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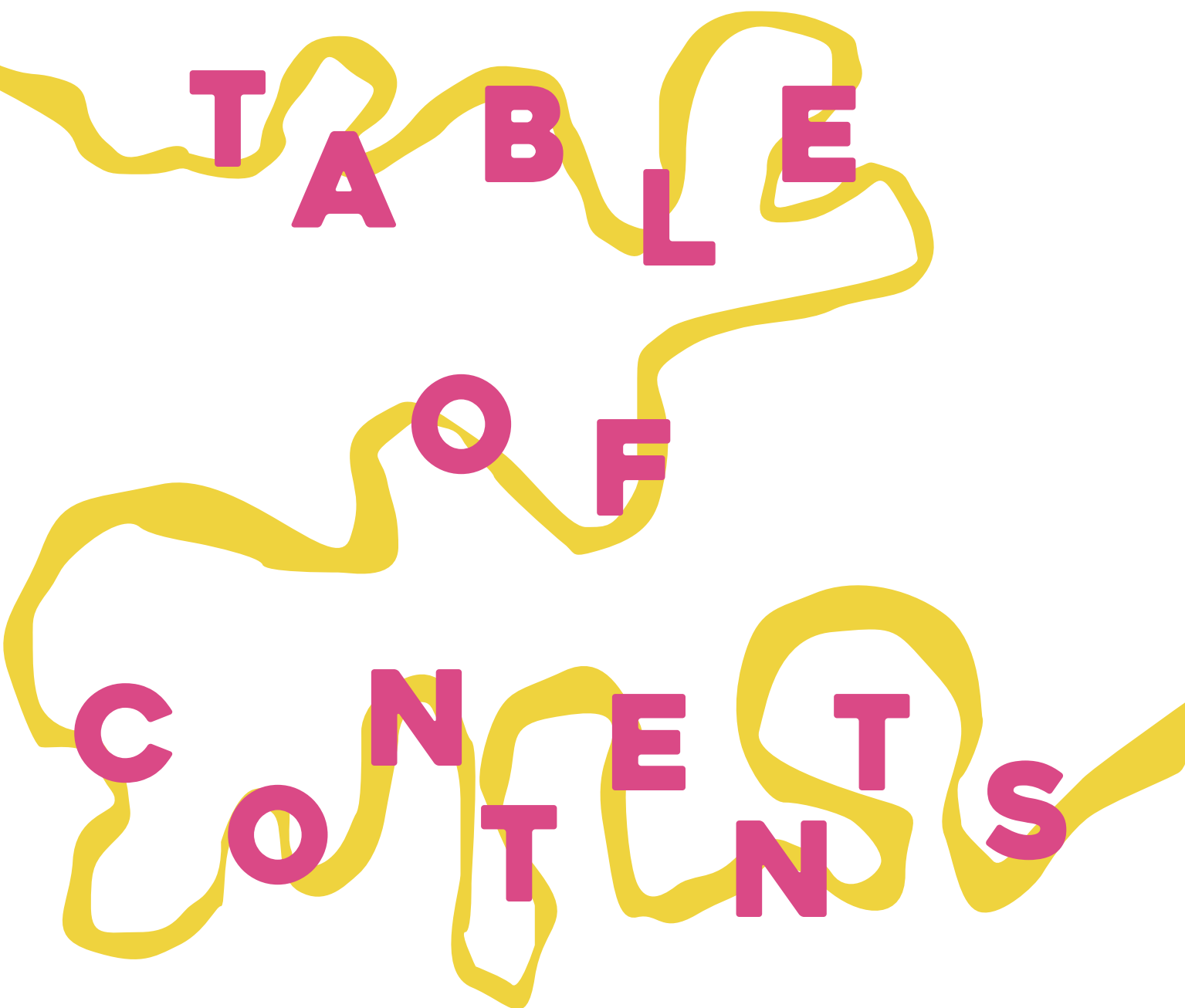
KUMATO
LA TOMATE BRUNE EST SIMPLEMENT UNIQUE





DEDICATION

*This book is dedicated to my family and the recipes that keep us close, even when we're miles apart.
I love you*



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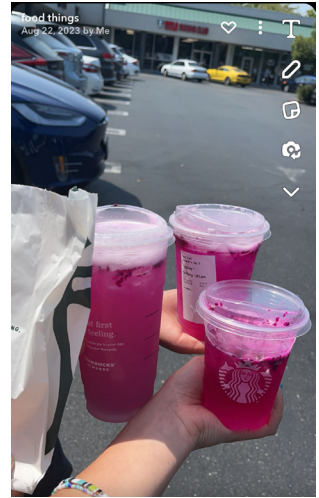
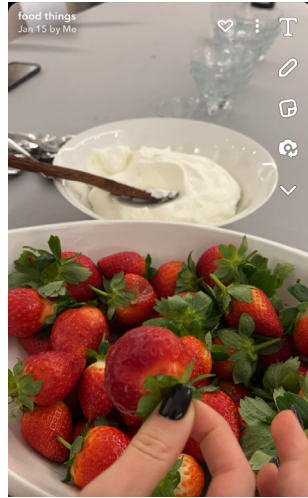
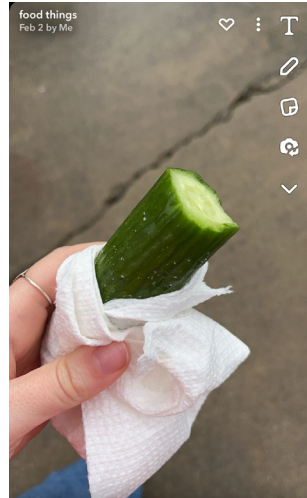
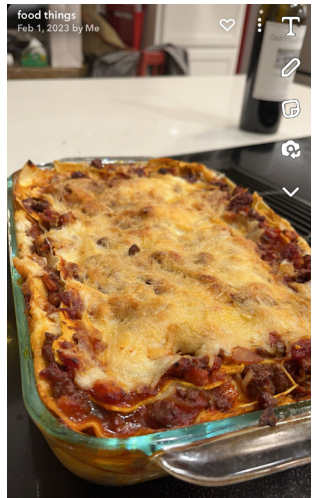
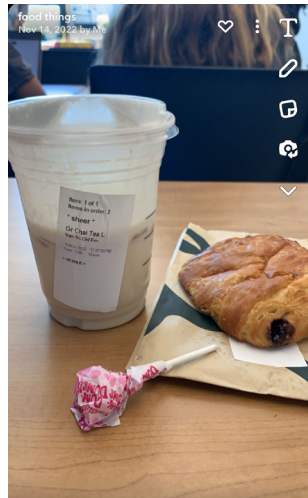
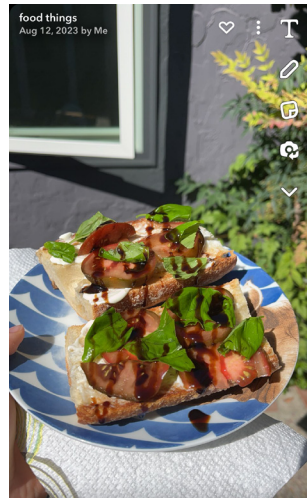
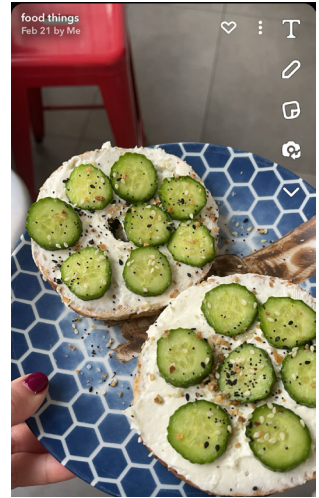
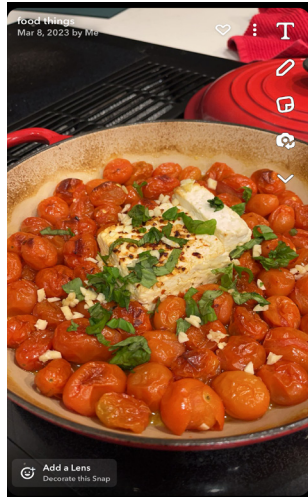
INTRO



Hello! And welcome to my cookbook, Food Things. This book was, in some ways, a long time coming. For those of you who haven't heard of my Snapchat story called Food Things, it's a story I started over two years ago, where I post almost everything I eat. Every once in a while, I reflect on the things I post and notice that as good as the food looks, it's always the memories and the people behind the photo that make me smile.

I am currently a senior at The Freestyle Academy, which means we are tasked with the exciting and slightly daunting task of creating our Zenith. The Zenith project was the chance for ultimate creative freedom, and I've had so much fun exploring new passions. The dictionary definition of Zenith is "the time at which something is most powerful or successful." After two years at Freestyle of acquiring a multitude of skills, I believe that this name perfectly represents what the Zenith project is.

So, without further ado, welcome to my Zenith project! I wanted to create something that combines the things I love—food and family— as well as something that would challenge me: cooking. As I get ready to start my new chapter in life at college, I am hit with different waves of emotions. Am I ready to leave home? Will I be okay on my own? Combated with thoughts such as, I can't wait to see who I will meet, and I'm excited to try new things on my own. Throughout this roller coaster of emotions, one thing that I have realized that serves as a driving reminder to myself is that regardless of what happens, everything will be okay. No matter how many miles or flights are between my family and me, we will always have these recipes that, when we make them, will help us feel right at home.



BREAKFAST



SHAKSHUKA

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 4 garlic cloves, finely chopped
- 2 teaspoon paprika
- 1 teaspoon cumin
- 1/4 teaspoon chili powder
- 1 can whole peeled tomatoes
- 6 large eggs
- salt and pepper to taste

DIRECTIONS

- Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
- Add garlic and spices and cook an additional minute.
- Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
- Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cook the eggs for 5 to 8 minutes, or until the eggs are done to your liking. You can also cover the pan with a lid to expedite the eggs cooking.
- Garnish with chopped cilantro and parsley before serving.

Toast some pitas and enjoy!



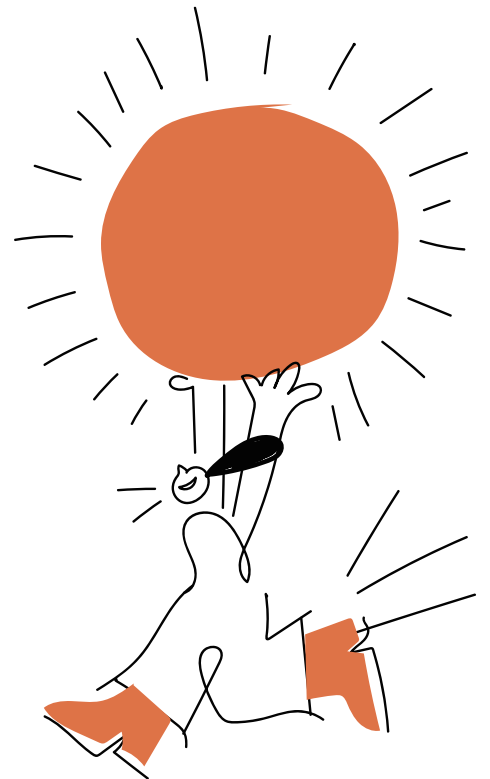
SUNDAY SPECIAL

INGREDIENTS

- 1 bagel of your choice (works on any bread)
- 2 eggs
- splash of milk
- 1 1/3 slices of cheddar cheese
- salt & pepper
- 1 slice of ham

DIRECTIONS

- crack 2 eggs into a bowl, add a splash of milk 1/3 of cheese and whisk
- season with salt and pepper
- put into the microwave for 1:30 min or until cooked
- butter the bagel and toast
- grill peice of ham and add rest of cheese on top to melt
- pull eggs out of microwave and assemble



THE TRIPLE B (BEST BREAKFAST BAGEL)

INGREDIENTS

- any bagel
- whipped cream cheese
- fresh mini cucumbers
- everything bagel seasoning

DIRECTIONS

- toast your bagel
- spread cream cheese on both halves
- slice your cucumbers into small circles
- place the cucumbers on the bagel
- put seasoning on to your liking



SANDWICHES

CAPRESE SANDWICH

INGREDIENTS

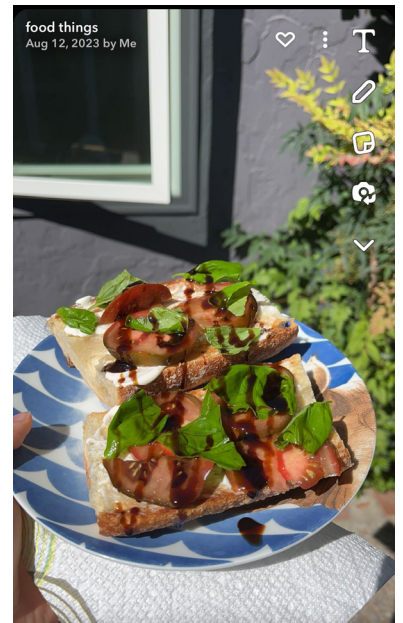
- baguette
- mozeralla balls
- fresh tomatos
- basil
- olive oil
- balsamic vigernette
- truffle salt (if you're extra)

DIRECTIONS

- toast your baguette and put light olive oil
- cut the motzarella balls in half ans slice the tomatos
- assemble on the baguette and top with fresh basil
- drizzle balsamic vigerntte
- add small pinch of truffle salt



As seen
on food things!



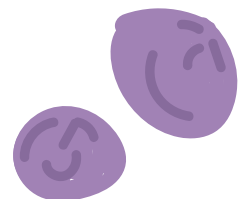
BLINTZES

INGREDIENTS

- 1 1/4 cups milk
- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- pinch of salt
- 4 large eggs
- 1 teaspoon vanilla
- 3 tablespoon butter, softened
- topping ideas: fresh fruit, nutella, powdered sugar, whipped cream

DIRECTIONS

- Add milk, flour, sugar, eggs, butter, vanilla and salt in a bowl and whisk until smooth
- be careful to not over mix!!
- heat skillet over medium heat
- pour roughly 1/4 cup of batter into the pan and swirl the pan in a circular motion until the batter is in a thin, circle in the pan
- cook until lightly golden on the bottom, then flip and cook on the other side
- remove to a plate and keep warm while you continue to cook the rest of the blintzes
- add the toppings of your choice and enjoy



YOM KIPPUR EGG

INGREDIENTS

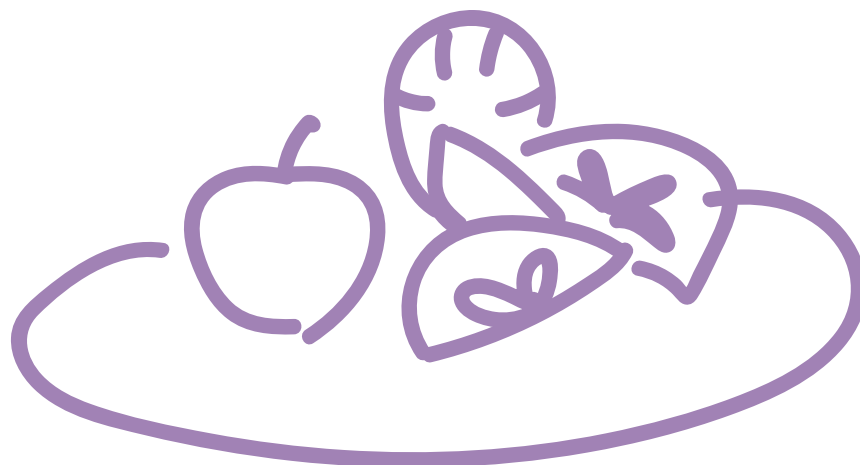
- 1½ packages active dry yeast (about 3½ teaspoons)
- 1 tablespoon plus ½ cup sugar
- ½ cup vegetable oil, more for greasing bowl
- 5 large eggs
- 1 tablespoon salt
- 8 to 8½ cups all-purpose flour
- An egg for each one that you want to make



DIRECTIONS

- In a large bowl, dissolve yeast and 1 tablespoon sugar in 1¾ cups lukewarm water.
- Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading.
- Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Punch down dough, cover and let rise again in a warm place for another half-hour.
- Wrap each egg in Challah dough as seen in the image to the left
- Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour.
- If baking immediately, preheat oven to 375 degrees and brush loaves again. Then dip your index finger in the egg wash, then into poppy or sesame seeds and then onto a mound of bread. Continue until bread is decorated with seeds.
- Bake in middle of oven for 35 to 40 minutes, or until golden. Cool loaves on a rack.

THINGS THAT GET YOU TO DINNER



SPRING ROLLS

INGREDIENTS

- 1 package spring roll rice wrappers
- 1 package rice noodles
- 1 large carrot, peeled and shredded or sliced into thin strips
- 1 large cucumber, peeled and thinly sliced
- 1 pound small, cooked shrimp, seasoned with garlic, butter, and paprika to your liking
- 1 bunch fresh mint leaves
- 1 bunch fresh cilantro
- 1 avocado (optional) (if you're weird)

DIRECTIONS

- cook rice noodles in boiling water, for just a few minutes, according to package instructions. Drain and rinse with cold water
- gather all topping ingredients together, including chopped veggies, herbs, cooked shrimp
- add about 1 inch of water to a large, deep dish, or pie pan. Place one rice wrapper into the water and let soak for just 10-15 seconds. It should still feel pretty firm as you remove it and lay it on your counter or plate
- layer 1-2 slices of each veggie, a few shrimp, a few leaves or herbs, a pinch of noodles, and whatever else your heart pleases
- fold the sides of the spring roll in over the ingredients. Then pull the side closest to you up and over the ingredients, sealing everything together rightly, and rolling it up like a burrito



SABA AVNAR GREEN BEANS

INGREDIENTS

- 1 pound fresh green beans, trimmed and snapped in half
- 3 tablespoons butter
- 3 cloves garlic, minced
- 1/8 teaspoon lemon-pepper seasoning, or more to taste
- salt to taste



DIRECTIONS

- Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans just start to soften, 3 to 5 minutes.
- Drain and return to the skillet. Add butter and stir until melted, 1 to 2 minutes
- Add garlic; cook until tender and fragrant, 1 to 2 minutes
- Season with lemon-pepper seasoning and salt before serving



ABA'S BRUSSELS SPROUTS

INGREDIENTS

- 1 bag of brussels sprouts, halved, stems and ragged outer leaves removed
- 3 tablespoons extra virgin olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey

DIRECTIONS

- Preheat oven to 425°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.
- Directly on the prepared baking sheet, toss the Brussels sprouts with 2 tablespoons of the oil, the salt, and the pepper. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.
- Drizzle the remaining tablespoon of oil, the balsamic vinegar and the honey over the roasted Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.

BRUSCHETTA

INGREDIENTS

- 1 loaf of French bread, cut into 1/4 slices
- 1 tablespoon extra-virgin olive oil
- 8 roma tomatoes, diced
- 1/3 cup chopped fresh basil
- 1 ounce parmesan cheese, freshly grated
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

DIRECTIONS

- Gather all ingredients
- Preheat oven to 400 degrees F
- Brush bread slices on both sides lightly with 1 tablespoon oil and place on large baking sheet. Toast bread until golden, 5 to 10 minutes, turning halfway through
- Meanwhile, toss together tomatoes, basil, Parmesan cheese, and garlic in a bowl
- Mix in balsamic vinegar, 2 teaspoons olive oil, kosher salt, and pepper
- Spoon tomato mixture onto toasted bread slices
- Serve immediately and enjoy!



FOCACCIA

INGREDIENTS

- 1 3/4 cups warm water
- 2 teaspoons cane sugar
- 2 1/4 teaspoon of active dry yeast
- 500 grams all purpose flour
- 2 teaspoons sea salt
- 6 tablespoons extra-virgin olive oil
- flaky sea salt
- chopped fresh rosemary, sliced zucchini, ricotta, kalamta olives, all optional for toppings

Sprinkle with flaky sea salt and other toppings.
Bake for 20 to 30 minutes, or until golden brown.



DIRECTIONS

- In the bowl of a stand mixer fitted with a dough hook, stir together the water and sugar
- Sprinkle the yeast on top and stir again. Set aside for 5 minutes, or until the yeast is foamy. If the yeast doesn't foam, discard the mixture and start again with new yeast. (it's ok, happens to the best of us)
- Add the flour and salt and mix on low speed until a shaggy dough forms. Increase the speed to medium and mix for 5 minutes. A very elastic, sticky dough should form and begin grabbing the sides of the bowl
- Brush a large bowl with 2 tablespoons of the olive oil. Transfer the dough to the bowl, using a spatula to scrape it out of the bowl of the stand mixer. It will be too sticky to transfer by hand. Use your fingers to lightly brush any oil that's pooling at the edges of the dough over its surface. Cover the bowl with plastic wrap or a damp towel and set aside until the dough has doubled in size, 1 to 1 1/2 hours.
- Brush a 9x13-inch baking dish with another 2 tablespoons of the olive oil. As best you can, slide your hand under one edge of the dough and fold it into itself. Continue working your way around the edge of the bowl, folding the dough into itself, until you have a rough ball that you can lift from the bowl.
- Transfer the dough to the prepared pan and turn to coat in the oil. Press the dough to the pan's edges. Let it relax and pull away from the edges, then press it to the edges again. Cover the pan with plastic wrap or a damp towel and set aside to rise until the dough has doubled in size, about 45 minutes. 30 minutes into this rise, preheat the oven to 425°F.

SOUPS + SALADS



SAFTA MEDAVAH CHICKEN SOUP

INGREDIENTS

- 1 whole chicken
- 2 quarts cold water, or as needed
- 8 carrots, peeled and sliced
- 2 stalks celery, chopped
- 1 parsnip, chopped
- 1 medium yellow onion, chopped
- 1 bunch fresh dill weed, chopped
- salt and pepper to taste
- 3 cloves garlic, crushed
- 2 ½ cups matzo meal
- 6 eggs
- 6 tablespoons vegetable oil
- 2 teaspoons salt

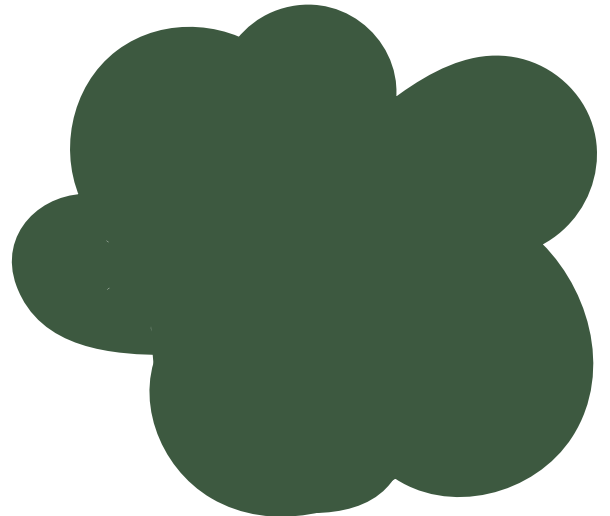
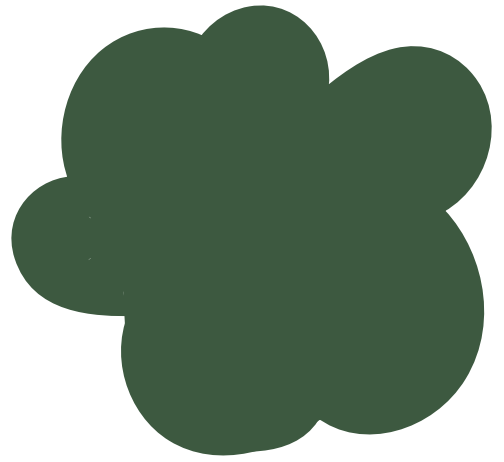
DIRECTIONS

- Place chicken, breast-side down, into a large pot; fill with enough cold water to reach about 3 inches from top of the pot.
- Add carrots, celery, parsnip, onion, dill, salt, and pepper. Bring to a simmer over medium heat, and cook, partially covered for 2 hours. Do not let the soup boil. Skim any fat from the top of the soup. Add garlic, partially cover, and simmer for another 2 hours.
- Mix matzo meal, eggs, oil, 2 teaspoons salt, and 1/4 cup of broth from the soup together in a medium bowl. Refrigerate until set, about 20 minutes.
- Bring a separate pot of water to a rolling boil. Roll matzo mixture into about 16 balls. Wet your hands to keep the dough from sticking to them. Drop matzoh balls into boiling water, cover, and cook for about 35 minutes.
- Meanwhile, remove chicken from soup; remove the bones and skin and cut or shred into pieces. Strain broth, reserving vegetables. Return broth to the pot; add chicken and vegetables (or reserve for another use). Remove matzo balls from boiling water using a slotted spoon; add to soup.

FUN FACT:

Chicken soup is my go to meal every time I'm in Israel. I have it for breakfast, lunch, dinner and midnight snack.





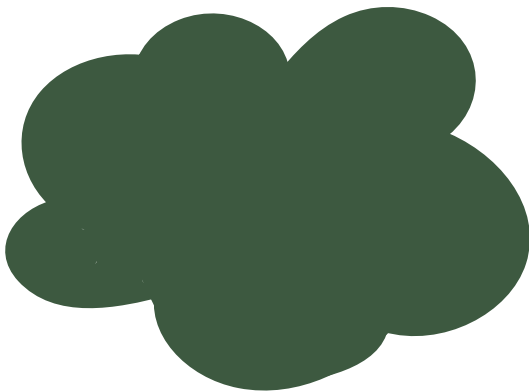
SAFTA YONA BEAN SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium sweet onion finely chopped
- 5 cloves garlic minced
- 2 large carrots peeled and sliced into coins
- 2 stalks celery chopped
- 4 15-ounce cans cannellini beans drained and rinsed
- 4-5 cups vegetable broth
- 1 tablespoon tomato paste
- 1 tablespoon Italian seasoning
- 1/2 teaspoon red chili flakes
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt more to taste
- 3 cups chopped kale or baby spinach
- 2 tablespoons lemon juice
- optional shredded parmesan

DIRECTIONS

- Heat the olive oil in a large pot over medium heat. Add the onions, garlic, carrots and celery. Cook, stirring frequently for about 4-5 minutes.
- Now add the drained and rinsed cannellini beans, vegetable broth, tomato paste, Italian seasoning, red chili flakes, black pepper and salt. Stir well.
- Bring to a boil, then lower heat and simmer for 15 minutes, uncovered.
- Transfer about 2 cups of the soup to a blender and blend until smooth. Transfer the blended soup back to the pot. Alternatively, use an immersion blender and blend a few times to create a creamier texture. Stir well. If the soup is too thick, add a bit more broth until it reaches your desired consistency.
- Stir in the chopped kale or spinach and let simmer for a few minutes until wilted (kale will take a few extra minutes to soften).
- Stir in the lemon juice. Taste and add more salt, pepper or red chili flakes as desired. Serve warm, perhaps with a side of crusty bread and a sprinkle of parmesan in each bowl. Enjoy!



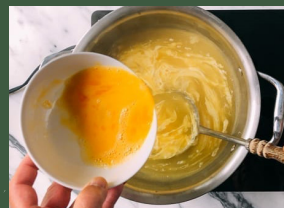
EGG DROP SOUP

INGREDIENTS

- 4 cups chicken stock
- 1/2 teaspoon sesame oil
- 3/4 teaspoon salt
- 1/8 teaspoon sugar
- 1/2 teaspoon turmeric
- 3 tablespoon cornstarch, mixed with 1/3 cup water
- 3 eggs, lightly beaten
- 1 scallion, chopped

DIRECTIONS

- Bring the chicken stock to a simmer in a medium soup pot. Stir in the sesame oil, salt, sugar, white pepper
- Add in the turmeric. Taste the soup, and adjust the seasoning if needed
- Next add the cornstarch and water mixture. Make sure the cornstarch and water is mixed well, as the cornstarch settles very quickly. Stir the soup continuously as you drizzle in the slurry, or you'll get clumps of cooked starch in your soup. Use more or less starch if you like a thicker or thinner soup. You can also add the starch in a couple small batches, let the soup simmer for a couple of minutes, then check to see if the consistency is to your liking
- Now we're ready for the exciting part: the egg. This recipe calls for the egg to be lightly beaten, which results in both white and yellow egg swirls. The speed at which you stir the soup when adding the egg also determines whether you get large egg flowers or small egg flowers. Use a ladle to stir the soup in a circular motion, and slowly drizzle in the egg until you have added it all.
- Ladle the soup into bowls, top with scallions, and serve!



CHICKEN TORTILLA SOUP

INGREDIENTS

- 2 tablespoon vegetable oil
- 1 small onion, diced
- 2 tablespoon minced garlic
- 2 jalapenos, finely diced
- 6 cups chicken broth
- 1 14.5 ounce can fire-roasted diced tomatoes
- 3 chicken breasts, boneless, skinless
- 2 limes, juiced
- salt and freshly ground pepper
- 1 cup roughly chopped fresh cilantro leaves
- grilled tortilla cut into strips
- 1 cup shredded monterrey cheese
- 1 avocado (if you're weird)



DIRECTIONS

- In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapenos and cook for another minute
- Pour the chicken broth, tomatoes and beans into the pot and bring to a boil
- Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside
- Add lime juice and fresh cilantro to the pot
- In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices (optional) and cheese

GREEK SALAD

INGREDIENTS

Dressing:

- 1/4 cup extra-virgin olive oil
- 3 tablespoon red wine vinegar
- 1 clove garlic, minced
- 1/4 teaspoon dijon mustard
- 1/4 teaspoon salt
- freshly ground black pepper

For the Salad:

- 1 cucumber, sliced
- 2 cups halved tomatoes
- 5 ounces feta cheese
- 1/3 cup thinly sliced red onion
- 1/3 cup pitted Kalamata olives



DIRECTIONS

- Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper
- On a large platter, combine the cucumber, cherry tomatoes, feta cheese, red onions, and olives
- Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve

CABBAGE SALAD

INGREDIENTS

- 1 cabbage shredded
- 1/2 cup parsley chopped
- 3 green onions
- cherry tomatoes
- 1/3 cup olive oil
- 1/4 cup lemon juice
- dill and salt to taste



DIRECTIONS

- In a small bowl, mix the ingredients of the dressing together.
- Place shredded green cabbage, chopped parsley and green onions in a large bowl. Pour the dressing over the veggies and toss to combine.
- Toss before serving.

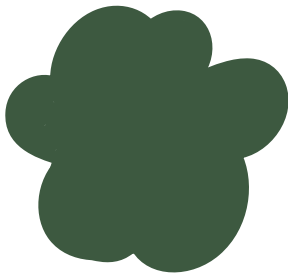
ISRAELIE SALAD

INGREDIENTS

- 3 cucumbers, chopped
- 3 tomatos, chopped
- 2 green onions, chopped
- olive oil
- salt & pepper

DIRECTIONS

- Chop all vegetables into small peices and combine in a bowl
- Add olive oil to your liking
- Finish with salt and pepper



**THIS SUPER EASY
RECIPE IS A STA-
PLE IN EVERY
ISRAELIE'S
HOUSE HOLD**



DINNER



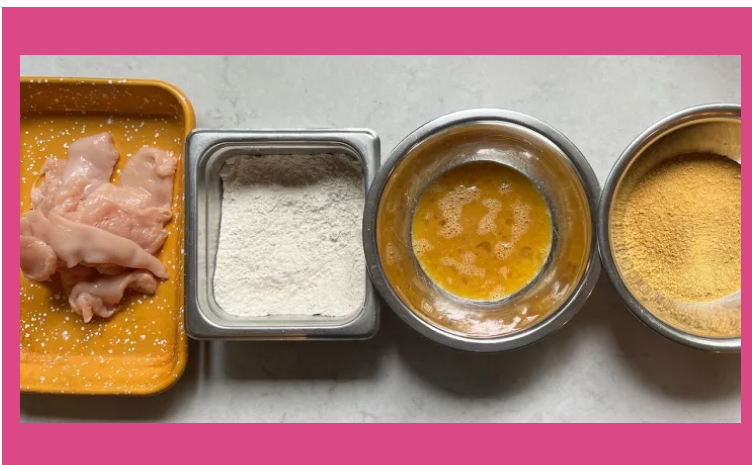
SCHINITZEL

INGREDIENTS

- Chicken Breasts
- salt and pepper
- 3/4 cup flour
- 2 eggs
- 1 1/2 cup panko bread crumbs
- oil for frying

DIRECTIONS

- Chicken breast prep: cut in half horizontally to create two peices.
- Place the chicken on a work surface and cover with a sheet of baking paper or cling wrap. Use a rolling pin to pound to even thickness about 0.8 cm
- Sprinkle both sides of chicken with salt and pepper.
- Place flour in one dish, panko in another and whisk eggs in a bowl.
- Coat chicken in flour, shake off excess. Dip into egg, shake off excess. Press into breadcrumbs, and turn, pressing to adhere, then transfer to plate. Repeat.
- Heat 1.5cm / 3/5" oil in a heavy based deep skillet over medium high heat. Dip the end of a schnitzel in to check if the oil is hot enough - it should sizzle straight away.
- Carefully place 2 schnitzels in the oil and cook for 3 minutes until deep golden, turn then cook the other side for 3 minutes.
- Transfer to a paper towel lined plate to drain excess oil. Repeat with remaining schnitzel.



EDEN'S SHRIMP TACO

INGREDIENTS

- 1 bag of shrimp
- 2 garlic cloves, minced
- 1 tablespoon butter
- season to taste with paprika, garlic powder, cayenne, and onion powder
- lettuce, salsa, purple onion, lime



DIRECTIONS

- Take out the shrimp and defrost it by running it under cold water for 7 minutes
- Remove shrimp from water and unpeel them
- Season to taste with paprika, garlic, onion and cayenne powder
- Add minced garlic
- Cook shrimp in butter 10 minutes flipping sides halfway
- Cut lettuce, purple onion, tomatoes or salsa and assemble to your preference

BROCCOLIE BEEF



INGREDIENTS

- 1 pound flank steak, very thinly sliced into bite sized strips
- 2 tablespoons olive oil
- 1 pound broccoli
- 2 teaspoon sesame seeds
- 1 tsp fresh ginger, grated
- 3 garlic cloves, grated
- 1/2 cup water
- 6 tablespoon low sodium soy sauce
- 3 tablespoon packed brown sugar
- 1 1/2 tablespoon corn starch
- 1/4 teaspoon black pepper
- 2 tablespoon sesame oil
- rice to serve

DIRECTIONS

- Start cooking white rice first so it's ready when the stir fry is done. Cover and freeze steak 30 minutes for easier slicing.
- Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the sugar, and set aside.
- Place a large skillet over medium heat and add 1 Tbsp oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan.
- Increase heat to high heat and add 1 Tbsp oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through. Quickly pull out a piece to test for doneness.
- Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken.
- Add broccoli and stir to combine. Stir in 1-2 Tbsp water to thin the sauce if desired.
- Serve over white rice



MATAN'S CHILIE CARCARNE

INGREDIENTS

- 1 1/2 large onions, diced
- 9 oz lean ground beef
- 1 garlic clove, finely chopped
- 1/2 jalapeno pepper, finely chopped
- 1/4 teaspoon chili powder
- 1/4 teaspoon paprika
- 15 oz can red kidney beans, drained and rinsed
- 1 bay leaf
- 14.5 oz can chopped tomatoes
- 1/2 teaspoon dried oregano
- ground black pepper
- basmati rice, to serve



DIRECTIONS

- Cook the onions and meat for 5 minutes. Stir in the garlic, jalapeno, chili powder, and paprika, and cook for 5 more minutes
- Add the kidney beans and bay leaf, and fry for 2 minutes.
- Add the tomatoes and oregano. Bring to a boil, season with pepper, then simmer on low heat for 40 minutes, stirring occasionally
- Cook the rice according to the method on the package. Drain using a colander. Take the bay leaf out the chili.



IMA'S PASTA BOLONEGES

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion diced
- 3 celery sticks small diced
- 2 carrot sticks peeled and small diced
- 2 garlic cloves minced
- 1 pound lean ground beef
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup whole milk
- 1 (28-ounce) can crushed tomatoes
- 2 tablespoons tomato paste
- 1 bay leaf
- 1 teaspoon oregano
- ¼ teaspoon nutmeg
- 16 ounces Tagliatelle pasta or any pasta or choice
- Chopped parsley for serving



DIRECTIONS

- Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add the onions, celery, carrots and garlic, and sauté for a few minutes until the vegetables soften.
- Add the beef and season with salt and pepper. Break up the ground beef and cook until it's browned and crumbled, stirring occasionally. Add the milk and allow it to simmer until it has mostly evaporated, stirring occasionally, in order to help tenderize the beef, about 10 minutes.
- Add crushed tomatoes, tomato paste, bay leaf, oregano and nutmeg. Mix to combine, bring mixture to a boil and then simmer on low uncovered for at least 30 minutes, but preferably 1-2 hours. Simmering for longer will enhance the flavor. Remove from heat and remove the bay leaf.
- When ready to serve, bring a large pot of salted water to a boil. Serve the cooked pasta in individual bowls and spoon the Bolognese sauce over it. Garnish with freshly chopped parsley and grated Parmesan cheese, if desired.



FETA TOMATO PASTA

INGREDIENTS

- 1 box of cherry tomatoes
- 1 cup olive oil
- 1 teaspoon salt
- 1 block of feta cheese
- 2 teaspoons red pepper flakes
- 2 gloves of garlic
- 1 cup freshly chopped basil
- 1 box of pasta

DIRECTIONS

- Add cherry tomatoes, olive oil, and salt to a baking dish and toss
- Put a block of feta in the middle of the baking dish and top it off with a little bit more oil and red pepper flakes
- Bake at 400 degree Fahrenheit for 30 min then crank the heat to 450 for 10 more minutes
- Add garlic and fresh chopped basil and give it a stir
- Add pasta of your choosing and stir again
- Add to serving bowls and enjoy



RISOTTO

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 cups chopped leeks
- 1/2 teaspoon sea salt
- 2 gloves garlic, minced
- 1 cup uncooked Arborio rice, rinsed
- 1/2 cup dry white wine
- 4 cups vegetable broth
- 1 bunch asparagus, chopped into small pieces
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped chives
- 1/4 cup fresh herbs, parsley, basil
- grated pecorino cheese
- freshly ground black pepper

DIRECTIONS

- Heat the olive oil in a large skillet or medium Dutch oven over medium heat. Add the leeks and season with the salt and a few grinds of pepper.
- Cook, stirring occasionally, for 4 to 5 minutes, or until soft. Add the garlic and stir to incorporate.
- Stir in the rice and let it cook for 1 minute. Stir in the wine and cook for another 1 to 2 minutes, or until the wine cooks down.
- Add the broth, $\frac{3}{4}$ cup at a time, stirring continuously between each addition. Allow each addition of broth to be absorbed by the rice before adding the next.
- Add the asparagus with the last addition of the broth. Cook until the rice is al dente. The risotto should be soft and creamy.
- Add the lemon juice, chives, and mixed herbs and season to taste.
- Garnish with the lemon zest and more herbs. Serve with grated cheese, if desired



SHEER'S LASAGNA

DIRECTIONS

- Cook ground beef, onion, and garlic in a large pan over medium heat until well browned
- Stir in crushed tomatoes, tomato sauce, tomato paste, and water. Season with sugar, 2 tablespoons parsley, basil, 1 teaspoon salt, Italian seasoning, fennel seeds, and pepper. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
- Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.
- In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley, and 1/2 teaspoon salt.
- Preheat the oven to 375 degrees F
- To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13-inch baking dish. Arrange 6 noodles lengthwise over meat sauce, overlapping slightly. Spread with 1/2 of the ricotta cheese mixture. Top with 1/3 of the mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese.
- Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese.
- Bake in the preheated oven for 25 minutes. Remove the foil and bake for an additional 25 minutes.
- Let lasagna rest for 15 minutes before serving



INGREDIENTS

- 1 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 can crushed tomatoes
- 2 cans canned tomato sauce
- 2 cans tomato paste
- 1/2 cup water
- 2 tablespoons white sugar
- 4 tablespoons fresh parsley
- basil, salt, pepper to taste
- 1 teaspoon Italian seasoning
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated parmesan cheese



DRINKS



LEMONANA

INGREDIENTS

- lemonade
- 1 cup of fresh mint
- 3 cups of ice



DIRECTIONS

- in a smoothie blender, pour in the lemonade and all of the ice until it forms a slushie consistency
- add in all of the fresh mint
- blend, serve, and enjoy on a hot summer day!

TAPOGEZAR

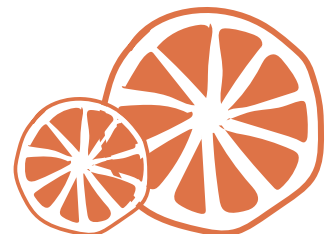
INGREDIENTS

- 3 medium carrots, peeled
- 2 medium oranges, peel and cut
- 1 tablespoon chia seeds, optional



DIRECTIONS

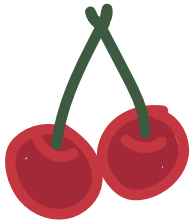
- juice the carrots
- juice the oranges
- stir in chia seeds (if using)
- serve over ice and enjoy



SHIRLY TEMPLE

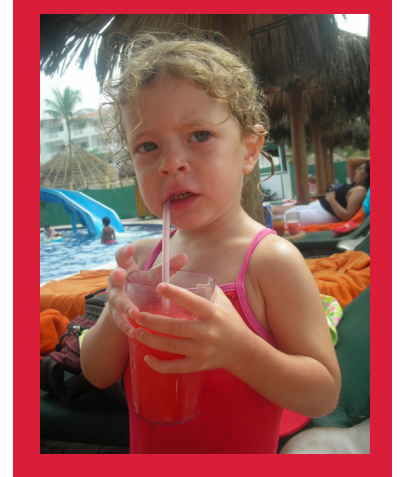
INGREDIENTS

- 1 frozen mango
- 1 cup of frozen raspberries
- splash of water
- 1 cup of frozen peaches
- 1 passion fruit
- 1 table spoon of honey



DIRECTIONS

- add all ingredients to a blender
- blend until smooth
- add more water if too thick



POM POM MOCKTAIL

INGREDIENTS

- 1/4 cup pomegranate juice
- half lime (cut in wedges)
- 6-8 mint leaves
- 1 cup ginger ale
- sweetener to taste

DIRECTIONS

- Place lime wedges, sweetener (if using) and pomegranate juice in a tall glass
- Muddle gently until all the juice has been pressed out of the lime
- Give the mint a gentle press a couple of times with the muddler
- Add plenty of ice to the glass and top with soda water or ginger ale. Stir well
- Garnish with pomegranate seeds, mint and lime



APPLE A DAY SMOOTHIE

INGREDIENTS

- 1 banana
- 1 green apple
- handful of spinach
- ¼ cup of almond milk
- 2 table spoons of low-fat greek yogurt
- Squeeze of lime
- 1 turmeric capsule
- 1 small handful of ice cubes

DIRECTIONS

- in a smoothie blender, cut the banana and the apple into fourths and add the spinach
- add in the almond milk, greek yogurt, turmeric capsule, lime
- add small scoop of ice
- blend and enjoy!



SUPER SMOOTHIE

INGREDIENTS

- 1 frozen mango
- 1 cup of frozen raspberries
- splash of water
- 1 cup of frozen peaches
- 1 passion fruit
- 1 table spoon of honey



DIRECTIONS

- add all ingredients to a blender
- blend until smooth
- add more water if too thick
- serve immediately!

THE BEST BANANA STRAWBERRY SMOOTHIE EVER

INGREDIENTS

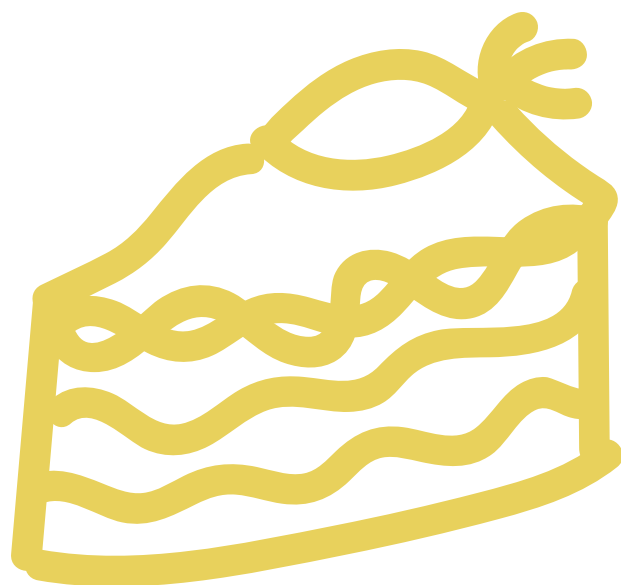
- 1 frozen banana
- cup of frozen strawberries
- splash of milk
- 2 table spoons of low-fat greek yogurt
- a few ice cubes
- 1 table spoon of honey

DIRECTIONS

- split the frozen banana into 3 peices
- add in the forzen strawberries
- add the splash of milk and a table spoon of cold water
- add the ice cubes
- add honey
- blend and enjoy!



DESSERT



IMA'S BROWNIES

INGREDIENTS

- 1 1/2 cups granulated sugar
- 3/4 cup all-purpose flour
- 2/3 cup cocoa powder, sifted if lumpy
- 1/2 cup powdered sugar, sifted if lumpy
- 1/2 cup dark chocolate chips
- 3/4 teaspoons sea salt
- 2 large eggs
- 1/2 cup canola oil or extra-virgin olive oil
- 2 tablespoons water
- 1/2 teaspoon vanilla

DIRECTIONS

- Preheat the oven to 325°F. Lightly spray an 8x8 baking dish with cooking spray and line it with parchment paper. Spray the parchment paper.
- In a medium bowl, combine the sugar, flour, cocoa powder, powdered sugar, chocolate chips, and salt. In a large bowl, whisk together the eggs, olive oil, water, and vanilla.
- Sprinkle the dry mix over the wet mix and stir until just combined.
- Pour the batter into the prepared pan and use a spatula to smooth the top. Bake for 40 to 48 minutes, or until a toothpick comes out with only a few crumbs attached (note: it's better to pull the brownies out early than to leave them in too long).
- Cool completely before slicing.



IMA♥
↓



TAMAR'S APPLE CRUMBLE

INGREDIENTS

- 8 granny smith apples
 - 1/4 cup lemon juice
 - 1/4 cup brown sugar
 - 1 teaspoon cinnamon
- For the Crumble:
- 1/2 cup of brown sugar
 - 1/2 cup of flour
 - 1/2 cup oatmeal
 - 6 tablespoon of butter



DIRECTIONS

- Peel and slice the apples
- Mix with lemon juice and cinnamon (only add sugar if needed)
- Pour into 13x19 baking pan
- Preheat oven to 350 degree F
- Stir together apples, 1/4 cup of brown sugar, cinnamon and lemon juice; pour into a 1 1/2 quart baking dish
- cut flour, oatmeal, remaining brown sugar and margarine together with a pastry blender or fork; sprinkle over apple mixture
- Back until apples are tender and top is browned, about 45 minutes

MIA'S CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1 stick melted butter
- 1/2 cup sugar
- 3/4 cup brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 1/2 cup flour
- 1/2 tsp baking soda
- chocolate chips

DIRECTIONS

- in a big bowl, combine all wet ingredients and both white and brown sugar
- mix until fluffy
- add in flour and baking soda, mix
- add chocolate chips
- combine with wet ingredients
- cover bowl with plastic wrap and let chill in fridge for 30 min
- preheat oven at 345 F for 12 minutes
- let cool and indulge

This is Mia!



FAIRY CHOCOLATE BALLS

INGREDIENTS

- 2 1/2 corn flakes
- 1 1/2 cup of nutella, melted
- 1 cup of sprinkles

DIRECTIONS

- In a large bowl combine corn flakes, melted Nutella, and sprinkles
- Mix until thoroughly combined
- Scoop into small balls and place on parchment paper
- Put tray in the fridge to harden
- Enjoy!



PUMPKIN OLIVE OIL CAKE

INGREDIENTS

- 1 cup all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1 ¼ teaspoon pumpkin pie spice
- ½ teaspoon salt
- ½ cup granulated sugar
- ¼ cup brown sugar, light or dark packed
- 1 cup canned pumpkin puree
- ½ cup olive oil extra virgin
- 2 large eggs room temperature
- 1 teaspoon vanilla extract
- ¼ cup unsalted butter room temperature
- 4 ounces cream cheese full fat, room temperature
- 2 cups powdered sugar sifted
- ¾ teaspoon cinnamon
- ½ teaspoon vanilla extract
- ¼ teaspoon salt

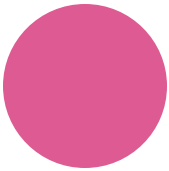
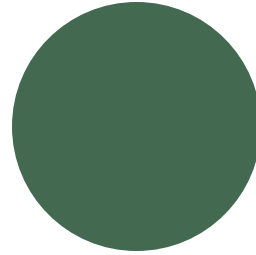
DIRECTIONS

- Spray an 8 inch round cake pan with baking spray. Line with a round of parchment paper. Spray the parchment paper. Preheat oven to 350 Fahrenheit.
- In a large mixing bowl, whisk to combine the all purpose flour, baking powder, baking soda, pumpkin pie spice, cinnamon and salt. Set aside.
- In a medium mixing bowl, whisk together til just combined the oil, granulated sugar, brown sugar, eggs, pumpkin puree and vanilla extract.
- Pour the pumpkin mixture into the dry ingredients. Use a rubber spatula or mixer to mix until just combined.
- Pour the batter into the prepared pan. Spread evenly with an offset spatula. Bake 35-40 minutes until a toothpick comes out clean when inserted in the center of the cake.
- Place the cake pan on a wire rack. Allow to cool completely. Once cooled, run a knife along the edge of the pan to make sure it is not sticking. Remove cake from pan. Make sure cake is completely cool before frosting.
- For the Cinnamon Cream Cheese Frosting:
 - Sift together the powdered sugar and cinnamon. Set aside. In the bowl of an electric mixer fitted with a paddle attachment or in a large mixing bowl using a hand held mixer, beat the butter and cream cheese until completely combined, creamy and fluffy. Mix in the vanilla and salt.
 - Turn mixer off and add the powdered sugar mixture. Beat on low until powdered sugar is no longer visible. Turn mixer to medium high and beat for one minute.

ACKNOWLEDGMENT

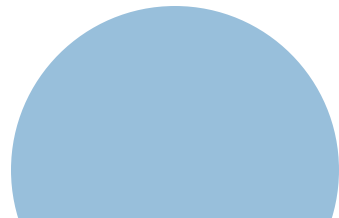
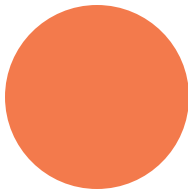
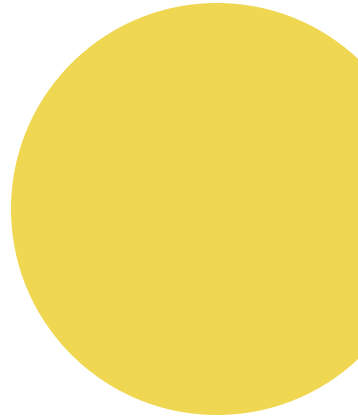
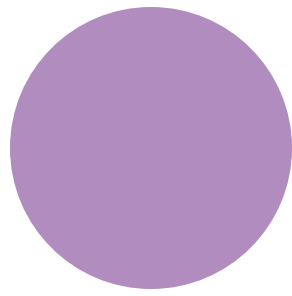






I want to start with thanking my family, whose unwavering support and love drives me to to give my all to every project. As for my questionable culinary journey... although my skills may not have improved as much as I had hoped throughout this project I want to thank my parents for encouraging me to try each recipe on my own and for letting me take over the kitchen. To my friends, thank you for your encouragement and love for Food Things, your support throughout the past year of posting has driven me to counitnue to post and share more fun food moments together. Special thanks to all those who shared their cherished recipes, inspiring the creation of this cookbook. Lastly, I want to express my undying appreciation to Freestyle Academy and my one of a kind design teacher, Ms.Parkinson. The skills and lessons I have aquired from Freestyle over the past two years will countinue to inspire me everyday and the memories I have made will last me a life time. I can not express how grateful I am for the memories that Freestyle has brought me and look forward to looking back at this book and remembering the joy and connections that I have made during my time at Freestyle.





ABOUT THE AUTHOR

NAME Sheer Hamam

AGE 17

GRADE 12th



FAVORITE COLOR PINK!

FAVORITE SEASON Summer ☀️

FAVORITE SCHOOL SUBJECT Design (Duh)

WHEN I GROW UP, I WANT TO BE

A psychologist 😊



Sheer Hamam, a senior at Mountain View High School, is currently studying Design at Freestyle Academy. Residing in Mountain View with her family of five, Sheer cherishes her time with her affectionate dog, Snoopy, and her (very) spirited cat, Windy. Beyond her academic endeavors, she finds joy in exploring the great outdoors, often chasing sunsets and enjoying scenic drives with her best friends.

Sheer is actively involved in her school community through her participation in the Spartan Buddy Club and the National Honor Society. She also works at the community favorite, The Sweet Shop, as a barista. Her commitment to these organizations reflects her dedication to service and leadership.

Looking ahead, Sheer is eager to begin her next chapter at the University of Colorado Boulder, where she will major in Psychology. She is passionate and excited about the potential to contribute positively to the community through her studies and future initiatives.

Sheer is immensely grateful to Freestyle Academy for nurturing her creative talents and fostering an environment that has allowed her personal and professional growth. As she prepares for the future, Sheer is enthusiastic about the opportunities that lie ahead and the impact she hopes to make in the field of psychology.

