



—The Youthentity—
SUMMER COOKBOOK

BY CHEF JOE DABOUL
Youthentity Chef Instructor



Presented by Career Academy students and Chef Instructor Joe Daboul, Youthentity's Summer Cookbook is filled with delicious recipes to make at home. We hope you enjoy this accompaniment to the 2021 Pig Roast Fundraiser - thank you for supporting youth financial literacy and career development.



Empowering and preparing youth for future success through financial literacy education and career readiness.

THE YOUTHENTITY TEAM:

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—a letter to the community—

As summer settles in with hopeful signs around us pointing to an impending return to normalcy, I write this with high hopes. Though the past fourteen months have certainly been tumultuous, I choose to focus on what has been gained while riding the roller coaster of COVID:

- At Youthentity, we learned that when it comes to delivering financial literacy and career curriculum to Colorado's kids, we are determined to do whatever it takes.
- Both our financial literacy and career programs shifted to online and hybrid formats, and through this pivot new opportunities have presented themselves to allow our programming to reach even more students in the future.
- We have also learned the true meaning of community. Throughout the struggle of this past year, your support has not wavered. Our students and staff are eternally grateful.

Wonderfully, the most rewarding aspects of our programming remained a constant in this unpredictable year. Though the stated purpose of Youthentity's Career Academy program is to help guide young people in exploring the possible paths their futures may take through experiential learning, from my perspective as a Lead Chef Instructor it is so much more. It has been a pleasure to witness students develop roadmaps to reach their goals, the discovery of strengths and interests, the unexpected friendships bloom, and the significant maturation and personal growth of all our students. And that is truly why we do what we do. To our supporters: your belief in Youthentity's vision for a money-smart, career-ready future allows us to deliver these important programs which challenge and inspire students to self-discover and consider the opportunities ahead.

We hope you'll enjoy the recipes in this year's Pig Roast Summer Cookbook. Here's to a joyful summer of holding friends and family close, while honoring the new perspectives and opportunities that have arisen from a challenging time.

From all of us at Youthentity, thank you!

Chef Joe Daboul
Youthentity Chef Instructor



GRILLED ANCHO CHILI FLANK STEAK

SERVES: 6-8 people

PREP TIME: 15 minutes

MARINATING TIME: Overnight

COOK TIME: 20 minutes

INGREDIENTS

2x 3lb. flank steaks
1 cup olive oil
4 cloves garlic, sliced
½ red onion, sliced
¼ cup ground cumin
2 tablespoons ground coriander
½ cup ancho chili powder
2 tablespoons light brown sugar
4 sprigs thyme
2 teaspoons Kosher salt
1 teaspoon freshly ground black pepper
1 lime, halved
1 lemon, quartered
1 orange, quartered
Vegetable oil



DIRECTIONS

In a medium mixing bowl, combine all ingredients except the flank steak, lime, lemon, and orange, and whisk until combined. Squeeze the juices of the lime, lemon, and orange into the marinade, and whisk again. Pour half of marinade into a deep baking pan and place one flank steak on top. Pour half of the remaining marinade onto the steak, place the second steak on top, then pour the rest of the marinade on top of that steak. Cover pan with plastic wrap and refrigerate for at least 6 hours, preferably overnight. (If you don't have a deep baking pan, an extra-large resealable plastic bag will work).

Preheat grill to medium-high heat. Take the steaks out of the refrigerator, unwrap, remove steaks from marinade, and pat dry with a paper towel. Let the steaks sit at room temperature for about 20-30 minutes, while the grill heats. When cooking meat, it is best for the meat to be at room temperature before cooking to ensure even cooking. Be sure to clean the grill grates before grilling, as this will yield a much cleaner flavor.

Rub a little vegetable oil on the steaks before putting them on the grill – this will help prevent sticking. Grill the steaks on one side for about 7 minutes until nicely charred before flipping over. Cook for another 3-4 minutes, or until an instant read thermometer reads 135°F (for medium/medium-rare). Only flip Once! Take the steaks off the grill and let them rest for about 10 minutes before slicing. This will allow the juices in the steak to cool down a little and redistribute throughout. Slice against the grain of the steak.

Serve immediately with chimichurri and enjoy!

CHIMICHURRI

SERVES: 6-8 people

PREP TIME: 10 minutes

INGREDIENTS

1 bunch cilantro, stems removed,
finely chopped
1 bunch flat leaf parsley, stems removed,
finely chopped
1 bunch mint, stems removed,
finely chopped
1 bunch green onion, cut into rounds
4 cloves garlic, minced
2 limes
2 lemons
¼ teaspoon red chili flake
¼ cup olive oil
Kosher salt

DIRECTIONS

In a medium mixing bowl, combine cilantro, parsley, mint, green onions and garlic. With a microplane (zester), zest the limes and the lemons and add to the bowl before squeezing the juices into the bowl. Watch out for seeds! Add the red chili flake and olive oil. Mix to combine. Season with salt to taste and that's it!



GRILLED CORN & AVOCADO SALAD

SERVES: 6-8 people

PREP TIME: 20 minutes

COOK TIME: 15 minutes

INGREDIENTS

4 ears of corn, husked and cleaned
4 avocados
6 seedless cucumbers,
sliced ¼ inch thick rounds
2 cups cherry tomatoes, halved
¼ cup cilantro, finely chopped
¼ cup flat-leaf parsley, finely chopped
1 bunch green onion, cut into rounds
Olive oil
1 lime
1 lemon
Kosher salt
Freshly ground black pepper

DIRECTIONS

Preheat grill to medium-high heat. Rub the ears of corn with a little olive oil and season with salt. Grill the corn, turning occasionally, until nicely charred. Remove from grill and let cool.

With a sharp chef's knife, Carefully cut into each avocado until the knife hits the pit inside. Carefully run the blade around the pit lengthwise until the avocado is cut into half. Twist the two halves until the avocados separate. Again, very carefully, strike the pit of the avocado with the blade of the knife. Carefully (but firmly) twist the knife to dislodge the pit. Remove the pit from the blade and discard. Now, take a large spoon and scoop each half of avocado out of its peel and chop into ½ inch cubes. Set aside.

With a sharp knife, cut the corn kernels off the cob of the ears of corn by standing each ear upright with their base of the ear on your cutting board. Carefully cut the kernels off with a gentle, yet firm, sawing motion. Gather corn kernels into a bowl and set aside.

In a large bowl, combine all ingredients except the lime and lemon. With a microplane (zester), zest the limes and the lemons and add to the bowl before squeezing the juices into the bowl. Watch out for seeds! Season with salt and pepper to taste.

Gently mix all of the ingredients together, serve, and enjoy!





GRILLED NEW POTATOES

SERVES: 6-8 people

PREP TIME: 5 minutes

COOK TIME: 10-12 minutes

Cooking potatoes on the grill delivers a nice smoky flavor and a welcome change to your summer barbeque!

INGREDIENTS

2 lbs. small new potatoes,
roughly 1 inch diameter each
Vegetable oil
Kosher salt

DIRECTIONS

Preheat grill to medium-high heat. In a large mixing bowl, combine potatoes and a little bit of vegetable oil until the potatoes are evenly coated. Season with Kosher salt and mix until evenly seasoned. Place potatoes directly on the grill. Be sure not to allow too much oil to drip into the grill as this will cause flare ups. Grill, turning occasionally, until cooked through. Remove from grill and serve immediately. It's that simple!



WATERMELON & FETA SALAD WITH BALSAMIC REDUCTION

SERVES: 6-8 people

PREP TIME: 20 minutes

INGREDIENTS

2 cups balsamic vinegar
2 tablespoons granulated sugar
1 small seedless watermelon, rind removed, cut into ½ inch cubes
6 seedless cucumbers, sliced into ¼ inch rounds
12 ounces block feta cheese, cut into ½ inch cubes
Olive oil
Freshly ground black pepper
Maldon or Kosher salt
1 bunch basil, stems removed, roughly chopped

DIRECTIONS

In a small saucepan, combine balsamic vinegar and sugar. Bring to a boil over medium-high heat and reduce by half (about 1 cup). Take off the heat and let cool completely. *(Note: turn on the fan and open up the windows when making this reduction!)*
In a large mixing bowl, combine the watermelon, cucumbers, and feta. Very gently mix together, doing your best not to break the feta cheese up too much. Gently put into a serving bowl and drizzle with olive oil and the balsamic redux. Sprinkle with Maldon salt and freshly ground black pepper and top with the basil.

GRILLED PEACHES WITH MASCARPONE, HONEY & BLACKBERRIES

SERVES: 6-8 people
PREP TIME: 10 minutes
COOK TIME: 8 minutes

INGREDIENTS

6-8 ripe peaches
Vegetable oil
1 cup mascarpone cheese,
whisked until thinned
Honey
Mint leaves
2 cups blackberries, halved lengthwise

DIRECTIONS

Preheat grill to high heat. With a sharp chef's knife, carefully cut into each peach until the knife hits the pit inside. Carefully run the blade around the pit lengthwise until the peach is cut into half. Twist the two halves until the peach halves separate. With a spoon, gently pry the pit out of the peach halves and discard. Brush each cut-side of the peach halves liberally with vegetable oil. Set aside.

Place each peach half on the grill, cut-side down. Be sure the grill grates are very clean and the grill is very hot! This will help the peaches from sticking.



EXTRA CREDIT

Take a paper towel, fold it into quarters, dip it into vegetable oil, and rub along the clean grill grates for further assurance the peaches won't stick! Let the peaches grill until dark grill marks appear and the peach halves can easily be removed from the grill without falling apart, about 2 minutes. Remove from grill and let cool slightly. Drizzle with the thinned mascarpone cheese and honey, top with the halved blackberries and mint, and in minutes you have a delicious summertime dessert!

WATERMELON CUCUMBER SUMMER SPRITZER

SERVES: 6-8 people
PREP TIME: 15 minutes

This bright, summery cocktail is a great go-to, especially if you have extra watermelon and cucumber from the Watermelon and Feta Salad! Omit gin for a refreshing mocktail.

INGREDIENTS

Simple syrup:

1 cup water
1 cup granulated sugar

Watermelon-cucumber juice:

½ small seedless watermelon,
rind removed, chopped
6 seedless cucumbers, peeled, chopped
4 limes, sliced into wheels
Mint sprigs and leaves
Gin (optional)
Soda water

DIRECTIONS

For the simple syrup, combine water and sugar and heat over medium-high heat until the sugar has dissolved. Set aside and let cool completely.

For the watermelon-cucumber juice, puree watermelon and cucumbers in a blender until smooth. Strain through a fine mesh strainer (optional).

In a large pitcher, mix together the watermelon-cucumber juice, lime slices, mint sprigs (reserving a few lime slices and mint for garnish), and the gin (a completely unjudgmental, arbitrary amount), and the simple syrup, to your personal taste.

Fill rocks glasses with ice, fill each with the gin watermelon-cucumber juice mixture. Top off with soda water and garnish with a lime wheel and mint leaves. Now it's a party!

