



Black Bear Lake

Culinary Arts

WEEK 1: *American Classics*

Fun & Delicious Treats to Celebrate the Fourth of July!



Red, White, & Blue Trifle

Ingredients:

- 1 (8-ounce) package cream cheese, at room temperature
- $\frac{1}{2}$ cup sugar
- 1 $\frac{1}{2}$ cups heavy cream
- 1 tsp. vanilla extract
- 1 lb. pound cake, cubed
- 2 cups blueberries
- 2 $\frac{1}{2}$ cups blackberries
- 1 $\frac{1}{2}$ qt. strawberries, stems removed, sliced

Instructions:

1. Combine the cream cheese and granulated sugar in the bowl, and with the hand mixer, beat on medium-high speed for 1 to 2 minutes until smooth. Scrape the sides and bottom of the bowl.
2. With the mixer on medium, slowly add the heavy cream and vanilla and mix until combined. Switch to the whisk attachment and whip at medium speed until soft peaks form and the mixture is easy to dollop.
3. Place a single layer of cake cubes in a large trifle dish (12 to 14 cups). Top with $\frac{2}{3}$ of the blueberries and blackberries, then $\frac{1}{2}$ of the whipped cream (about 2 cups), then $\frac{2}{3}$ of the strawberries. Repeat the cake and cream layers once more, then decorate the top with the remaining berries. Serve immediately.

Apple Snickerdoodle Cookies

Ingredients:

- 1 cup butter, softened
- $\frac{1}{2}$ cup granulated sugar
- $\frac{3}{4}$ cup brown sugar, firmly packed
- 1 tbsp vanilla extract
- 2 eggs
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tsp cinnamon
- 2 $\frac{3}{4}$ cup all-purpose flour
- 1 $\frac{1}{2}$ cup diced apples

Cinnamon & Sugar Topping

- $\frac{1}{4}$ cup sugar
- 1 tbsp ground cinnamon

Instructions:

1. Preheat your oven to 325 degrees Fahrenheit. Then, combine the softened butter, granulated sugar, and brown sugar together in a mixing bowl. Cream this together until smooth.
2. Next, add in the 2 eggs, vanilla extract, baking soda and salt. Mix this together until smooth.
3. Then, add in the (1 tsp) ground cinnamon.
4. Next, add in the flour, $\frac{1}{2}$ cup at a time.
5. Then, mix in the diced apples using a rubber spatula. Finally, form the dough into 1 inch balls.
6. For the topping, combine $\frac{1}{4}$ cup granulated sugar, and 1 tablespoon of ground cinnamon together in a small bowl. Whisk this together for about 1 minutes.
7. Roll each cookie dough ball in the cinnamon and sugar topping, then place it in on a cookie sheet lined with parchment paper. Then, with the palm of your hand, lightly flatten them down just a little.
8. Bake the cookies for 10-12 minutes or until they edges start to turn golden brown. Rotate the pan halfway through the cooking time to allow even cooking.
9. Allow them to cool on the pan for a few minutes before transferring them to a cooling rack or plate.



Red, White, & Blue Cupcakes

Ingredients:

- 2 $\frac{1}{3}$ cups cake flour
- 1 $\frac{3}{4}$ cup sugar
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp baking powder
- 3/4 cup salted butter softened (unsalted butter works too)
- 4 tbsp vegetable oil
- 3 large eggs + 1 egg white at room temperature
- 2 tbsp pure vanilla extract
- 3/4 cup buttermilk
- 1/2 cup rainbow sprinkles
- 1 tbsp cake flour for coating the sprinkles

Instructions:

1. Preheat the oven to 375°F. Line your cupcake pan with cupcake liners, and set it aside.
2. In a medium-sized bowl, whisk together the cake flour, baking powder, baking soda, and salt. Set aside.
3. In a large mixing bowl or stand mixer, beat the softened butter, sugar, and oil on medium-high speed for about 3-5 minutes, until light and fluffy. The mixture should look pale and creamy, ensuring a soft texture in your cupcakes.
4. Add the eggs and egg white one at a time, beating well after each addition. Once the eggs are incorporated, add the vanilla extract and mix until smooth.
5. With the mixer on low, add one-third of the dry ingredients to the butter mixture, mixing until just combined. Add half of the buttermilk and mix, then alternate with the remaining dry ingredients and buttermilk, finishing with the last third of the dry mix. Be careful not to overmix, as it could lead to dense cupcakes.
6. Toss the rainbow sprinkles with 1 tbsp of cake flour, then gently fold them into the batter with a spatula.
7. Fill each cupcake liner 2/3 of the way full with batter. Bake in the preheated oven at 375°F for 5 minutes, then reduce the temperature to 350°F without opening the oven door. Continue baking for an additional 10 minutes, or until a toothpick inserted into the center comes out clean or with a few moist crumbs.
8. Allow the cupcakes to cool in the pan for 2 minutes before transferring them to a wire rack to cool completely. Once cooled, top with your favorite frosting, and add a few extra sprinkles for garnish.



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Banana Crumb Muffins

Ingredients:

- 2 cups all-purpose flour
- 2 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ¾ cup granulated white sugar
- ¼ cup light brown sugar
- ½ cup salted butter melted and slightly cooled
- 2 tbsp neutral oil canola, vegetable, avocado etc
- 2 large eggs room temperature
- 1 ½ cups mashed overripe banana about 3-4 bananas
- ½ cup sour cream room temperature
- 1 tsp vanilla extract

Cinnamon Crumble

- 1 cup all-purpose flour
- 6 tbsp light brown sugar
- ¼ cup granulated sugar
- 2 tsp cinnamon
- ½ cup cold salted butter cubed
- ½ tsp vanilla extract
- Pinch of salt

Instructions:

1. Preheat oven to 425°F. Line a muffin tin with liners or grease well.

Cinnamon Crumble:

1. Mix 1 cup flour, 6 tbsp brown sugar, ¼ cup granulated white sugar, 2 tsp cinnamon and pinch of salt.
2. Cut in cold butter until chunky crumbs form. Stir in vanilla paste if using. Refrigerate to keep cold while we prepare the batter.

Banana Muffin Batter:

1. In a large bowl, whisk together flour, baking powder, baking soda, salt, white and brown sugar and cinnamon.
2. In the same bowl, add in the melted butter, oil, eggs, mashed banana, sour cream and vanilla. Whisk until combined.

Assemble:

1. Fill muffin cups all the way to the top. Take the streusel mixture, squeeze it into clumps, and generously sprinkle over the muffins to form a thick crumble layer.
2. Bake at 425°F for 5 minutes, then reduce to 350°F and bake an additional 10–15 minutes, or until domed and a toothpick comes out clean
3. Cool in the pan for 5 minutes, then transfer to a wire rack.

