



## Bright House 2014 Solar Energy Cook-Off Recipes



### 1<sup>st</sup> Place - Elementary Division

*Sun Kissed Bakers  
Lewis Carroll Elementary  
Merritt Island, Florida*

#### Menu

Blueberry Cupcakes  
Pancake Cupcake with Bacon Filling and Maple frosting, with a side of Scrambled Eggs  
Lemon Cupcakes with Strawberries

#### Blueberry Cupcakes

1 Package Martha White blueberry Muffin Mix  
½ cup milk  
1 can of prepared Vanilla Frosting  
1-2 tsp. Orange Juice

Combine the package of muffin mix and milk and mix well. Pour into muffin pan and cook approximately 25-30 min. at 200 degrees F. Let cool completely before frosting.

For Frosting: While muffins are cooking, mix the orange juice into vanilla frosting. Once muffins have cooled completely, spread frosting onto muffins.

#### Pancake Cupcake with Bacon Filling and Maple Frosting, with a side of Scrambled Eggs

½ cup of Great Value Complete Pancake & Waffle Mix  
1/4 cup + 2 Tbsp of Water  
1 Egg  
2 Tbsp of Milk  
1 Can of ready make vanilla frosting  
1-2 drops of imitation Maple Flavoring  
2 Tbsp of Milk  
Bacon (if using low tem recipe, bacon should be precooked)



**Pancake:** Combine Pancake & Waffle Mix with water and stir until blended. Pour into muffin tin and cook for approx. 20-25 mins. Chop and put bacon in separate pan to cook. While Pancake and bacon are cooking, make frosting by combining 1-2 drops of maple flavoring into frosting. After cupcakes and bacon have cooked, press some crumbled bacon into center of cupcake. Let cupcakes cool then frost and add crumbled bits of bacon to garnish.

**Scrambled Egg Side:** Scramble and egg with 1-2 Tbsp. Of milk and pour into muffin tin to cook for approx. 25-30 mins.

### **Lemon Cupcakes with Strawberries**

1/4 cup softened butter  
Generous 1/4 cup sugar  
Rind of 1/2 lemon  
1 egg  
1/2 tsp Vanilla Extract  
1/2 cup Flour  
1/2 Tbsp Milk  
1/2 cup of sliced strawberries  
Orange slices to garnish  
Package of Whip Cream  
Orange Juice



Combine 1/4 cup softened butter, 1/4 cup sugar and lemon rind. Mix well with a wooden spoon until fluffy. Gradually beat in 1 egg and 1/2 tsp of vanilla. Mix in 1/2 cup of flour until combined. Add 1/2 Tbsp of milk and mix well. Cupcake batter should have a smooth consistency. Cook for 40-45 mins at 200 degrees F. Let cupcakes cool. Cut the cupcakes in half and sandwich the strawberry slices with a dollop of whip cream in between the cupcake layers. Top cupcake with whip cream. Garnish plate with strawberry slices and orange slice. Serve with glass of orange juice. Enjoy!





## Bright House 2011 Solar Energy Cook-Off Recipes



### 1<sup>st</sup> Place - Middle Division

*Lake Nona Nerd  
Lake Nona Middle School  
Lake Nona, FL*

#### Menu

Creamy Potato Soup  
Ceasar Salad Bites  
Crostini with Steak  
Chocolate Bread Pudding

#### Tropical Kabob

Shrimp  
Pineapple  
Red Pepper  
Salt  
Olive Oil  
Black Pepper



Cut the pineapples and red peppers into wedges and put them on a stick with the shrimp. Brush with olive oil on both sides and sprinkle salt and a pinch of pepper as well. Cook for 45 minutes.



#### Pita Bread

Pizza Dough  
Salt  
Olive Oil

Form pizza dough into balls and flatten them. Brush olive oil and sprinkle salt. Place in onion. Cook for 20 minutes.

## Lamb Kabob

1/4 Onion	A pinch of cayene pepper
garlic	A pinch of black pepper
1 teaspoon of parsley	1/4 teaspoon of salt
1/4 teaspoon of paprika	Olive Oil
1/4 teaspoon of cumin	Ground Lamb

Blend everything together except for Lamb. Take the paste and mix it with lamb. Let it stand for 20 min. Put on a stick. Put in oven. Cook for 47 minutes.

## Kibbeh

1/4 an onion	cumin	red pepper
Olive Oil	7 spices	salt
wheat	ground beef	

Mix wheat with warm water and set aside. Mix everything else together except for wheat mixture and meat. When mixed toss with meat and wheat then make small patties and place in oven. Cook for 25 minutes.

## Veggies

Rosemary	Cauliflower	Oregano
Zucchini & Squash	Thyme	Carrots
Parsley	Bell Peppers	
Basil & Garlic Salt	Salt and Olive Oil	

Mix the veggies together, toss with spices and olive oil with salt; Cover with foil and place in cooker. Cook for 3 hours.

## Brownie Cupcakes

1/4 cup flour	1/4 cup unsweetened cocoa powder
1/5 teaspoon baking soda	1 egg
1/8 teaspoon salt	1/2 teaspoon vanilla
1/4 cup butter	1/4 cup semisweet chocolate chips
1/2 cup brown sugar	strawberries, whip cream, powdered sugar

Stir together the flour, baking soda, and salt. Melt the butter in a metal bowl add sugar and stir until dissolved. Stir in cocoa, beat in eggs and vanilla until blended. Stir in the flour mixture until blended, stir in the chocolate ships. Put the batter in cupcake molds. Put whip cream topped with a strawberry lightly snowed with powdered sugar.



## 2<sup>nd</sup> Place - Middle Division

*Frozen in Summer*  
*Lake Nona Middle School*  
*Lake Nona, FL*

### Menu

Apples & Bananas in Cinnamon  
Burger Pattie Rapped in Bacon  
Shrimp and Chicken Kabobs  
Mashed Potatos  
Cupcakes

### Apples & Bananas in Cinnamon

2-3 bananas  
2-3 apples  
Cinnamon

Put ingredients together. Bake for 3 hours.

### Burger Pattie Rapped in Bacon

Worcestershire sauce	Salt
BBQ sauce	Chopped Onion
Pepper	Rolled Oats
Parsley	Burger meat

Mix all of the ingredients. Form Patties. Cook until brown.



### Shrimp and Chicken Kabobs

1 cup chopped onion  
1 cup chopped red pepper  
Chicken  
Mini shrimp  
BBQ sauce

Put all into a bag and marinate. Take out. Insert toothpick. Cook 3 hours.



### **Mashed Potatos**

Mini red mashed potatoes  
Shredded Cheese  
Bacon bits

Boil red potatoes in water. Mashed potatoes. Add cheese & bacon.

### **Cupcakes**

Cake batter  
Powdered sugar  
Milk

Put cake batter in liners. Dip cupcakes in frosting.



## 3<sup>rd</sup> Place - Middle Division

*Solar Soufflé*  
*Southwest Middle School*  
*Longwood, FL*

### Menu

Grilled Zucchini  
Beef Chili

#### Grilled Zucchini

2 medium zucchinis, washed and trimmed ends  
½ cup of olive oil  
Salt and Pepper to taste

1. Wash Zucchini and trim off outer edges/ends.
2. Thinly Slice Zucchini
3. Drizzle with olive oil. Add a little salt and pepper.
4. Place on skewer and place into solar oven for 2-3 hours.
5. Serve on a bed of baby organic greens. (Grown in school garden)

#### Beef Chili

½ Pound of Beef (Strip Steak), cubed (1-2 inch pieces)  
2. Chipotle Peppers  
1 Tbsp Garlic, minced  
½ tsp of chili powder  
Salt  
3/5 cup of chopped onion  
1 can of drained chopped tomatoes  
2 cans of tomato sauce

1. Season ½ pound of cubed beef with salt and set aside for later.
2. Empty can of chopped tomatoes into a bowl.
3. Add 2 cans of tomato sauce, ¾ cup yellow onion, two chipotle peppers and seasonings to tomatoes.
4. Mix together until well blended.
5. Pour into an airtight glass casserole or dark pot with a lid.
6. Cook in solar cooker for 3 hours.
7. While the other ingredients are cooking, place the lightly seasoned beef on skewers. Place in solar oven and cook for 2-3 hours. Ensure that the temperature has reached at least 150 degrees and that the beef is thoroughly cooked.

8. Place beef into chili mixture. Stir.
9. Salt to taste.
10. Serve in small bowl.



### 3<sup>rd</sup> Place - Middle Division (tie)

*Emerald Garden  
Edgewood Jr./Sr. High  
Merritt Island, FL*

#### Menu

Corn Chowder

#### Corn Chowder

Butter - 1 tbs  
olive oil  
½ onion  
1 garlic clove  
3 sprigs of thyme  
1/8 cup flour  
3 cups canned vegetable stock  
1 cup heavy cream  
1 potato  
3 ears of corn

Heat the butter and 1 tablespoon olive oil in a soup pot over medium heat. Add the onion, garlic, and thyme and cook until the vegetables are good and soft. Dust the vegetables with flour and stir to coat everything well. Pour in the vegetable stock and bring to a boil. Add the cream and the potato, bring to a boil and boil hard until the potatoes break down (this will help to thicken the soup and give it a good texture).

Cut the corn kernels off the cob and add to the soup. Season with salt and pepper and simmer until the corn is soft. Stir in the parsley and give it another little drink of olive oil.





## Bright House 2011 Solar Energy Cook-Off Recipes



### High School Division

*Solar Apes  
Pine Ridge High  
Merritt Island, FL*

#### Menu

Chipotle chicken or fish Tacos  
Southwest Kebabs  
Smores & Strawberries

#### Chipotle Chicken or Fish Tacos

1 ½ tsp minced garlic	3 Tbl vinegar
1 tsp chipotle chile pepper	½ tsp salt
1 lb chicken or fish	1 tsp ground cumin
1 red onion, sliced	1 green pepper, sliced
1 tsp minced onions	¾ tsp Oregano Leaves
1 zucchini, strips	
¼ cup oil	6 tortillas



- 1) Mix oil, vinegar, salt & all Spices in small bowl until well blended. Place Protein & ½ marinade in 1 bag, Veg. & ½ marinade in another bag.
- 2) Heat large skillet medium-high heat. Add Chicken or Fish. Cook. Add vegetables & cook until tender crisp.
- 3) Serve in warm tortillas.

#### Southwest Kebabs

8 oz italian dressing	1 tsp Paprika
½ tsp cayenne pepper	10 cloves garlic
1 green pepper	1 tsp pepper
1 onion	1 tsp chili powder
8 cherry tomatoes	1 tsp ground cumin
8 large fresh mushrooms	

Combine spices & dressing  
Add cut vegetables to marinade  
Grill uncovered over medium heat until vegetables are tender.  
Baste frequently with marinade.

## S'mores & Strawberries

3 graham crackers  
1 choc bar  
6 marshmallows  
12 strawberries  
1 Block Decorators Choc.

1) put  $\frac{1}{2}$  T butter in pan, add marshmallow, turn until heated both sides.

2) assemble - graham cracker, choc bar, marshmallow, graham cracker, marshmallow, strawberry, drizzle choc.

