



**Camp Blue Ridge
2023
Recipe Book**

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Lemon Pies

Ingredients

- 1 Lemon
- 1 can of condensed milk
- 1 can of evaporated milk
- 8.8 oz of Biscoff Cookies
- Whipped Cream
- Read to eat Pie Crust



Preparation

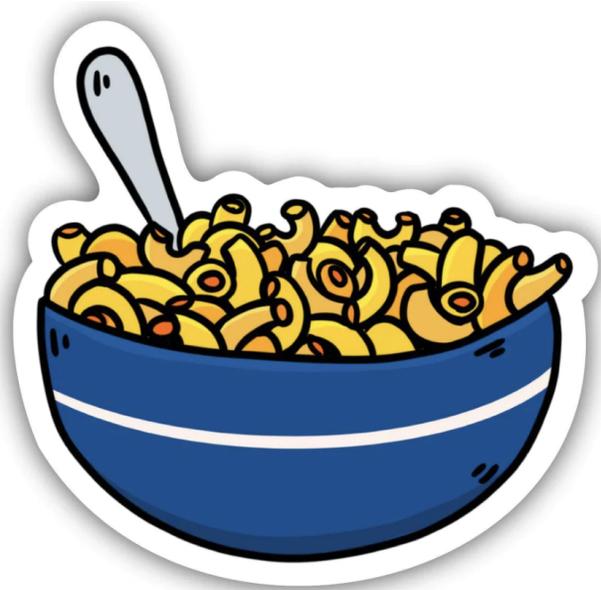
1. Squeeze the lemon into a small bowl.
2. In a large bowl, add the condensed milk and evaporated milk, and lemon juice.
3. Use the whisk to mix the ingredients.
4. Add the mixture to the container with the crust.
5. Crumble cookies and sprinkle on top for added flavor and crunch.
6. Add whipped cream.
7. When this is ready, refrigerate until set.



Mac & Cheese

Ingredients

1lb. elbow pasta
1/2 cup unsalted butter
1/4 cup cornstarch
1/4 cup flour
1 1/2 cup milk
2 cups heavy cream
4 cups cheddar cheese
2 cups mozare (mozzarella cheese)
1/2 tbsp salt
1/4 tsp pepper
1/2 tsp paprika



Preparation

1. Preheat the oven to 325° F.
2. Boil the pasta for 1 min less than stated on the package.
3. Mix the cheeses and divide the total amount into 3 bowls.
4. Melt the butter over medium heat. Sprinkle in the cornstarch and the flour and whisk for 1 min. Slowly pour in the milk and cream. Whisk until the sauce has thickened.
5. Remove the sauce from the heat. Add the spices and 1/3 of the cheese.
6. Mix the boiled pasta with the sauce.
7. Add half of the pasta into the baking dish and top with 1/3 of the cheese mix.
8. Add the rest of the pasta and finish up with the leftover 1/3 of cheese.
7. Bake for 15 minutes until golden.



Pizza Cupcakes

Ingredients:

Pre-made pizza dough
Pizza sauce
Shredded cheese
Red pepper flakes and
other seasonings (optional)
Cupcake Liners
Cooking Spray



Directions:

1. Preheat the oven to 425 degrees.
2. Give each camper a ball of pizza dough.
3. Each camper rolls out their dough till it's about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick.
4. Spray each cupcake line with cooking spray.
5. Each camper will tuck their dough into a muffin tin.
6. Campers will spoon sauce onto dough and spread with the back of a spoon.
7. Add cheese on top of the sauce.
8. Bake in the oven for 20 minutes, depending on the thickness of the dough.
9. It should have a light browning around the edges.
10. After removing from the oven, add seasonings, if desired.



Chef Ever's Not-So-Secret Mushy Cookies

Yields around 34



Ingredients

- 1 cup unsalted butter, softened
- 1 cup white sugar
- 1 cup brown sugar
- 2 tsp vanilla extract
- 2 eggs
- 3 cups flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup chocolate chips

Preparation

1. Preheat the oven to 375° F.
2. Mix the dry ingredients: flour, baking soda and salt.
3. In a separate bowl, mix the butter and sugars until fluffy. Add the eggs and vanilla extract.
4. Add the dry ingredients to the wet ingredients. Mix until well combined. Fold in the chocolate chips.
5. Cover a baking tray with parchment paper. Roll 2-3 Tbsps of batter into balls and place them on the baking tray leaving enough space between them.
6. Bake the cookies for 8-10 minutes until golden on the sides.
7. Either enjoy them warm and mushy, or let them cool completely and add ice cream for ice cream sandwiches!



Easy Dill Pickles with Martha

Ingredients

8 lbs of small cucumbers whole or sliced into spears
2 bunches of fresh dill
Two heads of fresh garlic
Mustard seed
Fresh jalapeño or other hot peppers (optional)
 $\frac{1}{2}$ cup pickling salt
1 cups water
2 cups white distilled vinegar or apple cider vinegar

Supplies

Water bath canning kettle with rack
Funnel
Wide mouth tongs
Quart sized canning jars with 2 piece lids



Preparation

1. Rinse jars, place on rack in kettle. Fill with water, covering the tops of the jars. Bring to a boil, boil for 10 min. to sterilize jars.
2. Place lids and bands in small saucepan, cover with hot water, keep hot but do not boil.
3. Prepare brine in low wide saucepan using water, salt, vinegar. Bring to boil.
4. Prepare cucumbers by washing and slicing into spears if desired. Have at room temperature.
5. Wash dill, divide into sprigs.
6. Wash and separate heads of garlic into cloves. Wash peppers if using. (Have all ingredients ready.)
7. Reduce heat on kettle. Remove jars one at a time with tongs. Fill each jar with cucumbers, add 1 clove garlic, 1-2 sprigs of dill, 1 teaspoon. mustard seed, 1 teaspoon of pepper, if using.
8. Fill each jar with hot brine to $\frac{1}{2}$ of the top. Wipe jar top with hot wet paper towel, place hot lid on top, add band and hand tighten. Place jar back in kettle after filling. When all jars are back in kettle, turn heat back up and cook for five minutes. It is not necessary to boil them. Remove jars one at a time, place on towel to cool. Lids should ping as they seal with a dimple in the center.
9. Alternately, jars can be turned upside down on a towel after filling. Check to see if the lids have sealed after cooling.
10. Any unsealed jars should be refrigerated and eaten



Apple Hand Pies with Joelle and Ilyssa

Ingredients

2 cups all-purpose flour
1 teaspoon salt
1 tablespoon sugar
3/4 stick (3/4 cup) vegetable shortening,
cubed (Crisco is preferred)
4 to 8 tablespoons ice cold water

For the Filling

2 large baking apples, peeled, cored & diced
3 tablespoons granulated sugar
3 tablespoons light brown sugar
1 1/2 teaspoons apple pie spice
1 teaspoon all-purpose flour

For Topping

1 large egg
1 teaspoon water

Preparation

For the Filling

1. In a medium bowl, toss the apples with the sugars, apple pie spice and flour.
2. Remove dough from refrigerator and remove from the plastic wrap.
3. On a generously-floured work surface, roll the dough until it is about 1/8-inch thick.
4. Use a 5 inch round cookie cutter to cut the dough into circles. Reroll dough as needed in order to create 8-10 circles.
5. Add one heaping tablespoon of filling to the center of each dough circle, leaving as much liquid behind as possible.
6. Fold the dough circle in half and use your fingers or a fork to seal and crimp the edges.
7. Place hand pies on prepared baking sheet.
8. In a small bowl, whisk together the egg and water.
9. Use the tip of a sharp knife to cut 2 small slits into the tops of each pie.
10. Use a pastry brush to lightly brush the tops of the hand pies with the egg wash. If desired, top with sparkling sugar.
11. Bake in preheated for 20-25 minutes or until golden brown.
12. Allow hand pies to cool.



Fiesta with Josh Capon
Tacos, Guacamole, & Red Rice
Yields enough food for 10 people

Guacamole

Ingredients

- 6 ripe avocados
- 2 red onion
- 1 bunch cilantro
- 4 plum tomatoes
- 2 jalapenos
- 3 limes
- 2 bags yellow corn tortilla chips
- 1 gallon of salsa



Preparation

1. Chop/ dice onions, lettuce, and tomatoes
2. Slice the avocados in half, remove the pit, and scoop into a mixing bowl
3. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.
4. Serve the guacamole with salsa and tortilla chips.



Fiesta with Josh Capon
Tacos, Guacamole, & Red Rice
Yields enough food for 10 people

Red Rice

Ingredients

- 5 Cups White Rice
- 2 White onions
- 1 Can Crushed tomatoes - 16oz

Preparation

1. Sauté the onion until softened
2. Stir in the crushed tomatoes, kosher salt and pepper; cook for 1 more minute.
3. Add water and rice.
4. Bring the mixture to a boil, reduce the heat to low, and simmer (uncovered) until the liquid reduces slightly, about 8-10 minutes.
5. Transfer the mixture to a greased 2-quart baking dish, cover it tightly, and bake in a 350° F oven until the rice is tender, about 40-45 minutes. Stir the rice every 15 minutes.
6. Fluff with a fork, garnish as desired, and serve!



Fiesta with Josh Capon
Tacos, Guacamole, & Red Rice
Yields enough food for 10 people

Tacos

Ingredients

5lbs Ground Beef
Olive oil
2 Red Onions
20 Hard Shell (corn) taco shells
20 Soft Corn Tortillas (6 inch)
2 heads iceberg lettuce
5 beefsteak tomatoes
2 bags of cheddar cheese
1 pint sour cream

Preparation

1. Heat olive oil in a saucepan over medium high heat.
2. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Chop/ dice onions, lettuce, and tomatoes
4. To serve, spoon several tablespoons of the beef mixture into the center of a shell/ tortilla, and garnish with lettuce, tomatoes, onions, cheese, sour cream, as desired.



CECBR Cake Pops with Joanna

Yields 16 pops

Ingredients

18 Golden Oreo Cookies
4 ounces cream cheese
1 cup (nut free) candy melts
Blue and Red food coloring
Colored sprinkles for toppings

Equipment: Food processor; Lollipop sticks

Preparation

1. Add the oreo cookies to the bowl of a food processor and pulse just until moderately chopped. Add the cream cheese and continue pulsing until the mixture is smooth and creamy.
2. Line a baking sheet with parchment paper. Using your hands, pinch off pieces of the mixture and roll it into 16 (1-inch) balls. Arrange the balls on the baking sheet then insert a lollipop stick into each and freeze them for 20 minutes.
3. Once the cookie pops have hardened, heat the candy melts in separate bowls according to package instructions. Add food coloring (red and blue!) Dip the chilled cookie pops into each of the candy melt colors, shaking off any excess, and then immediately top them with the corresponding sprinkles.
4. Return the cookie pops to the baking sheet. Refrigerate them an additional 5 minutes until the candy melt has fully hardened, and enjoy!



Buttermilk Pancakes and Waffles with the Schoenfelds

Ingredients

2 cups all-purpose flour
3 tablespoons sugar
1 $\frac{1}{2}$ teaspoons baking powder
1 $\frac{1}{2}$ teaspoons baking soda
1 $\frac{1}{4}$ teaspoons kosher salt
2 $\frac{1}{2}$ cups buttermilk
2 large eggs
3 tablespoons unsalted butter,
melted
Coconut oil for the pan (vegetable
or canola oil can be used as well)



Preparation

Pancakes:

1. Heat a large nonstick pan or griddle to medium heat for a few minutes. Grease pan with butter (we like salted).
2. Ladle 1/4 to 1/3 cup of batter onto the pan depending on the size you like your pancakes.
3. Add any toppings at this time (we used crushed Oreos, blueberries, and chocolate chips).
4. Once you notice a few bubbles begin rising on the surface and the bottoms are nicely browned (this will take about 2 to 4 minutes), flip them. Cook until the other sides are lightly browned, another 2 minutes or so. If you're making a bunch at a time, you can move pancakes as they're ready to a wire rack set inside a rimmed baking sheet, and keep in a 325° oven until all the batter is cooked and you're ready to serve.

Waffles:

1. Follow preheating instructions for your waffle maker. Make sure you spray the waffle iron with nonstick spray before heating.
2. Pour 1/3 cup of batter into each waffle section and close the waffle maker. Typically, it takes 5 minutes to cook.



Pepper Parmesan Scrambled Eggs with the Schoenfelds

serves 3-4 people

Ingredients

1/2 cup parmesan cheese

1-2 Tablespoons freshly ground black pepper

3 Tablespoons unsalted butter

9-12 eggs

Preparation

1. Heat a nonstick skillet to low heat. Add in butter. Crack eggs in a separate bowl and then add into the pan. Do not pre scramble eggs!

2. Slowly stir the eggs with a spatula and ensure they are mixed together. This should take about 5 minutes.

3. Add black pepper and parmesan cheese once eggs are starting to form a soft scramble. Continue to slowly mix everything until you have a softly scrambled egg mixture.



Breakfast Toppings With the Schoenfelds

Whipped Cream

Ingredients

1 quart of heavy whipping cream
1 TBSP Vanilla Extract
3 TBSP Powdered Sugar

Preparation

Add all ingredients to an electric mixer bowl. Turn mixer to low and slowly increase speed. Whip until cream is stiff.

Caramelized Apples

Ingredients

4 Apples peeled and sliced into thin wedges
1/4 cup brown sugar
4 tablespoons butter
Pinch of Salt

Directions

Add all ingredients to small sauce pan. Cook over medium-low heat until apples are soft (about 15 minutes)



Rice Krispy Treats with Felice

Ingredients

3 tablespoons butter

6 cups Rice Krispies cereal

1 package (10 oz., about 40) JET-PUFFED Marshmallows

OR

5-1/2 cups JET-PUFFED Miniature Marshmallows

Frosting / Decorations as desired

Preparation

1. In a large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13x 9 x 2-inch pan coated with cooking spray.
4. Cool. Cut into 2-inch squares. Best if served the same day.
5. Frost and decorate, as desired



Fruit Smoothies with Fitness Lindsay

Ingredients

Protein powder— vanilla and chocolate

Frozen strawberries

Frozen blueberries

Frozen mixed fruit

Frozen bananas

Ice

Water or a gallon or two of choice milk

Preparation

Combine banana, strawberries, blueberries, protein powder, ice and milk in a blender. Blend until smooth.

Add more ice and blend for a thicker smoothie. Serve immediately.



Lip Balm (inedible)
with Farmer Paula and Xiu Science
Yields 4 1-ounce tins

Ingredients

- 2-ounces carrier oil(s)
- 1-ounces grated beeswax
- 10 drops of essential oil(s) of choice

Preparation

1. Place carrier oil(s) and grated beeswax into a glass measuring cup.
2. Set the cup down into a saucepan containing a few inches of water to form a makeshift double boiler, making sure no water gets into the glass measuring cup.
3. Heat over medium heat, until the beeswax is melted, stirring occasionally.
4. Once you remove from heat, add the essential oil(s) and stir again.
5. Carefully pour into lip balm tins, filling to the first ring on the tin then allow to cool before capping.
6. Add labels if desired.



Bath Bombs (inedible) with Farmer Paula and Xiu Science

Ingredients

1 cup baking soda
1/2 cup of citric acid
1/2 cup cornstarch
1/2 cup of Epsom salt (optional)
2 tsp. essential oil of your choice
2 tbs. emollient oil, such as coconut oil or jojoba oil
A few drops of liquid food coloring
A mold (we love round metal molds and molds in fun shapes)
Whisk
Two mixing bowls

Preparation

1. Pour the baking soda, citric acid, cornstarch and Epsom salt (if using) into a bowl. Whisk the ingredients until fully combined.
2. Pour the essential oil, emollient oil and food coloring into the other bowl. Mix the ingredients together until the food coloring is fully incorporated.
3. Slowly pour the oil mixture (from step 2) into the dry ingredients (from step 1). When the oil is all in, keep whisking and add drops of water in between.
4. If you decide to add decorative accents, like rose petals or orange peels, to your bath bombs, drop them into the bottom of the mold. Then, tightly mash your mixture into the molds.

Take note: When pressed in your hand, make sure the mixture clumps together. It shouldn't be too wet and should be able to keep its shape. Mix quickly as the water will make your blend fizz.

5. Leave your bath bombs in the molds for two to four hours before removal. Now you're ready to admire your new creations as they fizz away in your tub!





With love,

