Thrill of the Grill Class

Thank you for signing up for Chefs of d’ Future, LLC Virtual Thrill of the Grill Class. “A Cooking School that Comes to You.”

What we will cover in this program:
- 3 Marinades & Marinade Basics
- The perfect burger
- Macaroni Salad
- Grilled Chicken
- Grilled Vegetables
- Grilled Corn on the Cob

Weather permitting we will be outside for this class.

First time participants: Use what you have in the house and not go crazy in search of an ingredient. Also to work along with us in real time.

What to do ahead of time: Cook off elbow macaroni al dente, make 4 hard boiled eggs by boiling eggs for 10 minutes.

Finding Ingredients: If you have a problem finding any ingredient feel free to email or call us for alternate solutions. Some ingredients are interchangeable. Clean veggies ahead of time and have all ingredients out along with suggested tools to make it easy to follow along.

We look forward to seeing you in your kitchens or outside to whip up some more fun!

Chefs of d’ Future, LLC
“A Cooking School That Comes to You”
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OUR MISSION:
To empower children through cooking, reinforcing math, science, art and cultural awareness through food preparation.
Bringing families to the kitchen table, showing them the ease of preparing a wholesome meal and that fast food need not be processed.
Finally to help families realize that the power of sitting down to a home cooked meal reaches far beyond the food.
**Master Ingredient List**  David and Julie are using all ingredients. It doesn’t mean you have to get all the ingredients. Choose what you would like to make. Families with younger children might not make as many recipes as families with teens.

**We recommend:**
at least one marinade,  
macaroni salad  
some vegetables,  
chicken and the burgers

**To your taste.** Remember if your family doesn’t eat a certain vegetable or protein leave it out. All of the Vinegars are interchangeable except Balsamic. The amount of chicken and chop meat you purchase should be what you usually make for your family. Again call us if you have questions.

**Dry**
Olive Oil  
Sesame Oil  
Vegetable oil  
Rice Wine Vinegar  
Balsamic Vinegar  
White vinegar  
Apple cider vinegar  
brown sugar  
Honey  
sugar  
Chilli powder  
Cayenne pepper  
Red Pepper flakes  
Cumin  
Salt & Pepper  
Celery seed  
Garlic Powder  
Soy Sauce  
chilli sauce  
Worcestershire Sauce  
Mayonaise  
Black Olives  
Non Stick Pan Spray  
Elbow Macaroni cooked off ahead of time

**Fresh/Perishable**
Boneless Chicken Breasts  
Your ChoiceChopped Meat for Burgers  
(beef, chicken, Turkey, pork, or any combo)  
Rosemary, thyme, basil, cilantro  
Scallions  
Lemons  
Limes  
small onion  
Garlic  
Celery  
Bell Pepper any color  
Grilling Vegetables: Corn on the Cob Zucchini, Yellow Squash, Eggplant Portobello mushrooms, Asparagus, onions, Carrots  
Butter  
Hard boiled Eggs

**Tools, equipment and supplies to have on hand**
medium and large mixing bowls  
3 pint containers for marinades  
Whisk, Chef Knife  
Garlic Press  
Scissors for children  
Cutting board  
liquid measuring cup  
dry measuring cups  
measuring spoons  
separate containers to marinade the proteins  
Grilling Tools, Spatula, Tongs and Fork  
Barbecue Grill for Outdoor Class  
Electric Grill for Inside Class  
(I use a George Foreman) or Broiling  
Tray and a sauté Pan  
Platters and bowls for Finished Products  
Blender/ Bullet or food processor  
plastic wrap
Marinade basics
1. Oils or Fat
2. Acid
3. Salt and Sweet
4. Spices, Herbs and other flavors
These are the 4 components to a marinade. Once you understand them and their ratio to one another, the flavor profiles are endless.
Ratio of Fat to acid is one:one. Salt and sweet are to taste along with the Spices, herbs and other flavors.

Asian Ginger Marinade/Dressing
1 Tablespoon Garlic, Minced
1/2 Cup Soy Sauce & 1/4 cup Honey or 3/4 cup Teriyaki sauce
2 Tablespoon Ginger, Minced
2 Tablespoon Cilantro (Chinese Parsley) Finely Chopped (optional)
3/4 cup Olive Oil
2-3 Scallions finely sliced
3 Tablespoons Sesame Oil
1/2 teaspoon Asian Hot or Chili Sauce (optional)
1/2 cup Rice Vinegar
1/4 Cup Water (used for Dressing not Marinade)

Italian Marinade/Dressing
1 Tbsp Garlic, Minced
1/2 cup Finely Chopped Basil
3/4 cup Olive Oil
Red Pepper Flakes to taste (optional)
1/2 cup Balsamic Vinegar
Salt & Pepper to Taste
1/2 Tbsp Finely Chopped Thyme (optional)
1/2 Tbsp Finely chopped Rosemary Optional
1/2 cup Water (used for Dressing not Marinade)

Southwestern Marinade/Dressing
1 Tbsp Garlic, Minced
1 Tbsp each Lemon and Lime juice
3/4 cup Olive Oil
1/2 cup White Vinegar
1Tbsp cumin
1 Tbsp Worcestershire Sauce
1 Tbsp chili powder
3-4 Scallions finely sliced
1 Tbsp garlic powder
2 Tablespoon Cilantro Finely Chopped (optional)
1/2 teaspoon Chili Sauce (optional)
1/4 Cup Water (used for Dressing not Marinade)

Method of Preparation for all Marinades:
In a medium bowl whisk together oils, dry spices and anything that is minced until frothy or it starts to emulsify.
Slowly drizzle in acids (vinegar, citrus or wine), Sweets (sugars or honey) and any other liquids while continuing whisking.
Add fresh herbs and seasonings. Whisk together ingredients.
Be sure to taste at this point so you can make adjustments.
Store covered in the refrigerator.
Use to marinade your favorite protein, on a green salad or toss over pasta and chopped vegetables for a pasta salad.
Macaroni Salad

**Ingredients:**

**Dressing**
- 2 cups Mayonnaise
- 1/2 cup oil
- 1 Tbsp celery seed
- 1/2 small onion coarsely chopped
- 1/8 cup Apple Cider Vinegar
- 1/8 cup sugar
- Salt and Pepper to taste
- 1/2 to 1 cup water

**Macaroni Mixture**
- 1 lb Elbow macaroni cooked al dente
- 4 hard boiled eggs diced
- 1-2 stalks celery diced
- 1/4 of a red pepper diced
- 1/2 cup black olives diced
- 1/2 cup diced or shredded carrots
- extra celery seed

**Method of Preparation:**

Prepare pasta as directed on package to al dente state.
In a blender add all dressing ingredients except water.
Blend ingredients until creamy.
Slowly add water as mixture continues to blend until desired consistency.
Taste and adjust seasonings if necessary.
In a large bowl add cooked pasta, eggs, celery, red pepper, black olives and carrots.
Pour dressing over pasta mixture and fold together.
Add extra celery seed if desired.
Taste and adjust any flavors to your liking.