



CONSENT, WAIVER, RELEASE, AND ASSUMPTION OF RISKS

By signing this waiver, I release, indemnify and hold harmless, the Town of Mooresville, it's officials, officers, employees, agents, or their successors and assigns, Mooresville Public Library (MPL), MPL staff and volunteers, any invited judges, vendors, sponsors, and any observers or participants from any and all liability, damage, claim of any nature whatsoever arising out of and in any way related to my/my child's/my family's attendance or participation in any Mooresville Public Library cooking programs ("Cooking Program(s)").

I recognize that attending and/or participating in any Cooking Program(s) presents some risk of injury and/or illness, including without limitation the risk of burns, cuts, choking and contact with allergens or dangerous substances. I agree that my safety and that of my child/my family is primarily my responsibility and not that of the Town of Mooresville, its officials, officers, employees, agents, volunteers, invited judges, vendors, sponsors, or other observers or participants attending the Cooking Program(s).

I also recognize that the Town of Mooresville assumes no liability whatsoever for personal injuries or property damage that may arise from my/ my child's/my family's attendance and/or participation in the Cooking Program(s).

I agree to abide by all safety guidelines and rules applicable to the Cooking Program(s), including but not limited to following any instructions given by an instructor. I further agree to carefully supervise and ensure that my minor child(ren) also abide by all safety guidelines and rules applicable to the Cooking Program(s).

Authorization is hereby given for medical treatment deemed necessary by medical personnel should I or my child be injured during the Cooking Program(s).

This consent, waiver, and release will be construed broadly to provide a waiver and release to the maximum extent permissible under North Carolina and/or federal law.

I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENT AND ACKNOWLEDGE THAT IT IS BEING SIGNED VOLUNTARILY. I AGREE THAT THIS DOCUMENT IS NOT ONLY BINDING ON ME BUT IS ALSO BINDING ON MY PERSONAL REPRESENTATIVES, EXECUTORS, HEIRS, AND NEXT OF KIN, AS WELL AS ANY MINOR CHILD I HAVE ALLOWED TO PARTICPATE.

Participants Name(s): _____

(Participants under the age of 18 must have a Parent or Legal Guardian sign their Consent.)

Signature of Participant/Parent or Legal Guardian: _____

Printed Name: _____ Date signed _____

Emergency contact name and number:



Mooresville Public Library

Library Cooking Programs Allergy and Permission Form

Participants in the Mooresville Public Library's cooking program will have an opportunity to learn about healthy food and food preparation. Participants will also be able to taste their creations. To ensure the safety of participants, a list of all ingredients will be provided at each program/class. Please check the list of ingredients carefully. The menu for this program may include the following:

List ingredients:

Please see page 3.

Please circle any above listed ingredients to which the participant has an allergy. Please list additional allergies below and indicate if the allergy relates to ingestion only or also contact or odor:

_____	_____
_____	_____
_____	_____

If you have a severe known allergy or may require the use of an EpiPen, please indicate this below with details or instructions on how to respond should such a reaction occur. Please indicate below the location of any EpiPen you possess and let the instructor know verbally regarding its location as well.

Participants Name(s): _____

Signature of Participant/Parent or Legal Guardian: _____

Date: _____

October 2024 Teen Kitchen Capers

Item being made: -Waffles and Fruit Compotes

Compotes:

Ingredients and Allergy Information:

- Bananas
- Strawberries
- Blueberries
- Lemon & Lemon Zest
- Sugar
- Argo Cornstarch

Waffles:

Ingredients and Allergy Information:

- Krusteaz Belgian Waffle Mix: Ingredients: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Salt, Dextrose, Soybean Oil, Natural Flavor. Allergen Info: Contains Wheat and Their Derivatives, Soybean and its Derivatives. May contain Eggs and their derivatives, Soybean and its Derivatives, Milk and its derivatives, Tree Nuts and Their Derivatives.
- Vegetable Oil
- Water
- Eggs

Other Items Present:

- Butter

- Great Value Maple Syrup:

INGREDIENTS: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GUM, SALT, CARAMEL COLOR, SODIUM BENZOATE (PRESERVATIVE), SORBIC ACID (PRESERVATIVE), SODIUM HEXAMETAPHOSPHATE. MAY CONTAIN TRACES OF MILK, EGGS, ANCHOVIES, WHEAT AND SOY.

Blueberry Compote



Recipe courtesy of Ellie Krieger

Show: Healthy Appetite with Ellie Krieger Episode: Good Comfort



Level: Easy

Total: 23 min

Prep: 5 min

Cook: 18 min

Yield: 1/2 cup, 8 servings

Ingredients:

2 cups frozen blueberries

3 tablespoons water

1/4 cup sugar

2 teaspoons lemon juice

Directions:

Combine 1 cup of the blueberries, water, sugar and lemon juice in a small saucepan. Cook over a medium heat for about 10 minutes. Add the rest of the blueberries and cook for 8 minutes more, stirring frequently. Serve warm.



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20-Minute Strawberry Compote (Fresh or Frozen Berries)

Justine Drosdovech

This simple strawberry compote is the perfect topping for pancakes, waffles, or French toast. It's sweet, tangy, and filled with flavor!

★★★★★ 5 from 102 votes

PREP TIME

5 mins



COOK TIME

15 mins

TOTAL TIME

20 mins



COURSE

Sauce

CUISINE

French, Gluten-Free, Vegan



SERVINGS

24 tablespoons

CALORIES

13 kcal

EQUIPMENT

- 1 Knife
- 2 Cutting board
- 3 Saucepan

INGREDIENTS

- 1 pound fresh strawberries (quartered)
- 2 teaspoons cornstarch
- 2 tablespoons water
- ¼ cup cane sugar
- ½ teaspoon lemon zest
- 1 tablespoon lemon juice

INSTRUCTIONS

- 1 Wash and stem the strawberries, then half or quarter them. Combine the cornstarch and water in a small bowl. Add it to a medium saucepan with the strawberries, cane sugar, and lemon zest.
- 2 Bring the mixture to a simmer over medium-low heat for 10-15 minutes, or until it appears thickened. Taste and adjust the sweetness to your liking. Pour the lemon juice in and cook for another few minutes to incorporate it.
- 3 Remove the saucepan from the heat and let stand for 10 minutes. Serve your compote warm or chilled over waffles, French toast, pancakes, ice cream, and more. Happy eating!

NOTES

Select ripe strawberries: Use ripe, bright red strawberries for the best flavor and natural sweetness. Avoid overripe or bruised berries since they can result in a mushy texture and a slightly fermented taste.

Adjust sugar based on fruit's sweetness: Taste your strawberries first and adjust the sugar accordingly, as their natural sweetness can vary.

Lemon zest technique: Use a microplane over a box grater to zest the lemon. It has finer blades, which allows it to shave more finely and prevents accidentally grating the bitter white pith.

Non-organic strawberries are one of the most heavily sprayed foods, so it's critical to thoroughly wash them. They're one of those fruits that I highly recommend splurging on organic for.

Not all compotes contain cornstarch, but I like to add it to thicken it right up. If you don't have any, omit both the cornstarch and water.

It's important not to rush this process. A gentle simmer allows the strawberries to break down naturally and the sugar to dissolve without burning.

Adding the lemon juice towards the end preserves its fresh, tangy flavor, which can be diminished with prolonged cooking.

Nutritional information is a rough estimate and should not be taken as health advice.

NUTRITION

Serving: 1tablespoon | **Calories:** 13kcal | **Carbohydrates:** 3.2g | **Protein:** 0.1g | **Fat:** 0.1g | **Saturated Fat:** 0.003g | **Polyunsaturated Fat:** 0.03g | **Monounsaturated Fat:** 0.01g | **Trans Fat:** 0g | **Cholesterol:** 0mg | **Sodium:** 0.3mg | **Potassium:** 30.7mg | **Fiber:** 0.4g | **Sugar:** 2.5g | **Vitamin A:** 2.4IU | **Vitamin C:** 11.8mg | **Calcium:** 3.3mg | **Iron:** 0.1mg



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