



Corbett Aphasia Rehabilitation and Education Program

# Aphasia Friendly COOKBOOK

This cookbook was created by the **Corbett Aphasia Rehabilitation and Education (CARE)** Cooking/Baking Group from Spring/Summer 2024

## Each recipe has the following:

1. List of **ingredients** and **equipment** (with pictures)
  - A **box to check off** when you have that item
  
2. Step by step **instructions**
  - With a **box to check off** when you have finished that step

*Enjoy!*

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**Corbett Aphasia Rehab and Education (CARE)  
Cooking/Baking Group  
Spring/Summer 2024**



**Creamy Chicken Noodle Soup**



# Equipment



**Knife**



**Cutting Board**



**Vegetable Peeler**



**Measuring Cup**



**Measuring Spoon**



**Latex Gloves**



**Mixing Bowl**



**Pot**



**Stirring Spoon**



**Ladle**



**Bowl**



**Spoon**

## Ingredients



**1 tablespoon  
unsalted butter**



**1/2 of a yellow  
onion, diced**



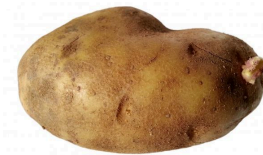
**2 carrots,  
sliced**



**2-3 stalks of  
celery, diced**



**2 garlic cloves,  
minced**



**1 potato,  
peeled and  
diced**



**1/2 teaspoon of  
salt**



**1/2 teaspoon of  
black pepper**



**1 teaspoon  
dried thyme  
leaves**



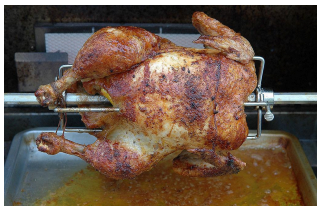
**1 teaspoon  
dried oregano  
leaves**



**1/4 cup  
all-purpose  
flour**



**8 cups of  
chicken broth**



**1 rotisserie  
chicken,  
shredded**



**1 cup milk**



**3 cups of  
uncooked egg  
noodles**

## Creamy Chicken Noodle Soup



Step #	<input checked="" type="checkbox"/> once complete	Instruction
1	<input type="checkbox"/>	<b>Dice onion, celery, and potato</b>
2	<input type="checkbox"/>	<b>Slice carrots</b>
3	<input type="checkbox"/>	<b>Mince garlic</b>
4	<input type="checkbox"/>	Using <b>gloves</b> , <b>shred the rotisserie chicken</b>
5	<input type="checkbox"/>	<b>Add the onion, carrots, celery, and garlic.</b>
6	<input type="checkbox"/>	<b>Cook for 5 minutes</b> or until <b>vegetables</b> have <b>softened</b> .



7	<input type="checkbox"/>	<b>Add flour, salt, pepper, thyme, and oregano and cook for 2 minutes</b>
8	<input type="checkbox"/>	<b>Add the chicken broth and potato.</b>
9	<input type="checkbox"/>	<b>Increase heat to medium-high</b>
10	<input type="checkbox"/>	<b>Boil for 3 minutes.</b>
11	<input type="checkbox"/>	<b>Reduce heat to medium-low,</b>
12	<input type="checkbox"/>	<b>Partially cover the pot and simmer for 25 minutes or until the potatoes have softened.</b>
13	<input type="checkbox"/>	<b>Add more seasoning to taste.</b>
14	<input type="checkbox"/>	<b>Add the chicken, milk, and noodles.</b>
15	<input type="checkbox"/>	<b>Cook for 10 minutes until the noodles are tender and the soup has thickened.</b>
16	<input type="checkbox"/>	<b>Add more seasoning to taste.</b>
17	<input type="checkbox"/>	<b>Ladle into serving bowls and top with thyme</b>
18	<input type="checkbox"/>	<b>Enjoy!</b>

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Cooking/Baking Group  
Spring/Summer 2024**



**No-Bake Pudding Cake Recipe**












# INGREDIENTS

<input type="checkbox"/>	<b>1 pack of Graham Crackers</b>	
<input type="checkbox"/>	<b>1 box of Vanilla Pudding Mix</b>	
<input type="checkbox"/>	<b>1 box of Chocolate Pudding Mix</b>	
<input type="checkbox"/>	<b>4 cups of Milk</b>	

<input type="checkbox"/>	<b>4 cups of Heavy or Whipping Cream</b>	
<input type="checkbox"/>	<b>Chocolate Syrup (enough for topping)</b>	
<input type="checkbox"/>	<b>Strawberries (enough for topping)</b>	

## EQUIPMENT

<input type="checkbox"/>	Cutting Board	
<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Hand Mixer	
<input type="checkbox"/>	Mixing Spoon	
<input type="checkbox"/>	Baking Dish	

<input type="checkbox"/>	Offset Spatula	
<input type="checkbox"/>	Knife	
<input type="checkbox"/>	Spatula	
<input type="checkbox"/>	Plates	

## INSTRUCTIONS

- 1. **Slice strawberries and set aside.**
- 2. **Mix 2 cups of milk with instant vanilla pudding powder**
- 3. **Mix 2 cups of milk with instant chocolate pudding powder**
- 4. **Beat 4 cups of heavy/whipping cream until it forms stiff peaks**
- 5. **Mix vanilla pudding with half of the beaten heavy/whipping cream**
- 6. **Mix chocolate pudding with half of the beaten heavy/whipping cream**
- 7. **Put aside 1 cup of the vanilla pudding mixture**

- 8. **Layer 1 package graham crackers** into the **bottom** of a **baking dish**
- 9. **Spread a thin layer of either pudding mixture over the graham crackers**
- 10. **Repeat, alternating** between the **chocolate** and **vanilla pudding mixtures until all** of the **pudding mixtures** have been **used**
- 11. **Use the remaining 1 cup of vanilla pudding mixture to cover the top** of the cake
- 12. **Top with strawberries**
- 13. **Drizzle chocolate sauce** on top
- 14. **Refrigerate** the cake for **at least 30 minutes** or **until set**
- 15. **Cut and serve**








# Corbett Aphasia Rehab and Education (CARE) Cooking/Baking Group Spring/Summer 2024



## Buttermilk Pancake Art











# INGREDIENTS




<input checked="" type="checkbox"/>	<b>2 cups of all-purpose flour</b>	
<input checked="" type="checkbox"/>	<b>2 teaspoons of baking powder</b>	
<input checked="" type="checkbox"/>	<b>1 teaspoon of baking soda</b>	
<input checked="" type="checkbox"/>	<b>1/2 teaspoon of salt</b>	
<input checked="" type="checkbox"/>	<b>2 tablespoons of granulated sugar</b>	

<input checked="" type="checkbox"/>	<p><b>2 cups of buttermilk</b></p>	
<input checked="" type="checkbox"/>	<p><b>2 large eggs</b></p>	
<input checked="" type="checkbox"/>	<p><b>1 teaspoon of vanilla extract</b></p>	
<input checked="" type="checkbox"/>	<p><b>Food coloring in different colors</b></p>	
<input checked="" type="checkbox"/>	<p><b>Syrup</b></p>	

# EQUIPMENT

<input type="checkbox"/>	Measuring Cup	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Whisk	
<input type="checkbox"/>	Mixing Bowl	

<input type="checkbox"/>	Large Skillet OR Griddle	
<input type="checkbox"/>	Squeeze bottles	
<input type="checkbox"/>	Mixing spoon	
<input type="checkbox"/>	Spatula	

<input type="checkbox"/>	Plate	
<input type="checkbox"/>	Fork	
<input type="checkbox"/>	Knife	

## INSTRUCTIONS

- 1. **Whisk together dry ingredients in a large bowl.**
  - **2 cups of all-purpose flour,**
  - **2 teaspoons of baking powder,**
  - **1 teaspoon of baking soda,**
  - **1/2 teaspoon of salt,**
  - **2 tablespoons of granulated sugar**
  
- 2. **Combine wet ingredients**
  - **2 cups of buttermilk,**
  - **2 large eggs, and**
  - **1 teaspoon of vanilla extract.**
  
- 4. **Pour pancake batter into squeeze bottles.**
  
- 5. **Add 2-3 drops of desired food coloring into each bottle and mix until combined.**

Add **additional food coloring** to make the **color brighter** if desired.

- 6. Let **pancake batter rest** for **10 minutes**.
- 7. **Heat a large skillet or griddle** over **medium heat**.
- 8. **Grease the pan/skillet** with **butter**.
- 9. Using the squeeze bottles, **draw an outline** of your **desired design** in the **pan** and let **cook** for a **few seconds**.
- 10. **Fill** in the **remainder** of the **design** with **batter of your choice**.
- 11. **Flip the pancakes** when **small bubbles appear on the surface** and **continue cooking** until **golden brown**.
- 12. **Serve** with **butter** and **syrup**.








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**Herman's Banana Chocolate Chip Muffins**













# INGREDIENTS

<input type="checkbox"/>	<b>1 ½ cups of all-purpose flour</b>	
<input type="checkbox"/>	<b>1 teaspoon of baking soda</b>	
<input type="checkbox"/>	<b>1/2 teaspoon of salt</b>	
<input type="checkbox"/>	<b>2/3 cup of sugar</b>	
<input type="checkbox"/>	<b>1 cup of chocolate chips</b>	

<input type="checkbox"/>	<b>3 medium ripe bananas</b>	
<input type="checkbox"/>	<b>1/3 cup of melted butter (cooled)</b>	
<input type="checkbox"/>	<b>1 large egg</b>	
<input type="checkbox"/>	<b>1 teaspoon of vanilla extract</b>	

# EQUIPMENT

<input type="checkbox"/>	Measuring Cup	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Whisk	
<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Muffin Tin	

<input type="checkbox"/>	Muffin Liners	
<input type="checkbox"/>	Mixing spoon	
<input type="checkbox"/>	Baking Spatula	
<input type="checkbox"/>	Oven Mitt	
<input type="checkbox"/>	Fork	

## **INSTRUCTIONS**

- 1. **Preheat oven to 375°F**
- 2. **Line a muffin tin with muffin liners**
- 3. **Whisk together all dry ingredients**
  - **1 and ½ cups of all-purpose flour**
  - **½ teaspoon of salt**
  - **1 teaspoon of baking soda**
  - **⅔ cups of sugar**
- 4. **Mash 3 medium ripe bananas in a bowl and combine with wet ingredients**
  - **1 large egg**
  - **⅓ cup of melted butter, cooled**
  - **1 teaspoon of vanilla extract**
- 5. **Combine the dry and wet ingredients and fold together until almost combined**
- 6. **Add 1 cup of chocolate chips and continue mixing until distributed**

- 7. **Pour batter into lined muffin tins and top with additional chocolate chips**
- 8. **Bake at 375°F for 17-20 minutes or until a toothpick comes out clean from the center**

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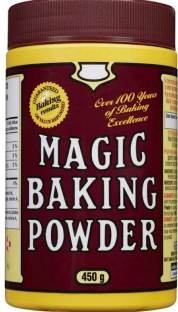







## Flat Bread















# INGREDIENTS

<input type="checkbox"/>	<b>3 cups of all-purpose flour</b>	 A white paper bag of Great Value Original All-Purpose Flour. The bag features a red and white design with a picture of a white bowl filled with flour. Text on the bag includes 'Great Value', 'Original ALL-PURPOSE FLOUR FARINE TOUT USAGE Originale', and '1kg'.
<input type="checkbox"/>	<b>2 and ¼ teaspoons of baking powder</b>	 A yellow plastic jar of Magic Baking Powder. The label is dark brown with white and yellow text. It says 'Magic Baking Powder' and '450 g'. There is also a small circular logo that says 'Over 100 Years of Baking Excellence'.
<input type="checkbox"/>	<b>1 and ½ teaspoons of salt</b>	 A blue and white box of Windsor Iodized Table Salt. The box features a picture of a tomato and a salt shaker. Text on the box includes 'windsor', 'Iodized Table Salt', and 'For Cooking and Baking'. A small glass salt shaker is shown next to the box.
<input type="checkbox"/>	<b>3 tablespoons of olive oil</b>	 A clear glass bottle of Borges Extra Virgin Olive Oil. The label is green and yellow with the text 'BORGES EXTRA VIRGIN OLIVE OIL'.

<input type="checkbox"/>	<p><b>1 and ½ teaspoons of maple syrup</b></p>	
<input type="checkbox"/>	<p><b>1 cup plus 2 tablespoons of cold water</b></p>	
<input type="checkbox"/>	<p><b>Vegetable oil for cooking</b></p>	

## EQUIPMENT

<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Whisk	
<input type="checkbox"/>	Spatula	
<input type="checkbox"/>	Rolling Pin	
<input type="checkbox"/>	Measuring Cup	

<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Mixing Spoon	
<input type="checkbox"/>	Dish cloth	
<input type="checkbox"/>	Large Skillet OR Griddle	
<input type="checkbox"/>	Plate	

## **INSTRUCTIONS**

- 1. **Whisk together all dry ingredients in a large bowl**
  - **3 cups of all-purpose flour**
  - **2 and ¼ teaspoons of baking powder**
  - **1 and ½ teaspoons of salt**
  
- 2. **Make a well in the dry ingredients and add the wet ingredients**
  - **3 tablespoons of olive oil**
  - **1 and ½ teaspoons of maple syrup**
  - **1 cup plus 2 tablespoons of cold water**
  
- 3. **Stir all the ingredients and adjust flour or water as necessary**

- 4. **Once cohesive, transfer the dough to a floured work surface and knead until smooth**
- 5. **Return dough to bowl and cover with a clean cloth, rest for 10 minutes**
- 6. **Divide the dough into 9 pieces**
- 7. **Roll each piece to about ¼ of an inch thick on a floured work surface**
- 8. **Grease a griddle or skillet and cook each flatbread over medium heat until golden brown, flip and repeat**
- 9. **Transfer cooked flatbread to a plate and cover with a clean dish towel to keep warm**
- 10. **Top flatbread with your favorite toppings or eat plain**





# Corbett Aphasia Rehab and Education (CARE) Cooking/Baking Group Spring/Summer 2024



## Homemade Gnocchi









# INGREDIENTS

<input type="checkbox"/>	<b>3 medium sized russet potatoes</b>	
<input type="checkbox"/>	<b>1 and ½ cups of all-purpose flour</b>	
<input type="checkbox"/>	<b>1 large egg</b>	
<input type="checkbox"/>	<b>1 teaspoon of salt</b>	



## EQUIPMENT

<input type="checkbox"/>	Pot	
<input type="checkbox"/>	Fork	
<input type="checkbox"/>	Strainer	
<input type="checkbox"/>	Potato Ricer	

<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Baking Spatula	
<input type="checkbox"/>	Measuring Cups	
<input type="checkbox"/>	Measuring Spoons	

<input type="checkbox"/>	Bench Scraper	
<input type="checkbox"/>	Slotted Spoon	
<input type="checkbox"/>	Frying Pan	

## INSTRUCTIONS

- 1. **Place 3 russet potatoes in a large pot of salted water, enough to cover**
- 2. **Boil over high heat**
- 3. **Once boiling, reduce heat to medium-high and simmer until potatoes are fork tender (~25-30 minutes)**
- 4. **Drain potatoes and let sit until cool enough to handle (~5-10 minutes)**
- 5. **Rub skin off of potatoes**
- 6. **Pass peeled potatoes through a potato ricer and into a large bowl**
- 7. **Let cool slightly (~10 minutes)**

- 8. **Fold 1 and ½ cups of all-purpose flour, 1 large egg, and 1 teaspoon of salt into the potatoes until flour is incorporated and dough holds together**
  
- 9. **Transfer dough to a lightly floured work surface and knead until mostly smooth**

**Do not overwork**

- 10. **Divide dough into 4 portions**
- 11. **Roll each portion into long “snakes”, about ¾ of an inch in diameter**
- 12. **Cut “snakes” into ½ of inch long pieces**
- 13. **Roll pieces against the tines of a fork**

to **make light ridges**

- 14. Bring a **pot of salted water** to a **boil**
- 15. Working **in batches**, **cook gnocchi** in salted water **until** they **rise** to the top (about 3-4 minutes)
- 16. Lightly **fry** cooked **gnocchi** until **golden brown**
- 17. **Serve** with **sauce** and **enjoy**






**Corbett Aphasia Rehab and Education (CARE)  
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**Brown Butter Sage Sauce**








# INGREDIENTS

<input type="checkbox"/>	<b>8 tablespoons of butter</b>	
<input type="checkbox"/>	<b>1 clove of garlic</b>	
<input type="checkbox"/>	<b>¼ cup of fresh sage, coarsely chopped</b>	
<input type="checkbox"/>	<b>⅛ teaspoon of black pepper</b>	
<input type="checkbox"/>	<b>Salt to taste</b>	



## EQUIPMENT

<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Small Pot	
<input type="checkbox"/>	Garlic Press	
<input type="checkbox"/>	Mixing Spoon	
<input type="checkbox"/>	Knife	

## INSTRUCTIONS

- 1. **Melt 8 tablespoons of butter** in a **medium saucepan** over **medium-low heat**
- 2. **When the butter begins to bubble,** **add 1 crushed garlic clove**
- 3. **Stir the garlic-butter mixture until** **fragrant (~1 minute)**
- 4. **Add ¼ cup of coarsely chopped fresh sage leaves** to the garlic-butter mixture and **stir until the butter becomes light brown (~2-4 minutes)**
- 5. **Season with ⅛ teaspoon of black pepper** and **salt to taste**
- 6. **Serve with vegetables, fish, or pasta**






**Corbett Aphasia Rehab and Education (CARE)  
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**Sara's Mini Cheesecakes**











## INGREDIENTS (Makes ~18)

<input type="checkbox"/>	1 and ½ cups of graham cracker crumbs	
<input type="checkbox"/>	4 tablespoons of butter, melted	
<input type="checkbox"/>	¼ cup of sugar	
<input type="checkbox"/>	454 grams of room temperature cream cheese (~2 bricks)	
<input type="checkbox"/>	¼ teaspoon of salt	

<input type="checkbox"/>	<p>1 cup of sugar</p>	
<input type="checkbox"/>	<p>1 teaspoon of vanilla extract</p>	
<input type="checkbox"/>	<p>2 large eggs</p>	
<input type="checkbox"/>	<p>2 egg yolks</p>	
<input type="checkbox"/>	<p>1/3 cup of sour cream</p>	

## EQUIPMENT

<input type="checkbox"/>	Muffin Tins	
<input type="checkbox"/>	Muffin Liners	
<input type="checkbox"/>	Measuring Cups	
<input type="checkbox"/>	Measuring Spoons	

<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Whisk	
<input type="checkbox"/>	Oven Mitts	
<input type="checkbox"/>	Hand Mixer	

## **INSTRUCTIONS**

- 1. **Preheat oven to 350F**
- 2. **Line muffin tins with muffin liners**
- 3. **Whisk together 1 and ½ cups of graham crackers with ¼ cup of sugar until combined**
- 4. **Pour 4 tablespoons of melted butter in to the graham cracker mixture and mix until it resembles wet sand**
- 5. **Scoop about 1 tablespoon of the graham cracker mixture in prepared muffin tins and press to flatten**
- 6. **Bake crusts at 350F for about 8 minutes or until fragrant and slightly darker in color**



- 7. **Remove crusts** from oven and **set aside**
- 8. Using a **hand-mixer**, **cream together 2 bricks of room temperature cream cheese, 1 cup of sugar, and ¼ teaspoon of salt** until creamy and homogenous
- 9. **Add ⅓ cup of sour cream and 1 teaspoon of vanilla extract and mix well**
- 10. **Add 2 eggs and 2 egg yolks one at a time**, allowing each to **fully incorporate before adding the next** and **mix until completely smooth**
- 11. **Fill each prepared crust with the cream cheese mixture, about ¾ of the way to the top**

- 12. **Bake cheesecakes at 350F for 18-20 minutes**
- 13. **Turn oven off and allow cheesecakes to rest for an additional 20 minutes inside**
- 14. **Let cheesecakes cool** to room temperature
- 15. **Garnish with toppings of your choice or enjoy plain**






**Corbett Aphasia Rehab and Education (CARE)  
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**Blueberry Sauce**



# INGREDIENTS

<input type="checkbox"/>	2 cups of blueberries	
<input type="checkbox"/>	$\frac{1}{3}$ cup of sugar	
<input type="checkbox"/>	2 teaspoons of lemon juice	
<input type="checkbox"/>	$\frac{1}{2}$ cup plus 3 tablespoons of water	
<input type="checkbox"/>	4 teaspoons of cornstarch	

# EQUIPMENT

<input type="checkbox"/>	Measuring Cups	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Small Bowl	
<input type="checkbox"/>	Spoon	
<input type="checkbox"/>	Saucepan	
<input type="checkbox"/>	Mixing Spoon	

## INSTRUCTIONS

- 1. **Dissolve 4 teaspoons of cornstarch in 3 tablespoons of water and set aside**
- 2. **Cook 2 cups of blueberries,  $\frac{1}{3}$  cup of sugar, 2 teaspoons of lemon juice, and  $\frac{1}{2}$  cup of water over medium heat without crushing the blueberries**
- 3. **Let the mixture come to a **boil** before **reducing the heat** and **adding in the cornstarch mixture****
- 4. **Continue to **cook for 1-2 minutes** or **until the sauce coats the back of a spoon****
- 5. **Serve over top of desserts**

**Corbett Aphasia Rehab and Education (CARE)  
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**Risotto**



## INGREDIENTS





<input type="checkbox"/>	<b>10 and ½ cups of water</b>	
<input type="checkbox"/>	<b>1 tablespoon of salt plus more for seasoning</b>	
<input type="checkbox"/>	<b>6 tablespoons of olive oil</b>	
<input type="checkbox"/>	<b>½ large white onion, very finely diced</b>	



<input type="checkbox"/>	<b>2 cups of arborio rice</b>	
<input type="checkbox"/>	<b>1 cup of white wine</b>	
<input type="checkbox"/>	<b>5 tablespoons of butter</b>	
<input type="checkbox"/>	<b>1 and 3/4 cups of grated parmesan cheese</b>	
<input type="checkbox"/>	<b>Ground black pepper to taste</b>	

## EQUIPMENT

<input type="checkbox"/>	Measuring Cups	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Large Pot	
<input type="checkbox"/>	Non-Stick Skillet	

<input type="checkbox"/>	Mixing Spoon	
<input type="checkbox"/>	Knife	
<input type="checkbox"/>	Cutting Board	
<input type="checkbox"/>	Serving Bowls	

## INSTRUCTIONS

- 1. **Combine 1 tablespoon of salt and 10 cups of water in a large pot and bring to a boil, reduce to medium heat and simmer**
- 2. **Heat 6 tablespoons of olive oil in a medium sized, non-stick skillet**
- 3. **Cook ½ of a very finely diced large white onion in the oil until translucent (~6-8 minutes), season to taste**
- 4. **Add ½ cup of water to the onions and continue to cook until the water evaporates and the onion is completely tender (~5 minutes)**
- 5. **Add 2 cups of arborio rice to the**

**cooked onions** and stir to **coat well with oil**

- 6. **Cook the rice** until the **edges** become **translucent** (~ 5 minutes) then **add cup of white wine**
- 7. **Bring the rice to a simmer** and **cook until the wine is completely evaporated** (~2 minutes)
- 8. **Over medium heat, add hot salted water** to rice in  $\frac{3}{4}$  **cup increments, stirring constantly** and **allowing liquid to fully absorb** (~2-3 minutes) until rice is **al dente** and **surrounded by a fluid, not-too-thick suspension** (~25-30 minutes total)
- 9. **Remove from heat** and **add 5 tablespoons of butter**, stir until

melted

- 10. **Add 1 and ¼ cups of grated parmesan cheese**, stir until melted
- 11. **Divide risotto into bowls**, top with **black pepper** and **remaining parmesan to taste**, add additional toppings as desired




**Corbett Aphasia Rehab and Education (CARE)  
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**Homemade Biscuits**



# INGREDIENTS





<input checked="" type="checkbox"/>	<b>2 cups of all purpose flour plus more for dusting</b>	
<input checked="" type="checkbox"/>	<b>1½ teaspoons of baking powder</b>	
<input checked="" type="checkbox"/>	<b>¼ teaspoon of baking soda</b>	






<input checked="" type="checkbox"/>	<b>4 teaspoons of sugar, plus more for sprinkling</b>	
<input checked="" type="checkbox"/>	<b>1½ teaspoons of salt</b>	
<input checked="" type="checkbox"/>	<b>1 lemon</b>	

<input checked="" type="checkbox"/>	<b>1/2 cup of cold butter</b>	
<input checked="" type="checkbox"/>	<b>3/4 cups of sour cream</b>	
<input checked="" type="checkbox"/>	<b>1/3 cups of heavy cream</b>	

## EQUIPMENT

<input type="checkbox"/>	Baking Sheet	
<input type="checkbox"/>	Parchment Paper	
<input type="checkbox"/>	Whisk	
<input type="checkbox"/>	Mixing Bowl	

<input type="checkbox"/>	Measuring Cups	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Zester	

<input type="checkbox"/>	Knife	
<input type="checkbox"/>	Mixing Spoon	
<input type="checkbox"/>	Ruler	

## INSTRUCTIONS

- 1. **Preheat oven to 400°F and line a baking sheet with parchment paper**
- 2. **Whisk together dry ingredients in a large bowl**
  - **2 cups of all-purpose flour**
  - **1½ teaspoons of baking powder**
  - **¼ teaspoons of baking soda**
  - **4 teaspoons of sugar**
  - **1½ teaspoons of salt**
- 3. **Grate the zest of half a lemon into the dry ingredients**
- 4. **Cut ½ cup of cold butter into small pieces and toss with dry ingredients until coated**
- 5. **Using your hands, work butter into**

**dry ingredients by pinching and rubbing until small shards of pea-sized butter remain**

- 6. **Mix  $\frac{3}{4}$  cups of sour cream and  $\frac{1}{3}$  cups of heavy cream with dry ingredients until large, shaggy clumps form**
- 7. **Knead the dough until the flour is combined, do not overwork**
- 8. **Transfer dough to floured surface and form into 1-inch thick square**
- 9. **Cut dough into 4 squares and stack them onto each other**
- 10. **Press the stack of dough down and form into a  $7\frac{1}{2}$ x5-inch rectangle, about 1-inch thick**

- 11. **Cut rectangle in half lengthwise** then each **smaller rectangle into thirds**
- 12. **Sprinkle shortcakes** with **sugar** and **freeze for 10 minutes**
- 13. **Bake shortcakes** until **golden brown**, about **~20-25 minutes**
- 14. **Add desired toppings** and **enjoy**







**Corbett Aphasia Rehab and Education (CARE)  
Cooking/Baking Group  
Spring/Summer 2024**






**Homemade Whipped Cream**



# INGREDIENTS

<input type="checkbox"/>	<b>1<sup>2</sup>/<sub>3</sub> cups of heavy cream</b>	
<input type="checkbox"/>	<b>1 teaspoon of vanilla extract</b>	
<input type="checkbox"/>	<b>3 tablespoons of sugar</b>	
<input type="checkbox"/>	<b>Salt</b>	

# EQUIPMENT

<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Measuring Cups	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Hand Mixer	

## INSTRUCTIONS

- 1. **Place a large bowl into the fridge until chilled**
- 2. **Combine all ingredients in a chilled bowl**
  - 1 $\frac{2}{3}$  cups of heavy cream
  - 1 teaspoon of vanilla
  - 3 tablespoons of sugar
  - Pinch of salt
- 3. **Beat until slightly floppy, soft peaks form**
- 4. **Refrigerate until ready use**
- 5. Use to **top cakes or fresh fruit**


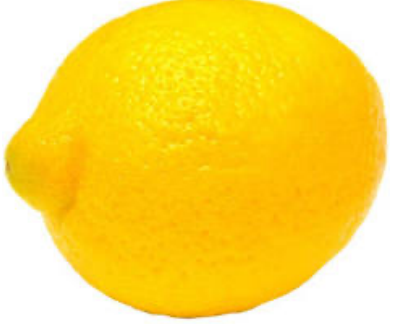

**Corbett Aphasia Rehab and Education (CARE)  
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**Macerated Strawberries to serve with  
Homemade Whipped Cream**



## INGREDIENTS

<input type="checkbox"/>	<b>~500 grams of strawberries</b>	
<input type="checkbox"/>	<b>1 lemon</b>	
<input type="checkbox"/>	<b>3 tablespoons of sugar</b>	

## EQUIPMENT

<input type="checkbox"/>	Knife	
<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Measuring Spoons	
<input type="checkbox"/>	Mixing Spoon	

## INSTRUCTIONS

- 1. **Trim stems from ~500 grams of strawberries and cut into halves**
- 2. **In a bowl, combine strawberries with 2 tablespoons of lemon juice and 3 tablespoons of sugar**
- 3. **Let sit at room temperature for a few minutes, tossing occasionally until ready to use**
- 4. **Use to top your favorite desserts**




# Corbett Aphasia Rehab and Education (CARE) Cooking/Baking Group Spring/Summer 2024






## Royal Icing



# INGREDIENTS

<input type="checkbox"/>	<b>3 cups of confectioner's sugar</b>	
<input type="checkbox"/>	<b>1/4 teaspoon of cream of tartar</b>	
<input type="checkbox"/>	<b>2 large egg whites</b>	

## EQUIPMENT

<input type="checkbox"/>	Sieve	
<input type="checkbox"/>	Mixing Bowl	
<input type="checkbox"/>	Hand Mixer	

## INSTRUCTIONS

- 1. **Sift together 3 cups of confectioner's sugar and ¼ teaspoon of cream of tartar into a bowl**
- 2. **Beat in egg whites with a hand mixer until mixture is thick enough to hold its shape (~5 minutes)**
- 3. **Use food coloring to personalize the color and use to decorate cookies.**