

Welcome Chef, to Kitchen 2.0!

We're back and this week we are celebrating summer with two recipes: green salsa and tortilla chips!

This class will teach you new skills, create delicious food, and be tons of fun. There are a few things I want you to know before we start this adventure:

1. Please review the recipe BEFORE purchasing your food for the week. You can always customize your recipes—you can choose different types of ingredients to fit your dietary needs! Feel free to modify the recipes per your preference and dietary restrictions. I can't promise it will come out exactly like mine but at least you will like it! If you are unsure if your substitution will work, you can always check in with me too.
2. The easiest way to set yourself up for success is to be prepared. A few minutes before class, look at your recipe and grab all the ingredients and tools you'll need. I also recommend printing out the recipe if you are able.
3. We will use the stove and oven, as well as sharp knives. If you feel nervous, ask an adult in your household for help if someone is home.

This recipe has some customizations:

- Feel free to remove the jalapeno or red onion for a more mild recipe.

That's all for now! I hope that you have a great time in this class and if you have any questions, please let me know!

Laura

Grocery List

| Item | Quantity |
|--|-----------------|
| Tomatillos | 12 whole |
| Serrano or jalapeno peppers | 2 whole |
| Avocados | 2 whole |
| Cilantro | 1 bunch |
| Garlic | 4 cloves |
| Lime | 1 whole |
| Small red onion | 1 whole |
| Salt & pepper | to taste |
| Corn tortillas | 10 whole |
| High-heat cooking oil: avocado oil, safflower oil, peanut oil or vegetable oil | 1 cup |

Supply List

| Item |
|--|
| Measuring cups |
| Measuring spoons |
| Cutting board |
| Chef knife |
| Oven |
| Lime juicer |
| Oven mitts |
| Hot pad |
| Baking sheet x2 |
| Food processor/blender/immersion blender |
| Mixing spoon |
| Spatula |
| Parchment paper |

Recipes

Simple Tortilla Chips

| | | |
|--------------------------------------|--|--------------------------|
| Recipe: Simple Tortilla Chips | | Yield: 5 servings |
| Ingredients | 10 corn tortillas | Salt |
| | 3/4 cups of high-heat cooking oil: avocado oil, safflower oil, peanut oil or vegetable oil | |
| Directions | <ol style="list-style-type: none">1. Preheat the oven to 375 degrees.2. Line two baking sheets with parchment paper or silicone baking mat.3. Spray or lightly brush the tortillas on both sides with oil.4. Cut each tortilla into six triangles and then arrange, in one layer, on the baking sheets.5. Bake until the chips are crisp and golden brown, 10 to 20 minutes. Check the chips often and if you find that some are browning quicker than others, rotate the baking sheets to encourage more even baking.6. Lightly season each chip with salt and then serve. | |

Green Tomatillo Salsa

| | | |
|--------------------------------------|---|---------------------------|
| Recipe: Green Tomatillo Salsa | | Yield: 10 servings |
| Ingredients | 12 tomatillos | 2 avocados |
| | 4 garlic cloves | 1 small red onion |
| | 2 serrano or jalapeno peppers | Salt & pepper |
| | 1 small bunch of cilantro | Lime juice |
| Directions | <ol style="list-style-type: none">1. Move the rack in your oven to the top level. Preheat oven to the broil setting.2. Unpeel tomatillos and garlic. Place on a baking sheet with the peppers.3. Broil in oven for 7 minutes. Then allow to cool slightly.4. Place all the ingredients in your blender and blend until smooth.5. Finely dice red onion and mix in.6. Chill for 30 minutes or over night, then serve. | |

Zoom Login Info

Laura Carbonneau is inviting you to a scheduled Zoom meeting.

Topic: Kitchen 2.0: Tomatillo Salsa

Time: Aug 22, 2022 04:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84779787655?pwd=NnhLaHJGNmIzeDIzTjY4U002SFFEQT09>

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