
If You Give A Kid A Cookbook...

A collection of recipes from and inspired by your favorite children's books



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Introduction

ABOUT THE COOKBOOK

The goal of this project was to make these books that people are so familiar with and love dearly come to life in an entirely different way. I read often, but it's not everyday that you consciously try to make stories like these so much larger. I also hoped to create an interest in different books with different kids, and create an interest in storytelling. I wanted to make this cookbook attainable for kids of different ages, and make these stories accessible in a whole different way. Not only was this an expansion project for the audience, but it also forced me to experiment with forms of writing that were unfamiliar to me. Instructional writing is something that I had never done much of in the past, and felt very uncomfortable with at first. It took me many hours of pouring over different cookbooks, targeted at both kid and adult audiences, to feel comfortable enough to begin writing my own interpretations.

ABOUT THE AUTHOR

My name is Emalyn Bartholomew, and I am a student at Science Leadership Academy as her Senior Capstone Project. This project was taken on to become more comfortable in the kitchen, a hobby that I've come to love in the past few years. As well as cooking and baking, I am an avid reader and writer, and used all three of these passions to create this cookbook. I am so proud of this book, and I hope that you find the time to make the recipes and enjoy them like I did!

Sides



The Runaway Rabbit's Garden Salad

In this sweet tale, a young rabbit running away from home sees the world before realizing his place is at home with his mom. Create little rabbit's favorite fresh veggie salad with these guidelines. Pro tip: use whatever is in season! This will make your salad fresh, crunchy, and more authentic.

Ingredients:

6 cups mixed lettuce (romaine, arugula, and green leaf)

1 pint of cherry tomatoes

1 bunch of small carrots

1 bunch of radishes

4 red or yellow baby bell peppers

Optional: Your favorite dressing!

1. Wash and dry lettuce and vegetables. Peel and slice radishes and carrots; seed and slice peppers. Cover and chill for at least 30 minutes.
2. Heap lettuce on plates and line up the veggies in rows. Serve any dressing or dip that you like on the side.



The Little Red Hen's Homemade Bread

This sweet children's book shares with readers the important lesson of being helpful when your friends are in need. As the little red hen discovers, none of her friends are quick to put in the work to make her bread, but all are interested in eating some of it. Follow this recipe to make loaves of bread, just like the little red hen did!

Ingredients:

1/2 Cup sugar

1/4 Cup shortening, melted or canola oil

4 Cups warm water, about 110 degrees

4 teaspoons salt

2 Tablespoons yeast or 2 packages of yeast

7-8 Cups flour

Dissolve 1 Tablespoon of the sugar in the water. It is important to make sure the warm water is an accurate temperature. If it is too hot, it will kill the yeast and if it is too cold, it won't rise. The temperature should be about 110 degrees. You should test with a thermometer. Add the yeast to the warm water and sugar mixture, the yeast will start to foam or froth.

In a bowl, add shortening, salt, remaining sugar and 7 Cups of flour. Stir together. Add yeast mixture and mix together to make a soft dough. Add enough flour to the dough to create a ball. Take the ball out of the bowl and place on a clean and floured surface. Knead with your hands.

In a large clean bowl add 1 tablespoon olive oil to the bottom and swirl around to coat the bottom and sides of the bowl. Place bread ball in oiled bowl. Cover with a towel and leave in a warm spot in the kitchen. Let it sit for 30 minutes.

After 30 minutes, with your hand, pound dough down and knead for one minute. Form into two loaves and put in two loaf pans. Cover again and let rise 30 minutes. Then bake at 375 degrees for 30 minutes.



Entreés



above: Chicken Soup with Rice

Chicken Soup With Rice

This story reminds readers of the importance of each month... and how chicken soup with rice compliments them all! Follow these simple steps to make your very own batch of chicken soup with rice for every kind of weather.

Ingredients:

1 rotisserie chicken	2 fresh thyme sprigs
3 celery ribs	1 turkish bay leaf
1 medium onion	6 cups chicken broth
6 fresh sprigs of parsley (and 2 tbsp. chopped parsley)	2 medium carrots
	1/2 cup long grained rice

Remove meat from chicken, reserving skin and bones. Coarsely chop 1 celery rib and put in a 6- to 8-quart pot along with chicken bones and skin, onion, parsley sprigs, thyme sprigs, bay leaf, and chicken broth. Simmer, partially covered, 1 hour.

While broth is simmering, shred about half of chicken meat into 1-inch-long pieces (about 1/4 inch thick) to yield 1 1/2 cups meat, reserving remaining meat for another use. Cut remaining 2 celery ribs into 1/4-inch dice.

Pour chicken broth through a fine-mesh sieve into a large bowl, pressing hard on solids with back of a ladle and then discarding them. Skim fat from surface of broth.

Return strained broth to pot, then add carrots, diced celery, and rice and simmer, partially covered, stirring occasionally, until vegetables are tender and rice is very soft, about 30 minutes. Stir in shredded chicken and chopped parsley.



“Stone” Soup

This sweet story is a beautiful reminder to share and give what you can. While this recipe can provide the basics, don't be afraid to use whatever you have sitting around in your own soup (though maybe stay away from real stones!)

Ingredients:

4 cans (1 $\frac{1}{4}$ -1 $\frac{1}{2}$ ounces each) chicken broth
4 medium red potatoes, cut into eighths
1 yellow summer squash, chopped
2 medium carrots, chopped
1 medium onion, chopped
2 celery ribs, chopped

1 teaspoon dried thyme
1/2 teaspoon pepper
1 cup frozen cut green beans
1/2 cup quick-cooking barley
1 can (1 $\frac{1}{4}$ -1 $\frac{1}{2}$ ounces) diced tomatoes, undrained
4 cups salad croutons
1 cup shredded Parmesan cheese

In a Dutch Oven, combine the first eight ingredients. Bring to a boil, and then reduce the heat and cover for 10-15 minutes at a simmer.

Stir in the beans and barley, and bring to a boil again. Reduce the heat, cover and simmer for 10-12 minutes. Add tomatoes, and heat. Serve with croutons and cheese!



Cloudy With A Chance of Meatballs...

The magical town that this story takes place in has mashed potato clouds and meatball raindrops... recreate that fictional wonderland with this simple recipe.

Ingredients (Mashed Potato Clouds):

3 large baking potatoes
3/4 cup buttermilk
3 tbsp. butter
1/4 tsp. salt
1/4 tsp. ground black pepper

In a large saucepan, add potatoes and enough lightly salted water to cover by about 1 inch. Bring to boiling. Reduce to medium heat. Cover and cook for 12 to 15 minutes or until potatoes are tender. Drain and transfer potatoes to a large bowl. Allow to cool for 5 to 10 minutes. Mash with a potato masher. Stir in buttermilk, butter, 1/4 teaspoon salt, and pepper; cover and keep warm.

Ingredients (Meatball Raindrops):

2 small shallots
1 clove garlic
2 tsp. italian seasoning
1 1/2 tsp. Worcestershire sauce
1/4 tsp. salt
3/4 pound ground chicken

Add shallots, garlic, Italian seasoning, Worcestershire sauce, and 1/4 teaspoon salt to a food processor. Pulse until everything finely chopped. Transfer to a large bowl; add the chicken and mix well. Shape chicken mixture into about 50 3/4-inch meatballs (the size of a small cherry). Pour 3- to 4-cups water into a deep, wide pot or skillet; bring to a simmer. Add meatballs to skillet or pot and cook for 5 minutes or until no longer pink inside. Remove from water with a slotted spoon and place on a paper towel to drain.



Desserts



Above: Chocolate Chip Cookies

Madeline's Iced Madeleines

Enjoy this delicious buttery cookie while re-reading some of your favorite Madeline tales!

Ingredients:

1 ½ cups unsalted butter, melted and cooled	3 large eggs, room temperature
1 cup unbleached all-purpose flour	2/3 cup granulated sugar
½ teaspoon baking powder	1 teaspoon vanilla extract
1 pinch kosher salt	1 teaspoon lemon zest

1. Preheat the oven to 375°F.
2. In an electric mixer beat the butter and sugar until the mixture becomes thick and frothy, about 5 minutes. Then beat in the lemon zest, juice and vanilla.
3. In a small bowl mix the flour, salt and baking powder. With the mixer on low pour this into the wet ingredients and mix until incorporated. Finally, pour in the cooled butter and mix well.
4. Drop the batter into the Madeleine pan and bake them for 9 to 11 minutes, or until they spring back lightly when touched. Remove the cakes from the mold after 2 minutes and allow them to cool completely before icing (optional!)



How To Make An Apple Pie And See The World...

While making an apple pie *is* pretty simple, it does require just a little bit more effort than this book may lead you to believe! Follow these steps to make your own apple pie. When you're finished, it's time to see the world!

Ingredients:

2 tablespoons all-purpose flour, plus more
for dusting

Pie Dough

12 Granny Smith apples, peeled, cored,
and sliced

3/4 cup sugar, plus additional for pie top

Zest and juice of 1 lemon

1 1/2 teaspoons cinnamon

1/2 teaspoon nutmeg

Pinch ground cloves

2 tablespoons unsalted butter

1 large egg, beaten

1. Heat oven to 375 degrees. On a lightly floured surface, roll out pate brisee into two 1/8-inch-thick circles to a diameter slightly larger than that of an 11-inch plate. Press one pastry circle into the pie plate. Place the other circle on waxed paper, and cover with plastic wrap. Chill all pastry until firm, about 30 minutes.
2. In a large bowl, combine apples, sugar, lemon zest and juice, spices, and flour. Toss well. Spoon apples into pie pan. Dot with butter, and cover with remaining pastry circle. Cut several steam vents across top. Seal by crimping edges as desired. Brush with beaten egg, and sprinkle with additional sugar.
3. Bake until crust is brown and juices are bubbling, about 1 hour. Let cool on wire rack before serving.



If You Give A Mouse A Cookie...

Just like this rascally mouse, everyone loves a chocolate chip cookie. Use this simple recipe for gooey cookies, and try to limit the after-snack sneaky activities!

Ingredients:

2 cups all purpose flour

1/2 tsp. baking soda

1/2 tsp. salt

3/4 cup unsalted butter, softened

1 cup packed brown sugar

1/2 cup white sugar

1 tbsp. vanilla extract

1 egg

2 cups semi-sweet chocolate chips

1. Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets or line with parchment paper.
2. Sift together the flour, baking soda and salt; set aside.
3. In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg, and egg yolk until light and creamy. Mix in the sifted ingredients until just blended. Stir in the chocolate chips by hand using a wooden spoon. Drop cookie dough 1/4 cup at a time onto the prepared cookie sheets. Cookies should be about 3 inches apart.
4. Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.



The Very Hungry Caterpillar's Fruit Trifle

Just like this caterpillar, sometimes our eyes are a little bit more ambitious than our stomachs can handle. Follow this recipe for a sweet and simple fresh fruit trifle. Use whatever fruits are in season for a sweeter and more ripe taste!

Ingredients:

1 cup greek yogurt	1/4 cup diced green pear
1 tbsp. maple syrup	1/4 cup diced plum
1/2 tsp. shredded orange peel	1/4 cup diced strawberries
12-15 graham cracker squares	1/4 cup toasted oats
1/4 cup diced apple	1/4 cup drained mandarin segments

1. In a medium bowl, combine the yogurt, syrup, and orange peel; mix well. Cover and chill for at least 4 hours.
2. Put graham crackers, if using, in a plastic bag; roll with rolling pin until they become small crumbs (you should have about 1 cup crumbs). Or, crumble the pound cake.
3. To assemble trifles: Spoon 1/4 cup of graham cracker crumbs at the bottom of each 8-ounce glass. Add 1 tablespoon yogurt mixture to each, then add red apple and green pear; add another 1 tablespoon yogurt, plums, and strawberries. Add remaining yogurt. Top each with 2 tablespoons of toasted rolled oats and finish with a few orange sections.



Sal's Blueberry Smoothie

Sal ended up feeling quite sick from all her blueberry endeavors, but this recipe will keep you feeling light and refreshed. It's a great mid-afternoon pick me up, or an early morning breakfast!

Ingredients:

1/2 cup nonfat or 1 percent low fat milk

1/2 cup nonfat plain yogurt

1 cup frozen blueberries (unsweetened)

1 teaspoon honey

Blend all ingredients in a blender, food processor, or magic bullet, pour into your favorite glass and enjoy! Add in other fruits for a richer taste.



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