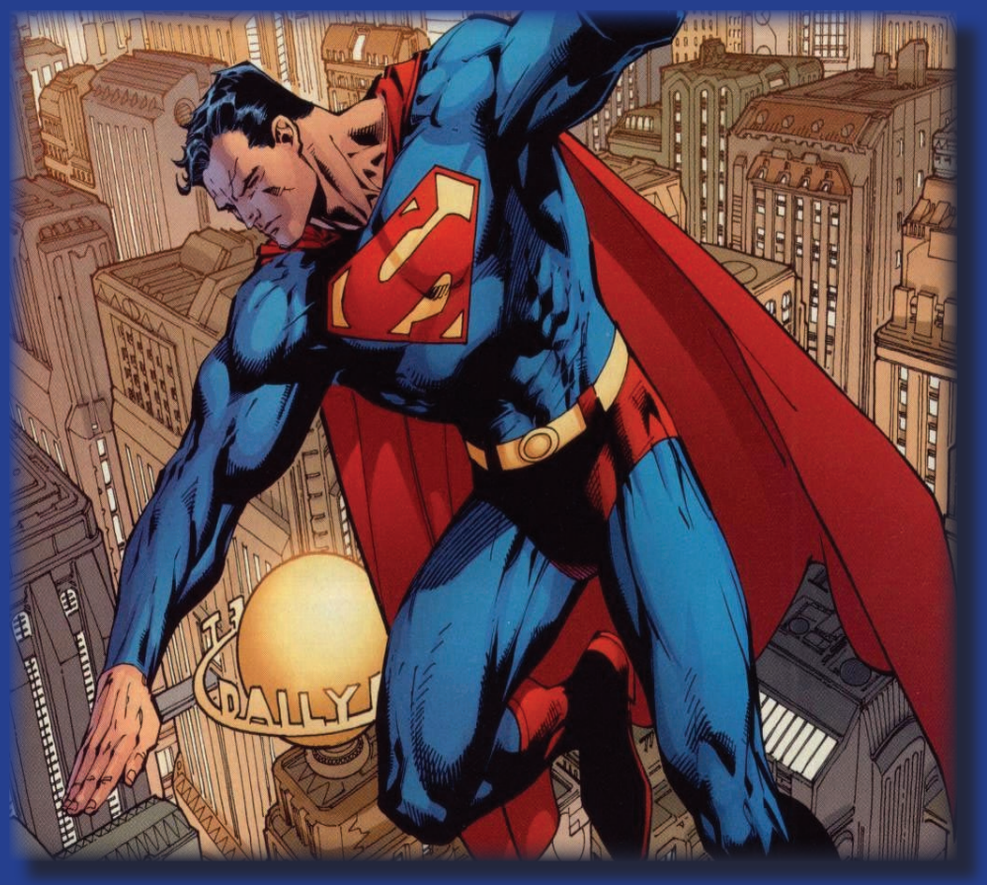
Recipe Ingredients:

Fresh strawberries
Mini chocolate chips
Black decorators' icing
Almond slivers
Toothpick
Red lace licorice
Wedge of Cheese (Your choice)

Process:

1. For each mouse, slice a small section from the side of a strawberry so it sits flat.
2. Press a mini chocolate chip into the tip for a nose, using a small dab of icing to secure it in place, if needed.
3. Add icing eyes and stick 2 almond slivers into the top of the berry for ears.
4. For a tail, use a toothpick to carve a small hole in the back of the berry and push the end of a piece of licorice lace into the hole. Serve these berry cute treats with small triangles of cheese.





Superman

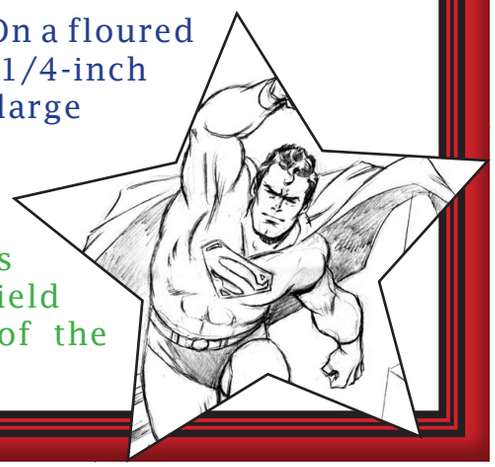
ABC Cookies

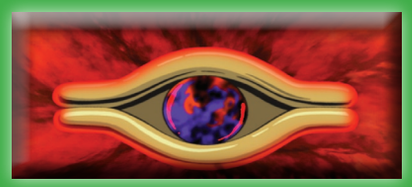
Recipe Ingredients:

1/2 cup (1 stick) butter
3/4 cup brown sugar
2 eggs
1/2 cup molasses
1 tsp. vanilla extract
1 tbsp. cinnamon
3 1/2 cups all-purpose flour
1 tsp. ginger
1 tsp. baking soda
1/2 tsp. salt

Process:

1. In a large bowl, cream the butter and brown sugar. Beat in the eggs one at a time. Mix in the molasses and the vanilla extract.
2. In another bowl, combine the remaining ingredients. Then add the flour mixture to the butter mixture a little at a time, stirring well each time. Cover the dough and chill for at least 2 hours.
3. Heat the oven to 350 degrees. On a floured surface, roll the dough flat to a 1/4-inch thickness. Now you can cut out large letters with a butter knife.
4. With a spatula, set the letters on a lightly greased baking sheet. Bake for about 10 minutes or until the cookies are set. Yield varies depending on the size of the letters.





Yu-Gi-Oh

Lunch Ahoy

Recipe Ingredients:

Pickling cucumbers
Plum tomatoes
Yellow peppers
Tuna salad
Carrot or celery sticks
Lettuce
Cheese (optional)
Fish-shaped crackers (optional)

Process:

1. Fill a veggie vessel (we used halves of a pickling cucumber, plum tomato, and yellow pepper) with tuna salad. Push one end of a carrot or celery-stick mast into the salad and set a triangle sail of pepper, lettuce, or cheese next to it. For the full effect, serve the lunch on a blue plate scattered with fish-shaped crackers.

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How do you turn a sandwich into a fun snack?

Make it a Stick-Wich!

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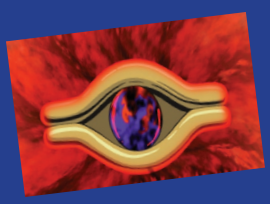

Can you guess who are the superheroes that are in his book?