



## Goopy Grilled Cheese Savory Cupcakes + Creamy Tomato Soup Drizzle + Spiced Apple Cider

By Dylan Sabuco

**Prep Time** 20 / **Cook Time** 23 / **Serves** 6 - 12

### Shopping List

DAIRY AND EGGS

1 1/4 C heavy cream **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk or cream)**\*\***

1 egg **\*\***(for EGG ALLERGY sub 1 T flaxseed + 1/4 C warm water—more info below)**\*\***

BREAD

1/2 medium sized baguette, roughly 3 C chopped **\*\***(for GLUTEN ALLERGY sub 4 to 6 slices of gluten-free/nut-free bread)**\*\***

PANTRY

1/4 C shelf-stable grated Parmesan **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free grated cheese)**\*\***

1 tsp salt

1/2 tsp ground mustard

1 T vegetable oil

1 4-oz can or 1/2 C tomato paste

1 tsp dried basil or a handful of fresh basil

1 pinch sugar or dash honey

1/2 tsp ground black pepper

3 C apple juice

1 tsp ground cinnamon or 1 cinnamon stick

1 pinch ground ginger (or nutmeg/allspice)

- HAVE ON HAND
- 1 C water
- paper cupcake liners (optional)

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**chop:** to cut something into small, rough pieces using a blade.

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**season:** to add flavor to food with spices, herbs, and salt.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**simmer:** to cook a food gently, usually in a liquid, until softened.

## Equipment

- Small saucepan
- Whisk
- Can opener
- Measuring cups

- Measuring spoons
- Large saucepan
- Cups
- Oven
- Muffin pan
- Cutting board + kid-safe knife
- Large mixing bowl
- Small mixing bowl
- Liquid measuring cup
- Dry measuring cups
- Paper cupcake liners (optional)

## Ingredients

### Gloriously Goey Grilled Cheese Savory Cupcakes

- 1/2 medium sized baguette, roughly 3 C chopped **\*\*(for GLUTEN ALLERGY sub 4 to 6 slices of gluten-free/nut-free bread)\*\***
- 1 C heavy cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk or cream)\*\***
- 1 egg **\*\*(for EGG ALLERGY sub 1 T flaxseed + 1/4 C warm water—more info below)\*\***
- 1/4 C shelf-stable grated Parmesan **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free grated cheese)\*\***
- 1/2 tsp salt
- 1/2 tsp ground mustard
- 1 T vegetable oil

### Creamy Tomato Soup Drizzle

- 1 4-oz can or 1/2 C tomato paste
- 1/4 C heavy cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk or cream)\*\***
- 1 C water
- 1 tsp dried basil or a handful of fresh basil
- 1 pinch sugar or dash honey

- 1/2 tsp salt
- 1/4 tsp ground black pepper

## Spiced Apple Cider Cups

- 3 C apple juice
- 1 tsp ground cinnamon or 1 cinnamon stick
- 1 pinch black pepper
- 1 pinch ground ginger (or nutmeg/allspice)

## Food Allergen Substitutions

### Gloriously Goey Grilled Cheese Savory Cupcakes

**Gluten/Wheat:** For 1/2 medium-sized baguette, substitute 4 to 6 slices of gluten-free bread (roughly 3 C chopped).

**Dairy:** Substitute dairy-free/nut-free milk or cream for heavy cream. Substitute dairy-free/nut-free grated cheese for Parmesan.

**Egg:** For 1 egg, substitute 1 T flaxseed + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

### Creamy Tomato Soup Drizzle

**Dairy:** Substitute dairy-free/nut-free milk or cream for heavy cream.

### Spiced Apple Cider Cups

## Instructions

### Gloriously Goey Grilled Cheese Savory Cupcakes

#### intro

When someone says, "grilled cheese and tomato soup," it brings me back to long soccer practices in the summertime and coming home to a plate full of tiny grilled cheese sandwiches (tiny because my mom cut the crusts off for me) alongside simple tomato soup with goldfish crackers. I wanted those same flavors for this recipe but in a compact, bite-sized variation. This version is similar to a bread pudding but savory and packed full of cheesy flavor!

#### chop + rip

Start by chopping or tearing **1/2 of a baguette** into roughly a large dice. Put all the bread into a large mixing bowl.

#### measure + crack + whisk

Measure **1 cup heavy cream**, **1/4 cup grated Parmesan**, **1/2 teaspoon salt**, **1/2 teaspoon ground mustard**, and **1 tablespoon vegetable oil** into a separate bowl or measuring cup. Then, crack **1 egg** into the mixture. Whisk to combine.

#### soak + preheat

Pour all the liquids into the bowl of bread and allow it to soak for at least 5 minutes. Stir to combine the bread mixture. While that mixture soaks, preheat your oven to 350 F.

#### fill + bake

Place cupcake liners, if using, in your muffin pan. Add a few tablespoons of the bread mixture to the muffin pan. Fill all the wells and cook them for 8 minutes or until golden brown on top.

#### cool + drizzle + enjoy

Cool the Gloriously Goopy Grilled Cheese Savory Cupcakes for a few minutes before drizzling with (or even dunking in) Creamy Tomato Soup Drizzle (see recipe). Bon appetit!

### Creamy Tomato Soup Drizzle

#### measure + simmer

Start by opening **1 can of tomato paste** and scoop the tomato paste into a small saucepan over medium-low heat. Measure and pour in **1/4 cup of heavy cream** and **1 cup of water**. Bring this mixture to a simmer.

#### season + serve

Measure and add **1 teaspoon dried basil**, **1 pinch of sugar**, **1/2 teaspoon salt**, and **1/4 teaspoon black pepper**. Simmer this super simple tomato soup for 5 minutes (or more). Eat the soup by itself or drizzle over Gloriously Goopy Grilled Cheese Savory Cupcakes (see recipe)!

### Spiced Apple Cider Cups

#### measure + combine

Measure and combine **3 cups apple juice**, **1 teaspoon cinnamon**, **1 pinch of black pepper**, and **1 pinch of ground ginger** in a large saucepan over medium heat.

#### simmer + pour

Simmer the mixture of apple juice and spices for 10 minutes. Turn the heat off or reduce to very low before serving. Pour the cider into a mug and say "Cheers" with your family!

## Featured Ingredient: Bread!

Hi! I'm Bread!

"I'm a popular food all around the world and I come in many different forms! You can make a sandwich with me, serve me as a side with a meal, toast me, or cut me into cubes to make a stuffing or bread pudding!"

Bread is considered a staple food in many countries and can be an important part of a person's diet. The history of bread probably started with primitive flatbread made from flour from available edible plants. The plant roots would have been pounded and ground against a rock to create a starchy substance that could be made into dough. If the dough was left to rest outside, air-borne yeast spores might have acted as a natural raising agent.

There is archaeological evidence that a 14,500-year-old Natufian culture in Jordan made bread, and Neolithic peoples began using grains to make bread around 10,000 BCE. In 6000 BCE, the Sumerians in southern Mesopotamia baked leavened bread using wood ash, and in 3000 BCE, the Egyptians improved the method by adding yeast to their flour.

Eventually, bakers started experimenting with other sources of yeast, such as beer and wine. However, it was more common to set aside some fermented dough from a previous batch to form a starter for a new batch of bread dough. Bread starter is sometimes called the "mother dough" and is still used when baking sourdough bread.

Today, active dry yeast or instant (rapid-rise) dry yeast is an easy way to add leavening to your dough when making homemade bread.

Bread is typically made from wheat flour but can also be made from corn, oat, rye, and other grains. Wheat sometimes has to be added to these other flours because it has more gluten content, which creates a more elastic dough.

Gluten-free bread, made without wheat or other grains that have gluten, began to be sold in the early 2000s for people with celiac disease, gluten intolerance, and wheat allergies. These breads may include flours from almonds, corn, rice, or garbanzo beans, and potato or tapioca starch.

In addition to sourdough bread, famous in San Francisco, other white yeasted breads with a hard crust include French baguettes and Italian ciabatta. Italian focaccia bread is a flatter, leavened bread brushed with olive oil and sprinkled with coarse salt.

There are also whole wheat, multigrain, rye, oat, and potato breads. Rustic breads are typically hand-shaped before baking rather than put in a loaf pan.

Bread is typically baked in an oven, but if you do not have access to an oven, you can bake it on a stovetop in a cast iron Dutch oven or a large pot or saucepan. You can also bake bread in an air fryer, slow cooker, toaster oven, or microwave, with varying results. Bread machines that mix, knead, proof, and bake are popular with some home bakers.

Breads made with an enriched dough that includes eggs, milk, sugar, or a combination, include French brioche, Jewish babka and challah, cinnamon rolls, dinner rolls, and doughnuts.

The type of bread and the flour or other ingredients used determine the amount of nutrients it contains. For example, whole-grain bread has more fiber, protein, vitamins, and minerals than other breads.

Adding whole-grain bread to your diet will help with digestion and control blood pressure, cholesterol

levels, and weight. It also lowers your risk of diabetes and heart disease.