

# *The Fairy Tale Cookbook*

*By Chiara Armstrong*

# Recipe 1: Mini Apple Pies from Snow White

Rating ★☆☆☆☆

## Ingredients:

6 Granny Smith Apples

4 tsp cinnamon

$\frac{3}{4}$  cup sugar

2T brown sugar

1  $\frac{1}{4}$  cup all purpose flour

$\frac{1}{4}$  tsp salt

$\frac{1}{2}$  cup butter, chilled and diced

$\frac{1}{4}$  cup ice water



1. To prepare the pie crust, combine the flour & salt. Cut in butter until mixture resembles coarse crumbs.



- 2. Stir in water, a tablespoon at a time, until mixture forms a ball. Wrap dough ball in plastic and refrigerate.*



- 3. Mix cinnamon, sugar, and brown sugar together in a bowl*



4. *Cut the top off of each apple and scoop out the insides.*



5. *Combine apple insides and cinnamon sugar*

6. *Retrieve dough from the refrigerator. On a floured surface, roll dough out to  $\frac{1}{8}$  inch thick. Slice dough into strips*



*7. Fill apple bowls with prepared apples*



*8. Weave pie crust strips over the top of the apples*



*9. Add water to the bottom of a 12 by 8 pan—just enough to barely cover the bottom. Place apples in pan and cover with foil*

10. *Bake at 350 for 20 minutes. Remove tin foil and bake another 15 minutes*



*Review:*

*Would not recommend the apple pies. The water made the pie crust soggy. In the second batch, I did not put water in the pan and did not cover it with foil, and the crust got much crispier. Emptying out the apples of their insides was one of the hardest baking related things I have ever done, and it was not nearly worth the result. In fairy tale terms, while I was baking I noticed how beautiful the apples looked before I baked them. This made me think of how Snow White could have been tricked into eating the apples because they looked so good. Having to adapt the recipe also made me think of a hero having to overcome adversity. It also made me think of Propp's functions because this recipe was so methodical and complex and all the parts had to fit together to make the final product.*

## *Recipe 2: Pumpkin Soup from Cinderella*

*Rating ★☆☆☆☆*

### *Ingredients:*

*½ cup chopped green onions*

*1T butter*

*4 cups pumpkin puree*

*3 cups chicken broth*

*¾ tsp salt*

*1 tsp curry powder*

- 1. Heat 1T butter in a large pan over medium*
- 2. Add the green onion and cook 6 minutes*
- 3. Add the pumpkin puree and 2 cups of chicken broth*



*4. Simmer for 20 minutes*



*5. Add 1 cup chicken broth, salt, pepper, & curry powder*

*6. Heat through and serve*





Review:

*This recipe did not have enough flavor on its own. I ended up adding a lot of additional spices in order to make it more flavorful, but it still was not very good. After making this and the apple pies, I decided that this website was not good for recipes and switched to a different one, which again reminded me of overcoming adversity. I made this recipe for my 10 month anniversary with my boyfriend, which reminded me of the Cinderella story because the pumpkin brought me to the prince. Unfortunately, the pumpkin failed me in the final hour with its lack of flavor, just as the stagecoach turned back into a pumpkin before Cinderella made it home from the ball.*

# Recipe 3: Gingerbread Pancakes from Hansel & Gretel

Rating ★★★★★☆

## Ingredients:

2 cups flour

1T cinnamon

1 ½ tsp baking powder

1 tsp ground ginger

½ tsp baking soda

¼ tsp salt

¼ tsp grated nutmeg

⅛ tsp ground cloves

2 cups milk

4T butter, melted

¼ cup molasses

2T brown sugar

1T orange zest

1 egg



1. In a mixing bowl, whisk together the flour, cinnamon, baking powder, ginger, baking soda, salt, nutmeg, & cloves.



2. *In another medium bowl, whisk together milk, butter, molasses, brown sugar, orange zest, & egg.*
3. *Slowly add the milk mixture to the flour mixture and stir until just combined*



4. Grease a griddle and pour some pancake mixture into the pan. When bubbles start to rise to the surface, flip the pancake to the other side. Repeat until all pancakes are cooked



Review:

The pancakes were a delicious holiday breakfast. I can see why Hansel & Gretel continued to eat the gingerbread house because I could not stop eating these pancakes. There were many spices that went into these pancakes, which made them extra delicious. I would definitely make them again.

# Recipe 4: Savory Sausage & Sage White Bean Stew for Jack & the Beanstalk

Rating ★★★★★

## Ingredients:

*Olive Oil*  
*1 package italian sausage*  
*1 cup bread crumbs*  
*3 fresh sage leaves*  
*5 cloves garlic, finely chopped*  
*½ cup Parmesan cheese*  
*1 onion, sliced*  
*1 bay leaf*  
*1 sprig rosemary, chopped*  
*1 cup white wine*  
*1 ½ cups canned diced tomatoes, drained*  
*3 cans white beans, rinsed and drained*

*2 cups chicken stock*  
*1 lemon, juiced*



- 1. Drizzle a large skillet with olive oil over medium heat. Saute the sausages until golden brown, then set aside*



*2. In the same pan, saute the bread crumbs, sage, 1 clove chopped garlic, & Parmesan until golden brown. Set aside*



*3. Add more olive oil to the pan and saute the onion until caramelized. Add the garlic, bay leaf, and rosemary. Stir together, then add the wine & tomatoes, simmering for 3 minutes.*

*4. Add the beans, chicken stock, & sausage. Let everything simmer together for 2 more minutes.*



*5. Salt & pepper and top with bread crumbs & lemon juice*



Review:

*This is the best recipe in this cookbook, I would highly recommend. It is similar to a white bean chili, perfect for the fall time and is a soup that is hearty and filling. I was reminded of Jack and the Beanstalk mostly because from just a simple bean Jack is able to grow something amazing. From just beans and a few ingredients from my mom's garden, I was able to turn beans into a really delicious stew. Jack is unable to resist going up the beanstalk over and over. I was unable to stop taking bites of this soup. I will definitely be making this soup again.*



# Recipe 5: Cloverleaf Rolls

Rating ★★★★★

## Ingredients:

2 cups milk

½ cup canola oil

½ cup sugar

4 ½ cups flour

1 package yeast

1 tsp baking powder

1 tsp baking soda

1 tsp salt



1. Combine the milk and oil in a large pot. Stir in the sugar. Heat almost to a boil and then turn off the heat and let cool



*2. Add 4 cups of flour and the yeast to the milk and stir until combined*



*3. Cover with a towel and let dough let rise an hour*



4. *Sprinkle in the remaining  $\frac{1}{2}$  cup flour, baking soda, baking powder, & salt. Stir to combine*
5. *Drizzle a small amount of butter in muffin tins. Create three little balls of dough and arrange in a muffin tin in a clover pattern (see picture for reference)*



6. *Set the pans in a warm, dark place and cover with a towel. Let rise for 1 hour*
7. *Preheat oven to 400 degrees*
8. *Bake 19 minutes*





Review:

*I made these little rolls because I thought that this could be something Little Red Riding Hood would bring to her grandmother in her basket. They were delicious, light, and fluffy. It was fun to make because they were both technical and simple at the same time. During quarantine, baking bread has been a huge activity. I had not made it until now, and was happy to see that I was able to do it. It felt like a rite of passage for the pandemic, and now I can say that I have made rolls.*

*Fin.*