

# Tasty Travels *Cookbook*



## ABOUT US

iCook After School offers engaging hands-on cooking and nutrition education classes designed to foster life skills, provide an insight into nutrition and wellness and simultaneously nurturing curiosity and a passion for exploration among children. Our classes reinforce math, science and enhance students Executive Function Skills and Social-Emotional Learning, creating a holistic approach that combines the joy of cooking with the reinforcement of essential cognitive and emotional development. Our curated curricula center around themes that emphasize the significance of diversity, creativity, and education, providing a holistic approach to learning for children in an after-school setting.

## HISTORY

iCook was founded in 2014 by two visionary women who saw an opportunity to bring high-quality, engaging after-school programming to children through hands-on cooking experiences. What started as a small initiative quickly grew into a thriving program, reaching schools and communities across the country. From the very beginning, our mission has been to make after-school enrichment accessible and enjoyable for parents, principals, and—most importantly—kids. Over the years, we've built a strong team of dedicated educators and enrichment supervisors who bring our curriculum to life, ensuring seamless class delivery and local program oversight. Through passion, innovation, and a commitment to excellence, iCook continues to inspire young chefs and foster a love of healthy eating in every class.

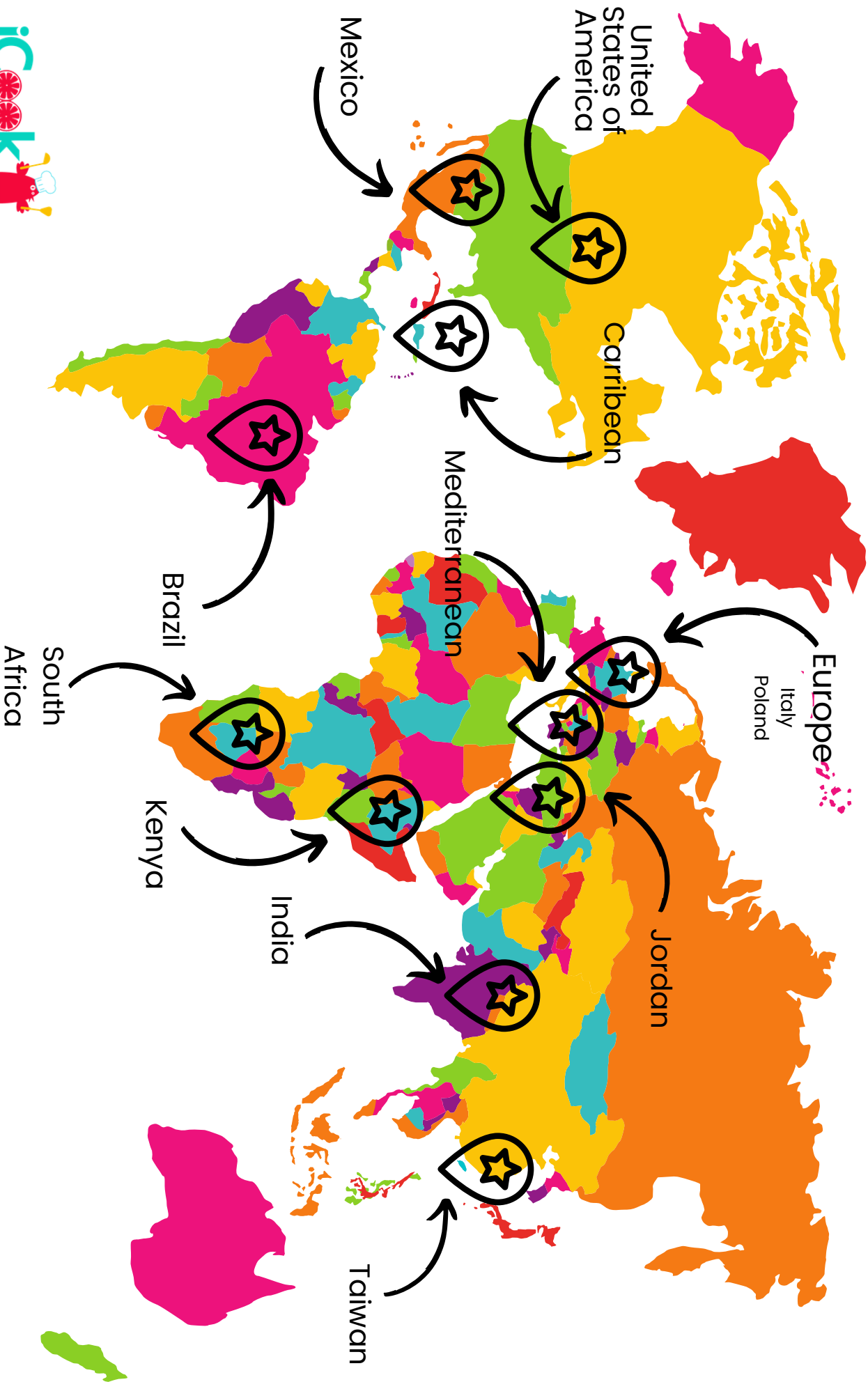
## OUR MISSION

Our mission is to encourage young chefs to enjoy the simple goodness of food and cooking through hands-on classes sprinkled with nutrition, cultural diversity and sustainability for good measure. Our vision is to cultivate a generation of young chefs who delight in the art of cooking while embracing the values of nutrition, cultural diversity, and sustainability. Through hands-on classes, we inspire a love for culinary exploration, nurturing a community that celebrates the simple goodness of food and its power to create positive change in the world.

In essence, iCook After School is more than just a provider of cooking classes – we're catalysts for growth, curiosity, and culinary creativity in the hearts and minds of young learners nationwide.



# TASTY TRAVELS



Use these to help teach students about knife safety and proper knife techniques



## SAFETY HOLDING A KNIFE

Three important rules to teach children:

- Grip. Hold the knife properly. Hold the knife with your dominant hand (the hand you write with). Pinch the blade right above the handle and rest the knuckles of your pointer finger on the back of the knife.
- Do the chef stance. Stand on a steady surface with feet shoulder width apart. Make sure your hips are at counter height. Wear close toed shoes that are non-slip. Create an X with the tip of the knife and your claw hand. Elbows out.
- Claw. The hand that is holding the food should look like a bear claw – fingers curled with thumb in. This protects your fingers in case the knife slips.
- Eyes. Keep eyes on the knife at all times. Remind your child that if their eyes wander then they should stop cutting and place the knife carefully on the cutting board.

## PRACTICE KNIFE SKILLS

Before practicing knife skills there are a few tips to discuss with your children. These tips will help them successfully cut a piece of food while remaining safe.

- The knife is stuck. Tell children to pretend the tip of the knife is stuck to the cutting board.
- Rocking the boat technique (aka rock the blade). When cutting, the blade should move in a rocking motion to saw through the food.
- Lay food flat. Round items like cucumbers and bananas should be cut in half lengthwise to lay on their flat side for safe cutting.
- Move hand to coarsely chop. Small pieces like garlic or herbs should be chopped by rocking the knife across the food while your hand lays flat on top of the knife.

Now you are ready to work on your recipes and do some chopping and dicing like a pro.

# MEASURING TIPS

Use these to help teach students about measuring different ingredients



**MEASURING DRY INGREDIENTS**

## MEASURING

- Means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- Measuring tools include measuring cups (dry and liquid), measuring spoons, scales.
- Measuring properly ensures that your recipe will taste good and cook correctly!

## MEASURING DRY INGREDIENTS (FLOUR, SUGAR ETC)

- Always use a dry measuring cup for these ingredients!
- Spoon into measuring cup from container.
- Level off any excess with the backside of a butter knife.



**MEASURING BROWN SUGAR**

## MEASURING BROWN SUGAR

- Spoon the brown sugar into a measuring cup.
- Pack down the top.
- You know you've done it right when you dump the brown sugar out and it keeps the shape of the measuring cup.



**MEASURING LIQUIDS**

## MEASURING BUTTER

- Butter and margarine are solid fats, and need to be measured using a dry measuring cup. Press the fat into the measuring cup and level the top, using a spoon or rubber spatula.
- If you are using stick butter or margarine, explain that one normal size stick equals  $\frac{1}{2}$  cup. The sticks also have handy lines that mark each 1 tablespoon.



**MEASURING YOGURT**

## MEASURING LIQUIDS

- Set the liquid measuring cup on the counter.
- Bend down so your eyes are level with the measuring cup. Pour the liquid into the measuring cup until it hits the line that matches the amount you want to measure.

## MEASURING SOUR CREAM, PEANUT BUTTER, YOGURT

- Thick ingredients, such as sour cream, need to be measured in a dry measuring cup.
- Spoon into a dry measuring cup, making sure there aren't any air pockets in the cup.
- Level off with the back of a butter knife.

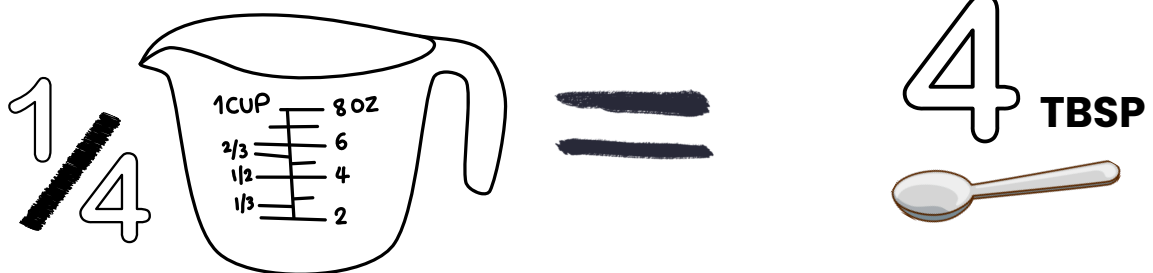
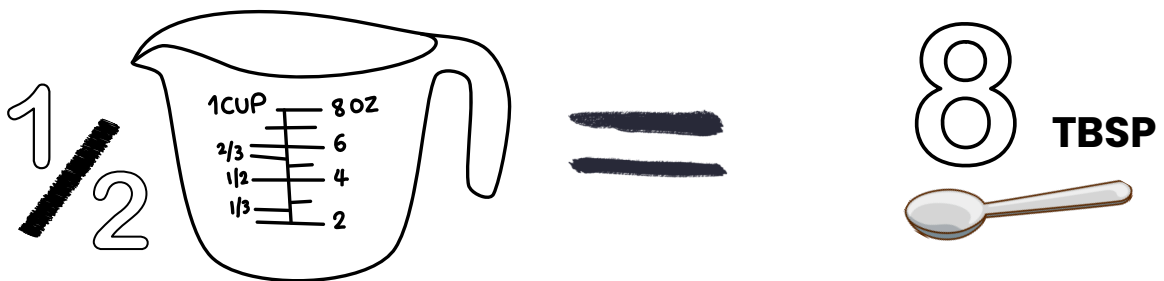
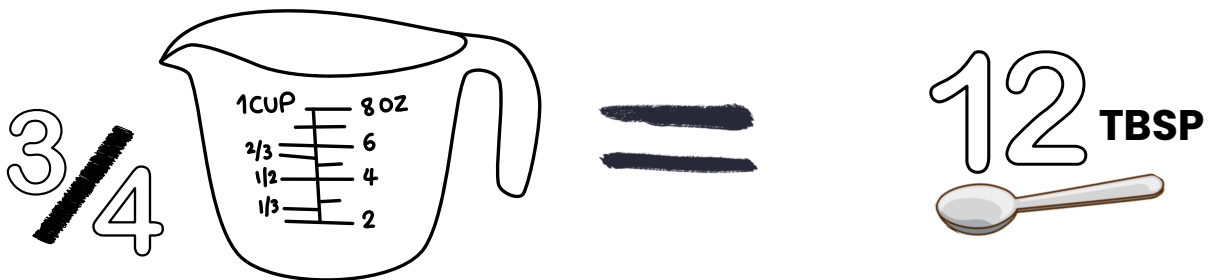
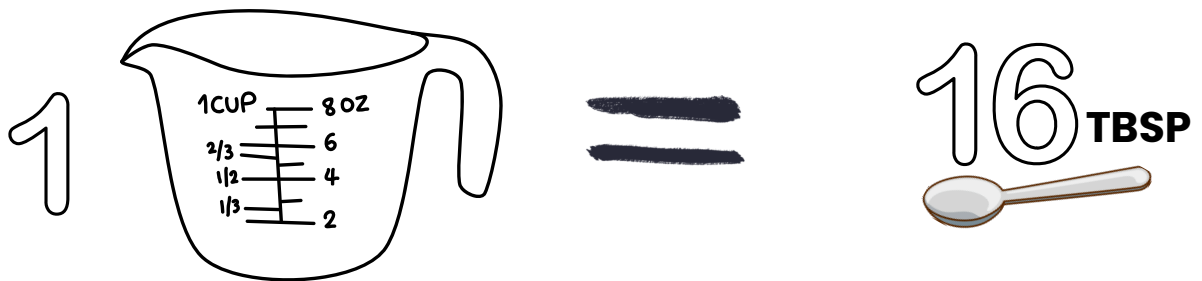


**MEASURING HONEY HACK**

## MEASURING HONEY HACK

- Oil the utensil before measuring—the honey will slide out cleanly

# UNIT CONVERSION



# iCOOK RULES

1

**Wash hands**  
with soap before  
cooking.



2

Wash **fruits**  
and **vegetables**.



3

**Stay away**  
from oven and blender.  
(Only adults can use  
these.)



4

Keep your  
**station clean.**  
(Clean as you go.)



5

Do **NOT**  
play with knives.



6

**"One bite rule":**  
Taste at least one bite  
of every dish we make.



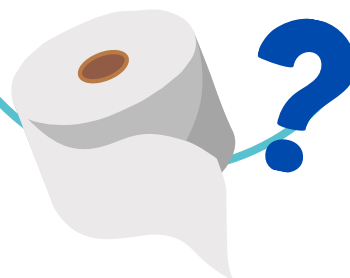
7

**Raise your hand**  
if you want to speak  
up/ask question.



8

**Ask the teacher**  
if you may use the  
restroom.



9

**Have fun!**





## Global Flavors Are Fun

In this global cooking course, we traveled the world through flavors! Each dish taught us how cultures near and far use food to stay energized, strong, and healthy. We explored spices from India that warm the body and wake up our senses, refreshing vegetable dishes from Jordan and Mexico, and plant-powered proteins from Taiwan that build our brains and muscles.

## Healthy Eating is Diverse

Healthy looks different all around the world—some cultures thrive on rice and beans, others on lentils and flatbreads, or fish and seaweed—but no matter where you are, choosing fresh, balanced meals and celebrating your own food traditions makes eating well both fun and powerful!



## Food Unites Us

Every culture has its own delicious way of eating—filled with unique flavors, ingredients, and traditions. But no matter where you are in the world, sharing a meal with loved ones is a powerful way to connect, celebrate history, and pass down stories from one generation to the next. Food may look different on every table, but the joy of coming together is something we all share.



## Star Ingredients Explored:

- Cucumber
- Pear
- Red pepper
- Greek yogurt
- Lemon
- Milk
- Cheese
- Apple



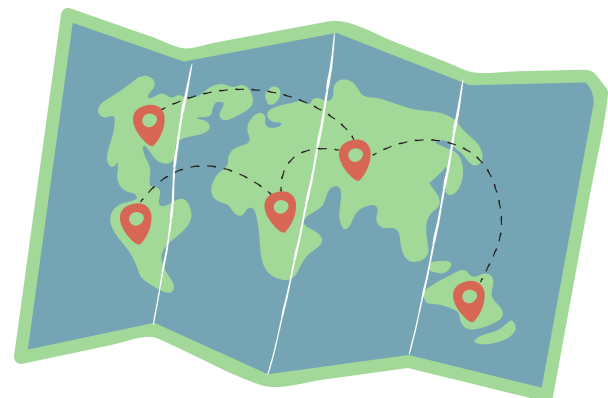
## Star Techniques Learned:

- Rolling
- Layering
- dicing
- mixing
- steeping
- garnishing
- peeling



## Cuisines Experienced

At iCook, we take young chefs on a global food adventure! This session, we explored dishes from countries like Mexico, India, Italy, Jordan, South Africa, and the Caribbean. From tostadas to bobotie, samosas to gelato, kids learned about unique ingredients and cooking traditions from around the world—all while building skills and having fun in the kitchen!



# FLATBREAD & CHAKALAKA

## FLATBREAD

| Ingredient        |            |
|-------------------|------------|
| All purpose flour | 3 1/4 cups |
| Salt              | 1 tsp      |
| Olive oil         | 1/4 cup    |
| Warm water        | 1 cup      |
| Cornmeal          | 1 tbsp     |

### MAKES 5 SERVINGS

#### Directions:

1. Preheat the oven to 450 degrees F.
2. Combine flour and salt in a bowl and combine. Add water and olive oil. Mix with a fork until dough comes together
3. Place the dough on a lightly floured surface. Knead by hand until a smooth ball has formed.
4. Divide the dough into 5 portions and roll out flat
5. Lightly dust the baking sheet with coarse cornmeal. and place the dough onto the baking sheet.
6. Bake the for 10 minutes then pull the dough out. Brush with olive oil with the back of a spoon and return to the oven for another 10 minutes or until golden and crisp.
7. Enjoy!

#### DID YOU KNOW?

Flatbreads are likely the 1st type of processed food made by man! Dating as far back as 6000 years ago.



#### DID YOU KNOW?

Cucumbers can help keep your breath fresh. They contain compounds that can fight bad breath!



## CHAKALAKA

| Ingredient             |         |
|------------------------|---------|
| Large cucumber         | 1       |
| Large Bell Pepper      | 1       |
| Lemon                  | 1/2     |
| Dill Pickles           | 1/2 cup |
| Vegetarian Baked Beans | 1 can   |
| Siracha                | 1 tbsp  |
| Salt                   | 1/2 tsp |

#### PREP BEFORE cooking

Wash all veggies.

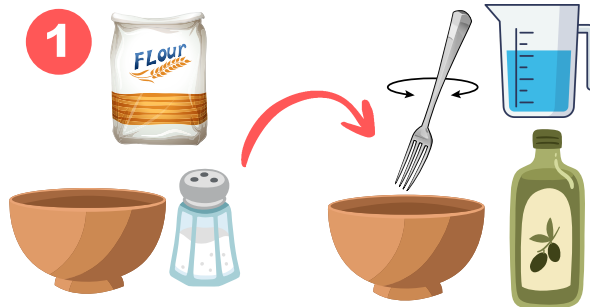
#### Directions:

1. Dice cucumber and bell pepper in 1/2 inch cubes.
2. Dice pickle slices and add to bowl. Add baked beans.
3. Measure the Siracha sauce and salt, and add to the bowl
4. Squeeze the lemon juice into a separate bowl. and remove any seeds. Add to the large bowl.
5. Mix until everything is evenly combined.
6. Enjoy!

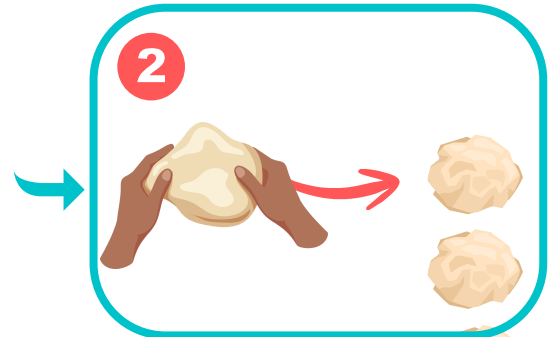
## FLATBREAD

### INGREDIENTS

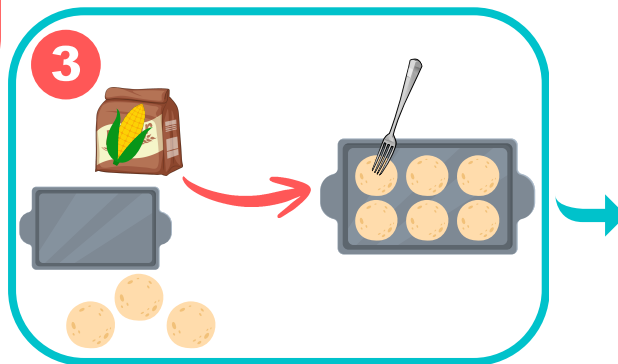
All Purpose Flour  
Salt  
Olive Oil  
Warm Water  
Cornmeal



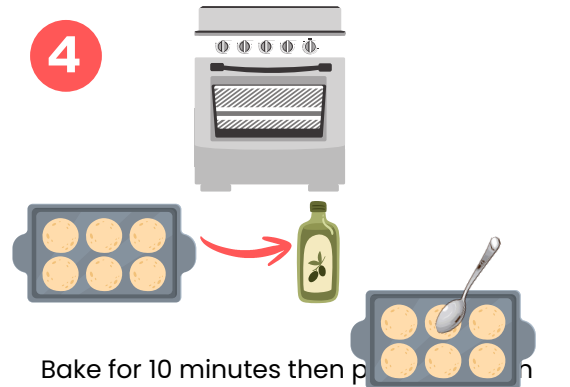
1 Combine flour and salt in bowl. Then add water and olive oil to mix with fork.



2 Place dough on a lightly floured surface and knead by hand, make small dough balls.



3 Flatten each ball of dough  $\frac{1}{8}$  inch thickness. Lightly dust baking sheet with cornmeal and place the dough onto baking sheet. Poke hole on top of dough.

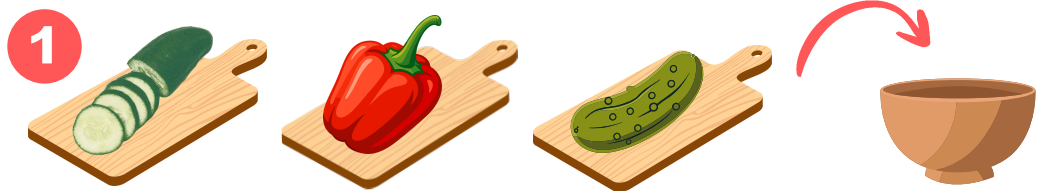


4 Bake for 10 minutes then pull out. Grab a spoon to spread a layer of olive oil on each flatbread, flip them. Return to oven for another 10 minutes, and enjoy!

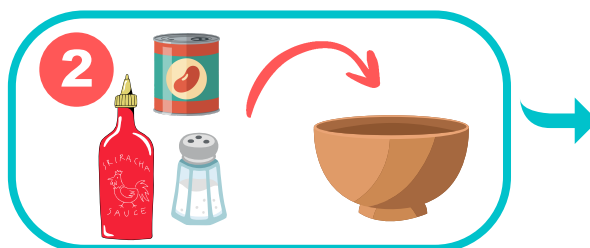
## CHAKALAKA

### INGREDIENTS

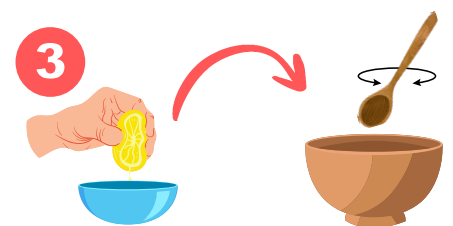
Cucumber  
Bell Pepper  
Lemon  
Dill Pickles  
Vegetarian Baked Beans  
Sriracha  
Salt



1 Dice cucumber, bell pepper, dill pickle, and combine in a large bowl.



2 Add baked beans, sriracha sauce, salt, to the bowl.



3 Squeeze lemon into a separate bowl to remove any seeds. Add to bowl, mix until evenly combined, and enjoy!

# PEAR CAPRESE SALAD



### DID YOU KNOW?

Pears are picked while still they are firm because they ripen better off the tree, becoming sweet and juicy!

## PEAR CAPRESE SALAD

| Ingredient        |          |
|-------------------|----------|
| Pears             | 2        |
| Mozzarella cheese | 16 oz.   |
| Basil leaves      | 1 cup    |
| Balsamic glaze    | 1/4 cup  |
| Olive oil         | 2 tbsp   |
| Salt and Pepper   | To taste |

### MAKES 5 SERVINGS

#### Directions:

1. Slice pears into fine slices
2. Slice mozzarella cheese into thin slices.
3. Arrange the pear and mozzarella slices in alternating layers on the plate
4. Drizzle olive oil and balsamic glaze.
5. Top with salt and pepper to taste.
6. Enjoy!

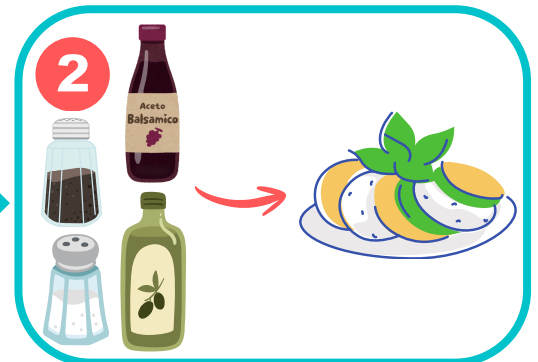
## PEAR CAPRESE SALAD

### INGREDIENTS

Pears  
Mozzarella Cheese  
Basil Leaves  
Balsamic Glaze  
Olive Oil  
Salt  
Pepper



1  
Slice pears into flat discs and mozzarella into thin slices. Stack a pear, mozzarella, and basil leaf.



2  
Drizzle balsamic glaze, olive oil on top of each stack, add salt and pepper to taste, and enjoy!

## JERK SWEET POTATOES

| Ingredient             |         |
|------------------------|---------|
| Medium sweet potatoes  | 2       |
| Ground cinnamon        | 1/4 tsp |
| Brown sugar            | 1/4 cup |
| Ground cloves          | 1/4 tsp |
| Ground cumin           | 1/4 tsp |
| Salt                   | 2 tsp   |
| Black pepper           | 1 tsp   |
| Unsalted butter, stick | 1       |

### Directions:

1. Preheat oven to 375°F.
2. Cut sweet potatoes into ½ inch cubes.
3. Measure the seasonings and add to a bowl with butter.
4. Add sweet potatoes to the butter-seasoning mixture. Mix until everything is coated.
5. Once coated, add sweet potatoes to a lined baking tray and cook in the oven for 10 minutes. Flip and cook for an additional 8-10 minutes.
6. Allow sweet potatoes to cool before eating.
7. Enjoy!



### DID YOU KNOW?

Jerk seasoning refers to a combination of herbs and spices. Jerk seasoning can be a wet paste or a dry rub.



### DID YOU KNOW?

Sofrito is often used as a cooking base for stews or other dishes. Today, we'll sample it with chips.

## SOFRITO

| Ingredient            | 10    |
|-----------------------|-------|
| Green bell pepper     | 1     |
| Red bell pepper       | 1     |
| Olive oil             | 2 tsp |
| Green onions          | 5     |
| Tomatoes              | 2     |
| Garlic cloves         | 3     |
| Cilantro, bunch       | 1     |
| Bag of tortilla chips | 1/2   |

### Directions:

1. Roughly chop tomatoes, bell peppers, and green onions.
2. Add tomatoes, bell peppers and green onions into a blender or food processor and blend until roughly chopped.
3. Add olive oil, garlic cloves, and cilantro to blender or food processor.
4. Pulse until the texture of salsa. Make sure there is some texture remaining!
5. Serve with tortilla chips and sweet potatoes.
6. Enjoy!

## JERK SWEET POTATOES

### INGREDIENTS

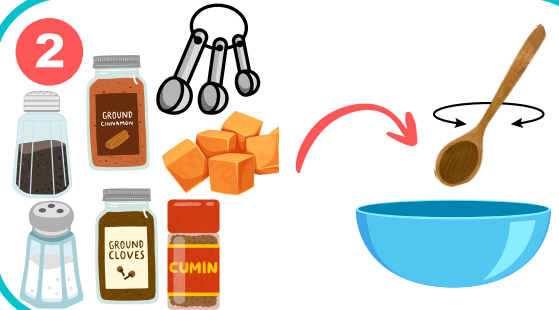
Sweet Potato  
Ground Cinnamon  
Brown Sugar  
Ground Cloves  
Ground Cumin  
Salt  
Black Pepper  
Unsalted Butter Stick

1



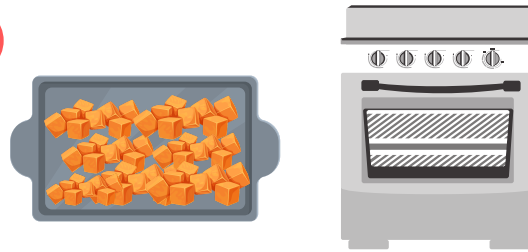
Dice sweet potatoes.

2



Measure ground cinnamon, clove, cumin, salt, black pepper, and diced sweet potato to a bowl with butter and mix.

3



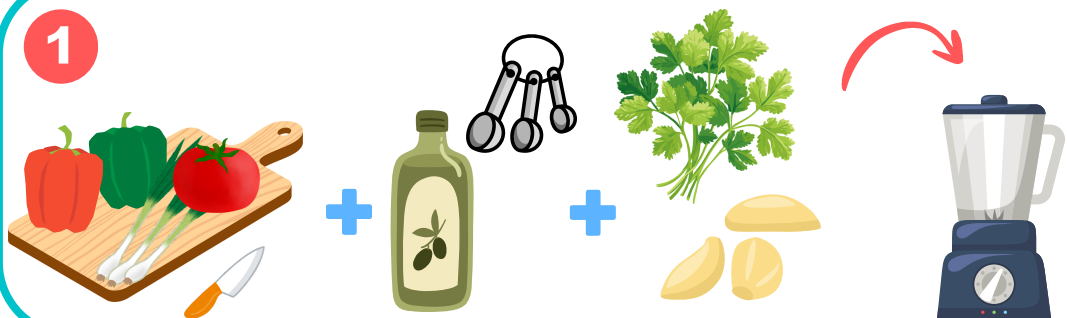
Once coated add sweet potatoes to a baking tray and cook in the oven for 10 minutes. Flip and cook for an additional 8-10 minutes. Allow sweet potatoes to cook and enjoy!

## SOFRITO

### INGREDIENTS

Green Bell Pepper  
Red Bell Pepper  
Olive Oil  
Green Onions  
Tomatoes  
Garlic Cloves  
Cilantro, Bunch  
Tortilla Chips

1



Dice the tomatoes, bell peppers, and green onions, then add them to the blender along with olive oil, garlic, and bunch of cilantro. Pulse until texture of salsa, serve with tortilla chips and enjoy!

# FATTOUSH SALAD

## JORDANIAN FATTOUSH SALAD

| Ingredient        |           |
|-------------------|-----------|
| Tomatoes          | 1/2 cup   |
| Cucumber          | 1 cup     |
| Parsley leaves    | 1 cup     |
| Green onions      | 1-2       |
| Romaine lettuce   | 1/2 head  |
| Radish            | 2         |
| Lemon juice       | 1/2 cup   |
| Olive oil         | 1/2 cup   |
| Fresh mint leaves | 1/2 bunch |

### MAKES 5 SERVINGS:

#### Directions:

1. Dice tomatoes, cucumber, radish, and green onions into very small
2. Add chopped vegetables and greens to a large bowl, mix well to combine.
3. Drizzle olive oil, lemon juice, salt, pepper, and sumac onto the vegetables and mix thoroughly to combine and integrate the flavors.
4. Serve about a ½ cup portion with pita chips and enjoy.

### DID YOU KNOW?

In Arabic, the word “fattoush” is derived from “fatteh” which means “crumbs.”

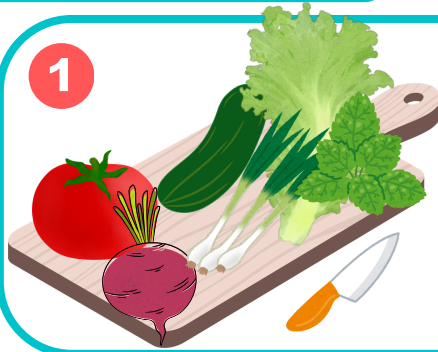


## JORDANIAN FATTOUSH SALAD

### INGREDIENTS

Tomatoes  
Cucumber  
Parsley Leaves  
Green Onions  
Romaine Lettuce  
Radish  
Lemon Juice  
Olive Oil  
Fresh Mint Leaves  
Salt  
Pepper  
Sumac

1



Dice tomatoes, cucumber, green onions, romaine lettuce, radish, fresh mint leaves and add them to a bowl.

2



Drizzle olive oil, lemon juice, salt, pepper, and sumac onto the vegetables, mix thoroughly, serve with pita chips and enjoy!

## BROWN SUGAR MILK TEA

| Ingredient                  |         |
|-----------------------------|---------|
| Decaffeinated black teabags | 5       |
| Milk                        | 2 cups  |
| Brown sugar                 | 1/4 cup |
| Water                       | 4 cups  |

### MAKES 5 SERVINGS

#### Directions:

1. Add 5 decaffeinated tea bags to 4 cups of water in a large pitcher. Allow to steep for as long as possible, at least 15 minutes.
2. Whisk ¼ cup brown sugar with 3 tbsp water to make a syrup.
3. Remove teabags from the pitcher. Add milk and brown sugar syrup.
4. Stir until all ingredients are well mixed.
5. Enjoy!



#### DID YOU KNOW?

Tea was originally only used only as a medicine. It took almost 3,000 years for it to become an everyday drink.

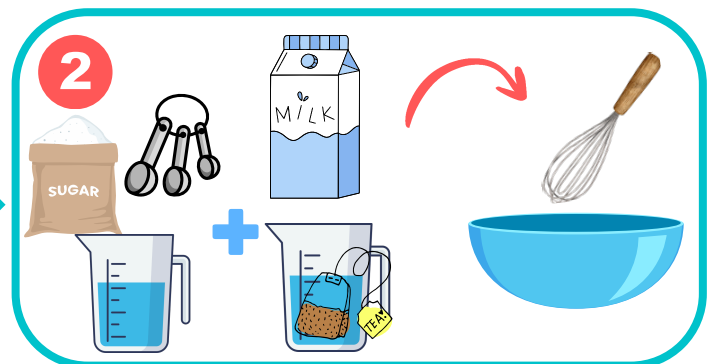
## BROWN SUGAR MILK TEA

### INGREDIENTS

Decaffeinated Black  
Tea Bags  
Milk  
Water  
Brown Sugar



1 Add tea bags to water in a pitcher, allow to steep for at least 15 minutes.



2 Measure and whisk brown sugar with water to make syrup. Remove teabags from pitcher, add milk, stir all ingredients, serve and enjoy!

## DID YOU KNOW?

In Brazil, people often eat these biscuits for breakfast with coffee

## BRAZILIAN CHEESE BREAD

**MAKES 5 SERVINGS**

| Ingredient             |         |
|------------------------|---------|
| All-purpose flour      | 3/4 cup |
| Cornstarch             | 3/4 cup |
| Baking powder          | 1/2 tsp |
| Salt                   | 1/2 tsp |
| Olive oil              | 1/3 cup |
| Milk                   | 2/3 cup |
| Grated parmesan cheese | 1 cup   |

### Directions:

1. Preheat the oven to 400°F.
2. In a bowl, mix flour, cornstarch, baking powder, salt, and parmesan.
3. In a separate bowl, mix olive oil and milk together.
4. Add wet ingredients to dry ingredients.
5. Stir just until combined, it will be a thick batter.
6. Add batter to greased cupcake tins with room to rise (around 2 tablespoons of batter per greased tin)
7. Bake for 15-20 minutes.
8. Let cool and enjoy!



## BRAZILIAN CHEESE BREAD

### INGREDIENTS

All-Purpose Flour

Cornstarch

Baking Powder

Salt

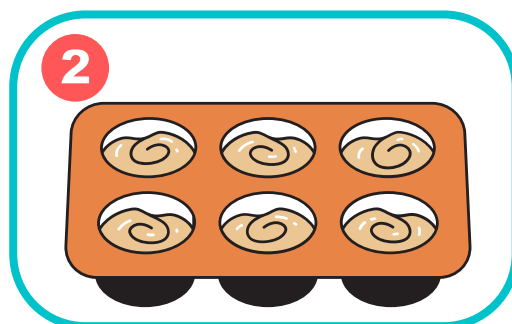
Olive Oil

Milk

Grated Parmesan Chesse



In a large bowl, mix dry ingredients together. In a separate bowl, mix the wet ingredients together. Mix dry and wet together to form batter.



Add batter into muffin tins.



Bake for 15-20 minutes, let cool, and enjoy!

Cinnamon comes from the bark of the cinnamon tree.

## APPLE PIE CUPS

| Ingredient           |         |
|----------------------|---------|
| Graham crackers      | 1/2 box |
| Medium apples        | 3       |
| Applesauce           | 1 cup   |
| Cinnamon             | 1/2 tsp |
| Heavy whipping cream | 1 cup   |
| Sugar or honey       | 2 tbsps |
| Small cups           | 5 cups  |

**MAKES 5 SERVINGS**

### Directions:

1. Crumble the graham cracker into the bottom of the cup you are building the pie inside of.
2. Dice the apple into small (1/4-1/2 inch) pieces.
3. Layer the apples on top of crumbled graham crackers.
4. Measure cinnamon and applesauce in a small bowl. Mix.
5. Make whipped cream by add whipped cream and sugar to the blender.
6. Whip until it has reached the consistency of whipped cream. Add vanilla, blend very briefly.
7. Top applesauce cups with one tablespoon of applesauce and a dollop of whipped cream. Enjoy!



## APPLE PIE CUPS

### INGREDIENTS

Graham Crackers

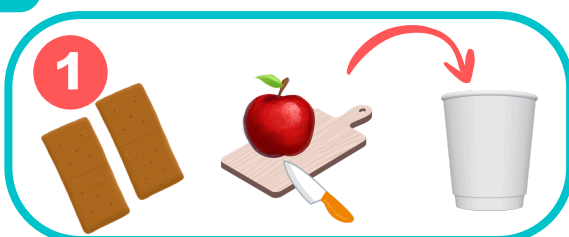
Medium Apples

Applesauce

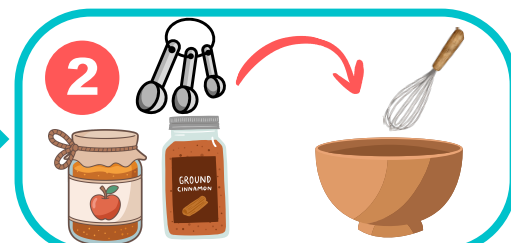
Cinnamon

Heavy Whipping Cream

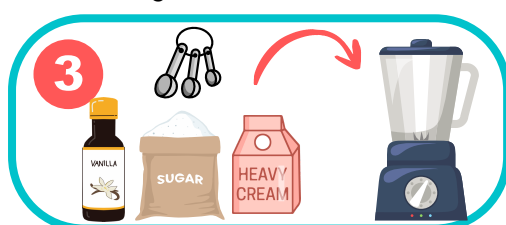
Sugar or Honey



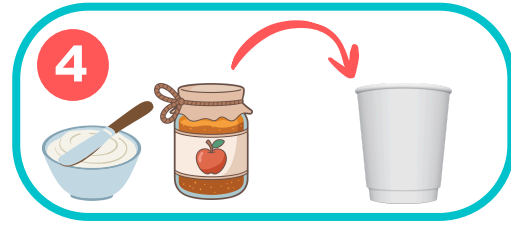
Break graham crackers into the bottom of a cup, dice the apples and place on top of the graham cracker.



Measure cinnamon and apple sauce in a small bowl and whisk.



Add heavy cream, vanilla, sugar into a blender and blend until consistency of whipped cream.



Top the cup with applesauce and a dollop of whipped cream and enjoy!

*Thank you &  
Happy Cooking!*

