



# ChopChop Cooking Club


## WINTER & SPRING 2024 SERIES

EMH Learning Kitchen: 11 am to noon  
Badger Prairie Needs Network: 1 to 2 pm

Sunday, Feb 18th: Eggs Two Ways  
Sunday Mar 10th: Vietnamese Chicken  
Noodle Soup

Sunday, April 14th: Beanie Burgers\*  
Sunday, May 19th: Peanut Butter Granola  
Bars\*

\*These classes at the Badger Prairie Needs Network  
will be Spanish speaking only

 Financial Assistance is available for this class.  
For questions, please call 608-890-5005.



**\$5**  
per participant



Two locations for  
each upcoming  
event:

East Madison Hospital's  
Learning Kitchen  
& the Badger Prairie  
Needs Network in  
Verona



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# ChopChop Cooking Club

## EGGS TWO WAYS

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**\$5**  
per participant



February 18, 2024  
11:00 AM - 12:00 PM  
1:00 PM - 2:00 PM



EMH's Learning  
Kitchen &  
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# CHOP CHOP



FAMILY

## PEPPER-RING EGGS

For this recipe, it's important to crack the eggs into a bowl first. If one breaks, simply mix it well with the fork and pour the scrambled egg into the pepper. It's just as good that way and it's possible that some of your guests will like their eggs fried and some prefer scrambled! Also, sometimes you break the egg perfectly but it runs outside the edges of the pepper – that's fine too!

HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 20 MINUTES | MAKES 4 SERVINGS

### KITCHEN GEAR

Cutting board  
Sharp knife (adult needed)  
Measuring spoons  
Medium-sized skillet  
Cup or mug  
Tongs or heatproof spatula

### INGREDIENTS

1 bell pepper (any color you like)  
1 tablespoon olive oil  
4 large eggs  
¼ teaspoon salt  
¼ teaspoon black pepper

### INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put the pepper on the cutting board and cut the middle portion horizontally into 4 rings, each about ½-inch thick. Remove the seeds and the spongy veins. (Eat the top and bottom of the pepper or save it for a salad.)
3. Put the skillet on the stove and set the heat to medium. Add the oil and when it is hot, carefully add the bell pepper rings and cook until they lose their bright color, about 2 minutes.
4. Carefully, using the tongs, turn the rings over. Crack 1 egg into a cup and pour into 1 ring, very slowly and carefully, allowing it to fill the outlines of the pepper. (If some leaks out or spills over, don't worry!) Repeat 3 more times.
5. Sprinkle with the salt and pepper, and cook until the whites and yolks are set, 3 to 5 minutes, carefully flipping the eggs halfway through cooking. Serve right away.

### EXTRAS

Add 1 tablespoon grated cheese to each egg before flipping  
Serve each egg with 1 tablespoon salsa on top



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# CHOP CHOP



FAMILY

## ONE-EYED JACK

This old-fashioned breakfast goes by lots of names: egg-in-a-basket, egg-in-a-hole, gashouse egg, and bull's-eye egg, among others. But whatever you call it, it's a fun and filling way to start your day.

HANDS-ON TIME: 5 MINUTES | TOTAL TIME: 10 MINUTES | MAKES 1 SERVING

### KITCHEN GEAR

Drinking glass  
Small bowl  
Small nonstick pan  
Heatproof spatula

### INGREDIENTS

1 slice whole-wheat or multigrain bread  
1 large egg  
2 teaspoons olive oil  
Salt and black pepper

### INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Use the open mouth of the glass to cut a hole out of the center of the slice of bread. Set aside the bread frame and the cutout circle of bread.
3. Crack the egg into the bowl gently, being careful not to break the yolk.
4. Put the pan on the stove and turn the heat to medium. When the pan is hot (flick some water on – it should dance and evaporate immediately), add the oil, then lay the bread frame into it carefully.
5. Gently pour the egg into the hole and season the egg with a pinch of salt and pepper. (If you like, you can also fry the cutout circle of bread alongside.)
6. Cook the bread frame until it has browned underneath and the egg in the hole has started to set, about 2 minutes, then carefully flip the whole thing. Cook the other side until the egg yolk is as firm as you like it – about 30 seconds to a minute longer. (If you're frying the cutout, flip that too.)
7. Eat right away.



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# ChopChop Cooking Club

## VIETNAMESE CHICKEN NOODLE SOUP

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March 10, 2024  
11:00 AM - 12:00 PM  
1:00 PM - 2:00 PM



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# CHOP CHOP



FAMILY

## VIETNAMESE CHICKEN NOODLE SOUP

Sour, spicy, crunchy, herbal, tender – this soup has just about every flavor and texture! There are a lot of ingredients, but it's not hard to put together – and it's fun to serve and eat.

HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 45 MINUTES | MAKES 4 SERVINGS

### KITCHEN GEAR

Cutting board	Wooden spoon or heatproof spatula
Sharp knife (adult needed)	Pot holders
Measuring cup	Medium-sized bowl
Measuring spoons	6 small bowls for toppings
Large pot	4 bowls

### INGREDIENTS

- 8 cups low-sodium chicken broth
- 4 quarter-sized slices fresh ginger
- 2 garlic cloves, peeled and thinly sliced
- 1 lemongrass stalk, thinly sliced (this is a job for an adult)
- 1 tablespoon fish sauce
- 4 ounces rice noodles
- 1 cup shredded or diced cooked chicken
- ¼ cup each chopped fresh cilantro and basil leaves
- 1 cup bean sprouts
- 1 tablespoon Vietnamese chili paste (if you like it spicy)
- 1 lime, quartered

### INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put the broth, ginger, garlic, lemongrass, and fish sauce in the pot and put the pot on the stove. Turn the heat to high and bring to a boil. Turn the heat down to low and cook 20 minutes.
3. While the broth is cooking, put the noodles in the medium bowl and cover them with hot water. Set aside until soft, 20-30 minutes. Drain the noodles and divide them among the 4 bowls.
4. Put the chicken, cilantro, basil leaves, bean sprouts, chili paste, and lime in the separate bowls and put them out on the table.
5. Ladle broth on top of each bowl of noodles and allow each guest to add whatever accompaniments they choose.



\$5

per participant



March 10, 2024

11:00 AM - 12:00 PM

1:00 PM - 2:00 PM



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# ChopChop Cooking Club

## BEANIE BURGERS

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April 14, 2024  
11:00 AM - 12:00 PM  
1:00 PM - 2:00 PM



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# CHOP CHOP



FAMILY

## BEANIE BURGERS

Beans give you protein for muscles and carbohydrates for energy.

HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 20 MINUTES | MAKES 4 SERVINGS

### KITCHEN GEAR

Can opener      Measuring cups  
Mixing bowl      Sharp knife (adult needed)  
Fork              Skillet

### INGREDIENTS

1 16 ounce can black beans, drained and rinsed with cold water  
1 large egg  
½ cup leftover/cooked rice, barley, or panko breadcrumbs  
2 scallions, minced  
2 tablespoons chopped fresh cilantro or basil leaves, or a combination, rinsed with cold water  
1 clove garlic, minced  
¼ teaspoon ground cumin, or more to taste  
¼ teaspoon dried oregano or basil  
1 teaspoon olive oil  
½ teaspoon kosher salt  
½ teaspoon black pepper, if you like

### INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put the black beans in a bowl and using a fork, mash until chunky.
3. Crack the egg into a separate large mixing bowl and, using a fork, mix until the color is all the same.
4. Add the chunky black beans, then add the rice, barley or breadcrumbs, scallions, cilantro or basil leaves, garlic, cumin, oregano or basil and olive oil and mix until well combined.
5. Divide the mixture into 4 portions and form each into a patty about ¾-1 inch thick. Sprinkle the patties with salt and pepper.
6. With the help of an adult, put a skillet on the stove and turn the heat to high. Wait two minutes for the pan to get hot and then add the patties to the dry pan. Cook until browned on both sides and heated throughout, 4-5 minutes on each side. You can serve them alone or on buns like the meat burgers.
7. Add lettuce, tomato and any other toppings.



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April 14, 2024

11:00 AM - 12:00 PM

1:00 PM - 2:00 PM



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# ChopChop Cooking Club

## PEANUT BUTTER GRANOLA BARS

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**\$5**  
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May 19, 2024  
11:00 AM - 12:00 PM  
1:00 PM - 2:00 PM



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# CHOP CHOP

## PEANUT BUTTER GRANOLA BARS



FAMILY

By Margi Fineran, White House Pastry Chef

HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 60 MINUTES | MAKES 12 BARS

### KITCHEN GEAR

Large mixing bowl  
12 x 18 inch sheet pan  
Measuring cups  
Measuring spoons  
Spatula  
Wax or parchment paper  
Rolling pin  
Knife

### INGREDIENTS

2 cups puffed rice  
2 ½ cups puffed millet  
4 ½ cups old fashioned rolled oats  
1 cup raisins  
¾ cup sunflower seeds, toasted  
¾ cup pumpkin seeds, toasted  
½ cup flax seeds  
¾ cup toasted unsweetened coconut  
1 cup mini chocolate chips  
¾ cup honey  
¾ cup maple syrup  
3 cups (24 oz) natural peanut butter

### INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put all the ingredients in a large bowl and mix well to coat everything in peanut butter.
3. Prepare a 12x18-inch sheet pan by lightly brushing it with canola oil.
4. Spread the well-mixed ingredients into the prepared pan and smooth evenly with a spatula.
5. It's a stiff mixture, to really push it together, cover with parchment or wax paper and roll it into place with a rolling pin.
6. Chill or freeze before cutting into squares.



\$5

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May 19, 2024

11:00 AM - 12:00 PM

1:00 PM - 2:00 PM



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