

SUPERCHEF FAMILY COOKBOOK

KID-FRIENDLY RECIPES,
TIPS, AND TECHNIQUES
FOR SUPERCHEFS
IN TRAINING

PLUS SUPERCHEF'S
INSPIRING STORY
WITH COMIC-STYLE
ILLUSTRATIONS

THIS SAMPLER IS FOR PROMOTIONAL PURPOSES ONLY

SUPERCHEF FAMILY COOKBOOK

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DARNELL FERGUSON

WITH ERIC BENTLEY ★ ILLUSTRATED BY BRAD SMITH

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New Beginnings

I started working at a five-star restaurant in Louisville, and I was thriving. I just focused on the task at hand and prepared the food to the best of my ability. I was able to handle and oversee every station of that kitchen, and I understood how to make things run efficiently. One day I took a moment to read the menu, and I couldn't believe what we were charging for some—actually all—of the dishes. I knew how little it cost us to prepare each item, and I told myself I could charge half of that if I started my own restaurant. Plus, I could do things my way and make them even better!

That was when I decided to bet on myself, which has been a recurring theme throughout my life and career. I got together with one of my closest friends from culinary school, and we began to build out our vision. One thing we realized very quickly was how expensive and difficult it was to get started: finding the right location, designing the space, and making sure we had the proper equipment. If we were going to do this, we would have to be creative.





One day, we were approached by the owner of a local gyro restaurant. It was only open for dinner, so the entire restaurant was sitting empty in the morning and early afternoon. We worked out a deal with the owner to start our own pop-up in his space. This meant we were able to use the restaurant during the hours it wasn't operating. We had to make sure everything was sparkling clean by the time the restaurant staff arrived, and we had to make sure our menu was designed for the hours we were open. It wasn't what I'd dreamed of—I couldn't decorate the way I wanted, and we were constantly under pressure to be in and out on time. However, my faith gave me the strength to keep moving forward, believing in myself, and trusting that God would provide.

This opportunity turned out to be the beginning of something wonderful. Our pop-up had lines out the door every day, and other restaurants throughout the city asked us to open pop-ups in their spaces. We ended up running three different pop-ups at a time, which enabled us to raise enough capital to open our own restaurant in three years!



milk go in the bottom compartment of the door. Depending on the size of your fridge, it may not be possible to space everything out like this. The main thing to remember is to keep produce, raw meats, and dairy separate from each other.

Track the Temperature

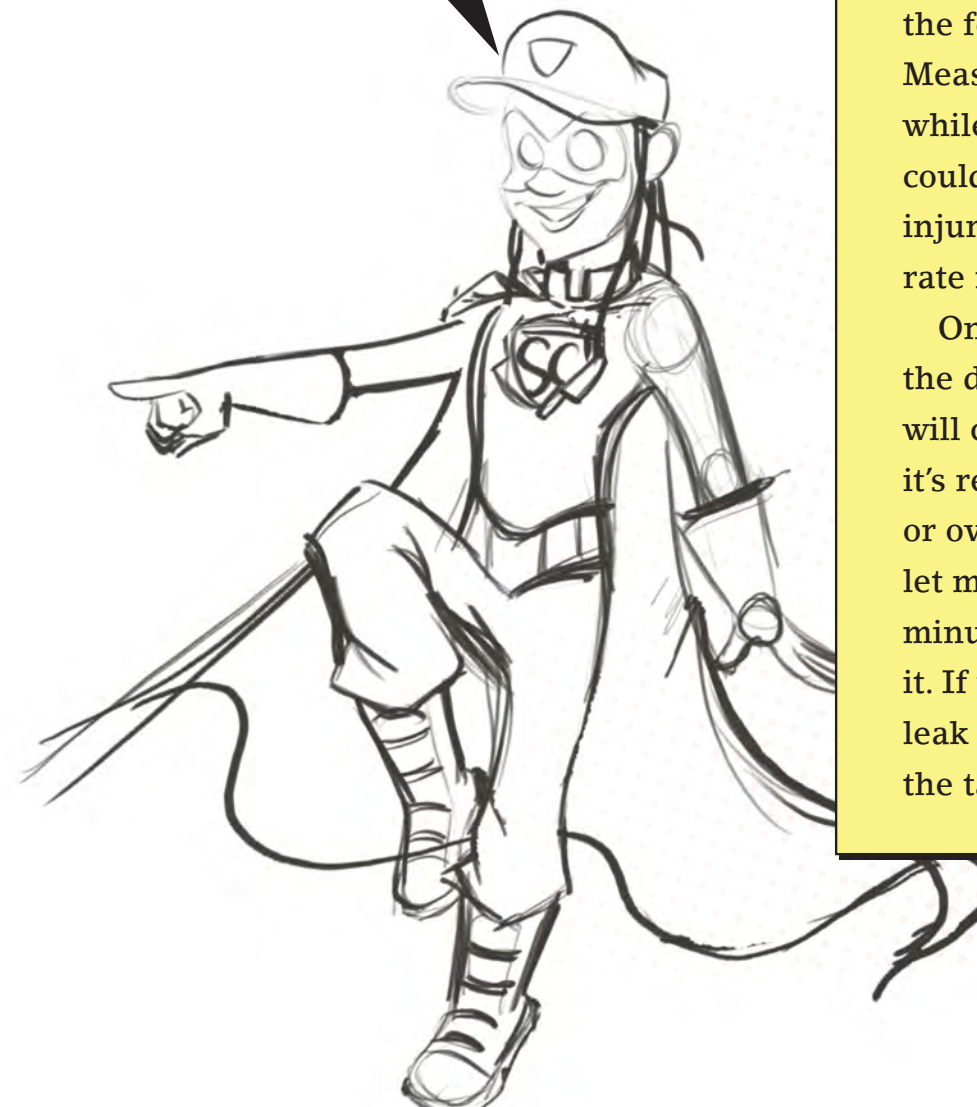
Another safety requirement to keep in mind—especially when cooking meat—is the temperature. Here is a list of safe cooking temperatures to keep handy in the kitchen:

COOKING TEMPS LIST

TYPE OF FOOD	MINIMUM TEMPERATURE
Fish	145°F (65°C)
Ham	145°F (65°C)
Beef and Pork	145°F (65°C)
Ground Beef and Pork	160°F (70°C)
Chicken and Turkey	165°F (75°C)
Ground Chicken and Turkey	165°F (75°C)



WHEN YOU NEED TO CHECK THE TEMPERATURE OF THE MEAT OR WHATEVER YOU'RE COOKING, THE BEST WAY TO MEASURE IT IS BY INSERTING A COOKING THERMOMETER INTO THE THICKEST PART OF THE MEAT OR WHATEVER YOU'RE COOKING.



Make sure you remove the food from the oven first. Measuring the temperature while food is in the oven could cause a burn or other injury, as well as an inaccurate reading.

Once the food reaches the desired temperature, it will continue cooking after it's removed from the stove or oven. It's important to let meat rest for at least 3–5 minutes before you cut into it. If you don't, the juices will leak out, and that will impact the taste.

Lunch

Some people call lunch the forgotten meal, but it's important to make sure you eat it! When I was a kid, I cared more about running outside for recess than sitting and eating my lunch. Maybe you can relate! As I got older, I found other reasons to skip lunch: too busy at work, needing to be somewhere and not enough time to eat, filming a show and needing to learn my lines.

A few years ago, I decided to make sure I eat lunch every day, no matter how busy I am. This decision has no doubt changed my life for the better. I have so much more energy to do everything I need to do, I get less tired and cranky, I don't hit that "wall" in the middle of the day, and my body and mind are in the best shape of my life.



GOD ONLY GIVES US ONE BODY. IT'S OUR JOB TO CARE FOR IT AND MAKE SURE WE DON'T TAKE IT FOR GRANTED.



BE SURE TO GIVE YOURSELF THE FUEL YOU NEED BY MAKING TIME FOR A HEALTHY LUNCH. THIS SECTION WILL GIVE YOU SOME GREAT LUNCH IDEAS TO SHARE WITH FRIENDS AND FAMILY!



DEEP-DISH PIZZA TOAST

(SERVES 6)

INGREDIENTS

- 6 slices Texas toast (garlic-flavored, defrosted)
- 3 cups (720 g) pizza sauce
- 1 cup (120 g) shredded mozzarella cheese
- Sliced pepperoni
- Fresh basil
- Any other favorite pizza toppings

EQUIPMENT

- Oven with broiler
- Sheet pan
- Ladle or spoon



INSTRUCTIONS

1. Preheat oven to 400° F (205° C).
2. Use your fingers to flatten each slice of bread, starting from the center and working outward until you reach the crust. Put them on a sheet pan.
3. Toast in oven for 2 minutes (until very lightly browned). Remove from oven.
4. Ladle or spoon a layer of sauce on each slice, followed by cheese, pepperoni, basil, and any other toppings.
5. Switch oven to low broiler setting.
6. Place under broiler until cheese is melted. Let cool before eating.

IF YOU WANT TO MAKE YOUR OWN TEXAS TOAST, THE KEY IS TO USE A NICE PIECE OF THICK BREAD (ABOUT ¾ INCH TO 1 INCH [2 TO 3 CM] THICK). FOR THE 6 SLICES OF TEXAS TOAST THIS RECIPE CALLS FOR, MELT ONE STICK (120 G) OF UNSALTED BUTTER AND COMBINE WITH 2 TABLESPOONS (30 ML) OF MINCED GARLIC, 1 TEASPOON (5 ML) OF GARLIC POWDER, 1 TABLESPOON (15 ML) OF DRIED PARSLEY, AND 1 TEASPOON (5 ML) OF KOSHER SALT.

MIX THE BUTTER, GARLIC, GARLIC POWDER, DRIED PARSLEY, AND SALT. SPREAD THE MIXTURE ON THE SLICES OF BREAD, THEN PLACE THE BREAD ON A GREASED BAKING SHEET, AND BAKE FOR ABOUT 12 MINUTES (FLIPPING THEM HALFWAY THROUGH) UNTIL GOLDEN BROWN ON EACH SIDE.

