

Some Study Break Recipes

collection assembled by
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This is a small collection of some of the recipes I’ve successfully used for study breaks, both “meal”-type and “dessert”-type, and thought it might be useful for other tutors to be able to see them. However, some of the information was originally included as “notes to myself” and as such isn’t quite as general and polished as what one would find in published recipes:

- A typical good turnout for a study break is estimated here to be about 30 to 35 people
- My kitchen has a slightly-smaller than usual oven and stovetop, and limited storage space for cookware. In some cases, these two factors together lead to use of multiple smaller cooking vessels where there otherwise seems no particular reason to need to do so.
- Not all recipe notes were written to the same level of detail

To keep the “dessert” breaks from getting too sugar-intense I usually had beverages of chilled water and/or milk and/or fruit juices; the soda I kept for “meal”-type breaks.

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1 Mini-pizzas

For a study break I make 96 mini-pizzas total, cooking 24 at a time as described below:

- cooking 2 cookie-sheets'-worth (24 pizzas) at a time
- each cooking cycle of 24 has
 - 8 mozzarella + peppers + pepperoni
 - 8 mozzarella + pepperoni
 - 4 cheddar + peppers
 - 4 cheddar
- End up with 4 cycles at approx. 10-minute intervals. Can set up next cycle while current one cooks. (can get hectic)

Ingredients:

48	English muffins, cut in half
(29 + 29 + 8) oz.	tomato sauce
1.8 lb	mozzarella cheese
0.9 lb	cheddar cheese
1.5 lb	green peppers
20 oz	pepperoni

(Other possible toppings I've not used: onion, mushrooms, olives, salami)

Equipment used:

	food processor, shredding disc, chopping blade
4	containers to hold peppers, pepperoni, cheeses
2	cookie sheets
	aluminum foil to set up more pizzas

Allow no less than 75 min. to prepare. (assumes food processor)

- preheat oven to 350°

- shred cheese; slice peppers, pepperoni, other toppings (need to put mozzarella cheese in freezer for a bit before being able to shred it with food processor; see food processor instructions. This also seems to be true for the pepperoni.) If doing pepperoni by hand, make slices thin enough so that don't run out before all 4 cycles are built.
- place English muffin halves on cookie sheet; spread each with tomato sauce (1 spoonful)
- add remaining desired toppings, ending with cheese on top (so you can use cheese to easily gauge when cooking is finished).
- place cookie sheet in oven until cheese melts (about 7.5 min at 350°)
- To be less hectic, can set up assemblies ahead-of-time on aluminum foil, but when transferring them to the cookie sheet take them off the foil, else they'll stick!

(To reheat in microwave: 1 pizza = 1 min on 'reheat'; 2 pizzas = 1.5 min on 'reheat')

Note: (1994 Dec 19) more without pepperoni, less with! Try, instead of 20 oz. pepperoni, 10 oz. pepperoni and 10 oz. salami?

2 Gwen's Nachos

For a study break I make 5 pans'-worth ($7'' \times 11''$, fairly deep foil pans) as follows:

- 2 pans using regular refried beans
- 2 pans using beans “with onions and green chiles”
- 1 pan using 2 cans of vegetarian beans (no lard) instead of the (beef + taco seasoning + regular beans).

Ingredients:

<u>per pan</u>	<u>total to buy</u>	
1 lb.	4 lb.	ground beef
1 pkg.	4 pkg.	taco seasoning
16 oz. can	$2 + 2 + 2 = 6$ cans	refried beans (as detailed above)
(dash)		garlic powder
($\approx \frac{1}{4}$ tsp.)		lemon juice
(few drops)		tabasco sauce
(dash)		dried onion
$\frac{3}{8}$ to $\frac{1}{2}$ lb.	2.0 lb	longhorn-style cheddar cheese
$\frac{3}{8}$ to $\frac{1}{2}$ lb.	2.0 lb	mild or medium cheddar cheese
9 oz.	45 oz.	nacho chips
<i>optional</i>		diced tomatoes
<i>optional</i>		sour cream

Equipment used:

- food processor, shredding disc for cheese
- Skillet to brown beef
- wire colander to drain hot browned beef
- 5 qt. Dutch oven to collect and cook browned beef
- 3 saucepans (or equivalent) for 3 kinds of beans
- 5 $7'' \times 11''$ foil pans (fairly deep) for nachos
- 1 more foil pan as catch pan for grease
(Using foil pans saves cleanup time.)
- ≥ 2 students to assemble nachos at $t - 15$ minutes.

Begin preparation no later than $t - 75$ minutes.

- Preheat oven to 300° . Shred the cheese.
- Prepare ground beef and season as instructed on taco seasoning package. Can brown about $\frac{1}{2}$ lb. at a time in the skillet, then drain grease through wire colander into foil catch pan and keep browned meat warm in covered Dutch oven.
- While meat is simmering (will be about 15 min. as specified on taco seasoning pkg.), warm beans on low heat (or microwave) and add garlic powder, lemon juice, tabasco sauce, and dried onion (approx. quantities to start with; adjust to taste).
- To begin assembling a pan of nachos, first place a layer of beef in a pan, then cover it with a layer of beans.
- Insert chips individually vertically in the beef/beans.
- Sprinkle cheese on top. Heat in oven until the cheese has melted, about 5 min. at 300° . (Note that you must start with warm beef and beans since otherwise the chips will burn in the oven by the time you get beef and beans warm.)
- Optional: Add diced tomatoes and a blob of sour cream.

Note: leftovers do *not* reheat well via straight microwaving; the chips get rubbery.

3 Tacos

This is 12× *Betty Crocker's Dinner for Two Cookbook*, p. 9 (with bean option added for vegetarians); in practice this seems to make 60-72 tacos.

Ingredients:

	6 lb.	ground beef
96 oz. (29 + 29 + 29 + 8)		tomato sauce
4½ cups (about 2.0 lb.)		minced onion
2 tbsp.		garlic salt
1 tbsp.		chili powder
12 dashes		pepper
2 16-oz. cans		<i>vegetarian</i> refried beans
6 dozen		taco shells
6 to 9 cups (not less than 1 head)		shredded lettuce
6 cups (about 1.5 lb.)		shredded longhorn colby cheese
(6 cups?) about 3.3 lb.		chopped tomato, if desired
about 12 oz. total		taco sauce (e.g. 6 oz. each hot and mild)

Equipment used:

- 3 10-cup (2.4L) “servin-savers” (for lettuce, cheese, tomatoes)
- 1L container (to temporarily hold chopped onions)
- 10” skillet
- 5 qt. dutch oven
- 2 qt. saucepan
- metal strainer
- foil pan (to collect grease)
- 2 cookie sheets (to warm taco shells)
- 2.4L casserole dish with cover (for microwaving refried beans)
- 4L pyrex bowl (for serving beef, in 2 batches)

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- Allow no less than 2 hr total to prepare. Allow 1 hr to food-process lettuce (slicing disc), onion (chopping blade), and cheese (shredding disc). and to dice tomatoes (must do by hand [grumble groan complain]).

- It will take about $\frac{1}{2}$ hr to cook and stir the 6 lb. of beef until brown, in 1 lb. batches in a skillet. Keep 4 lb. warm in the 5 qt. dutch oven, and the remaining 2 lb. in the 2 qt. saucepan. (Though it looks like all 6 lb. would fit in the dutch oven, after the other ingredients are added it won't.)
- Use metal strainer to drain off fat for each batch, collecting in e.g. a foil pan.
- Stir in tomato sauce, onion, garlic salt, chili powder, and pepper. Simmer uncovered 15 min. (stir couple times to keep bottom from burning?)
- While meat mixture simmers, heat taco shells as described on package.
- Use metal strainer to drain excess water from meat filling after finished simmering
- Use a 2.4 L casserole in microwave to heat the refried beans
- Array the taco-building materials in sequence on a pair of long tables, so that the students can build their own tacos:
 1. warm taco shells
 2. warm beef mixture
 3. warm refried beans
 4. shredded lettuce
 5. shredded cheese
 6. chopped tomato
 7. taco sauces

4 48 Brownies from mix

Using 4-lb. box of Duncan Hines Brownie Mix, chewy fudge recipe (BJ's sells these)

Ingredients are as specified on box directions:

1 4-lb. box	Duncan Hines Brownie Mix, chewy fudge recipe
4	eggs
$1\frac{1}{3}$ cups	water
$1\frac{1}{3}$ cups	vegetable oil

- Recipe makes amount for two $10'' \times 15''$ deep pans. (must be higher than cookie sheet) at 24 brownies each. I use pyrex glass pans rather than metal, and therefore increase the cooking time by about 25%, and find I have to cook only 1 pan at a time, but otherwise follow the box directions. This yields brownies which are just slightly underdone in the middle, which my students seem to prefer.
 - alternate serving idea: cut the brownies larger, for only 12 per pan, and use for “brownie sundaes” by adding ice cream, hot fudge, whipped cream.
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5 Five Pounds of Fudge

(Note: fudge is within the realm of candy-making, and as such, involves dealing with the sometimes finnickty state-changes of sugar at high temperatures. Be prepared for a bit of trial-and-error!)

Ingredients:

$\frac{1}{2}$ cup (1 stick) *unsalted* butter
1 can (14 oz.) evaporated milk
4 $\frac{1}{2}$ cups granulated *pure cane* sugar [appears to be about 2 $\frac{1}{2}$ lb.]
8 oz. mini-marshmallows
2 oz. unsweetened baking chocolate
12 oz. semi-sweet chocolate chips
12 oz. sweet baking chocolate
1 tablespoon vanilla extract

Recipe makes amount for a 10" \times 15" deep pan. (must be higher than cookie sheet)

- Pick a cool dry day! This is critically important.
- Helps to food-process (shredding disc) the bars of baking chocolate beforehand. Helps to soften butter beforehand.
- Dump butter, milk, sugar into 5-qt. Dutch oven and stir over medium heat until sugar dissolves.
- Heat mixture to boil. Boil 5 minutes uncovered, without stirring! (confirm correct boil pattern!) fine overall bubbling simultaneously a coarser pattern
Grease the pan while boiling.
- Add marshmallows, stir until melted.
- Add chocolate (all 3 kinds), stir until melted.
- Add vanilla extract.

- Keep stirring; it starts to get hard as beaten. Stop stirring when the “fudge sheen” appears.
- Pour into the 10" \times 15" deep buttered pan to cool and harden.

This is great stuff, but potent.

6 Tosci's Ice Cream Spree

Ingredients:

7 qts. Toscinini's ice cream
hot fudge sauce
strawberry topping
butterscotch topping
M&M's
chopped nuts
whipped cream

This one's easy, once you have the ice cream. For buying larger amounts of Tosci's like this it's helpful to visit the store during a slack time (e.g. late morning), select the flavors of quarts, and then arrange to come back in the afternoon to pick them up. This gives them time to fill up all those quart containers for you. I usually get 2 qts of vanilla, 2 chocolate, and assort the other three.

The just put out the ice cream, some scoops, and all the toppings, and the students build their own to taste.

7 Neiman-Marcus “\$250” Cookie Recipe

Ingredients:

2 cups (4 sticks) softened butter
2 cups granulated sugar
2 cups brown sugar
4 eggs (beaten)
2 tsp. vanilla extract
4 cups flour
22 oz. oatmeal, blended to make 5 cups
(“Blended oatmeal”: oatmeal processed in blender to a fine powder)
1 tsp. salt
2 tsp. baking powder
2 tsp. baking soda
24 oz. (semi-sweet) chocolate chips
8 oz. ($1\frac{1}{3}$ cups) grated Hershey chocolate bar
3 cups chopped nuts

A 4-liter mixing bowl is sufficient to mix half the recipe at a time.

- Mix both sugars, breaking up any lumps in the process.
- Cream butter and both sugars.
- Add eggs and vanilla. Beat until fluffy.
- Mix flour, oatmeal, salt, baking powder and baking soda. Slowly add to butter mixture.
- Add chips, candy and nuts.
- Roll into balls and place two inches apart on an ungreased cookie sheet. Seems to help to flatten the balls somewhat. Bake for 6 minutes at 375° F. Makes 112 cookies.
 - really 7 min on bottom rack, then 2 more on top? (looks like the temp. control of my oven wasn’t quite calibrated properly.)