

# Recipes from SMUUCH Summer Camp

July 13-17, 2015



by Mrs. Petunia Dobby (Penny Burdge)

# Menus

## **Monday**

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Dobby's Pasties\*, Veggies†, Tri-color Grapes, Vanilla Ice Cream\*

## **Tuesday**

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Magic Muffins\*, Veggies†, Gala Apple Slices, Weasley Strawberry Jam Tarts\*

## **Wednesday**

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Cauldron Cakes\*, Bacon\*, Clementine Oranges

## **Thursday**

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Paddington Station Burgers\*, Veggies†, Potato Chips, Fruit Salad with Whipped Cream\* and Magic Sprinkles

## **Friday**

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Sirius Black's Drumsticks\*, Veggies†, Fresh Strawberry Trifle\*

\* Appropriate DF items were used for those children DF or Vegan  
Appropriate vegetarian substitutes were used for meat for those children requiring vegetarian or vegan options. GF versions were served as needed as well.

†Veggies included cucumber, carrot, and celery, and grape tomatoes

CF = Corn Free, DF = Dairy Free, EF = Egg Free, GF = Gluten Free

Vegan = no animal products including dairy, Vegetarian = Dairy products OK

## **MONDAY - Mrs. Dobby's Vegetable Pasties** – makes about 20

- 5 or 6 medium sized red potatoes, very small dice (scrubbed well, but not peeled)
- 1 medium sized onion, diced
- 2 organic carrots, grated
- 1/2 cup frozen organic peas
- 1/3 cup grated medium cheddar cheese
- About 3/4 cup vegetarian gravy – recipe follows on page 5
- salt and pepper to taste
- egg wash (one egg beaten with a tablespoon of water)

Pie dough, enough for 4, 9-inch crusts

Preheat the oven to 400° F.

In a large bowl, combine the uncooked potatoes, onion, carrots, peas, and cheese. Stir to combine. Add just enough gravy, about 10 ounces, to moisten the vegetables completely, but not so much as to make a soggy mixture. Add sea salt and freshly ground black pepper to taste.

Roll out the dough, cut into 4-inch circles, place 1 rounded tablespoon of veggie mixture in the middle of the dough, fold in half, and crimp the edges tightly.

Transfer the pasties to a parchment paper lined baking sheet.

Cut three small slits in the top of each pastry, and lightly brush them with the egg wash.

Bake them at 400° F for 10 minutes, then lower the oven to 350° F and continue baking for an additional 15-20 minutes, until golden and the potatoes are fork tender.



## MONDAY - **Vegan and GF Pasties**

These were served to all wizards who were GF, or Vegan, and/or Dairy Free

- 5 or 6 medium sized red potatoes, very small dice (scrubbed but not peeled)
- 1 medium sized onion, diced
- 2 organic carrots, grated
- 1/2 frozen organic peas
- 1/3 C Daiya brand cheddar cheese substitute
- About 3/4 C Vegetarian Gravy Recipe follows on page 5
- Salt and pepper to taste

Bob's Red Mill Gluten Free Pastry Mix, made according to package directions using 1/2 Earth Balance butter substitute and 1/2 solid vegetable shortening.  
Vegetable spray (Costco brand)

These proved to be so challenging to form into the pasties in the allotted time that Mrs. Dobby resorted to making them more like a pot pie. (The gluten free pastry was very crumbly.)

I put the filling in a baking dish, placed the pastry on top, sprayed with the vegetable spray to encourage a nice golden color on top and baked at 375 ° in our convection oven until the potatoes were tender, about 25 minutes. Each child was served about 3/4 cup of the mixture. "Mrs. Dobby" told the children she had dropped her wand while making the pasties so they fell apart. She promised them they had the same wonderful ingredients as the other pasties. Some children were NOT amused. Some thought that was rather funny.

Just in case you were wondering, (or don't want to embarrass yourself!) these little pies are correctly pronounced:

'pas-tēs

(NOT 'pay-stēs – that's something totally different and not a food item)

## **MONDAY - Vegetarian Gravy** – makes about one cup sauce

### **CORN and GLUTEN FREE**

2 tablespoons extra virgin olive oil

2 tablespoons Earth Balance butter substitute

2 tablespoons minced yellow onion

1 teaspoon finely minced garlic

\*2 tablespoons gluten free Tamari sauce – (San-J brand)\*

1 cup Swanson's vegetable broth

\*\*Idahoan brand instant mashed potatoes\*\*

Sea salt and freshly ground black pepper to taste

Heat the oil and butter over medium heat. Add the onions and garlic and sauté just until tender. Pay attention and don't let it burn!

Whisk in the vegetable stock and soy sauce. Now whisk in instant mashed potatoes, one tablespoon at a time until the sauce thickens to desired consistency. Add salt and pepper to your taste.

### **\*NOTE\***

For our little wizard who was also allergic to soy I made gravy without the Tamari. I used some pinches of other seasoning for added flavor – ground thyme, smoked paprika and a bit of seasoned salt instead of just plain sea salt.

**\*\*NOTE\*\*** If your family is not GF or CF, you could thicken this gravy with cornstarch or flour instead of mashed potatoes. You could use real butter if you are not DF or vegan. If you want to thicken with cornstarch or flour, save 2 tablespoons or so of the vegetable broth in a cup before adding the broth to the onions and garlic. Whisk one tablespoon cornstarch or flour into the reserved broth and then stir into the broth mixture. Omit the mashed potatoes.

**TUESDAY** — TWO of these were served to all our vegetarian, vegan, DF, and EF kids

## **Vegetarian Magic Muffins**

**Serves 4-6**

2 cups water

1 tsp salt

1 cup lentils

1 small onion, minced

1 cups quick cooking oats

3/4 cups Daiya cheese (Vegan)

Ener G egg substitute = 1 egg

5 oz. Kirkland spaghetti sauce

1 tsp garlic powder

1 tsp dried basil

1 tablespoons dried parsley

1/2 teaspoons seasoned salt

1/4 teaspoon ground black pepper

**“Frosting”** - One package Idahoan (serves 4) instant mashed potatoes, made using water

**“Magic Dust”** - Fresh finely chopped parsley for garnish

Add salt to water and boil in a large saucepan. Add lentils and simmer, covered 25-30 minutes until lentils are soft and most of the water is absorbed. (If they still seem too “crunchy” just add a bit more water and simmer 5 more minutes.)

Stir in onions, oats, and cheese substitute until well mixed. Add egg replacement, spaghetti sauce, garlic powder, basil, parsley, seasoned salt, and ground pepper.

Line muffin tins with paper cupcake liners and fill the cups, flattening the top to make frosting easier. Bake at 350° about 25 minutes until tops are dry, firm, and golden.

Frost with a rounded scoop of mashed potatoes and sprinkle some magic dust on top.

**TUESDAY** – TWO of these were served to all other kids except one who is allergic to oatmeal and milk. (For that child we omitted the oatmeal and milk, and used cooked rice instead and used the vegan mashed potato frosting).

## **Magic Muffins – Serves about 8**

1/3 cup milk	1/4 cup horseradish
1 cup oatmeal	1 tablespoon garlic minced
1 1/2 pounds lean ground beef	1 teaspoon dry mustard
1/2 pounds ground pork	1 1/2 teaspoon salt
1/4 cup grated onions	1/8 teaspoon finely ground black pepper
1/4 cup grated carrots	1 cup ketchup
2 eggs, beaten	

### **“Frosting”**

One package Idahoan (serves 4) instant mashed potatoes

### **“Magic Dust”**

Fresh finely chopped parsley for garnish

Soak the oatmeal in the milk for about 5 minutes. Place all the ingredients in a large mixing bowl and gently, but completely, mix until well blended. Line muffin tins with liners and fill the cups, flattening the tops so that it will be easy to put the “frosting” on top.

Bake at 350° for about 20-30 minutes until center reaches 150°. Use instant read thermometer to be sure!

Make one package of instant mashed potatoes using 1 cup milk and 1 cup water. Use medium cookie scoop to “frost” the muffins. Sprinkle with “magic dust” (fresh parsley) if desired.



## **TUESDAY – Weasley Jam Tarts**

Each child was served one GF or Regular Tart (and the CF children had no powdered sugar on theirs)

Most of them were disappointed that they only got one tart – but it was a calorie-laden day, so I thought one was enough!

Pie dough

GF/DF pie dough

Strawberry Jam

Cut dough into 1 1/2” circles. Press into tartlet pan. Spoon in 1 teaspoon strawberry jam. Bake about 15 minutes in a 375° oven until the pastry is golden. Sprinkle with powdered sugar when cooled.

(Be sure not to overfill with the jam or it will bubble over and make a big mess!)



## **WEDNESDAY – Cauldron Cakes**

GF/DG/Vegan/EF Kids were served Cauldron Cakes (Pancakes) made with **King Arthur Gluten Free Pancake Mix**. Our CF children were given pure maple syrup. The rest of the kids used regular brands of maple flavored syrup. (Aunt Jemima, Golden Griddle, etc.)

Each child was served three pancakes and two pieces of bacon or Veggie bacon and a Clementine orange. NO DESSERT served today!

### **Regular Cauldron Cakes - Makes 12 large pancakes**

2 cups all-purpose unbleached flour

2 teaspoons baking powder

2 teaspoons baking soda

1/4 teaspoons sea salt

2 large eggs

2/3 cup sugar

Grated zest of a lemon

1/2 cup melted butter

2 1/2 cups buttermilk

Whisk together the flour, baking powder, baking soda, and salt. In a separate bowl, beat together the lemon zest, sugar, and eggs until fluffy. Drizzle in the melted butter while whisking vigorously. Whisk in the buttermilk.

Pour the buttermilk mixture into the flour mixture and whisk together briefly until just combined. Do not beat or over mix or the pancakes won't be tender. A few lumps are OK!

Spray a skillet with cooking spray and heat over medium-high heat. Use about 1/3 cup batter for each pancake and pour onto the hot surface. Cook until the surface bubbles and loses its shine. Flip and cook other side until golden.

## **THURSDAY - Paddington Station Burgers**

1/3# pre-cooked weight Ground Sirloin burgers from Costco - 1 per child

(Meat thermometer tested to 160°F)

White Hamburger Buns from Costco

Udi's GF Hamburger Buns for our GF kids

Sprouts Veggie Burgers- 1 per vegetarian/vegan child

Ketchup and Mustard

Plain HyVee Potato Chips (cooked with "vegetable oil" could be corn, sunflower, canola)

HyVee Kettle Cooked Potato Chips for the CF children (cooked with canola oil)

Fresh Fruit salad made from all the leftover grapes, oranges, apples, plus canned pineapple in its own juice.

Served with a dollop of whipped cream or (coconut based DF whipped topping) as needed and GF sprinkles.

## **FRIDAY - Sirius' Black's Drumsticks**

Large chicken drumsticks – (no growth hormones, no antibiotics, etc.)

Sprinkle generously with seasoned salt and ground black pepper.

Baked in a 350° oven until done. (Meat thermometer tested 180°)

Appropriate vegetarian substitute chicken cutlets were served to our vegan/vegetarian kids.

## **FRIDAY – Strawberry Trifle (Kid’s Version) – Make with Yellow Cake, Simple Vanilla Pudding, Whipped Cream, and Fresh Sliced Strawberries**

**Yellow Cake** – This recipe was used for kids with no allergies

1½ cups all-purpose flour  
1½ teaspoons baking powder  
¼ teaspoon salt  
4 oz. butter, at room temperature  
1 cup granulated sugar  
2 large eggs, at room temperature  
1½ teaspoons pure vanilla extract  
½ cup whole milk

1. Preheat the oven to 350°F and grease and flour jelly roll pan. Whisk together the flour, baking powder, and salt. Set aside.
2. Using an electric mixer, cream the butter and sugar until light and fluffy, scraping down the sides of the bowl as needed, about 5 minutes. Add the eggs one at a time, beating after each to combine and scraping down as needed, about 30 seconds. Add the vanilla and beat until combined.
3. Add the flour mixture and milk alternately, beginning and ending with the flour and using the slowest speed on your mixer. Scrape down the sides of the bowl and gently fold the batter together with a rubber spatula, taking care not to over mix.
4. Scrape the batter into the prepared pan and bake about 35-40 minutes until the cake feels firm when touched lightly in the center or a toothpick inserted in the center comes out clean. Remove the cake from the oven and let it cool in the pan.

(This recipe is from The Unofficial Harry Potter Cookbook by Dana Bucholz)

**GF/DF/EF Yellow Cake** – This recipe was used for kids with these allergies

1½ cups GF recipe ready flour

1 ½ teaspoon baking powder

¼ teaspoon salt

4 oz. Earth Balance butter substitute, at room temperature

1 cup granulated sugar

Ener G egg substitute to equal 2 large eggs

1½ teaspoons pure vanilla extract

½ cup coconut milk

1. Preheat the oven to 350°F and grease and flour jelly roll pan. Whisk together the flour, baking powder, and salt. Set aside.
2. Using an electric mixer, cream the Earth Balance butter and sugar until light and fluffy, scraping down the sides of the bowl as needed, about 5 minutes. Add the eggs one at a time, beating after each to combine and scraping down as needed, about 30 seconds. Add the vanilla and beat until combined.
3. Add the flour mixture and milk alternately, beginning and ending with the flour and using the slowest speed on your mixer. Scrape down the sides of the bowl and gently fold the batter together with a rubber spatula, taking care not to over mix.
4. Scrape the batter into the prepared pan and bake about 35-40 minutes until the cake feels firm when touched lightly in the center or a toothpick inserted in the center comes out clean. Remove the cake from the oven and let it cool in the pan.

**Vanilla Pudding** – This pudding was used for children with no allergies – you'll find it on the back of a box of Cream Cornstarch!

1/3 cup sugar

1/4 cup cornstarch

1/8 teaspoon salt

2 3/4 cups milk

2 tablespoons unsalted butter

1 teaspoon vanilla

Whisk together the sugar, cornstarch, and salt into a medium saucepan. Gradually whisk in the milk.

Bring to a boil over medium heat. Boil 1 minute, stirring constantly.

Remove from heat. Stir in butter and vanilla. Chill.

**GF/CF/DF Vanilla Pudding** – This pudding was used for children with allergies

1/3 cup sugar

1/4 cup arrowroot

1/8 teaspoon salt

2 3/4 cups combination of rice and coconut milk

2 tablespoons Earth Balance butter substitute

1 teaspoon vanilla

Whisk together the sugar, arrowroot, and salt into a medium saucepan. Gradually whisk in the milk.

Bring to a boil over medium heat. Boil 1 minute, stirring constantly.

Remove from heat. Stir in butter and vanilla. Chill.

## Strawberry Trifle Assembly

Tear the **cake** into bite sized pieces and arrange in the bottom of serving dish.

Top with **pudding** of choice.

Layer in lots of **fresh sliced strawberries**.

Top with lots of **whipped cream** or DF whipped topping.

Serve with a large round ice cream scoop or spoon.

**\*\*\* BONUS \*\*\***

**For a “grown-up” version of English Trifle as made by Mrs. Dobby’s husband’s British family:**

Use a trifle bowl. After you place some cake in the serving dish, spread it with some raspberry jam. Then drench it with some good quality sherry. Use custard filling made with Bird’s custard powder (you can find it lots of places now including Amazon.com for about \$6– it’s a British thing) and finish with the fresh strawberries and whipped cream. Add more layers. A sprinkling of toasted almonds is a nice garnish.



# It was such a pleasure to feed your little wizards at Hogwarts School of Magic and Fun!

You are welcome to share these recipes with anyone, just please give credit to Mrs. Petunia Dobby (Penny Burdge) for her recipes when you do! Thank You.

The Yellow Cake recipe is from “The Unofficial Harry Potter Cookbook” by Dana Bucholz