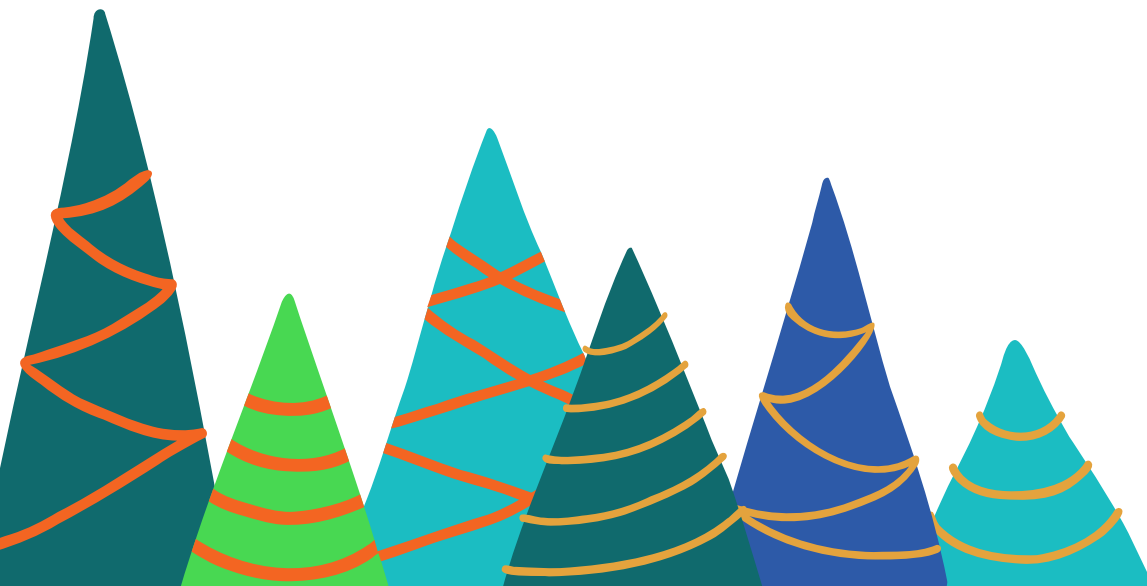




Holiday season cookbook

Easy recipes made by students,
for students



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This recipe book was made possible by the 7th and 8th graders at Ohana Institute in Inlet Beach, Florida, who enthusiastically embarked on a Vireo hydroponic gardening project. The students have become true apprentice gardeners, growing all kinds of plants and vegetables in their new Vireo garden.

As the holiday season approached, they saw an opportunity to create a recipe book using ingredients grown in the indoor hydroponic garden to share their enthusiasm not only for the Vireo project, but also for the arrival of this magical season, which deserves to be celebrated at school and at home.



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The history of Thanksgiving

BY OHANA INSTITUTE STUDENTS

When we think of Thanksgiving, we think of a feast with our friends and family, featuring a variety of food items such as Turkey, Mashed Potatoes, Mac and Cheese, and many other delicious dishes.

But why do we celebrate Thanksgiving?

Well, we mainly celebrate it for the purpose of celebrating all of the blessings we had received in the last year. Believe it or not, this national holiday dates all the way back to the 17th century, in the year of 1621 with a meal being shared by the English Pilgrims of Plymouth and the Wampanoag Tribe. According to the only TWO surviving documents referencing this meal, some of the food items served at the first Thanksgiving include Deer, Cod, Bass, Corn, and Flint, a variety of corn which was harvested by the Native Americans.

But why were they celebrating with this feast?

It's because that day, a light rain had ended an ongoing drought that the Native Americans and colonists had to suffer through.

Nowadays, Thanksgiving gives a sense of familiarity to family and friends, it's a time to cherish and honor happy memories. Each family has an individual way of celebrating like running a 5k or gathering around the table. Thanksgiving isn't about the food, it is about the time you spend with your loved ones. Family makes this holiday come to life.




Herbed stovetop mac and cheese

A bowl of herbed mac and cheese topped with black pepper a simple herbed stovetop mac and cheese with caramelized shallots, garlic, white cheddar, parmesan, and lots of savory herbs

Servings: 4-6



- 2 tbsp olive oil
- 2 large shallots, finely diced
- kosher salt
- freshly cracked black pepper
- 8 cloves garlic, minced
- 2 tbsp butter
- 2 tbsp flour
- 1 qt whole milk
- 2 sprigs fresh sage 
- 2 sprigs fresh oregano
- 2 sprigs fresh thyme
- 1 lb short pasta (we used "pipe rigate")
- 1 lb white cheddar cheese, shredded
- ½ cup grated parmesan cheese
- 2 tbsp chopped fresh parsley



Instructions

- 1 Bring a large pot of salted water to a boil.
- 2 Meanwhile, heat a 5 ½ qt Dutch oven over medium heat. Add the olive oil. Once hot, add the shallots and garlic. Saute for 2 minutes or so until softened, stirring often. Season with salt and black pepper.
- 3 Add the butter. Once melted, whisk in the flour. Whisk for 30 seconds to cook out the flour. Slowly pour in the milk, whisking continuously.
- 4 Add the herb sprigs and more black pepper.
- 5 Bring the milk to a simmer. Reduce the heat to medium-low and simmer for 6-8 minutes until slightly thickened, stirring often.
- 6 Meanwhile, drop the pasta into the boiling water, stir well, and cook for 1 minute less than the package's instructions.
- 7 Remove the herb sprigs.
- 8 Drain the pasta and add it to the sauce. Stir well to coat. Add the cheddar and parmesan cheeses. Stir over low heat until all of the cheese has melted and the sauce is super creamy.
- 9 Lastly, stir in the parsley. Taste and season with more salt if needed.

Stuffing

To serve 4: Cut this recipe in half exactly and bake it in an 8x8 or 9x9 inch dish, for the same amount of time.

To serve 12 to 18: Double this recipe exactly. Bake in a large baking dish, like a 10x15 roasting pan, or baking in two 9x13 baking dishes. Bake for roughly the same amount of time, or about 15 minutes longer.



- 18 to 24 ounces bread cubes, (1.5 loaves of bread, or about 12 to 14 cups) *preferably toasted or stale*
- 1 cup unsalted butter
- 3 cups diced sweet onion, *roughly 2 large onions*
- 2 cups diced celery
- 6 garlic cloves, *minced*
- kosher salt and pepper
- 3 tablespoons chopped fresh sage
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh rosemary
- 2 1/2 cups chicken or vegetable stock
- 2 large eggs
- a mixture of fresh herbs for sprinkling



Instructions

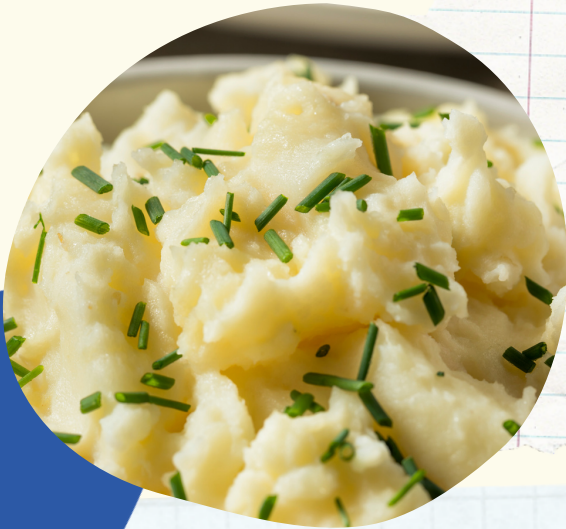
Note about the bread cubes! You have options here. Stale or toasty bread works best. The first option is that you can cut 1 1/2 pounds of bread into cubes, place it in a large baking dish, put them in oven, toasting them at 350 degrees F until they are like croutons, about 15 minutes or so.

- 1 Preheat the oven to 350 degrees F. Brush a 9x13 baking dish with melted butter, olive oil or spray with nonstick spray. Place the bread in a large mixing bowl. Heat the butter in a large skillet or dutch oven over medium heat. Once melted, stir in the onion, celery and garlic with a big pinch of salt and pepper - at least 1/2 to 1 teaspoon each.
- 2 Cook until the onions and celery soften, about 8 to 10 minutes. Stir in the sage, parsley and rosemary. Cook for another minute. Stir in 1 cup of stock. Pour the onion celery mixture over the bread crumbs and toss well to coat. In a small bowl or measuring cup, whisk together the remaining 1 1/2 cups stock and 2 eggs.
- 3 Pour that mixture into the bread cubes and stir and fold the bread cubes until thoroughly combined.
- 4 Bake the stuffing for 45 to 50 minutes, until the internal temperature registers 160 degrees F. If the stuffing is getting too browned, you can tent it with foil.

You can back the stuffing in a pan or stuff inside the turkey. It is delicious either way.

Mashed Potatoes

Servings: 10



- 5 pounds Russet potatoes
- 2 large cloves garlic, minced
- fine sea salt
- 6 tablespoons butter
- 1 cup whole milk
- 4 ounces cream cheese, room temperature
- toppings: chopped fresh chives or green onions, freshly-cracked black pepper

Instructions

- 1 Cut the potatoes.** Feel free to peel them. Then cut them into evenly-sized chunks, about an inch or so thick, and transfer them to a stockpot full of cold water.
- 2 Boil the potatoes.** Once all of your potatoes are cut, be sure that there is enough cold water in the pan so that the water line sits about 1 inch above the potatoes. Stir the garlic and 1 tablespoon sea salt into the water. Then turn the heat to high and cook until the water comes to a boil. Reduce heat to medium-high to maintain the boil and continue cooking for about 10-12 minutes, or until a knife inserted in the middle of a potato goes in easily with almost no resistance. Carefully drain out all of the water.
- 3 Prepare your melted butter mixture.** Meanwhile, as the potatoes are boiling, heat the butter, milk and an additional 2 teaspoons of sea salt together either in a small saucepan or in the microwave until the butter is just melted. Set aside until ready to use.
- 4 Mash the potatoes.** Using your potato masher, mash the potatoes to your desired consistency.
- 5 Stir everything together.** Then pour half of the melted butter mixture over the potatoes, and fold it in with a wooden spoon or spatula until potatoes have soaked up the liquid. Repeat with the remaining butter, and then again with the cream cheese, folding in each addition in until just combined to avoid over-mixing.
- 6 Taste and season.** One final time, taste the potatoes and season with extra salt if needed.
- 7 Serve warm.** Then serve warm, garnished with gravy or any extra toppings that you might like, and enjoy!

Pumpkin Pie

A delicious and heart-warming pumpkin pie made with simple ingredients as the perfect end to a meal

Servings: 2 pies



- 1 pie pumpkin peeled and roasted
- 2 cups whole milk
- ½-¾ cups white sugar, or more to taste
- 2 large eggs
- 2 tablespoons all-purpose flour
- 2 teaspoons ground cinnamon, or more to taste
- ½ teaspoon ground nutmeg, or more to taste
- ½ teaspoon salt
- ¼ teaspoon ground cloves, or more to taste
- 2 (9 inch) unbaked pie shells

Instructions

- 1 Preheat the oven to 475 degrees F (245 degrees C).
- 2 Peel the pie pumpkin. Cube the flesh and throw away the seeds and strands. Roast the chunks on a baking sheet. Allow the pumpkin to cool completely.
- 3 Puree the pumpkin in a blender until it is smooth, but not liquid.
- 4 Combine pumpkin purée, milk, sugar, eggs, flour, cinnamon, nutmeg, salt, and cloves in a large bowl; mix with an electric mixer until smooth. Pour evenly into pie shells.
- 5 Bake in the preheated oven for 10 minutes. Reduce heat to 350 degrees F (175 degrees C) and continue to bake until filling is set, 35 to 45 more minutes. Place pies on a wire rack to cool.
- 6 Serve warm or at room temperature with a dollop of whipped cream.



As this cookbook draws to a close, here's a short testimonial from the 8th grade students at Ohana Institute about their indoor gardening learning experience:



Working with the hydroponic garden has given us such a sense of accomplishment, and our work definitely paid off! We love working as a team in Middle Years, as well as collaborating with many other classes and learning groups!

Once our current plants outgrow the garden, we are looking forward to transplanting many of them outside, where they will continue to thrive. We can't wait to plant more varieties of herbs, fruits, and vegetables, too! Many of us are even planning to start our own gardens at home!

Vireo and Ohana Institute wish you a Happy Thanksgiving and a joyful holiday season!

