

American foods



Michaela

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Honey-Peanut Butter Bars

We need:

- 6 cups Honey cereal
- 1/2 cup honey-roasted peanuts
- 1/2 cup honey or light corn syrup
- 1/4 cup sugar
- 1/2 cup creamy peanut butter
- 1/4 cup dark chocolate chips



Honey-Peanut Butter Bars

Instructions:

- Butter 9- or 8-inch square pan. In large bowl, mix cereal and peanuts. Set aside.
- In 3-quart saucepan, heat honey and sugar just to boiling over medium heat, stirring constantly. Remove from heat. stir in peanut butter until smooth. Pour over cereal mixture in bowl. stir gently until evenly coated. Press firmly in pan. Cool 15 minutes.
- In small microwavable bowl, microwave chocolate chips uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted and smooth. Drizzle over top of bars. Let stand at room temperature at least 30 minutes until chocolate is set. For bars, cut into 4 rows by 6 rows. Store loosely covered at room temperature.



Classic Beef Pot Roast

We need:

- 1 teaspoon olive oil
- 1 (3-pound) boneless chuck roast, trimmed
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 cups coarsely chopped onion
- 1 cup dry red wine
- 4 thyme sprigs
- 3 garlic cloves, chopped
- 1 (14-ounce) can fat-free, less-sodium beef broth
- 1 bay leaf
- 4 large carrots, peeled and cut diagonally into 1-inch pieces
- 2 pounds Yukon gold potatoes, peeled and cut into 2-inch pieces
- Fresh thyme leaves (optional)

Classic Beef Pot Roast



Instructions:

- Preheat oven to 350°.
- Heat olive oil in a large Dutch oven over medium-high heat. Sprinkle chuck roast with salt and pepper. Add roast to pan. cook 5 minutes, turning to brown on all sides. Remove roast from pan. Add onion to pan. sauté 8 minutes or until tender.
- Return browned roast to pan. Add the red wine, thyme sprigs, chopped garlic, beef broth, and bay leaf to pan. bring to a simmer. Cover pan and bake at 350° for 1 1/2 hours or until the roast is almost tender.
- Add carrots and potatoes to pan. Cover and bake an additional 1 hour or until vegetables are tender. Remove thyme sprigs and bay leaf from pan. discard. Shred meat with 2 forks. Serve roast with vegetable mixture and cooking liquid. Garnish with thyme leaves, if desired.

Classic Beef Pot Roast

- Here is a video for help!



Classic Baked Macaroni and Cheese



We need:

- 1 (8-oz.) package elbow macaroni
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon ground red pepper
- 1 (8-oz.) block sharp Cheddar cheese, shredded and divided

Classic Baked Macaroni and Cheese

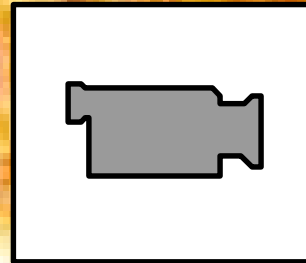


Instructions:

- Prepare pasta according to package directions. Keep warm.
- Melt butter in a large saucepan or Dutch oven over medium-low heat. whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until thickened. Remove from heat. Stir in salt, black and red pepper, 1 cup shredded cheese, and cooked pasta.
- Spoon pasta mixture into a lightly greased 2-qt. baking dish; top with remaining 1 cup cheese.
- Bake at 400° for 20 minutes or until bubbly. Let stand 10 minutes before serving.
- Note: For testing purposes only, we used Kraft Sharp Cheddar Cheese. To lighten, 2% reduced-fat milk and reduced-fat cheese may be substituted.
- One-Pot Macaroni and Cheese: Prepare recipe as directed, stirring all grated Cheddar cheese into thickened milk mixture until melted. Add cooked pasta, and serve immediately. Prep: 10 min., Cook: 7 min.

Classic Baked Macaroni and Cheese

- Here is a video for help!





And for dessert...

Coca-Cola cake

We need:

- 1 cup Coca-Cola
- 1/2 cup buttermilk
- 1 cup butter or margarine, softened
- 1 3/4 cups sugar
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 2 cups all purpose flour
- 1/4 cup cocoa
- 1 teaspoon baking soda
- 1 1/2 cups miniature marshmallows



Coca-Cola cake



Instructions:

- Combine Coca-Cola and buttermilk. set aside.
- Beat butter at low speed with an electric mixer until creamy. Gradually add sugar. beat until blended. Add egg and vanilla. beat at low speed until blended.
- Combine flour, cocoa, and soda. Add to butter mixture alternately with cola mixture. begin and end with flour mixture. Beat at low speed just until blended.
- Stir in marshmallows. Pour batter into a greased and floured 13- x 9-inch pan. Bake at 350° for 30 to 35 minutes. Remove from oven. cool 10 minutes. Pour Coca-Cola Frosting over warm cake. garnish, if desired.
- Note: Don't make the frosting ahead--you need to pour it over the cake shortly after baking.

Coca-Cola cake

- Here is a video for help!



THANKS FOR WATCHING!