



WHAT'S FOR DINNER?

The Most Requested Recipes
from Jessica and Anne's SFS Kitchen

Sloppy Joes

This is our version on a classic. At school we make it with either ground beef or ground turkey, and do a vegetarian version using crumbled tofu, crumbled (cooked) veggie burgers, or tempeh in place of the meat. We serve it on soft burger buns, but it's also great with biscuits.

Serves 6

3 tablespoons olive oil

1 large onion, chopped

1 red bell pepper, chopped

4 garlic cloves, finely chopped

2 ½ pounds lean ground beef or ground turkey

1 teaspoon kosher salt

½ teaspoon black pepper

1 (28-oz) can whole tomatoes in juice, or tomato puree

½ cup ketchup

2 tablespoons molasses (not blackstrap)

2 tablespoons cider vinegar

1 ½ tablespoons Worcestershire sauce

Heat oil in a wide 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, bell pepper, and garlic, stirring occasionally, until golden, 10 to 12 minutes. Add beef and sauté, stirring occasionally and breaking up large lumps with a wooden spoon, until meat is no longer pink, about 5 minutes. Stir in salt and pepper.

Purée tomatoes with juice, ketchup, molasses, vinegar, Worcestershire sauce, in a blender/food processor/with an immersion blender until smooth. Add to the beef and simmer, uncovered, stirring occasionally, until sauce is thickened, 25 to 30 minutes.

SFS Tomato Soup

This is a school favorite, likely because we always serve it with cheesy bread alongside! The secret to this otherwise simple soup is the addition of cream cheese, which gives it a lovely texture. You can omit it for a vegan soup, or use a splash of cream in place of cream cheese if you don't have any on hand. For cheesy bread, we use focaccia, topping it with a generous blanket of cheese (ideally a mixture of cheddar and either Jack or mozzarella), then baking it until melted and beginning to brown.

Serves 4

3 tablespoons unsalted butter

1 tablespoon extra-virgin olive oil

1 large onion (white or yellow), diced

Kosher salt and freshly ground black pepper

3 garlic cloves, minced

2 tablespoons tomato paste

One (28 ounce) can tomato puree (you can also use whole or diced tomatoes; just whiz them in a blender or food processor)

2 cups vegetable stock, chicken stock, or water

3 ounces full-fat cream cheese

In a large saucepan combine the olive oil and butter over medium heat. When the butter has melted, add the onions and a generous pinch of salt and cook, stirring, until the onions are translucent but not browned, 6-8 minutes. Add the garlic and tomato paste and cook, stirring, 2 minutes more. Add the tomato puree and vegetable stock (or chicken stock or water), bring to a boil, then reduce until the mixture is simmering gently. Simmer for 20 to 30 minutes, then taste for seasoning. It's likely to need a lot more salt. Cut the cream cheese into chunks and add to the soup. Let stand 5 minutes, then puree the soup using an immersion blender or in batches using a regular blender (if using a regular blender, be careful and puree in batches, only filling the blender halfway, as hot soup can blow the lid off, sending a hot tomato-ey rain all over your kitchen and ruining your day)

SFS Baked Potato and Eggs

This is a Patty Corwin classic that is still beloved by all. It's equally good hot or cold, and the kids like it with ketchup. For the faculty and staff, we serve it with a salsa verde.

Serves 8

2 pounds Yukon Gold potatoes, diced into 1-inch pieces

¼ cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

10 large eggs

½ cup whole milk, half-and-half or heavy cream

2 cups shredded white cheddar or Jack cheese (or a mixture)

Preheat the oven to 375 degrees. Place the potato cubes in a 9x13-inch baking dish, add the oil and a few generous pinches of salt and pepper and toss to coat. Transfer the oven and bake until the potatoes are browned and crispy, about 25 minutes, stirring occasionally. The potatoes may stick at first, but once they are browned on the bottom they should lift from the pan easily.

While potatoes are cooking, in a large bowl whisk together the eggs and milk until the mixture is totally homogenous (you can also do this in your electric mixer, if you want).

When the potatoes are tender and browned, remove the pan from the oven, give the potatoes one last stir, then pour the beaten egg mixture over and top with the shredded cheese. Return the pan to the oven and bake until the eggs are puffed, lightly browned and just set in the middle, 20 to 30 minutes. Serve! Any leftovers make a great sandwich filling.

Cornbread

This is another Patty Corwin classic recipe for a light-textured, slightly sweet, fluffy style of yellow cornbread.

Makes one 9x13-inch pan; serves 8

1 cup all-purpose flour

1 cup corn meal

1/3 cup sugar

1 teaspoon kosher salt

1 tablespoon baking powder

1 cup milk

5 tablespoon unsalted butter, melted and cooled, plus more for buttering the pan

1 large egg

Preheat the oven to 375 and butter a 9x13 glass, ceramic or metal baking dish.

In a large mixing bowl combine the dry ingredients. In a measuring cup combine the milk, butter and egg and whisk to mix. Pour the wet ingredients into the dry and stir until just combined. Transfer the batter to the pan, smooth the top, and transfer to the oven. Bake until puffed and golden brown and a toothpick inserted in the center comes out clean, 20 to 25 minutes. Let cool slightly, then cut into squares and serve.

Pizza Dough

Makes one half sheet pan (like we make at school) or two 10-inch rounds.

1½ cups warm water

2 tablespoons sugar

4 teaspoons active dry yeast

¼ cup extra-virgin olive oil

1 tablespoon kosher salt

2 cups all-purpose flour

2 cups whole wheat flour

Additional flour, olive oil and cornmeal, for shaping the dough

Toppings of your choice: tomato sauce, mozzarella cheese, vegetables or meats

In a large bowl stir together the warm (not hot!) water, sugar and yeast. Let proof for ten minutes until the mixture looks a bit bubbly. Stir in the oil, salt and flours. Mix until too difficult to stir with a spoon, then place on clean and lightly floured surface like a large cutting board or counter.

Flour your hands and gather the dough from the edges and push into the center. You are kneading now! Do this over and over until your dough is smooth; this is a great job for kids to help with! Add flour as needed if the dough is too sticky.

Pour a little olive oil into a large clean bowl and place dough inside and turn over so dough is coated in the oil. Cover with a clean towel and place in warm area to rise until doubled, approximately 1½ hours.

Preheat the oven to 400 degrees.

Prepare the baking pan by lightly oiling and sprinkle with corn meal. Transfer the dough to the prepared pan and, with oiled hands, press the dough into the pan until it fills the entire pan. (If you're making round pizzas, divide the dough in two and, on a lightly floured board, roll each piece of dough into a 10-inch circle, leaving the edges a bit thicker to act as a border). Spread sauce thinly all over, top with cheese and any other favorite toppings and bake until browned and crispy, about 30 minutes for a half-sheet pizza (less for a round pizza, which you can bake directly on a pizza stone, if you have one).

Honey-Dijon Vinaigrette

This is our go-to green salad dressing, which convinces most kids to try salad for the first time! We make a big batch and then use it until it's gone; it'll keep, refrigerated, for weeks.

Makes about 2 cups

½ cup apple cider vinegar

2 tablespoons Dijon mustard

1 tablespoon honey

1 clove garlic, minced

1½ cups canola oil

¼ cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

In a blender combine the first four ingredients. With the machine running, slowly drizzle in the oil until all the oil has been added and the dressing is emulsified. Season to taste with salt and pepper. The dressing will keep refrigerated, for 5 days.

Caesar Salad Dressing

We use commercial mayonnaise as the base for our Caesar dressing, rather than the traditional raw egg. This recipe makes enough for several large salads; it will keep, refrigerated, for 3 or 4 days.

Makes about 2 cups

½ cup red wine vinegar

Juice of 2 lemons

1 tablespoon Dijon mustard

1 tablespoon Worcestershire sauce

2 cloves garlic , minced

2 tinned anchovies, minced

½ teaspoon freshly ground black pepper

¼ teaspoon kosher salt

1 cup canola oil

1 cup mayonnaise (we use Best Foods)

½ cup finely grated parmesan cheese, plus more for the salad

Combine the first eight ingredients in blender. With the machine running, drizzle in the oil. Add the mayonnaise and parmesan and blend until the dressing is creamy and emulsified. Season to taste with additional salt and pepper.

For a classic Caesar, toss with cleaned and chopped Romaine lettuce, croutons and additional grated Parmesan cheese. For a not-so-classic Caesar, use baby kale, arugula, or Little Gem lettuce in place of the Romaine. The dressing is also great as a crudité dip.

For the SFS croutons, we cut day-old bread into cubes (any type is good, except maybe cinnamon bread, which would be gross!). Toss with canola oil and season with garlic salt. Bake in a 350 degree oven until golden and crispy, about 10 minutes. Let cool.

Enchilada Casserole

This is constructed a lot like a lasagna, with corn tortillas standing in for the noodles and refried beans in place of the ricotta. This is a pretty mild dish (which the kids love) but we usually put out condiments for the staff so they can spice up their own portions; we've listed some suggestions below.

Serves 6

3 tablespoons canola oil, plus more for greasing the pan

1 large onion (white or yellow), diced

Kosher salt

3 cloves garlic, minced

2 teaspoons ground cumin

2 (15 ounce) cans enchilada sauce

4 (15 ounce) cans refried beans

12 (6-inch) corn tortillas

2 cups shredded Jack or cheddar cheese (or a mixture)

In a medium frying pan over medium heat, heat the oil. Add the onions and a generous pinch of salt and cook until the onions are soft but not browned, about 6 minutes. Add the garlic and cumin and cook, stirring, another 2 minutes. Transfer to a bowl, add the refried beans and mix to combine.

Lightly grease a 9x13-inch glass, ceramic or metal baking dish. Pour in about ½ cup of the enchilada sauce and spread in a thin layer. Top with four tortillas, overlapping them slightly, then dollop half of the refried bean mixture in regular intervals over the tortilla and smear into an even layer (this is slightly annoying with the first layer, because the tortillas move around, but it gets easier with subsequent layers). Sprinkle with salt, then top with a bit more enchilada sauce and some shredded cheese. Top with a second layer of tortillas, the remaining beans and another sprinkle of salt, half of the remaining sauce and half of the remaining cheese. Top with a final layer of tortillas and spread the remaining sauce and cheese over the top.

Cover the baking dish with foil and bake for 30 minutes, then uncover and bake 15 minutes more until the cheese is browned. Let it sit for 15 minutes before cutting. It's very mildly flavored, so for the staff I usually put out bowls of optional toppings, including chopped cilantro, pickled red onions, sliced pickled jalapenos and sour cream and salsa. But the kids like it as-is!

BBQ Sauce (for Barbecued Chicken Sliders)

Anne makes enormous pots of this barbecue sauce and uses it to make “barbecued” chicken sliders. For the sliders, we season boneless, skinless chicken thighs with salt and pepper and brush them with a bit of sauce and roast until cooked through. Then we shred the meat and combine it with more of the sauce, and the meat on soft buns or corn tortillas. For a vegetarian slider, we often roast portobello mushroom caps, then brush them with sauce. Of course the sauce would also be good on grilled chicken, on cooked, shredded pork shoulder (for pulled pork sliders) and on ribs.

Makes 2 cups

1 tablespoon canola oil

1 yellow onion , finely chopped

2 cloves garlic, minced

½ cup ketchup

1 cup tomato sauce

¼ cup apple cider vinegar

¼ cup brown sugar

3 tablespoons molasses

2 tablespoons Worcestershire sauce

2 teaspoons yellow mustard

1 teaspoon smoked paprika

1 teaspoon sweet paprika

1 teaspoon cumin powder

1 teaspoon dry mustard powder

1 teaspoon kosher salt

¼ teaspoon cayenne powder

Heat the oil in a medium saucepan. Add the onion and garlic and cook, stirring, until soft but not browned. Add all the other ingredients and one cup water and stir very well to distribute the spices. Simmer for thirty minutes, stirring every five minutes. Cooled leftover sauce will keep, refrigerated, for 2 weeks.

Battilana's Black Beans

This recipe is also in Jessica's cookbook, *Repertoire*, and is one of her favorite things to make for school lunch. Leftover beans can be frozen in their cooking liquid.

Serves 6

1 pound dried black beans

2 to 3 teaspoons kosher salt, divided

2 tablespoons extra-virgin olive oil

½ cup diced yellow or white onion

Rinse the beans and pick out any stones or broken beans and discard. Transfer the beans to a heavy pot and cover with a few inches of water. Add 2 teaspoons of salt, cover the pot partially and turn the heat to medium. Cook the beans, partially covered, for 20 minutes (the liquid should be boiling; if it isn't, turn up the heat slightly).

Reduce the heat to low and cook the beans, still partially covered, until just tender, about 1 hour more. Uncover the beans and give them a stir and, if the water level is looking low, add more hot water so the beans are covered by about an inch. In a small frying pan heat the olive oil over medium heat. Add the onion and a pinch of salt and cook, stirring, until translucent, about 6 minutes. Pour the onions and oil into the pot of beans.

Increase the heat to medium-high and cook, uncovered, until the beans are very tender and the liquid is thick, about 20 minutes more. Season to taste with additional salt.

How to serve: with a spoonful of sour cream, some chopped cilantro and a squeeze of lime; over rice, drizzled with some thick coconut milk. At school we often serve roasted wedges of sweet potato alongside the beans and rice.

The Best Granola Bars

These bars—which we serve as an after school snack—are loaded with power ingredients, including lots of nuts and seeds (and chocolate, which we consider power ingredients). Though this makes a very large batch, they freeze beautifully and are a lovely thing to give to a friend or neighbor. You can also cut the recipe in half and bake it in a quarter sheet pan.

Makes 48 bars

1 cup (2 sticks) unsalted butter

2 cups packed light brown sugar

1½ cups peanut butter, almond butter, or Sunbutter

1 cup light corn syrup or brown rice syrup

2 tablespoons vanilla extract

7 cups rolled (not instant) oats

One 12-ounce package small chocolate chips (*I have used regular-sized chocolate chips and small chocolate chunks, and both were fine*)

1½ cups dried cranberries

1 cup hulled sunflower seeds

½ cup pumpkin seeds, toasted

½ cup sesame seeds

½ cup chopped pecans, toasted (if you have a nut allergy in your family, you can add more sunflower, pumpkin or sesame seeds to make up the different)

Melt the butter over low heat in a small saucepan (*or very carefully in the microwave*) and set it aside to cool (it should cool completely before using or it will melt the chocolate chips).

Preheat the oven to 375°. Prepare a rimmed 13 x 18-inch baking sheet by lining it with parchment paper and spraying the sides with nonstick cooking spray.

In a large bowl, combine the brown sugar, peanut butter, corn syrup, and vanilla.

In another large bowl (*a super large bowl*), combine the oats, chocolate, cranberries, sunflower seeds, pumpkin seeds, sesame seeds, and pecans.

Add half of the dry ingredients and half of the melted butter to the peanut butter mixture. Mix and knead with your hands to combine.

Add the remaining dry ingredients and the rest of the butter and mix until all of the ingredients are thoroughly incorporated.

Spread the mixture out onto the prepared baking sheet and press it down to fill the pan. Cover the mixture with another sheet of parchment paper and use a rolling pin to make sure it is pressed firmly to a uniform thickness. (*Really press down as hard as you can.*)

Bake for 10 to 11 minutes, rotating the pan halfway through the baking time. The edges will be a light golden brown. The mixture will look under-baked in the center, but will set up after cooling.

Transfer the pan to a wire rack and let it cool for several hours before cutting.

To cut, run a knife around the outside edge to loosen it from the pan over onto a cutting board. Using a very sharp knife, cut into any size you like. A ruler and a small paring knife work well to score the top of the granola into strips. Use a large sharp knife to cut straight down through the bars on the score marks.