



AARP Wellness Wednesdays: December 15, 2021

Menu, Prep & Equipment List

CLASS RECIPES

Hot Spinach & Artichoke Dip
Onion Bacon Jam
Maple Rosemary Spiced Nuts
Mix & Match Mini Tarts

DIETARY CONSIDERATIONS

Contains Dairy

Contains Nuts
Contains Dairy & Nuts

SHOPPING NEEDS

This class is designed to use the dip, jam, and nuts as filling components for the mini tarts but you can feel free to mix and match the filling ideas to your liking. Please refer to the mini tart recipe for your base shopping needs and then plan your fillings accordingly. As always, you can plan to make all the recipes along with us or pick and choose what best suits your needs and tastes. The mini tarts can be prepared in advance and frozen for serving later, if you would like to make them with us during the class and save them for a holiday gathering later!

Some other filling ideas for the mini tarts (besides those listed in the recipe:

- Your favorite jam and cheese – some combinations to try:
 - Pepper jelly & cream cheese
 - Fig jam & brie or camembert
 - Sour cherry jam & goat cheese
- Diced apples and cheddar
- Spinach and feta cheese
- Hummus and roasted red peppers, sun-dried tomatoes, or olives
- Tomatoes, mozzarella, and basil
- Mushrooms, thyme, and balsamic with parmesan
- Mini quiches – any veggies and cheese you like with beaten eggs

The options are virtually endless!

PREP AHEAD: If you plan to cook along with us during the live class, note that we will be using onion bacon jam that is pre-made to fill our mini tarts due to timing. We will still make the recipe in the class so we can share our tips!

EQUIPMENT LIST

Qty	Equipment
Equipment for All Recipes	
1 each	Cutting board
1 each	Chef's knife
1 set	Measuring cups
1 set	Measuring spoons
Various	Mise en place bowls (small bowls, cups, or mugs)



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Hot Spinach & Artichoke Dip	
1 each	9" x 9" casserole pan (at least 1 quart capacity)
2 each	Microwave safe bowl
1 each	Wooden spoon or spatula
Onion Bacon Jam	
1 each	Dutch oven or large heavy sauce pot
1 each	Slotted spoon
1 each	Wooden spoon
As needed	Storage jars with lids
Maple Rosemary Spiced Nuts	
1 each	Skillet or sauté pan (nonstick is OK)
1 each	Rubber spatula
1 each	Small sheet pan or plate lined with parchment paper
Mix & Match Mini Tarts	
1 each	Small sheet pan lined with parchment paper or foil
As needed	Teaspoons for measuring fillings

CHEESE & CHARCUTERIE BOARD IDEAS

In addition to the class recipes which can be used to build a great grazing board for a party, here's a basic list of categories of snacks to include:

- **Cheese – include a variety of flavors and textures, serve 2 cheeses (hard + soft) for up to 9 guests, 3 cheeses (1 sweet + 1 pungent + 1 hard) for 10-20 guests**
 - Hard – parmesan, aged gouda, asiago
 - Firm – cheddar, manchego, gruyere
 - Semi-soft – Havarti, muenster
 - Soft – burrata, mascarpone
 - Blue – gorgonzola
 - Crumbly – feta, goat
- **Charcuterie – cured meats, serve 1 choice for up to 9 guests, 2 for 10-20 guests**
 - Prosciutto, sopressata, calabrese, genoa salami, Spanish chorizo
- **Dips & Spreads** – any jam, fruit paste, mustard, dip, tapenade you like
- **Nuts & Seeds** – Pecans, walnuts, cashews, pistachios, pumpkin seeds
- **Fruits** – fresh grapes, sliced apples, berries, figs, dried apricots, dates
- **Vegetables** – carrot, celery & cucumber sticks, marinated artichokes or mushrooms
- **Bread and crackers** – sliced baguette, torn whole grain loaf, water crackers, etc.
- **Other** – olives and pickles