CULINARY ARTS HOSPITALITY & TOURISM SCHOOL

Created by Culinary Arts Students

CULINARY ARTS DISASTER PREPAREDNESS COOKBOOK
INTRODUCTION

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THINGS TO REMEMBER

- Stock a two-week supply of non-perishable foods throughout hurricane season.
- For the house keep a single burning camping stove.
- Always wash the outside of the can with soap and water.
- Wash all fruits and vegetables.
- Wash your hands before handling any item for consumption.
- When preparing meals, remember that uneaten portions must be thrown away if not consumed.
- Never eat any food that does not look normal.
- Remember: “When in doubt, throw it out!”

And remember; always keep your emergency food pantry filled with wholesome foods!
DRINKS

WATER & FRUITS

Trying to drink more water? Infuse your water with fresh fruit!
Preparing them is easy! It's literally fruit soaking in a clear water cooler, if possible.
1) Citrus Cucumber – Lemon, Lime, Orange, & Cucumber
2) Watermelon Basil
3) Orange Mint

THE BENEFITS OF DRINKING WATER

We need to drink water every day to replace the water we lose by sweating, breathing, and using the restroom.
Water is a natural medicine for many common ailments!
Staying hydrated helps your skin to be healthy, keeps you from getting headaches and stomach aches, helps digestion and prevents constipation, and controls your hunger. In fact, many people mistaken thirst for hunger and end up eating instead of drinking.
When you prepare water this attractively, it helps cue behavior to drink more water rather than soda.
LEMONADE

Ingredients:
- 1 1/2 cups fresh squeezed lemon juice
- 7 cups cold water
- 1 cup granulated sugar
- 2 lemons
- Ice if available

Directions:
Combine the first three ingredients and stir until sugar is dissolved, add lemon slices then serve.

PINK LEMONADE

Ingredients:
- 2 cups of sugar
- 9 cups of water
- 3 cups of lemon juice
- 1 cup of cranberry juice

Directions:
In large pitcher combine sugar, water, lemon juice and cranberry juice. Stir to dissolve sugar. Serve over ice.
ALABAMA SWEET TEA

Ingredients
- 2 cups of sugar
- 1/2 gallon of water
- 3 size of family bag of orange pekoe tea

Directions
Pour the sugar into a large pitcher. Place the teabags into the water, let it sit for 30 minutes. Remove tea bags, then pour into the pitcher, and stir until the sugar is dissolved. Then fill the pitcher the rest of the way with cold water, and stir until blended.

FUN SHIRLEY TEMPLE

Ingredients
- 1 can of ginger ale
- 1/2 cup orange juice
- grenadine syrup
- maraschino cherries
- lemon slices
- crushed ice (if available)

Directions
In a tall glass filled, mix together ginger ale, orange juice, and a splash of grenadine syrup. Stir well. Garnish with a maraschino cherry and a slice of lemon. For parties, stick a colorful Chinese paper umbrella through the cherry and lemon slice.
BREAKFAST CEREAL USING POWDERED MILK

Breakfast is the most important meal—giving us a much-needed energy boost for the rest of the day.

If you need to get your kids off to school or yourself off to work each morning, mix up some powdered milk in one of your extra canning jars. You can mix it right in the container and prepare just enough to get you through breakfast. Buy enough of your families preferred cereal mix it with your powder milk. If you want to make it more fun for the kids add some fresh fruits.

If oatmeal is your thing, you can always prepare it on a single-burner camping stove, toss on some raisins, and use this same milk-in-a-jar strategy. It’s actually a little more appropriate that way because you don’t have to worry about the milk being cold. Check out the next page for some great and fun oatmeal recipes.

Great breakfast on the go!

Purchase a bunch of breakfast bars. They are a great energy boost for you and your family.
**NUTTY OATMEAL**

**Ingredients**
- 2 cups instant oatmeal
- 1/4 cup sliced almonds
- 1/4 cup raisins
- 8oz low fat vanilla soy milk
- 1 tsp brown sugar
  (Optional)
- Fresh fruit if available

**Directions**
Mix all ingredients in a bowl. Let stand approximately 5 minutes.

**FUN OATMEAL**

**Ingredients**
- 2 cups instant oatmeal
- 1/2 cup peanut butter chips
- 1 cup low fat vanilla soy milk
- 1 med. banana sliced

**Directions**
Mix all ingredients in a bowl.
Let stand approximately 5 minutes.
Sprinkle with mini-marshmallows.
SNACKS & SIDE DISHES

GUACAMOLE DIP

Ingredients

- 3 ripe avocados (ripe as in really dark in color and slightly soft when squeezed)
- 1 small onion, finely diced
- 1 medium tomato, diced
- 1 lime (juice of)
- salt and pepper (to taste)
- Tabasco sauce (optional)

Directions

Take avocados and cut into and around the circumference of the avocado’s pit.
With both hands twist the two halves in opposite directions and pull apart.
Remove the pit with a knife or a spoon.
Carve out the flesh of the avocado with a tablespoon.
Place avocados into a medium bowl and mash and stir until moderately creamy. I use a fork or a pastry blender.
Some people like the avocados more chunky than others -- either way it tastes great.
Add diced onion and tomatoes to the avocados.
Add salt, pepper, Tabasco sauce and lime juice and taste to see if seasoned enough to your liking.
Serve with chips or add a little to your taco salad
EASY NO-COOK SALSA DIP

Ingredients
- 2 cans (14.5 oz. each) diced tomatoes
- 1 can (4 oz.) diced green chilies
- ¼ cup thinly sliced green onion
- ¼ cup chopped fresh parsley or cilantro
- 2 tablespoons lemon or lime juice
- 1/8 teaspoon pepper
- 1 clove garlic, minced
- ¼ teaspoon salt, or to taste

Directions
Drain tomatoes reserving only ¼ cup of the juice.
Combine tomatoes and juice with remaining ingredients. Serve with tortilla chips. Makes about 2 ½ cups.

CORN SALSA DIP

Ingredients
- 2 (10 ounce) cans sweet white corn
- 1 (14.5 ounce) can black beans
- 1/2 red onion, chopped
- 1 red pepper, chopped
- 1/2 cup sugar
- 1/2 cup rice wine vinegar
- salt to taste

Directions
In a large bowl, stir together corn, beans, onion, red pepper, and sugar. Stir in rice wine vinegar, and season with salt.
PEANUTTY GOOD LUCK SNACK

Ingredients

- 4 cups Lucky Charms Cereal
- 1 cup Candy-Coated Peanut Butter Pieces
- 1 cup Yogurt-Covered Raisins

Directions

Place all ingredients in resealable plastic food-storage bag; seal. Shake until mixed. Store at room temperature for up to 3 days.

CHEESE AND CRACKERS

Ingredients

- 1 can of spray cheese
- 1 box of your favorite crackers

Directions

Spray cheese on a cracker, spread evenly on ½ the box of crackers. Top with the remaining crackers and push down lightly. Enjoy!
**EXTRA YUMMY SNACK**

**Ingredients**
- 12 mini rice cakes*
- 3 tablespoons of peanut butter*
- 4 slices strawberries, kiwi, banana
- honey to taste

**Directions**
Top the rice cakes with peanut butter, about half a teaspoon each.
Add a drop of honey and top with a slice of fruit.

**APPLE SAUCE AS SIDE DISHES**

**Ingredients**
- 1 jar of apple sauce

**Directions**
Serve up a fun and sweet side dish with apple sauce and the sandwich of your choice.

**QUICK KEBABS**

**Ingredients**
- 1/2 ounce cubed roasted deli turkey
- 1/2 ounce cubed Cheddar cheese
- 1/4 cup grapes
- 6 dried apricots

**Directions**
Thread turkey, cheese, grapes and apricots onto a wooden skewer, and enjoy.
SUMMER BEANS SALAD

Ingredients
- 15 1/2 ounce(s) (can) pinto or black beans, drained and rinsed
- 11 ounce(s) (can) corn kernels, drained
- 2 medium tomatoes, seeded and diced
- 3 green onions, minced
- 1 large (or 2 small) avocado, diced
- 1 cup(s) chopped fresh cilantro
- 1/2 cup(s) prepared salsa
- 3/4 teaspoon(s) salt
- 1/2 teaspoon(s) pepper

Directions
Combine all ingredients in a large bowl. Gently toss to combine. Chill for 30 minutes to 1 hour. Serve over greens as a salad, or with chips for dipping.
WATERMELON GAZPACHO

Ingredients:
- 8 cup(s) finely diced seedless watermelon, (about 6 pounds with the rind) (see Tip)
- 1 medium cucumber, peeled, seeded and finely diced
- 1/2 red bell pepper, finely diced
- 1/4 cup(s) chopped fresh basil
- 1/4 cup(s) chopped flat-leaf parsley
- 3 tablespoon(s) red-wine vinegar
- 2 tablespoon(s) minced shallot
- 2 tablespoon(s) extra-virgin olive oil
- 3/4 teaspoon(s) feta cheese

Directions:
Mix diced watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl. Stir in the feta cheese. Serve at room temperature or chilled.
THREE BEANS SALAD

Ingredients:
- 15.5 oz can of dark red kidney beans
- 15.5 oz can red kidney beans
- 12.5 oz can of cannelloni beans
- 3.8 oz can of black olives
- 1 cup red bell pepper, diced
- 1 cup yellow bell pepper, diced
- 1 cup green bell pepper, diced
- 1 cup tomato, diced
- Juice of 1 lime
- 3 tbsp extra-virgin olive oil
- 3 tbsp red wine vinegar
- Ground pepper

Directions:
Drain beans and black olives. Combine beans, olives, peppers, tomatoes, lime juice, olive oil, and red win vinegar in a large bowl. Season with ground pepper to taste and serve.
TACO SALAD

Ingredients
- 1 large tomato chopped
- 3 leaves of lettuce chopped
- ½ onion, diced finely
- 2 tablespoons of cheese (parmesan)
- 1 bag of whole wheat tortilla chips (8 tortillas)
- 1 avocado chopped into chunks
- 1 small can black olives chopped
- ½ can of sweet corn
- 2 tablespoons of Catalina or French dressing

Directions:
Put all ingredients in a small bowl. Pour in the dressing and toss.
Place about 3 tablespoons of ingredients in each tortilla roll and serve.
**PEANUT BUTTER SANDWICH**

*Ingredients*
- 2 slices of raisin bread
- 1 Mashed banana
- 2 Tablespoons of Peanut Butter

*Directions*
Mash bananas with potato masher until smooth.
Stir together peanut butter, mashed banana.
Then spread on bread and enjoy!

**VEGGIE SANDWICH**

*Ingredients*
- 4 (1 ½-ounce) slices whole wheat bread
- ½ cup shredded carrots
- 8 (1/4” thick) slices tomato
- Olive oil
- 8 (1/4” thick) slices avocado
- Hummus spread

*Directions*
Thoroughly mix hummus with 1 tablespoon olive oil. Spread on each slice of bread, 3 tbsp. of mixture. Top each slice with 2 tbsp shredded carrots, 2 tomato slices and 2 avocado slices. Top with ground pepper if desired.
MEXICAN BEANS WRAP

Ingredients:
- 1 (17.5 oz) package whole wheat tortillas
- 1 can pinto beans drained
- 1 can green chilies
- 1 package taco seasoning mix
- 2 tomatoes
- 8 scallions
- 1 avocado
- 1 can cheddar cheese whiz
- Fresh or dry cilantro to taste
- Lettuce (optional)
- 6 lettuce leaves

Directions:
Drain all excess liquid from canned ingredients. Mash beans with fork. If consistency is too thick add some water. Mix beans and chilies with two tbsp of taco seasoning mix.
In a separate bowl, dice tomatoes and combine with cilantro. Dice avocado, dice scallions and dice lettuce. Spread about 2 tbsp bean mixture onto tortillas and sprinkle 2 tbsp tomatoes on top of bean mixture. Add 1 tbsp of chopped avocado. Sprinkle with scallions and lettuce. Using cheese whiz, apply 2 thin lines lengthwise over top of all ingredients (about 1 tbsp). Roll, wrap and enjoy. Jalapenos may also be added for additional flavor.
PARMESAN TUNA SANDWICH

Ingredients

- 12 oz. can chunk tuna, drained
- 1 red bell pepper, chopped
- 3 green onions, thinly sliced
- 1 cup shredded Parmesan cheese
- 1/2 cup mayonnaise
- 2 Tbsp. Dijon mustard
- 1 Tbsp. lemon juice
- 1 tsp. dried basil leaves
- dash pepper

Directions:
Combine tuna, bell pepper, and green onions in medium bowl. In small bowl, combine cheese, mayonnaise, sour cream, mustard, lemon juice, and basil leaves and blend well. Add to tuna mixture and blend.
TUNA PESTO WRAP

Ingredients

- 1/4 cup mayonnaise
- 1 (3-ounce) jar pesto
- 1/3 cup grated Parmesan cheese
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/8 teaspoon pepper
- 1 (12-ounce) can tuna in water, drained
- 1 red bell pepper, chopped
- 1 cup frozen baby peas, thawed
- 8 (8-inch) flour tortillas
- 8 leaves lettuce

Directions:

In medium bowl, combine mayonnaise, pesto, Parmesan cheese, lemon juice, garlic, and pepper. Gently mix in tuna, red bell pepper, baby peas and cherry tomatoes. Layer the tortillas with lettuce and add tuna mixture; roll up, slice in half crosswise, and serve immediately.