



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.

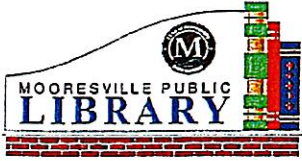
Participants Name(s): _____

(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: _____

September 2024 Teen Kitchen Capers

Item being made: -Mini Beef Empanadas

<https://themodernproper.com/beef-empanadas>

Ingredients and Allergy Information:

- **Pillsbury Pre-made Pie Crusts: Ingredients:** Enriched Flour Bleached (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Lard and Hydrogenated Lard with BHA and BHT Added to Protect Flavor, Water, Wheat Starch, Corn Starch, Contains 2% or Less of: Salt, Rice Flour, Xanthan Gum, Sodium Propionate and Potassium Sorbate (Preservatives), Citric Acid, Annatto Extract (for Color). **Allergen Info:** Contains Wheat and Their Derivatives, Other Gluten Containing Grain And Gluten Containing Grain Products.
- **Russet Potatoes**
- **Shredded Carrots**
- **Yellow Onion**
- **Celery**
- **Fresh Garlic**
- **Cumin**
- **Cinnamin**
- **Sea Salt**
- **Pepper**
- **Beef Broth:** Beef broth, contains less than 2% of sea salt, natural flavor, yeast extract, carrot, salt, celery, onion
- **Butter**
- **Eggs**
- **Frozen Peas**

3

Beef Empanadas



Serves: 10

Prep Time: 30 min

Cook Time: 55 min

Ingredients

Empanada Dough

- 2½ cups** all purpose flour
- ½ teaspoon** sea salt
- ½ cup** unsalted butter, chilled, cut into ¼-inch cubes
- 2** large eggs, room temperature
- ½ cup** ice water, plus more as needed

Beef Filling

- 1 medium** russet potato, peeled, ⅓-inch diced (about 1½ cups)
- ¾ pound** 80/20 ground beef
- ½ medium** yellow onion, grated
- 1 medium** carrot, grated
- 1** celery rib, minced
- 2** garlic cloves, minced
- ½ teaspoon** chili powder
- 1 teaspoon** ground cumin
- ½ teaspoon** ground cinnamon
- ½ teaspoon** sea salt
- ½ teaspoon** freshly cracked black pepper
- ½ cup** frozen peas, thawed
- ¾ cup** beef stock

Method

- 1.** Make the empanada dough. Add the flour and salt to a food processor and pulse until combined, about 5 pulses. Add the butter, 1 egg and the ice water. Pulse until the mixture resembles coarse crumbs, about 20 pulses. If the dough won't come together add more ice water 1 tablespoon at a time and pulse until incorporated. Shape the dough into a ball. Tightly cover the dough in plastic wrap and place in the refrigerator for at least 30 minutes, up to 2 hours.
- 2.** Meanwhile, make the filling. Fill a medium size saucepan with water and bring to a boil over high heat. Add the potato and boil until tender, about 3-4 minutes. Drain.
- 3.** To a large skillet set over medium-high heat, combine the beef, onions, carrots and celery and cook, breaking the meat up with a wooden spoon, until the beef is browned and the vegetables are softened, 8-10 minutes.
- 4.** Stir in the potatoes, garlic, chili powder, cumin, cinnamon, salt, pepper, peas and beef stock. Cook, stirring, until most of the liquid has been absorbed, about 5 minutes.
- 5.** Prepare the dough. Remove the dough from the refrigerator and divide it into 10 equal pieces—roughly 2.2-ounces each. On a lightly floured surface, roll each piece of dough very thin into a circle roughly 7-inches wide. Add a heaping ⅓ cup of the beef mixture onto one side of each of the dough rounds.
- 6.** Preheat the oven to 375°F with a rack in the center position.
- 7.** In a small bowl, whisk the remaining egg. Using a pastry brush, brush the egg on the exposed edge of the dough. Fold the dough in half over the filling. Using a fork, firmly press and seal the edges together. Alternatively you can make empanada pleats. Repeat this process with remaining dough and filling, arrange on a parchment lined baking sheet.
- 8.** Stir 1 tablespoon of water into the bowl with the remaining egg. Lightly brush each empanada with egg wash. Bake until golden brown, about 35 minutes. Serve warm.
- 9.** Leftover empanadas will keep in an airtight container, refrigerated for up to 3 days. To freeze, cool the empanadas to room temperature, wrap tightly in plastic wrap, then store in an airtight container for up to 3 months. To reheat, place in a 300°F oven or toaster oven for about 10 minutes, or until warmed through.