

3-211'S DELICIOUS RECIPE BOOK



By Class 3-211 and
P.S. 125 Ralph Bunche School



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RECIPE BOOK**

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Our mission is to develop engaged readers and writers in underserved NYC public schools by designing and delivering programs that are multi-disciplinary, culturally responsive, and promote deeper connections to books and their authors.

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In the interest of honoring student voice,
Behind the Book presents students' work as received from the teacher.

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DEDICATION

Class 3-211 dedicates this book to Mr. Higgins, Mr. Blatman, Ms. Dennis, Behind the Book and our parents. They all help us grow and learn!

ABOUT THE PROGRAM



What is the science behind our favorite foods? Class 3-211 took a tasty journey to find out. The students started by conducting an experiment with Skittles candies, guessing how and why their coating dissolves in water. They discussed how the simple act of dropping Skittles into water involves scientific reactions.



watering details to their work. Behind the Book teaching artist Candice Humphries helped students use collage techniques to render their foods in colorful ways.



Their food science adventure continued with a trip to Ample Hills Creamery. The class brainstormed about all the ingredients needed to make ice cream, including air. They then rode the Ample Hills Churning Bicycle that turned a canister of ingredients into ice cream.

After finding out about all the scientific operations involved, they sampled their product and gave it a big thumbs up.

Gilbert Ford, author of *How the Cookie Crumbled*, visited the class and told the history of the chocolate chip cookie, invented by Ruth Wakefield. The class watched a video of Gilbert baking cookies and comparing the baking process to the writing process. Students voted on their favorite foods, and during Gilbert's second visit, students were ready to start researching the ingredients and scientific processes that go into the most popular foods.

They investigated the science of baking, melting, freezing, mixing, and frying and then researched the best recipes to create their favorite dishes.

Behind the Book writing coaches worked with the students to develop their thoughts into paragraphs and add mouth-



Ending with a scavenger hunt around the creamery, Mr. Blatman's class left the Creamery with a deeper understanding of food science and the confidence to keep exploring science – in and out of the kitchen!

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ICE CREAM

From the kitchen of Aqila

I'm going to Make Ice cream. What I need to make this food is Ice, vanilla extract, milk, eggs, sugar, salt and Butter.
(STEP 1) Put Ice and salt on the outside part.
(STEP 2) If you're making vanilla ice cream you need vanilla extract.
(STEP 3) You need to add Butter and eggs.
(STEP 4) Add sugar. When I stir and freeze the ice cream changes from liquid to solid. It was so good and we put sprinkles and it was rainbow sprinkles. My food is a part of a healthy meal because you have dessert after you have your healthy meal.



From the kitchen of Armando

CHICKEN TENDERS



I am going to make chicken tenders. What I need is chicken, 2 cups of butter, bbq sauce and ketchup, bread crumbs, egg, flour, salt, black pepper, Hot sauce. This is how you make chicken tenders. First you, put the chicken in the bread crumbs and the eggs. Then you, fry the chicken in the oil and butter. After that you, take the salt and pepper. Then you, mix the ketchup and bbq sauce. Then you, dip it in the sauce and then eat it. When we fry the chicken the sugar and the protein break it down to make it a brownish gold color. A healthy meal would be: apples, and broccoli, mushrooms, asparagus, milk.

FRENCH FRIES

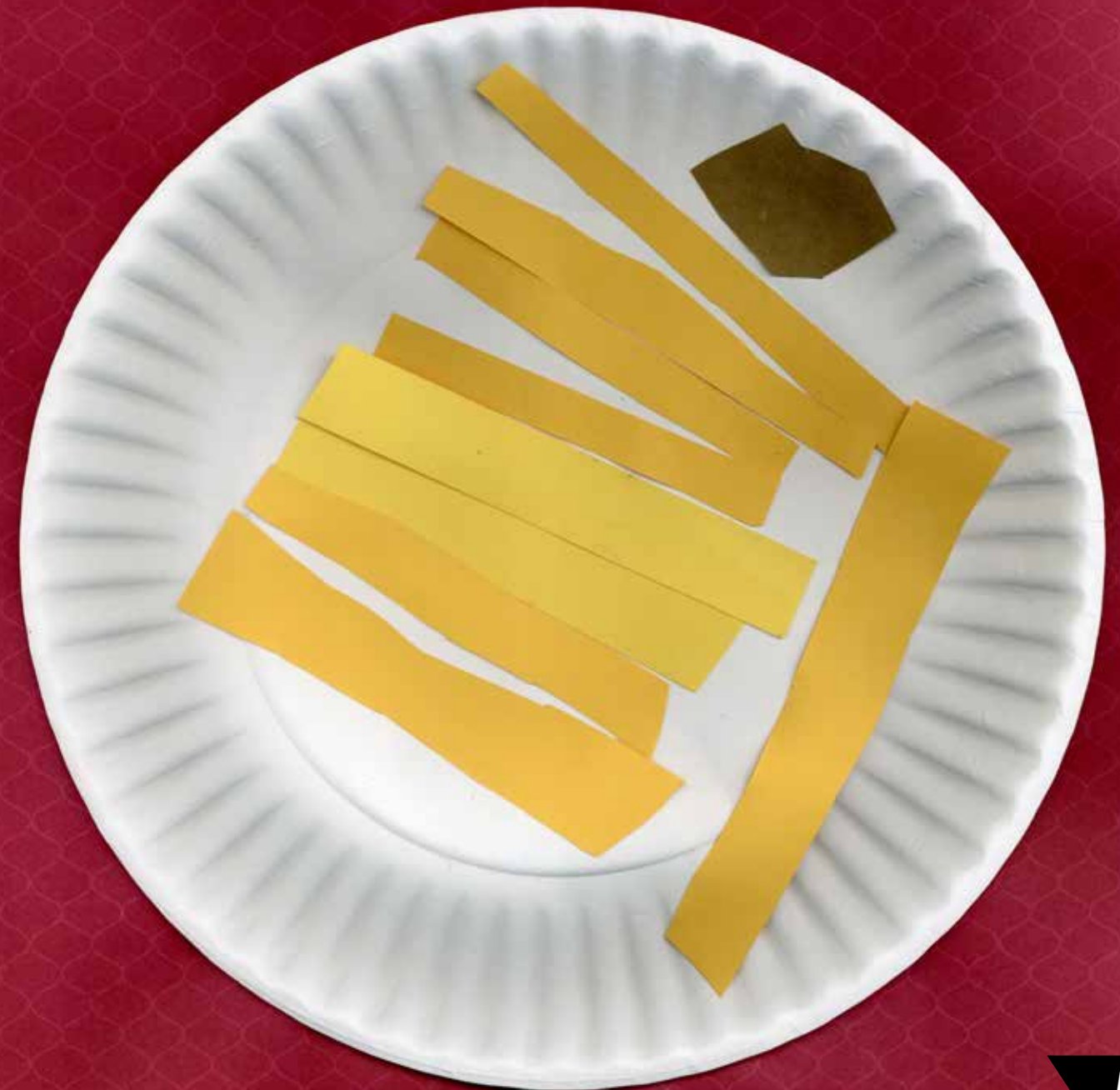
From the kitchen of Christopher

→ I am going to make French fries. This is what I need to make this food.

→ The steps I need to make this is take 2½ pounds of russet potatoes. Then I wash, dry and chop the potatoes. Then you boil the oil and put potatoes in. Then when the bottom of the potatoes turn brown and the fries are crispy then take the fries out.

→ When fry the fries then the inside is mushy and the outside is crispy and the back is brown.

→ To make this a part of a healthy meal you also need other foods. The dessert is ice cream and the side is chicken nuggets and the vegetable and fruit is broccoli and an apple.



From the kitchen of Emerson

CHOCOLATE CHIP COOKIES



→ I'm making Chocolate chip cookies. This is what I need to make Chocolate chip cookies. This is what I need to make Chocolate chip cookies. These are the ingredients to make Chocolate chip cookies. Chocolate chips, butter, dough, eggs, vanilla, brown sugar, a little bit of salt, flour, baking soda and sugar.

→ This is how you make Chocolate chip cookies. First, you heat oven to 375 degrees. That feels hot. Then, you whisk flour, baking soda and salt and mix it together. Then, you scoop dough. Roll dough into balls with chocolate chips that looks yummy! Finally, put in oven for 10 to 12 then let cool.

ICE CREAM

From the kitchen of Genesis

I am going to make ice cream. This is what I need to make this food. (Ingredients): $\frac{1}{4}$ cups whole milk, (Chilled) $\frac{3}{4}$ cups of granulated sugar 2 cups of heavy cream (Chilled) 1 table spoon of vanilla extract, $\frac{1}{4}$ teaspoon of salt. This is how you make ice cream. First you pour in a bowl $1\frac{1}{4}$ cups of whole milk (Chilled). Then you add $\frac{3}{4}$ cups of granulated sugar. After that you will need 2 cups of heavy cream (Chilled). Then, you pour 1 table spoon of vanilla extract. lastly you will need $\frac{1}{4}$ teaspoon of salt (ice cream salt). Then you mix and put it in the freezer for 24 hrs. When I stir it all the ingredients mix together, when I freeze it the temperature it gets cold which makes it turn into ice cream. My food is a healthy meal because when you add fruits such as, mango strawberries, blue berries, raspberries and all those fruits are healthy and you can get fruits flavours of ice cream too. thats why I think ice cream is a healthy meal.



From the kitchen of Jermaine

MCDONALDS FRIES



I am going to make McDonalds french fries.

How to make McDonalds french fries is to:

Step 1 - Slice potato

Step 2 = Season your potatoes

Step 3 = fry in peanut oil until golden brown

Step 4 Sprinkle 2 teaspoons of salt on the fries

Step - 5 Cool and eat.

CHICKEN

From the kitchen of Leon

I am going to make chicken and
first add 1 tsp olive oil next add 2
chicken breasts third add salt next add
pepper next add yellow onion 1/2 next
add garlic next add 5 chicken broth.

If you want to make the chicken
you need the ingredients.

When you mix or put the chicken
in the oven the chicken
turns easy to eat like not
raw.

You can make this meal a
healthy meal by putting vegetables.



From the kitchen of Lolia

ICE CREAM



I am going to make ice cream. What I need to make ice cream is milk, baking soda, sugar, cookies, caramel, cream, vanilla, cone, donut. This is how you make cookies and cream ice cream. First, you get all the ingredients. Then you put them in the bowl and mix them. After that you freeze it. Then, you make your donut and cookies.

After that you get the cone and scoop the ice cream then you put the donuts and cookies on top. And that is how you make ice cream. When I am making ice cream I will be freezing. This is what happens to the ice cream when I freeze it. It turns solid. Some dishes I would add to make this a healthy meal would be fruits like mangoes, coconut and grapes. These fruits will make sure that the ice cream has fruit and milk. I will serve my ice cream to Zoe. I will share it with my family and friends to feel happy when they eat my ice cream.

CHICKEN TENDERS

From the kitchen of Matthew

I am going to make chicken tenders. to make chicken tenders you need chicken two eggs and flour and pepper and bbq sauce and oil. This is how you make chicken tender.

First you have to dip the chicken in to the eggs and flour.

Next you add the chicken to the hot oil

After that you need to add salt and pepper.

Then you flip the chicken on both sides.

Last you dip the chicken in to the bbq sauce and eat it.

It gets crunchy and crispy.

A health meal would be made a salad, fruit, eating, grilling. when I make my chicken tender I bake until it is cooked. eating a nutritious meal will help me grow tall.

Last I am good.



From the kitchen of Nawshin

CHOCOLATE CHIP COOKIES



I'm going to make a chocolate chip cookie. What I need to make a chocolate chip cookie is dough, chocolate, sugar, eggs, milk, water, butter, salt, baking soda, vanilla.

These are the steps to make a chocolate chip cookie. Grab all the ingredients. Then, you mix all ingredients in a bowl. After that, you put it on a tray to make a cookie shape. Then, you put the chocolate on top while you make your cookie shape.

The additional steps are when you finish getting all ingredients, mix them all together. Then put it in the oven at 375° degrees. And you have to wait for twenty minutes. Then, you take it out of the oven and wait until it cools.

→ How my food is a part of a healthy meal is Broccoli, Carrots, tomatoes, cabbage, cucumber.

CHOCOLATE CHIP COOKIES

From the kitchen of Sidney

I'm going to make chocolate chip cookies. These are the ingredients you need. GRANULATED SUGAR, PACKED BROWN SUGAR, (STICKY) SALTED BUTTER VERY SOFT, 2 LARGE EGGS, VANILLA, SALT, BAKING SODA, MILK, AND CHOCOLATE CHIPS.

FIRST, YOU PREHEAT THE OVEN TO 375° F. THEN, YOU MIX TOGETHER THE TWO SUGARS. AFTER THAT YOU MIX THE SOFTENED BUTTER INTO THE TWO SUGARS. THEN, YOU MIX IN THE EGGS ONE AT A TIME. AFTER, YOU MIX IN THE VANILLA, SALT, AND BAKING SODA. ADD THE FLOUR AND CHOCOLATE AND STIR. THEN, YOU LET IT BAKE FOR 9-11 MINUTES. TAKE THE COOKIES OUT OF THE OVEN AND LET THEM COOL.

WHEN I BAKE MY COOKIES THEY CHANGE FROM BATTER TO HARD CHOCOLATE COOKIES WITH GOOD FLAVOR.



From the kitchen of Yafresyi

ICE CREAM



I am going to make ice cream. what I need to make this food is First you need add ingrediedients to the bowl Then you need to mix all the Ingrediedients After that you need to put it in the freezer for 1 hour Then Put toppings and eat it and Then Add itional chernys or to ppings and Then when I stir it, it gets mushy. when I freeze it, it gets cold and solid. and Then My food is A healthy meal because it can have margo and Kikwi and other heathy toppings and Then I will serve my heathy meal to everyone and Then I will want frens and family to feel HAPPY when they eat my meal.

ICE CREAM

From the kitchen of Zoe

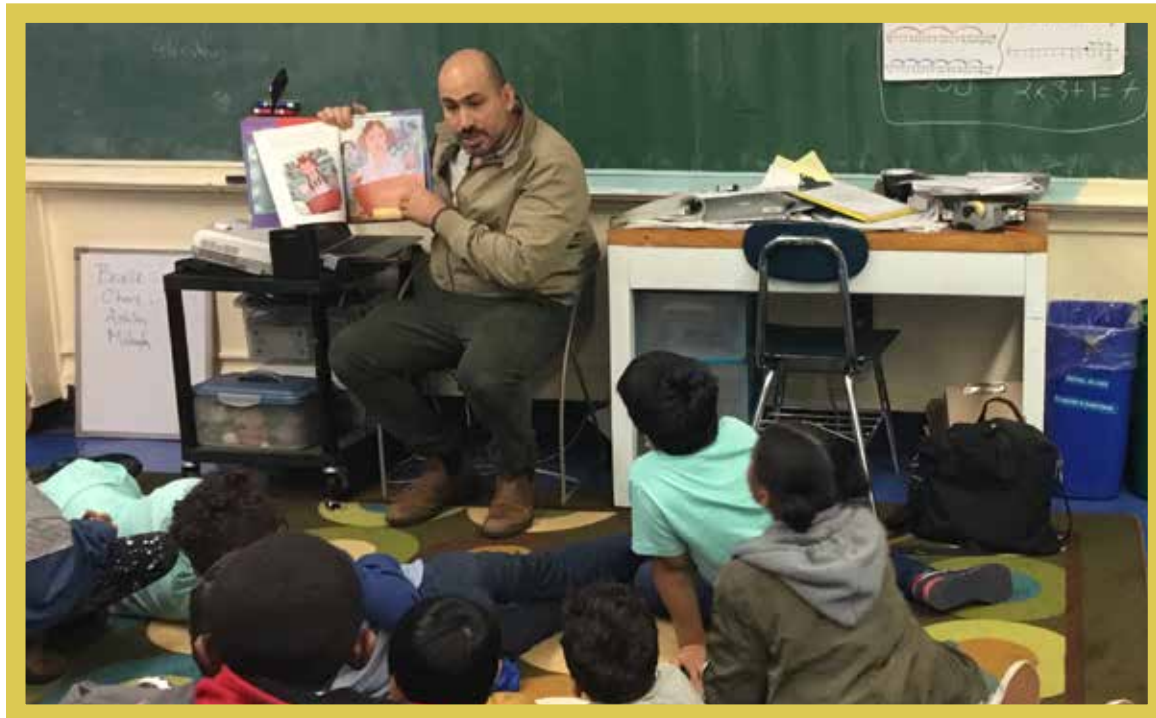
I am going to make ice cream. This is what I need: milk and ice and sprinkles, container, vanilla extract, heavy cream, a cone, birthday cake, cherry on top. This is how you make birthday cake ice cream. First you put 250 ml of whole milk, then you put 3/4 cup (150 grams) of sugar. After that you put vanilla bean (split lengthwise). Then you put large egg yolks, a teaspoon pure vanilla extract, you will mix all the ingredients all together in one bowl and when it is all done put the ice cream in a cone with a cherry on top.

When I mix it, it turns mushy and when it freezes it, it turns solid. You can add brown sugar and less sugar to make it healthy. Vegetables and fruits will serve my meal to friends and parents and cousins. I will want my friends and family to feel good when they eat my meal.



About the

VISITING AUTHOR



Gilbert Ford currently lives and works in Brooklyn, NY where he has illustrated many New York Times best selling middle grade novels and also award-winning picture books. He is the author/illustrator of the non-fiction picture books *The Marvelous Thing That Came From A Spring* and *How The Cookie Crumbled*, both published by Atheneum. He is also the author/illustrator of his debut middle grade novel, *The Mysterious Messenger*, to be published by Macmillan/Ottaviano in 2020.

About the

STUDENT AUTHORS



We are a small class and a community. We care for each other. Our class is diverse. We are different in some ways and the same in many others. We have many different moods, emotions, and tastes. Our class gets excited about our work. We are smart, intelligent, and serious. We are awesome!

About

BEHIND THE BOOK

Behind the Book creates intensive learning and empowering experiences for New York City public school students. Working with classes from Pre-K through the 12th grade, Behind the Book brings authors and their books into individual classrooms to build literacy skills and create a community of lifelong readers and writers. Each of a series of workshops is designed to bring books to life to inspire and engage the students. Behind the Book programs are part of the class curricula and meet the Common Core Learning Standards.

Common Core

LEARNING STANDARDS ADDRESSED

CCSS.ELA-LITERACY.RI.3.3

Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.

CCSS.ELA-LITERACY.W.3.2.B

Develop the topic with facts, definitions, and details.

CCSS.ELA-LITERACY.W.3.2.C

Use linking words and phrases (e.g., also, another, and, more, but) to connect ideas within categories of information.



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