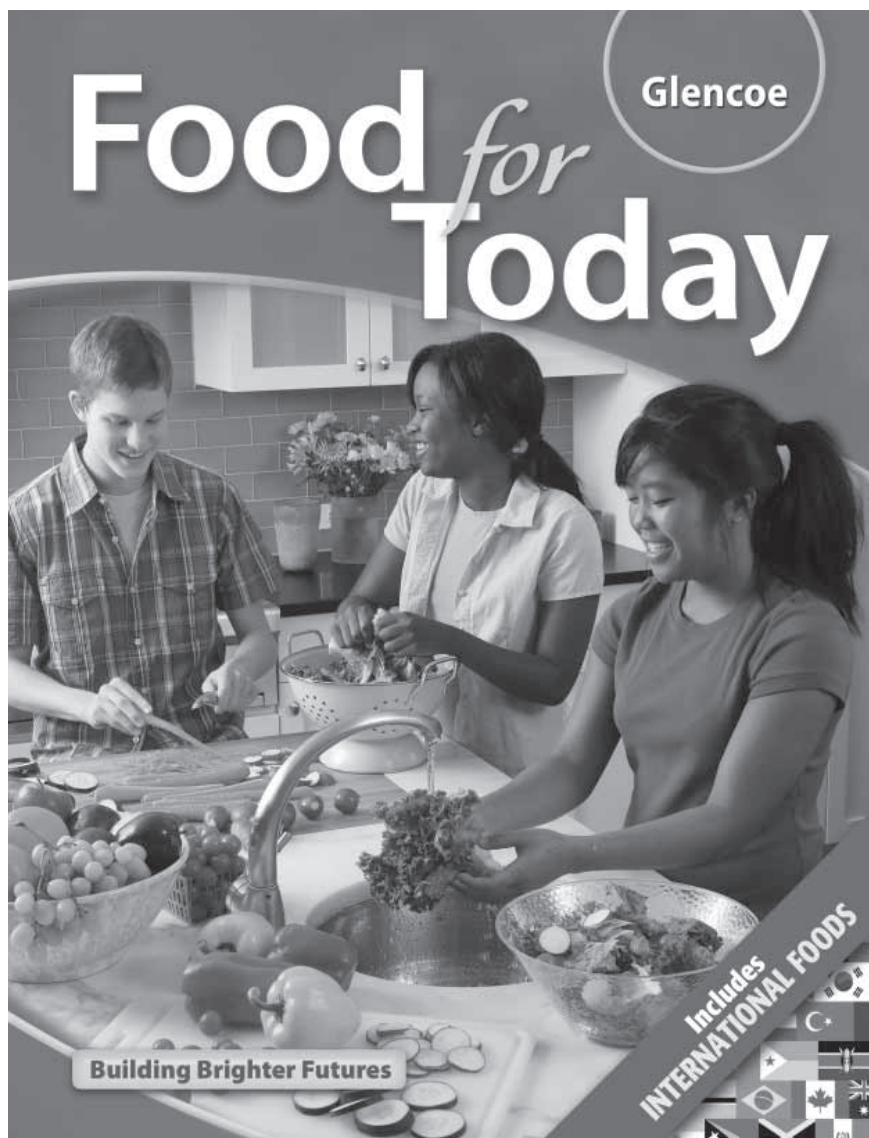


Food *for* Today

Foods Lab Activities



Glencoe

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Food Process Lessons

Acquiring knowledge of food preparation processes, ingredients used to prepare foods, and principles of time and temperature will help you succeed in food preparation at home and in some work environments.

Do you know the difference between “blend” and “beat,” or “mince” and “chop,” or “toss” and “stir”? What do you do when you *knead* ingredients? How do you *cut-in* ingredients when making a pie crust? These terms are the “cook’s language.” When used to describe food preparation, these terms are used differently than in everyday speech. For example, the word “beat” in a recipe means to combine ingredients vigorously with a spoon, fork, whisk, or electric mixer until smooth. “Toss” means to throw with a light motion. In a recipe, “toss” means to tumble ingredients lightly with a lifting motion. How do you *fold* egg whites? In the cook’s language, “fold” means to incorporate an ingredient into a mixture by gently turning over without stirring.

The purpose of food process lessons is to help you increase your food preparation skills and to increase your independence in preparing foods. The food process lessons emphasize vocabulary (the cook’s language) needed to understand and successfully complete a recipe. Each lesson teaches you the process, techniques, and guidelines that will help you prepare

food successfully. A recipe is selected to practice that process in the lab. Each lesson includes a recipe for practicing a particular food process and a *Thinking About* page with questions to answer. A rubric is used to score your lab experience and to evaluate your performance.

To become really good at preparing food requires knowledge and skill. Reading through the food process lesson and recipe and completing the lab work will help you acquire the knowledge and skills needed to become a good cook. Continue to practice the skills you learn with each food process lesson by preparing the same recipe or a different recipe that is part of the lesson with family or friends. Knowledge and plenty of practice will enable you to be a creative cook.

Completing each food process lesson will help you:

- Develop accurate measuring skills and proper measuring techniques.
- Practice management of resources: time, objects, skills, knowledge, information, and energy.
- Gain knowledge of the process or “cook’s language” used in recipes.
- Practice and demonstrate the process or “how to” involved in the preparation of a recipe.

Handout 1

Lab Safety & Sanitation

Safety Procedures

Hundreds of people are hurt every day as they prepare food. It is easy to cut yourself while slicing an apple or onion, to burn your wrist when taking a pan from the oven, or to slip on a wet or greasy floor. Accidents occur when people are careless or when they do not know the safe way to work. You can prevent accidents by following these safety procedures.

To prevent falls...

1. Wipe up all spills at once.
2. Use a sturdy stepstool or ladder to reach items stored in high places.
3. Close cabinet doors and drawers.

To prevent cuts...

1. Keep knives sharp. Sharp knives are less likely to cause an accident.
2. Use a cutting board.
3. Hold a knife in a slanted position (as demonstrated by your teacher) and cut away from your body.
4. Use knives and other sharp tools only for their intended purposes.
5. Wash knives separately. Do not leave sharp knives in a sink full of soapy water.
6. Store knives separately from other utensils.
7. Use a can opener to open cans and cut the lids off completely.
8. Keep your fingers away from beaters, graters, and blades in appliances.
9. Sweep up broken glass into a dustpan and discard immediately.
10. Wrap your hand in a towel to pick up broken glass.
11. When peeling vegetables, such as carrots or potatoes, use a peeler instead of a knife.
12. If knives, kitchen scissors, or ice picks start to fall, move away quickly. Do not try to catch sharp objects in mid-air.

To prevent fires and burns...

1. Use dry potholders to remove pans from the range.
2. Keep pan handles turned inward and away from other hot surface units on the range.
3. Turn off surface units, ovens, or appliances when finished cooking.
4. When removing a lid from a pan, tilt the lid toward you so that steam is directed away from your face.
5. When removing a pan from the oven, *pull the rack out*. Do not reach into a hot oven.
6. Wear an oven mitt on each hand, and use both hands to remove pans from the oven.
7. Use a spoon or tongs to remove food from hot liquid. Do not use your fingers.
8. Keep flammable materials away from the top of the range and away from portable appliances that produce heat.
9. Store flammable substances, such as aerosol sprays, away from heat sources.
10. When lighting gas burners with a match, strike the match first, and then turn on the burner.
11. If you smell gas, turn off all range and oven controls, and tell your teacher.
12. Use a metal trash can when disposing of hot or smoldering items.
13. Never leave hot oil or fat unattended. They can easily catch fire.
14. Turn off the oven and keep the oven door closed if a fire starts in the oven.

(Continued on next page)

Handout 1, continued

To prevent electric shock...

1. Read appliance booklets before using appliances.
2. Keep electrical cords away from water and hot objects.
3. Do not plug several cords into an electrical outlet at one time.
4. Unplug portable appliances after you have used them.
5. Disconnect appliances before cleaning them. Do not put them in water unless the appliance is labeled “immersible.”
6. Before using an appliance, make sure your hands are dry, you are standing on a dry surface, and the appliance is placed on a dry surface away from the sink. Water and electricity do not mix.
7. Unplug appliances before bringing metal objects in contact with any working parts.
8. Plug the cord of portable appliances into the appliance first. Next, plug the cord into the wall.
2. Wear appropriate, clean clothing on lab days. Avoid long, loose sleeves and dangling jewelry.
3. Wear a clean apron.
4. Pull long hair back and secure it so that it stays away from your face and shoulders.
5. Avoid working with food if you have an open wound on your hands.
6. Wash your hands with soap and warm water for 20 seconds before beginning the lab. Dry your hands on paper towels or on cloth towels not used for drying dishes.
7. While working with food, avoid touching your hair, skin, or face.
8. Repeat hand washing when necessary—especially after coughing, sneezing, or using the restroom.
9. Be sure you have clean dish towels, dish cloths, potholders, and oven mitts before beginning the lab. Obtain additional clean items as they are needed.

To prevent microwave accidents...

1. Never use a microwave if the door appears damaged.
2. Never turn on the microwave if there is not food inside.
3. Do not heat sealed jars, cans, or bottles in the microwave.
4. Use potholders to remove food containers from the microwave.
5. Remove lids and plastic wrap by lifting a corner of the lid or plastic wrap towards you. This will prevent steam burns.
6. Distribute the heat by stirring microwave foods before serving them.
10. Wipe all counter tops and tables at the beginning and end of each lab.
11. Use hot, soapy water for washing dishes.
12. Wash dishes, pans, and utensils as you use them. Allow them to dry on the drain board when possible.
13. When tasting foods, do not use the stirring spoon. Use a clean spoon for each person tasting and for each time food is tasted.
14. After working with raw meat, scrub all areas and utensils using hot, soapy water.
15. When possible, use a kitchen tool rather than your hands to complete tasks.
16. Thoroughly cook foods and serve them hot.
17. Foods served cold should be kept refrigerated until serving time.

Sanitation Procedures

1. Place books, purses, and other personal items in an area of the classroom not used for food preparation.
18. Only touch the parts of dishes or utensils that do not come in contact with food.
19. Cover leftover foods and store them in the refrigerator immediately.

(Continued on next page)

Student Emergency Contact Information

Student's Name: _____

List person(s) to contact in case of an emergency:

Name: _____ Relationship to Student: _____

Home Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Student: _____

Home Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

List any special needs (e.g., medications, allergies, disabilities, etc.):

If you cannot be located in case of serious injury to this student, indicate a physician for emergency treatment:

Preferred Hospital:

Student and parent or guardian have read and understand the *Lab Safety & Sanitation* guidelines in this handout as provided by the instructor. The student can identify the following:

- The fire extinguisher in our laboratory is located _____.
- The fire blanket in our laboratory is located _____.
- The emergency telephone number(s) for the fire department, police department, poison control center, or ambulance is _____.

Student Signature: _____

Date: _____

Signature of Parent or Guardian: _____

Date: _____

Handout 2

What Is a Recipe?

A recipe is a set of directions that explains how to make a particular food product. A recipe lists ingredients and specifies the exact amount to use for each ingredient. A recipe also specifies the cooking utensils needed, the time and temperature needed, the steps to follow when preparing the food, and the number of portions the recipe will make. Often the equipment needed is not listed; however, context clues will help you decide the utensil to use. For example, to

measure $\frac{1}{4}$ cup of chopped onion, you would need a cutting board, paring knife, and a $\frac{1}{4}$ cup dry measure.

Cookbooks, newspapers, magazines, and the Internet are resources that publish recipes. Family recipes are fun to collect and share with friends.

Label the parts of a good recipe below:

Yield: 12 muffins

1 $\frac{1}{4}$ cups	Mashed bananas
3 tablespoons	Vegetable oil
1	Large egg
1 tablespoon	Sugar
$\frac{1}{3}$ cup	Baking mix
2 cups	Chopped nuts

1. Heat oven to 400°F.
2. Grease bottoms only of 12 muffin cups with shortening, or line the pan with paper baking cups.
3. Beat bananas, oil, egg, and sugar in large bowl until well blended.
4. Stir in baking mix and nuts until baking mix is just moistened. (Batter will be lumpy.)
5. Divide batter evenly among muffin cups in the pan.
6. Bake 15 minutes or until golden brown. Cool muffins in pan 5 minutes; remove from pan to wire rack.

Handout 2, continued

Directions: Work with a partner to create a recipe from the information given.

1. Look at the following measurements. Decide with your lab partners which ingredients should be used with each measurement given.

Measurements		Choice of Ingredients	
1 cup	3 tablespoons	flour	shortening
1½ teaspoons	⅓ cup	milk	baking powder
¼ teaspoon		salt	

2. Write your recipe in the space provided. Use all of the measurements and ingredients given to you.

Name of your recipe: _____

Recipe ingredients: _____

3. Write the directions for your recipe in complete sentences. Use the following key words:

measure dry ingredients

400°F oven

mix together

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Step 6: _____

4. Complete a *Work Schedule* for the “What Is a Recipe?” lab. Or, complete a separate *Work Schedule* as provided by your teacher. List 5 additional utensils needed to make your recipe.

(Continued on next page)

Handout 2, continued

Name of worker: _____ Job to be completed: _____

Starting time: _____

- _____ 1. Assemble ingredients needed: milk, shortening, salt, baking powder, flour.
- _____ 2. Assemble utensils needed. Preheat oven to 400°F.
- _____ 3. Measure flour, milk, shortening, salt, and baking powder.
- _____ 4. Combine ingredients.
- _____ 5. Bake.

Time to bake: _____

- _____ 6. Wash and rinse the utensils used.
- _____ 7. Dry the utensils and put them away.
- _____ 8. Serve the food.

Time to serve: _____

- _____ 9. Clear the table.
- _____ 10. Wipe the table and counters.
- _____ 11. Wash and rinse dishes for final clean up.
- _____ 12. Dry the dishes.
- _____ 13. Empty the garbage, dry the sink, and check the kitchen for items that need to be cleaned or put away.

Ending time: _____

Lab Review: What Is a Recipe?

Directions: Answer all items in complete sentences.

- 1. Provide your own definition for a recipe.

- 2. A recipe is beneficial for several reasons.

- a. List any problems you had when combining the ingredients in your recipe.

- b. List any problems you had with kitchen equipment. Which utensils did you use, and why did you choose them?

(Continued on next page)

Handout 2, continued

c. List any mistakes you made when measuring the ingredients. Did you measure 3 tablespoons of baking powder or 1½ teaspoons? Did you measure baking powder or baking soda? Did you measure 1 cup of flour or ⅓ cup of flour?

3. When is it necessary for families to use recipes as the main resource for preparing meals?

4. Is there a time when a family would not use a recipe? Give an example.

5. List two things you learned about recipes by completing this lab.

6. Provide an example of how recipes might change by the year 2025.

7. Survey two people and ask them the following question: “*What do you think is the most important skill to have when a person is cooking?*”

Person #1 said: _____

Person #2 said: _____

Would you agree with your survey results? Why or why not?



Handout 3

Why Measure?

Is a cup always a cup? Not when you are cooking. A coffee cup, a mug, and a measuring cup are different in important ways that may affect your recipe results.

Skilled cooks know success depends, in part, on using both standard measuring utensils and accurate measuring skills to measure correct amounts of ingredients.

Careful measuring is essential to the quality of a food product. When the measurements are *inaccurate* even the best recipe will not look or taste good. Measuring cups and measuring spoons are used to measure volume measurements in home recipes, such as 1 cup of sugar and 1 cup of milk.

Too much or too little of one ingredient can make a difference. For example, adding 1 *tablespoon* of baking soda rather than 1 *teaspoon* in a chocolate cake recipe will affect the taste and appearance of the cake. The same would be true of too much salt, pepper, or chili powder and too little flour, sugar, or vegetable oil in other recipes.

Why Measure? Experiments will demonstrate the importance of:

- Using standard measuring cups and spoons to measure ingredients accurately.
- Measuring ingredients using various methods of measuring techniques.

Part I. Directions: Perform the experiments that follow to discover the importance of using standard measuring tools. For each experiment, first write your “hypothesis” about the results you expect to find. After performing the measurement experiment, draw conclusions about your experience and write your answer in the space provided.

Experiment 1. Liquid (volume) measure: Fill each of two different coffee cups with water. Pour each cup into separate, standard liquid measuring cups that are placed on a flat surface. Check the volume of the water in the measuring cups at eye level, and record your findings below.

Hypothesis:

Coffee cup #1: _____ cup; _____ ml **Coffee cup #2:** _____ cup; _____ ml

Conclusion: The difference between using a coffee cup and a standard liquid measuring cup to measure liquid ingredients in a recipe is...

What would happen if a coffee cup is used to measure one cup of water instead of the standard liquid measuring cup?

Handout 3, continued

Experiment 2. Dry (volume) measure: Working over a piece of wax paper, fill a standard measuring tablespoon (15 ml measuring spoon) with sugar and level it with a straight edge spatula. Place the sugar on a piece of wax paper on a metric food scale. Note the weight of the sugar and write it below. Follow the same procedure with a soup spoon from two different sets of tableware.

Hypothesis:

Standard tablespoon measure: _____ g

Tableware spoon #1: _____ g **Tableware spoon #2:** _____ g

Conclusion: The difference between using tableware spoons and a standard measuring spoon to measure ingredients may affect the recipe.

How? _____

Experiment 3. Dry (volume) measure: Use a 1 cup (250 ml) liquid measure to measure 1 cup of flour. Transfer the flour to a dish on a metric food scale, and weigh it. Record your results below. Follow the same procedure using a 1 cup (250 ml) dry measure to measure 1 cup of flour.

Hypothesis:

Liquid measuring cup: _____ g **Dry measuring cup:** _____ g

What is the difference in weight between the cup of flour that weighed the most and the cup of flour that weighed the least?

Why do the weights vary?

Conclusion: Two reasons for following the standard practice of measuring flour in a dry measuring cup include:

Handout 3, continued

Experiment 4. Place a 1 cup dry measuring cup on a piece of wax paper.

1. Sift flour directly into the measuring cup until the cup is heaping full and level the flour with a straight edge spatula. Weigh the flour on a metric food scale and record below.
2. Spoon flour into a 1 cup dry measuring cup. Level with the edge of a spatula. Shake the flour-filled cup, add flour, shake or tap the cup on the counter, and add more flour. Level the cup with a straight edge spatula. Weigh this flour on the metric food scale and record below.
3. Sift approximately 1½ cups of flour onto a square of wax paper. Then gently spoon-fill a 1 cup dry measure with sifted flour and level it with a straight edge spatula. Weigh this flour and record below.

Hypothesis:

- | | |
|-----------------------------------|---------------------------------|
| 1. Sifted cup of flour: _____ g | 3. Sifted cup of flour: _____ g |
| 2. Unsifted cup of flour: _____ g | |

Which cup of flour weighed the most? Which cup of flour weighed the least? Why do the weights vary?

Conclusion: Which is the correct method to use for measuring flour? Why?

Experiment 5. Dip a standard measuring tablespoon (15 ml measuring spoon) into a container of flour. Transfer the flour to a piece of wax paper on a metric food scale. Record the weight below. Dip the measuring spoon into the flour a second time. Level the flour with a straight edge spatula. Record the weight.

Hypothesis:

Unleveled tablespoon (15 ml spoon): _____ g

Leveled tablespoon (15 ml spoon): _____ g

Conclusion: When following recipes that call for a tablespoon (15 ml) of a dry ingredient, such as flour, level the tablespoon measure. *Why?

*Occasionally, a recipe calls for a heaping tablespoon measurement. For example, 3 heaping tablespoons of hot cocoa mix is added to a cup of hot water. In this case, leveling the tablespoon of cocoa is not necessary.

Handout 3, continued

Experiment 6. Fill a liquid measuring cup with water to the $\frac{1}{4}$ cup mark. Place the cup on a level surface, and read the amount at eye level. Transfer this water from the measuring cup to a 100-milliliter graduated cylinder. Read the volume in milliliters at eye level and record the amount. Next, measure 4 level tablespoons of water into the liquid measuring cup. Transfer this water to the graduated cylinder. Read the volume in milliliters, and record it.

$\frac{1}{4}$ cup: _____ ml 4 tablespoons: _____ ml

Hypothesis:

How do your measurements compare?

Conclusion: Would you recommend using the liquid measuring cup or 4 tablespoons to measure $\frac{1}{4}$ cup of a liquid ingredient? Why?

Experiment 7. Fill a liquid measuring cup with water to the $\frac{3}{4}$ cup mark. Place the cup on a level surface and read the amount at eye level. Transfer the water to $\frac{3}{4}$ -cup dry measuring cup. (You will need to use the $\frac{1}{2}$ cup + $\frac{1}{4}$ cup dry measuring cups to equal $\frac{3}{4}$ cup.)

Hypothesis:

Did you use all of the water in the dry measuring cups? How does it compare with the liquid measuring cup?

Conclusion: Based on your observations, how accurate are the dry measuring cups for measuring liquids? Which is the correct method to measure a liquid? Why?

Handout 3, continued

Part II. Directions: Practice measuring ingredients using the following methods.

1. **Spoon and level:** Measure 1 cup of granulated sugar using the spoon and level method. Fill a 1-cup dry measuring cup with sugar by spooning the sugar into the measuring cup. Level the sugar with a straight edge spatula.
2. **Pack and level:** Measure $\frac{1}{4}$ cup of brown sugar using the pack and level method. Fill the $\frac{1}{4}$ -cup dry measure with brown sugar. Press the brown sugar into the measuring cup using the back of a spoon. Add more brown sugar. Press again. Repeat until the measuring cup is full. Level it off using a straight edge spatula. The brown sugar will hold the shape of the cup when emptied.

Conclusion: How does the pack and level method differ from the spoon and level method? When should you use the spoon and level or pack and level method?

3. **Stir and level:** Measure 1 teaspoon of baking powder using the stir and level method. Gently stir the baking powder with a spoon. Then dip the 1 teaspoon measure into the canister and level with a straight edge spatula.

Conclusion: When would you use this method? Why?

4. **Water displacement method:** Measure $\frac{1}{2}$ cup of solid shortening using the water displacement method.

- Measure $\frac{1}{2}$ cup of water in a liquid measuring cup.
- Add shortening, a little at a time, until the water rises to the 1 cup mark.
- Pour off the water (the difference equals $\frac{1}{2}$ cup of shortening).

How does this method of measuring compare to the pack and level method?

Which do you prefer? Why?

Handout 4

Foods Lab Work Schedule

A work schedule can help you manage your time in the foods lab. Good planning and organization will help your lab group work as a team to finish the lab experience in the time allowed. Here's how:

1. Read the recipe carefully. As a group, discuss the steps involved in preparing the recipe. Remember to include steps such as washing your hands, gathering equipment, measuring ingredients, setting the table, serving, and cleaning up. List each step in the order it is to be completed.
2. Next, discuss a method for completing all the steps in the time available. Estimate how many minutes you should allow for each step. Which steps will go faster if two people share the job? Which steps can be dovetailed? Estimate when you should serve the food product. The cooking or baking times and preparation steps are then calculated backward from the serving time. Estimate the time needed to serve the food and the time needed to clean up.
3. Use the *Work Schedule* on page 20 to develop your plan. Write the names of the group members in the Worker column across from the job each person will do. You can read across the chart to see the work that needs to be done, the person who will complete the task, and the amount of time given to each task. Adjust the plan until it is satisfactory to everyone in the group. Remember, your plan will work best if:
 - Everyone has a continuous job.
 - Each job can be completed without interfering with other jobs.
 - The plan allows your lab group to finish in the shortest possible time.
4. Complete Handout 6, *Market Order*, on page 21. Write the ingredients that you will need to complete your lab on this form. Make sure this form is turned in to your instructor so that groceries can be ordered for the lab.
5. On lab day, make sure everyone knows their responsibilities. Post a copy of the work schedule where everyone in the group can see it. Keep track of the time you start and the time you finish the lab.
6. After the lab, complete the *Foods Lab Evaluation Rubric* on pages 22 and 23 to judge the success of your plan. The more experience you gain, the easier it will be to develop a successful work plan.

Handout 5

Work Schedule

Lesson: _____ Lab Unit Number: _____

Lab Group: _____

Time:	Work to Be Done:	Worker:
	1. Pre-preparation: wash hands, put on aprons, and tie hair back. 2. List ingredients needed or circle them on your recipe card. Gather ingredients from the supply area.	
	3. List equipment or utensils needed to prepare the recipe. Gather from equipment drawers.	
	4. Preparation Steps: List the steps needed to complete the recipe. 5. Set a place to sample or serve food product.	
	6. Clean-up Steps: Wash dishes, dry sink, and clean sink drain. Dry dishes and put them away. Wipe tables, counters, and range surface. Empty garbage.	



Handout 6

Market Order

Foods Needed for Recipe	Amount

Name of Recipe: _____

Number of Servings: _____

Attach your recipe card in the space provided below.

Handout 7

Foods Lab Evaluation Rubric

Lab Group: _____ Lab Date: _____

Recipe: _____

Directions: Review the categories in the evaluation rubric below. Rate yourself in each category by placing a checkmark (☒) in the appropriate number box. Then answer the questions on page two of this handout. Sign your name in the space provided on the second page of this rubric. Then submit your rubric to your teacher for completion and signature. The rating scale is as follows:

1 = Poor; 2 = Fair; 3 = Good; 4 = Great; 5 = Excellent

Written Assignment—Did you...					
	1	2	3	4	5
1. Complete all parts of the work schedule?					
2. Order all supplies on the market order properly?					
3. Complete the <i>Thinking About</i> activities?					
Preparation and Process—Did you...					
	1	2	3	4	5
1. Use an appropriate tool for measuring, mixing, and preparing the recipe (the process)?					
2. Accurately measure ingredients?					
3. Correctly demonstrate the process from the lesson?					
4. Follow recipe directions (in proper sequence)?					
5. Use the correct time and temperature?					
Management—Did you...					
	1	2	3	4	5
1. Work quietly and follow the work schedule?					
2. Cooperate by sharing equipment and supplies?					
3. Work safely?					
4. Use appropriate table manners and conversation and set a place for eating?					
5. Follow sanitation rules and leave the kitchen clean?					
6. Finish on time?					
Product—Evaluate the <i>meal appeal</i> characteristics of the food product you prepared.					
	1	2	3	4	5
1. Appearance: appealing, colorful, and interesting.					
2. Taste: balanced or blended flavor, and seasonings.					
3. Texture: soft, chewy, crisp, smooth, tender, and moist.					
4. Temperature: hot foods were hot, cold foods were cold.					

(Continued on next page)

Handout 7, continued

Comments:

1. List at least two ways that you could change or improve the recipe.

2. List any problems you encountered in preparing the recipe.

3. How would you solve any problem(s) the next time you use this recipe?

Teacher Signature: _____ **Student Signature:** _____

Lesson 1

Approximate Time: 90–120 minutes

Meal Planning

Introduction: Have you ever helped to plan a meal? What foods were included in your menu plan? Did you consider time, convenience, family favorites, nutrition, or family customs and traditions in your meal-planning decisions? Each has an effect on your food choices. A late meeting, an hour commute to or from work or school, a late soccer practice, or an after-school job often means frozen dinners or pizza, individual microwave meals, or fast-food meals from the drive-thru. Meal planning considers the nutritional needs of family members, the food budget, and the satisfaction of all family members.

Learning Goals: After studying this lesson, you will be able to:

- Apply the established principles that help guide meal planning.
- Create an appealing, nutritious menu using recipes from this lesson.
- Reinforce process skills used in food preparation to successfully complete a meal plan.
- Judge your meal plan.

Learning Activities: It takes planning and resource management to prepare a meal so that everything is ready to serve at the same time. This lesson uses two class periods to teach you how to plan your work efficiently so that foods are cooked, served, and cleaned up in a given amount of time. It requires careful planning of your time, energy, and food preparation skills with available kitchen equipment and food resources.

A chef once said that “people eat with their eyes first.” The most appealing menu plans include a variety of textures, flavors, colors, sizes, shapes, and temperatures. Keep these factors in mind as you complete steps 1 through 7 for effective meal planning.

1. **Meal appeal** Consider the following when planning for menu appeal:

- *Color:* Picture in your mind the foods arranged on a plate. Are they dull and boring or bright and zesty? For example, chicken with mashed potatoes and cauliflower may be void of color and uninteresting. Substituting a vegetable mix of cauliflower, carrots, and broccoli adds more spark to the menu. Planning a menu of foods such as spaghetti, cherry gelatin salad, and roasted red pepper slices would be too much red in the menu. Choose one favorite for the meal and add variety with other choices.
- *Textures:* Imagine the feel of the different foods in your mouth. Are some soft or crisp? Crunchy or smooth?
- *Taste or flavors:* How do the flavors blend? Are they too sweet or tart, or too spicy or bland?
- *Temperature:* Serve hot foods hot and cold foods cold. Provide a balance of both in your meal plan.
- *Size and shape:* Slice food on the diagonal, vary from slices to wedges of tomatoes or potatoes, vary small- or large-size pieces, and arrange foods attractively in the center of the plate.

2. **Nutritional value** Plan the meal to meet the nutritional needs of family members:

- Use *MyPyramid* to guide the food amounts from each food group in every meal plan to meet family needs.

(Continued on next page)

Lesson 1, continued

- Consider individual family members' needs: age, activity, health-related concerns, and gender.
 - Balance the meal plan with the recommendations of the U.S. Dietary Guidelines for Americans.
 - Consider cost or food budget—can substitutions be made? (Could eggs, cheese, beans, or lentils be substituted for meat in a recipe?)
3. **Menu planning.** Plan a menu using one of your favorite recipes as the main dish.
- Use cookbooks or recipes from *Food for Today* to complete your meal plan.
 - Make sure your planned portions provide for the food amounts needed for all family members. Use *MyPyramid* and The Dietary Guidelines for Americans as your guide.
4. **Meal plans.** Write the menu for your meal plan in the form at the bottom of this page. Be sure to include foods from all food groups, focusing on whole grains, dark green and orange vegetables, and lean protein. Attach copies of your recipes to this activity.
5. **Schedule and market order.** Plan a *Work Schedule* and *Market Order* for the meal plan. Obtain these forms from your instructor.
- Day 1—Do all pre-preparation. What items on the menu can be prepared ahead and properly stored until Day 2? What will take the longest to prepare? When will the meal be served?
 - Day 2—Final preparation, service, and clean-up.
6. **Serving the meal.** Plan how the meal will be served. Is this a sit-down, family meal service, or buffet service? Are you inviting guests?
7. **Performance test.** In lab, demonstrate for your teacher:
- The food process skills needed to complete the recipes in the meal plan.
 - Effective use of resources to successfully complete the meal plan.
 - Table setting for serving the meal.

<p>Menu</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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Judging a Meal Plan

Directions: Use the form below to evaluate your meal plans. Rate yourself in each category by placing a checkmark (✓) in the appropriate number box. The rating scale is as follows:

1 = Poor; 2 = Fair; 3 = Good; 4 = Great; 5 = Excellent

Planning					
Does the menu provide for a variety in:	1	2	3	4	5
Color—bright, subtle, dull, boring?					
Texture—smooth, crisp, crunchy, soft?					
Flavor—mild, strong, bland?					
Temperature—hot vs. cold?					
Size and shape—a variety?					
Does the menu provide adequate nutrition?	1	2	3	4	5
Menu includes foods from each of the five food groups.					
Menu follows the recommendations in the Dietary Guidelines.					
Market Order	1	2	3	4	5
All ingredients for the menu are ordered and spelled correctly.					
Time Schedule	1	2	3	4	5
Everyone has a job.					
Time blocks are adequate for the planned menus.					
Preparation					
Did you...	1	2	3	4	5
Display skill in the processes needed to prepare the food in the meal plan?					
Display skill in using utensils needed to measure ingredients and to prepare the food in the meal plan?					
Follow the safety rules?					
Work quietly and efficiently in preparing the meal plan?					
Work cooperatively as a team to complete the meal plan?					
Finish on time?					
Service					
Did you...	1	2	3	4	5
Set the table adequately for the meal plan?					
Serve food items in the meal plan attractively?					
Use appropriate table manners and table service for the meal?					
Clean-Up					
Did you...	1	2	3	4	5
Keep your work areas organized and clean during the lab?					
Leave the lab in an orderly condition?					

(Continued on next page)

Thinking About Meal Planning

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Identify the food processes you used to prepare the foods in your meal plan.

2. In your own words, explain how to complete the food processes that you identified in item 1.

3. What equipment and utensils did you use to complete the food processes you identified in item 1?

4. List four to five nutritional needs that you should consider when planning meals for yourself or for your family.

5. Assume this menu has been planned for dinner: tacos, ambrosia fruit salad, and milk. Which is the most logical order to prepare this meal? Why? (Consider: preparing fruit salad, browning hamburger, heating taco shells, setting the table, shredding cheese, shredding lettuce, and dicing tomatoes.)

6. A quiche has been planned for lunch. The ingredients include: eggs, milk, cheese, onions, and bacon baked in a pastry shell. Which of the following might best accompany this dish: carrots, peas, peaches, or a garden salad? Why?

Would you serve cheesecake, vanilla pudding, or watermelon as dessert after the quiche? Why?

Lesson 2

Approximate Time: 90 minutes

Cutting Techniques

Introduction: There are many techniques used in food preparation to cut foods. This lesson explains several common cutting terms. One or more cutting terms or techniques are used in each recipe of this lesson. Practicing the different cutting techniques will give you an opportunity to compare size and shape differences related to the various cutting jobs. Many specialized cutting tools and small appliances, such as food processors and blenders, have been developed to help with the different cutting techniques. Always choose the right tool for the technique. Cutting techniques involve the use of knives and other sharp equipment, so it is important to review and practice safety precautions.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to chop, dice, slice, julienne, mince, and pare.
- Identify the utensils used to chop, dice, slice, julienne, mince, and pare.
- Demonstrate how to chop, dice, slice, julienne, mince, and pare ingredients in a recipe.

Learning Activities: To complete this lesson, you will need to study the various ways ingredients can be cut to be used in recipes. Review the cutting techniques below and then follow steps 1 to 4 to complete this lesson.

- *Chop* means to cut foods into small, irregular pieces. Foods such as onions, celery, green peppers, apples, dates, candied fruits, walnuts, and pecans can be chopped in recipes. Foods can be coarsely or finely chopped. A chef's knife or food processor can be used to chop food.
 - *Dice* or *cube* means to cut foods into small, even-size cubes or squares. Make a lengthwise cut or slice in one direction, turn the food, and cut or slice across in the opposite direction; layer on the sides and cut or slice again to make uniform pieces. The same technique is used to dice or cube. Cubes are cuts about $\frac{1}{2}$ inch in size. When dicing foods, make the cuts about $\frac{1}{4}$ inch apart. Foods such as green pepper, eggplant, potatoes, tomatoes, bread, cheese, ham, chicken, or stew meat can be diced in recipes. A chef's knife or utility knife can be used to dice or cube most foods. Use a bread knife with a serrated edge to dice or cube bread or cakes.
 - *Slice* means to cut a food into large, thick or thin pieces. Foods such as cucumbers, onions, green peppers, tomatoes, potatoes, carrots, mushrooms, apples, zucchini, and bananas can be sliced in recipes. Use a utility knife, slicing knife, or food processor to slice food.
 - *Julienne* means to cut into long, thin strips the size of matchsticks. Foods such as carrots, green peppers, and zucchini can be cut into strips. A chef's knife or utility knife can be used to cut food into strips.
 - *Mince* means to chop finely. Mince foods such as onions, celery, garlic, and parsley in a recipe. Use a chef's knife or utility knife to mince food. You can also use kitchen shears to mince fresh parsley, chives, oregano, or other herbs.
 - *Pare* means to cut off a very thin layer of peel with a paring knife or a peeler from a fruit or vegetable. Foods that may need paring or peeling include apples, oranges, peaches, potatoes, carrots, parsnips, or onions.
1. **Recipe choice** Choose one of the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate each of the *cutting* techniques in this lesson for your teacher as you prepare the recipe.
 4. **Evaluation** Complete *Thinking About Cutting Techniques* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Lesson 2, continued

Vegetable Soup

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
½ medium	Onion, peeled	1 (15¼-oz. can)	Corn
2 stalks	Celery, washed	4 Tbsp.	Margarine
2	Carrots, peeled	2	Beef bouillon cubes
2	Potatoes, peeled	2 cups	Water
1 (16-oz. can)	Whole tomatoes, drained		

Directions:

1. *Chop* the onion into small pieces.
2. *Dice* the celery.
3. *Cut* carrots into julienne pieces.
4. *Slice* the potatoes.
5. *Chop* the tomatoes.
6. Drain the corn.
7. In a deep pot, melt margarine.
8. Add the onions and celery. Cook until soft.
9. Add the remaining vegetables, water, and beef bouillon cubes.
10. Simmer 45 minutes or until vegetables are tender.

Nutrition Facts

Serving Size (411g)	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 110
% Daily Value	
Total Fat 13g	20%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 940mg	39%
Total Carbohydrate 43g	14%
Dietary Fiber 7g	28%
Sugars 11g	
Protein 6g	
Vitamin A 100%	• Vitamin C 50%
Calcium 8%	• Iron 10%

Tips for Success

- After slicing the potatoes, place them into a bowl of ice water until you are ready to add them to the soup. This will keep the potatoes from turning brown.
- Reserve the liquid from the tomatoes for use in another recipe. Freeze the liquid for longer storage.

(Continued on next page)

Lesson 2, continued

Southwest Guacamole

Yield: About 2 cups

Amounts

2
1 small
1 (4-oz. can)

¼ cup

Ingredients

Ripe avocados
Tomato, *diced*
Chopped mild green
chilies, drained
Minced onion

Amounts

2 Tbsp.
1 Tbsp.

⅛ tsp.

Ingredients

Lemon juice
Minced cilantro
(fresh coriander
leaves)
Garlic powder

Directions:

1. Peel and seed avocados.
2. Mash avocados in medium bowl.
3. Stir in tomato, chilies, onion, lemon juice, cilantro, and garlic powder.
4. Serve as a spread on warm tortillas, as a dip with baked tortilla chips, or as a condiment with other foods.

Nutrition Facts

Serving Size (319g)	
Servings Per Container 2	
Amount Per Serving	
Calories 350	Calories from Fat 270
% Daily Value	
Total Fat 30g	46%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 15g	60%
Sugars 5g	
Protein 5g	
Vitamin A 15%	• Vitamin C 120%
Calcium 4%	• Iron 8%

Tips for Success

- Avocados are usually slightly underripe when purchased. Ripen them at room temperature. For faster results, put them in a paper bag. A ripe avocado will give slightly when gently squeezed.
- Avocado flesh darkens rapidly when cut. Work quickly after mashing the avocados. The lemon juice in the recipe will help prevent darkening.
- To store leftover guacamole, cover the surface with plastic wrap to keep air out. Refrigerate.

(Continued on next page)

Lesson 2, continued

Herbed Vegetable Combo

Yield: 4 portions

Amounts

2 Tbsp.

1 cup

1¼ cups

½ cup

Ingredients

Water

Thinly *sliced* zucchini
squash

Thinly *sliced* yellow
summer squash

Green pepper, *cut*
into 2-inch (50-mm)
strips

Amounts

¼ cup

¼ cup

½ tsp.

⅛ tsp.

1 medium

Ingredients

Celery, *cut* into 2-
inch (50-mm)
strips

Chopped onion

Caraway seed

Garlic powder

Tomato, *cut* into
wedges

Directions:

1. Heat water in large skillet.
2. Add zucchini, yellow summer squash, green pepper, celery, and onion to skillet.
3. Cover the skillet.
4. Cook over medium heat for about 4 minutes or until vegetables are crisp-tender.
5. Sprinkle seasonings over vegetables. Top with tomato wedges.
6. Cover the skillet.
7. Cook over low heat for about 2 minutes until tomato wedges are thoroughly heated.
8. Serve hot.

Nutrition Facts

Serving Size (115g)
Servings Per Container 4

Amount Per Serving

Calories 25 **Calories from Fat** 5

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 1g

Vitamin A 8% • Vitamin C 25%

Calcium 2% • Iron 2%

Tip for Success

- If you desire a peeled tomato for this dish, lightly blanch the tomato in boiling water. Here's how: Cut a small X in the bottom of the tomato. Carefully ease the tomato into boiling water. At the end of 1 minute, remove with a slotted spoon and transfer to a bowl of ice water. The skin will have split and will peel off easily. If not, return the tomato to the boiling water for another 10 seconds.

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Lesson 2, continued

Tropical Fruit Salsa

Yield: About 6 portions

Amounts	Ingredients
1 large or ½ medium 2 Tbsp.	Mango Cantaloupe Lime juice

Amounts	Ingredients
1 large 1 medium 1-2 Tbsp.	Tomato, peeled and seeded, or red bell pepper Red onion Chopped cilantro leaves

Directions:

1. *Dice* the mango or cantaloupe and place in a mixing bowl. Add the lime juice and toss gently.
2. *Dice* the peeled, seeded tomato or red bell pepper. Finely *chop* the red onion. Add these ingredients to the mixing bowl.
3. Add chopped cilantro to taste. Gently toss the ingredients. Mixture should be slightly sweet and slightly tart to taste.
4. Serve on top of grilled chicken or fish or as a dip with crackers or pita triangles.

Nutrition Facts

Serving Size (99g)	
Servings Per Container 6	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	
Vitamin A 40%	• Vitamin C 35%
Calcium 2%	• Iron 2%

Tips for Success

- For best results, begin with a very ripe tomato and mango or cantaloupe.
- To seed a tomato, cut it in half and gently press over a bowl to catch the seeds and juice. Save the seeds and juice, which are rich in fiber and vitamin C, for use in other recipes such as soups or stews.
- Refrigerate the salsa for about two hours to allow the flavors to blend. Allow the salsa to warm to room temperature before serving.
- The salsa can be refrigerated for two to three days.

(Continued on next page)

Thinking About Cutting Techniques

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to:

chop: _____

dice: _____

slice: _____

julienne: _____

mince: _____

pare: _____

2. Name three cutting utensils that can be used to complete the cutting techniques in this lesson and identify the cutting technique.

3. Identify three safety habits you will practice when chopping, dicing, slicing, mincing, or paring foods.

4. Explain how you might vary the texture of the cooked vegetables in the *Vegetable Soup* recipe or the *Herbed Vegetable Combo* recipe.

5. What was the biggest challenge you encountered when practicing the cutting techniques in your recipe?

6. Use a cookbook to find three to four recipes in which two cutting techniques are required to successfully complete the recipe. Write the names of the recipes, the resources, and page numbers on which the recipes can be found in the resources.

7. List the cutting techniques that were used in the recipes that you found. To what foods were the cutting techniques applied?

Lesson 3

Approximate Time: 50 minutes

How to Bread

Introduction: Many foods are breaded with a coating of finely crushed bread crumbs, cereal flakes, cornmeal, or even potato chips before pan-frying, baking, or oven frying. Foods such as fish fillets, shrimp, pork chops or steaks, veal, chicken, eggplant, or onion slices can be breaded in this manner. Commercial bread crumb mixtures are also available.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to bread food products.
- Demonstrate how to bread the food in your recipe.

Learning Activities: To bread with a good adhesive coating, you will need to know several terms and follow several steps. Review the techniques below and then follow steps 1 through 4 to complete this lesson.

- **Coating food with flour.** The word dredge means to coat food with flour. When preparing foods with a moist surface—such as fish fillets, shrimp, or meat—it is important to pat the surface of the food dry with a paper towel before dredging it with flour. This process provides a dry surface to evenly brown meat before stewing or braising.
- **Coating food with crumbs.** To bread food means to coat food with a crumb mixture. To bread foods, such as chicken or pork chops, use a simple mixture of finely crushed bread crumbs, flour, or cornmeal. Place the crumb mixture in a paper or plastic bag, add the food items (one at a time), and shake. This process yields a quick, even coating. Note that you may need to dredge some foods in flour before coating them with crumbs.
- **Coating fragile foods.** Foods that are more fragile, such as fish fillets, require a more adhesive breading. First dredge the food in flour. Next, dip the food in a mixture of beaten egg and water or milk. Drain the excess moisture off the food. Finally, place the food in the crumb mixture and turn or roll it to bread evenly. Set the food on a wire rack for 10 minutes before cooking.

1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
3. **Performance test** In the foods lab, demonstrate how to dredge or bread a food for your teacher while preparing your recipe.
4. **Evaluation** Complete *Thinking About How to Bread* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Lesson 3, continued

Breaded Perch with Parmesan

Yield: About 4 portions

Amounts	Ingredients	Amounts	Ingredients
½ cup	Dry bread crumbs	2	Eggs, beaten with milk
2 Tbsp.	Grated Parmesan cheese	1 Tbsp.	Milk
1 tsp.	Dried oregano, thyme, or basil	1 Tbsp.	Butter or margarine, melted
2	Perch fillets		

Directions:

1. Preheat oven to 425°F.
2. Grease a shallow baking pan with vegetable shortening or cooking spray.
3. Combine bread crumbs, Parmesan cheese, and choice of herbs in a shallow pan.
4. *Dredge* fish fillets in flour. Gently toss each fillet from one hand to the other so that excess flour will fall off.
5. Dip the floured fillet in the mixture of beaten egg and milk.
6. *Coat* with bread crumb mixture. Lay in single layer in baking pan.
7. Drizzle fillets with melted butter or margarine.
8. Bake at 425°F until fish flakes easily with a fork (approximately 10 minutes per inch of thickness).

Optional: Fillets can be pan-fried in a large skillet over medium heat.

Nutrition Facts

Serving Size (158g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 270mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 26g	
Vitamin A 6%	• Vitamin C 2%
Calcium 20%	• Iron 10%

Tips for Success

- Use shallow pans or dishes to hold the flour, egg mixture, and bread crumbs.
- Place the pans in order—flour, egg/milk, bread crumbs, and baking pan—so you can work efficiently.
- Use one hand for dipping into the egg mixture and your other hand for coating the fish with bread crumbs.

(Continued on next page)

Lesson 3, continued

Sautéed Eggplant Slices

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
1	Eggplant	½ tsp.	Dried oregano, thyme, or basil
1	Beaten egg		
1 Tbsp.	Milk	1 Tbsp.	Butter
1 cup	Seasoned flour, bread crumbs, or cornmeal	1 Tbsp.	Vegetable oil

Directions:

1. Peel eggplant and cut into ½ inch slices or sticks.
2. Mix the beaten egg with the milk.
3. Dip the slices or sticks into the beaten egg and milk mixture.
4. Combine flour, bread crumbs, or cornmeal and choice of herbs in a shallow pan.
5. *Bread* eggplant slices with crumbs. For easier handling, place slices on a wire rack to dry.
6. Melt butter or margarine in vegetable oil.
7. Sauté eggplant slices until tender.
8. Serve hot with chopped parsley or hot tomato sauce topped with shredded mozzarella cheese.

Nutrition Facts

Serving Size (189g)
Servings Per Container 4

Amount Per Serving	
Calories 229	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 840mg	35%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 7g	
Vitamin A 4%	• Vitamin C 6%
Calcium 6%	• Iron 8%

Tips for Success

- Pat the eggplant slices dry with a paper towel if needed.
- Use shallow pans or dishes to hold the flour, egg mixture, and bread crumbs.
- Place the pans in order—flour, egg/milk, bread crumbs, and baking pan—so you can work efficiently.
- Use one hand for dipping into the egg mixture and one hand for coating the eggplant with bread crumbs.

(Continued on next page)

Thinking About How to Bread

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Define *dredge*.

2. Why is it important to dredge a food?

3. Define *bread*.

4. In your own words, summarize the steps needed to bread food in a recipe, such as fish fillets or eggplant.

5. Use a cookbook to locate two or three recipes that require dredging or breading food. Write the names of the recipes, the resources, and the page numbers on which the recipes are found in the resources.

6. Describe the biggest challenge you had in learning and practicing how to bread.

Lesson 4

Approximate Time: 90 minutes

How to Shred

Introduction: Many times a recipe requires you to shred ingredients. Vegetables, such as potatoes, carrots, and cabbage, are items that often need to be shredded and added to salads. Cheese is shredded and added to casseroles and other main dishes. Lettuce is shredded and used in many sandwich wraps and tacos.

Learning Goals: After studying this lesson, you will be able to:

- Define how to shred and identify the utensils needed to shred ingredients.
- Correctly demonstrate how to shred the ingredients in a recipe.

Learning Activities: Read the definition of shred below and study the process and utensils that will help you successfully shred the ingredients. Then follow steps 1 through 4 to complete this lesson.

- *Shred* means to cut into long, thin pieces using the round, smooth holes of a grater (shredder), using a knife, or using a food processor. When using a grater, move the food in a downward motion. A grater has very small holes for grating cheeses, oranges, or lemon rinds. The larger holes are for shredding cheese, potatoes, carrots, or cabbage.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate how to shred the ingredients in your recipe for your teacher.
 4. **Evaluation** Complete *Thinking About How to Shred* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Lesson 4, continued

Macaroni & Cheese

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
2 cups	Elbow macaroni, uncooked	1 (8-oz. pkg.)	Cheddar cheese or colby cheese
¼ tsp.	Salt	½ cup	Dry bread crumbs or crushed potato chips
⅛ tsp.	Pepper	1 tsp.	Butter or margarine, melted
¼ tsp.	Ground mustard (dry)		
1 cup	Evaporated fat-free milk		

Equipment: 2 qt. glass casserole dish

Directions:

1. Preheat oven to 350°F.
2. Cook macaroni according to package directions. Drain and set aside.
3. *Shred* cheese and set aside.
4. Cook evaporated milk and *shredded* cheese in a saucepan, over low heat, or in the top of a double boiler. Heat until cheese is melted and mixture is well blended. Stir in pepper, salt, and ground mustard.
5. Combine milk and cheese mixture with macaroni in casserole. Mix gently.
6. Combine bread crumbs (or crushed potato chips) with melted butter or margarine.
7. Sprinkle bread-crumbs mixture over macaroni and cheese mixture.
8. Bake for 20 to 30 minutes until hot and bubbly.
9. Serve hot.

Nutrition Facts

Serving Size (196g)	
Servings Per Container 4	
Amount Per Serving	
Calories 560	Calories from Fat 210
% Daily Value	
Total Fat 24g	37%
Saturated Fat 13g	65%
<i>Trans Fat</i> 0g	
Cholesterol 65mg	22%
Sodium 680mg	28%
Total Carbohydrate 61g	20%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 27g	
Vitamin A 25%	• Vitamin C 0%
Calcium 60%	• Iron 15%

Tips for Success

- Be careful not to cook the cheese and milk mixture at higher temperatures. Overcooking may cause the cheese protein to become tough.
- Consider using crushed saltine cracker crumbs for another topping option.

(Continued on next page)

Lesson 4, continued

Home-Style Coleslaw

Yield: About 10 portions

Amounts	Ingredients	Amounts	Ingredients
1 head	Cabbage	½ cup	Cider vinegar
1 cup	Onion, diced	2 Tbsp.	Honey
2	Carrots, <i>shredded</i>	2 Tbsp.	Caraway seeds
1 large	Sweet pepper, cut into strips		

Directions:

1. Cut cabbage in half with a large knife. Make a V-shaped slit at the bottom of each half to remove the hard white core. Discard.
2. With cut side down, cut each cabbage half into ¼-inch-wide slices.
3. *Shred* cabbage and shred carrots.
4. Add *shredded* cabbage and carrots to a large mixing bowl. Add the onion and sweet pepper.
5. In a smaller mixing bowl, combine cider vinegar and honey. Mix well with a wire whisk.
6. Pour dressing over cabbage mixture. Add caraway seeds. Toss to combine.

Nutrition Facts

Serving Size (155g)	
Servings Per Container 10	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 40%	• Vitamin C 100%
Calcium 6%	• Iron 6%

Tip for Success

- This coleslaw has the best flavor if it is permitted to sit at room temperature for about an hour before serving. This gives the vegetables a chance to “pickle” slightly in the dressing.

(Continued on next page)

Thinking About How to Shred

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, describe how to shred ingredients in a recipe.

2. List the utensils used to shred the cheese, cabbage, or carrots in the lesson recipes.

3. If a grater is used to shred the ingredients in your recipe, in what direction will you shred the ingredients?

4. Use a cookbook to find four or five recipes that require shredding the ingredients. Write the names of the recipes, the resources, and page numbers on which the recipes can be found in the resources.

5. List the ingredients that required shredding in the recipes that you found.

6. Name four or five types of food you could serve with your recipe to make a complete meal plan.

7. If you prepared the macaroni and cheese recipe, how does this recipe compare to macaroni and cheese made from a convenience mix?

Lesson 5

Approximate Time: 50 minutes

How to Toss

Introduction: There is more to a salad than lettuce and tomato. Salads are a combination of ingredients, usually served with a dressing. Salads add variety to menus. They may be served as a main dish or as an accompaniment to a meal. Tossing a salad correctly adds eye appeal and develops flavors.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to toss ingredients in a recipe.
- Demonstrate the correct technique for tossing salad ingredients.

Learning Activities: Study the word toss to learn how to make an attractive salad. Then follow steps 1 through 4 to complete this lesson.

- *Toss* means to tumble ingredients very lightly with tongs or a large spoon and a fork. Ingredients are tossed in recipes to prevent bruising, tearing, or crushing of ingredients. This action involves gently lifting the ingredients from the bottom of the bowl with tongs or two utensils and allowing the ingredients to fall. Repeat this action multiple times until all of the ingredients are mixed.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to toss the ingredients in your recipe.
 4. **Evaluation** Complete *Thinking About How to Toss* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Lesson 5, continued

Waldorf Salad

Yield: 6 portions

Amounts	Ingredients	Amounts	Ingredients
2 large	Delicious apples, washed, cored, and chopped	1 cup	Celery, washed and chopped
1 Tbsp.	Lemon juice	½ cup	Raisins
¾ cup	Walnuts, shelled and chopped	3 Tbsp.	Prepared grain mustard
		3 Tbsp.	Vegetable oil
		2 Tbsp.	Honey

Directions:

1. Place apples in a medium mixing bowl. Add lemon juice and carefully turn apple pieces with a large spoon to coat all surfaces.
2. Add walnuts, celery, and raisins. Stir to combine.
3. Place the mustard in a small bowl. Begin adding oil in a thin stream while whipping the mustard with a small wire whisk. Continue beating until all the oil is combined.
4. Stir honey into the mustard and oil mixture.
5. Drizzle dressing over salad. Gently *toss* to coat all ingredients.
6. Serve chilled.

Nutrition Facts

Serving Size (118g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 150
	% Daily Value
Total Fat 17g	26%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 20g	
Protein 3g	
Vitamin A 2%	• Vitamin C 8%
Calcium 4%	• Iron 4%

Tips for Success

- Waldorf salad makes a good first course for a light summer meal.
- Use half the honey called for in the recipe for a less sweet, more tart flavor.

(Continued on next page)

Lesson 5, continued

Turkey Salad Roll-Ups

Yield: 4 sandwiches

Amounts	Ingredients	Amounts	Ingredients
12 oz.	Sliced turkey breast, cut into strips	1	Tomato, chopped
2	Green onions, chopped	¼ cup	Plain, nonfat yogurt
2	Carrots, scraped and grated	1 tsp.	Dried basil, dill, or mint
		4	Flour or corn tortillas

Directions:

1. In a medium bowl, combine turkey strips, green onions, carrots, and tomato.
2. In another bowl, combine yogurt and herb of choice. Mix well.
3. Pour yogurt mixture over turkey mixture. Toss gently to coat ingredients.
4. Evenly divide mixture and spread on each tortilla, leaving a 1-inch border.
5. On opposite sides of each tortilla, fold over ½ inch. Roll up tightly, starting at one of the unfolded sides.
6. Serve immediately.

Nutrition Facts

Serving Size (221g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 35
% Daily Value	
Total Fat 4g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 380mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 25g	
Vitamin A 100%	• Vitamin C 15%
Calcium 10%	• Iron 15%

Tips for Success

- To cut the turkey into strips, stack the slices and roll them. Slice about ¼ inch. apart. When you unroll the slices, you will have uniformly cut strips.
- Taste the yogurt mixture before pouring it over the other ingredients. You may want to add more seasoning, depending upon your taste.

(Continued on next page)

Lesson 5, continued

Garbanzo Salad with Honey Mustard Dressing

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
2 tsp.	Prepared mustard	1 (16-oz. can)	Garbanzo beans, drained and rinsed
2 Tbsp.	Cider vinegar		
2 tsp.	Vegetable oil	1 large	Apple, washed, cored, and chopped
2 tsp.	Honey	1 medium	Red or green pepper, chopped
¼ tsp.	Celery seed	½ cup	Raisins
8 leaves	Romaine lettuce		

Directions:

1. In a small bowl, mix together mustard, vinegar, oil, honey, and celery seed. Set aside.
2. Wash and dry lettuce. Then tear lettuce into bite-size pieces.
3. In a large bowl, toss together lettuce, garbanzo beans, apple, pepper, and raisins.
4. Drizzle dressing over salad and toss gently.
5. Divide salad among four salad plates or bowls.
6. Serve immediately.

Nutrition Facts

Serving Size (289g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 28g	
Protein 7g	
Vitamin A 15%	• Vitamin C 45%
Calcium 6%	• Iron 10%

Tips for Success

- Use a wire whisk to mix the dressing again before drizzling it over the salad in order to make sure the ingredients are well combined.
- To obtain bite-size pieces of lettuce, use a plastic salad knife to cut the lettuce leaves to avoid bruising.

Lesson 5, continued

Garden Salad

Yield: 3 portions

Amounts

¼ head
¼
3

Ingredients

Iceberg lettuce
Cucumber
Radishes

Amounts

½
½ cup

Ingredients

Medium tomato
Salad dressing
(your choice)

Directions:

1. Wash and dry lettuce. Tear leaves into bite-size pieces and put in salad bowl.
2. Scrub cucumber and radishes with a vegetable brush, and cut into paper-thin slices.
3. Wash tomato, peel, and cut into sections.
4. Put prepared vegetables in salad bowl with lettuce.
5. Toss gently with tongs or two forks to combine ingredients.
6. Drizzle dressing over salad ingredients. Toss to coat all ingredients.

Nutrition Facts

Serving Size (90g)	
Servings Per Container 3	
Amount Per Serving	
Calories 20	Calories from Fat 5
% Daily Value	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 6%	• Vitamin C 15%
Calcium 2%	• Iron 2%

Tips for Success

- To prevent the edges of salad greens from turning brown, always tear the greens or use a plastic salad knife to form bite-size pieces.
- A garden salad can be different each time it is made. For example, you might add grated carrots; diced green, yellow, or red peppers; sliced Bermuda onions; and toppings such as croutons, sunflower seeds, or dried cranberries.

(Continued on next page)

Thinking About How to Toss

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to toss ingredients in a salad recipe.

2. When preparing a recipe, when are the ingredients tossed? Why?

3. What two utensils can be used to toss ingredients in a recipe?

4. Which ingredients needed to be tossed in your recipe?

5. How many portions from the vegetable or fruit groups does your lab recipe provide? Explain.

6. Use a cookbook to locate four or five recipes that require tossing the ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. List types of foods you could serve with your salad recipe or add to the recipe to provide complete protein.

8. Besides flavor and texture, what nutrients do the carrots, red or green peppers, tomatoes, and garbanzo beans provide?

Lesson 6

Approximate Time: 50 minutes

How to Bake Fruits and Vegetables

Introduction: Fruits and vegetables are a very important part of a well-planned diet. They add a variety of flavors, colors, shapes, and textures to menus. Vegetables are rich sources of vitamins A and C and are also rich in minerals. They are important sources of fiber, complex carbohydrates, and phytochemicals. Fruits and vegetables can be purchased fresh, canned, and frozen. They can be served uncooked in fruit or vegetable combinations, served cooked, or used as garnishes. Some fresh fruits, such as apples, grapefruits, bananas, peaches, and pineapples, can be baked. Vegetables such as potatoes, carrots, onions, squash, eggplant, and green peppers can also be baked. As a general rule, cooked fruits and vegetables should keep the color, shape, and flavor of the fresh fruit or vegetable as much as possible.

Learning Goals: After studying this lesson, you will be able to:

- Identify fruits and vegetables that can be baked.
- Explain guidelines to follow when baking fruits or vegetables.
- Prepare a fruit or vegetable by baking.

Learning Activities: Define the term bake and become familiar with the guidelines you need to know to prepare fruits and vegetables. Then follow steps 1 through 4 to complete this lesson.

- *Bake* means to oven-cook food in dry heat. The recipe term roast also means the same and can also be applied to cooking meat or vegetables. Food products such as fish, fruits, vegetables, breads, cakes, and pies can be baked. Baked fruits and vegetables should be crisp-tender and keep their original shapes. Heat destroys nutrients, such as vitamins B and C. To prevent nutrient loss when baking fruits and vegetables, use the following guidelines:
 - Bake items in their skins or peels to retain nutrients and to maintain the shapes of fruits and vegetables.
 - Bake items for the shortest amount of time. Both fruits and vegetables keep their color, retain nutrients, and are crisp-tender when baked for a short amount of time.
 - Bake items whole or in large pieces to prevent nutrient loss.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to prepare fresh fruits or vegetables by baking.
 4. **Evaluation** Complete *Thinking About How to Bake Fruits & Vegetables* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Lesson 6, continued

Carrots Cosmopolitan

Yield: 2 portions

Amounts	Ingredients	Amounts	Ingredients
3	Fresh carrots	2 Tbsp.	Pineapple juice
2 Tbsp.	Butter, melted	½ tsp.	Sugar

Directions:

1. Scrape carrots and wash thoroughly. Remove ends. Cut carrots into strips.
2. Place carrots in an 8 × 8 × 2 inch baking dish.
3. Stir together butter, pineapple juice, and sugar. Pour over carrots.
4. Bake for 30 to 35 minutes at 350°F or until crisp-tender.

Baked Apples

Yield: 2 portions

Amounts	Ingredients	Amounts	Ingredients
2	Apples	½ tsp.	Butter
2 Tbsp.	Sugar	3 Tbsp.	Water
¼ tsp.	Cinnamon	1 cup	Vanilla ice cream

Directions:

1. Wash and core apples.
2. Place apples in glass baking dish with cored ends up.
3. Mix together sugar and cinnamon. Place 1 tsp. of mixture in center hole of each apple.
4. Put ¼ tsp. butter on top of each apple.
5. Pour water into baking dish.
6. Bake for 30 to 40 minutes at 350°F or until tender.
7. Baste apples occasionally with syrup from baking dish as they bake.
8. Serve with 1 scoop (½ cup) ice cream.

Carrots Cosmopolitan

Nutrition Facts	
Serving Size (138g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 100
%	
Total Fat 11g 17%	
Saturated Fat 7g 35%	
Trans Fat 0g	
Cholesterol 30mg 10%	
Sodium 170mg 7%	
Total Carbohydrate 13g 4%	
Dietary Fiber 3g 12%	
Sugars 7g	
Protein 1g	
Vitamin A 270%	Vitamin C 15%
Calcium 4%	Iron 2%

Baked Apples

Nutrition Facts	
Serving Size (274g)	
Servings Per Container 2	
Amount Per Serving	
Calories 410	Calories from Fat 170
%	
Total Fat 19g 29%	
Saturated Fat 12g 60%	
Trans Fat 0g	
Cholesterol 125mg 42%	
Sodium 90mg 4%	
Total Carbohydrate 56g 19%	
Dietary Fiber 5g 20%	
Sugars 49g	
Protein 5g	
Vitamin A 15%	Vitamin C 8%
Calcium 15%	Iron 2%

(Continued on next page)

Lesson 6, continued

Baked Bananas

Yield: 2 portions

Amounts	Ingredients	Amounts	Ingredients
1	Banana	1 Tbsp.	Butter, melted
1 Tbsp.	Lemon juice	1 cup	Vanilla ice cream
1 Tbsp.	Brown sugar		

Directions:

1. Preheat oven to 375°F.
2. Peel banana and cut in half lengthwise.
3. Place halves cut side down in greased baking dish.
4. Brush with lemon juice.
5. Sprinkle with brown sugar and melted butter. *Bake* for 15 to 20 minutes.
6. Serve warm with ice cream.

Baked Potatoes

Yield: 2 portions

Amount	Ingredient	Amount	Ingredient
2	Medium baking potatoes	1 Tbsp.	Butter

Directions:

1. Scrub potatoes thoroughly with a vegetable brush, and dry.
2. Brush potato skins lightly with butter.
3. Pierce potatoes several times with the tines of a fork. This allows steam to escape so that potatoes do not explode.
4. Place in a baking dish.
5. *Bake* for 40 to 45 minutes at 350°F until potatoes are tender when tested with a fork.

Baked Bananas

Nutrition Facts	
Serving Size (186g)	
Servings Per Container 2	
Amount Per Serving	
Calories 390	Calories from Fat 210
% Daily Value	
Total Fat 24g	37%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 710mg	30%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 33g	
Protein 6g	
Vitamin A 15%	• Vitamin C 15%
Calcium 15%	• Iron 2%

Baked Potatoes

Nutrition Facts	
Serving Size (180g)	
Servings Per Container 2	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 60mg	3%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 4%	• Vitamin C 30%
Calcium 2%	• Iron 10%

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Thinking About How to Bake Fruits & Vegetables

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to bake the fruits or vegetables in your recipe.

2. Why are fruits and vegetables usually baked in their skins or peels?

3. List three guidelines for baking fruits and vegetables.

4. How will baking change the flavor and texture of the fruits or vegetables?

5. Why is lemon juice used in three of the recipes?

6. Use a cookbook to locate four or five recipes that require baking fruits or vegetables. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. Plan a menu that includes your lab recipe. Why are fruits or vegetables a healthful part of a meal plan?

Lesson 7

Approximate Time: 50 minutes

How to Simmer

Introduction: Simmering foods such as tomato sauce, fruit sauces, soups, or stews blends and improves flavors. Hard-cooked eggs are simmered to prevent the protein in the egg whites from becoming rubbery and to prevent a green sulfur ring from forming around the egg yolk.

Learning Goals: After studying this lesson, you will be able to:

- Define how to simmer foods.
- Demonstrate how to simmer foods in a recipe.

Learning Activities: Read and study the definition and the process for simmering foods. Then follow steps 1 through 4 to complete this lesson.

- *Simmer* means to cook food in a liquid on top of the range to just below the boiling point. The liquid is close to boiling but not hot enough for bubbles to break the surface. The liquid is often water or milk. Foods can be simmered in a covered or uncovered pan. Simmering protects fragile foods, such as eggs and milk. Meats are tenderized by this gentle-cooking method.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Complete a *Work Schedule* and a *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to simmer the ingredients in your recipe. Show your teacher when the foods are simmering.
 4. **Evaluation** Complete *Thinking About How to Simmer* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Hard-Cooked Eggs

Yield: 6 eggs

Directions:

1. Place 6 eggs in a small saucepan. Cover completely with cold water.
2. Heat the water to boiling, and reduce the heat to below the boiling point to allow water to *simmer*.
3. Allow the eggs to *simmer* for 15 to 20 minutes after the heat has been reduced.*
4. Remove eggs from the pan. Immediately cool them under cold water to stop further cooking and to prevent the yolks from discoloring.

*Hard-cooked eggs are sometimes called hard-boiled eggs. However, if they are prepared by *simmering* they are never really boiled!

Deviled Eggs

Yield: 12 egg halves

Amounts	Ingredients	Amounts	Ingredients
6	Hard-cooked eggs, peeled	½ tsp.	Ground mustard, dry
3 Tbsp.	Mayonnaise or salad dressing	⅛ tsp.	Salt
		¼ tsp.	Pepper

Directions:

1. Cut eggs in half lengthwise. Slip yolks from whites and mash with fork.
2. Stir mayonnaise, mustard, salt, and pepper into mashed yolk. Fill whites with egg yolk mixture, heaping it slightly. Cover and refrigerate.

Nutrition Facts

Serving Size (78g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 285mg	95%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g 0%	
Sugars 1g	
Protein 8g	
Vitamin A 8%	• Vitamin C 0%
Calcium 4%	• Iron 4%

Tips for Success

- If eggs have been refrigerated, cook them at least 2 to 4 minutes longer.
- To shell hard-cooked eggs, crack the shell and roll the egg between the palms of your hands to free the thin membrane from the egg.
- Eggs are best when cooked with very gentle heat.

(Continued on next page)

Lesson 7, continued

Egg Salad Sandwiches

Yield: 4 sandwiches

Amounts	Ingredients	Amounts	Ingredients
6	Hard-cooked eggs, peeled and mashed	¼ tsp.	Pepper
½ Tbsp.	Mayonnaise or salad dressing	½ cup	Celery, chopped
⅛ tsp.	Salt	¼ cup	Onion, finely chopped
		8 slices	Bread, whole-grain optional

Directions:

1. Mix together all ingredients except bread.
2. Spread egg salad mixture on each of 4 slices of bread. Top with other slices of bread.
3. Serve immediately.

Nutrition Facts

Serving Size (140g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 90
	% Daily Value
Total Fat 10g	15%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 280mg	93%
Sodium 740mg	31%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 12g	
Vitamin A 8%	• Vitamin C 2%
Calcium 10%	• Iron 15%

Tips for Success

- To keep egg salad mixture from soaking into the bread, spread a thin coat of butter or margarine on the bread.
- To add texture, layer crisp romaine or leaf lettuce in the sandwiches.

(Continued on next page)

Rigatoni with Cheese & Tofu

Yield: 4 portions

Amounts	Ingredients
2 cups	Canned whole tomatoes, with juice, chopped
½ cup	Diced onion
1 Tbsp.	Tomato paste
2 tsp.	Dried basil
2 tsp.	Dried oregano

Amounts	Ingredients
1 clove	Garlic, minced
1 lb.	Rigatoni pasta, uncooked
½ cup	Low-fat cottage cheese
½ cup	Soft tofu, cubed

Equipment: Dutch oven, large pot

Directions:

- Put tomatoes with juice, onion, tomato paste, basil, oregano, and garlic into a Dutch oven. Bring mixture to a boil. Reduce the heat and *simmer* for 30 minutes, stirring occasionally.
- After sauce has been *simmering* about 20 minutes, add the rigatoni to a large pot of rapidly boiling water.
- Cook rigatoni about 10 to 15 minutes until just tender. Stir occasionally. Drain well.
- Combine cottage cheese and tofu in a bowl. Blend with a large spoon, using the back of the spoon to crush large lumps.
- Add drained rigatoni and cheese and tofu mixture to the tomato sauce. Fold to combine the ingredients.
- Simmer* another 5 minutes.
- Serve hot.

Nutrition Facts

Serving Size (310g)	
Servings Per Container 4	
Amount Per Serving	
Calories 490	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 95g	32%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 22g	
Vitamin A 6%	• Vitamin C 35%
Calcium 10%	• Iron 30%

Tips for Success

- Tofu is sold in different textures. If you cannot find soft tofu, use hard tofu, crumbled and mashed.
- Rigatoni is tubular pasta with ridges. If you cannot find rigatoni, use another tubular pasta, such as penne.

Creamy Potato Soup

Yield: About 4 portions

Amounts	Ingredients	Amounts	Ingredients
1 clove	Garlic, minced	3	Potatoes, peeled and cubed
¼ cup	Onion, chopped	4 cups	Reduced-sodium chicken broth
¼ cup	Celery, chopped	½ cup	Nonfat dry milk
1 Tbsp.	Vegetable oil		

Equipment: Dutch oven or stock pot, blender or food processor

Directions:

1. In Dutch oven or stock pot, sauté garlic, onion, and celery in oil.
2. Add potatoes and chicken broth. Bring to a boil.
3. Reduce heat and *simmer* about 15 minutes, until potatoes are tender.
4. Carefully purée soup in a blender or food processor.
5. Return puréed soup to pot. Stir in dry milk.
6. *Simmer* until thoroughly heated.
7. Season to taste and serve hot.

Nutrition Facts

Serving Size (570g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 54g	18%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 13g	
Vitamin A 2%	• Vitamin C 90%
Calcium 10%	• Iron 10%

Tips for Success

- For chunkier soup, purée only half the soup before stirring in the dry milk.
- Make sure the cover of the blender or food processor is completely on. Hold the cover while puréeing the soup. Otherwise, when you turn on the appliance, the hot soup could splash out and cause a burn.

Thinking About How to Simmer

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to simmer ingredients in a recipe.

2. List ingredients you could add to the *Creamy Potato Soup* recipe to make it a vegetable soup. Would you eliminate or reduce the amount of any ingredients? Why?

3. What equipment is used to simmer ingredients in your recipe?

4. Why do you think the pasta in the *Rigatoni with Cheese & Tofu* recipe is added to the sauce and simmered?

5. Use a cookbook to locate four or five recipes requiring the simmering of ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes are found in the resources.

6. List the types of food that had to be simmered in the recipes you found.

7. Hard-cooked eggs must be simmered. List two guidelines to follow when simmering eggs.

Lesson 8

Approximate Time: 90 minutes

How to Scald

Introduction: Milk and milk products are excellent sources of proteins, riboflavin, vitamin A, and calcium. Such products are also sensitive to heat and can easily burn. Foods using milk products can be attractive and full of flavor—despite their tendency to burn—by following a few simple guidelines.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to scald milk in a recipe.
- Explain the guidelines to follow when cooking with milk.
- Correctly demonstrate how to scald milk and how to follow the guidelines that will create suitable milk-product recipes.

Learning Activities: To make successful milk products, study the word scald and the guidelines for cooking with milk. Then follow steps 1 through 4 to complete this lesson.

- To *scald* milk means to heat it just below the simmering point. Tiny bubbles will form around the edges of the pan. To prevent milk proteins from becoming tough and stringy, heat the milk at a low temperature and stir it frequently. Cover the pan to prevent a skin of proteins from coating the top of the milk. Heating milk in a heavy pan or in the top of a double boiler will help keep the milk from scorching, or burning.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Complete a *Work Schedule* and a *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to scald the milk in your recipe. Show your teacher when your milk is scalding. Follow the guidelines for cooking with milk.
 4. **Evaluation** Complete *Thinking About How to Scald* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Lesson 8, continued

Hot Cocoa Surprise

Yield: 4 portions

Amounts

1 cup
3 Tbsp.
2 Tbsp.
3½ cups

Ingredients

Nonfat dry milk
Sugar
Unsweetened cocoa
Water

Amounts

1 tsp.
½ cup

Ingredients

Vanilla extract
Low-fat chocolate
ice cream
Ground cinnamon,
to taste

Directions:

1. Combine nonfat dry milk, sugar, and cocoa in a 1 quart saucepan or double boiler. Stir in water and vanilla.
2. Cook over low heat until hot, or *scalded*. (Do not boil.)
3. Pour cocoa into four mugs.
4. Top each mug with 2 Tbsp. ice cream and sprinkle with cinnamon.

Nutrition Facts

Serving Size (94g)		Servings Per Container 4	
Amount Per Serving			
Calories 120	Calories from Fat 5		
		% Daily Value	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 90mg			4%
Total Carbohydrate 24g			8%
Dietary Fiber 2g			8%
Sugars 21g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 0%	
Calcium 20%	•	Iron 2%	

Tips for Success

- If you make cocoa in the microwave, be sure to stir well just before heating. Otherwise the surface tension of the liquid may cause it to splatter as it heats. After microwaving, stir again to eliminate hot spots.
- Use a double boiler to heat or scald milk without scorching.
- A rotary beater can be used to smooth out lumps that may form when mixing the nonfat dry milk, cocoa, and water.

(Continued on next page)

Lesson 8, continued

Vanilla Cream Pudding

Yield: 3 portions

Amounts	Ingredients	Amounts	Ingredients
¾ cup	Milk	2 Tbsp.	Egg, beaten
3 Tbsp.	Sugar	1 Tbsp.	Butter
1 Tbsp.	Cornstarch	1 tsp.	Vanilla extract
pinch	Salt		

Directions:

1. *Scald* ¾ cup milk in top of double boiler over low heat.
2. In a small bowl, blend sugar, cornstarch, and salt.
3. Add ¼ cup milk and beaten egg to cornstarch mixture. Stir until smooth.
4. Add cornstarch mixture slowly to *scalded* milk, stirring constantly.
5. Cook slowly over low heat, stirring constantly until thickened.
6. Boil and stir 1 minute.
7. Remove from heat. Stir in butter and vanilla.
8. Pour into three dessert bowls and let cool.
9. Serve chilled.

Nutrition Facts

Serving Size (111g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value	
Total Fat 6g	9%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 4g	
Vitamin A 8%	• Vitamin C 0%
Calcium 8%	• Iron 0%

Tips for Success

- Cover pudding in dessert bowls immediately with plastic wrap to prevent skin formation. Press plastic wrap onto surface of pudding.
- Refrigerate at least two hours before serving.

(Continued on next page)

Thinking About How to Scald

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to scald milk in your recipe.

2. How do you know when the milk in your recipe is scalded?

3. What utensil(s) can be used to scald milk in a recipe?

4. What causes milk to scorch when it is heated? List three guidelines to follow when cooking with milk.

5. Use a cookbook to locate three recipes that require scalding ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

Lesson 9

Approximate Time: 60 minutes

How to Poach

Introduction: Eggs and other tender foods, such as fruit and fish, can be poached. In the United States and abroad, poached eggs may be served as a main dish in combination with many vegetables, such as mushrooms, green peppers, and onions. Poached fruits are often served for breakfast or as an elegant dessert.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to poach eggs and fruit.
- Demonstrate how to poach an egg or piece of fruit.
- Discuss ways to serve poached eggs and fruit.

Learning Activities: Study the term poach and the guidelines for cooking tender foods in this manner. Then follow steps 1 through 4 to complete this lesson.

- *Poach* means to gently cook a food in simmering* liquid so the food keeps its original shape.
- Poached eggs are cooked without the egg shell in a simmering liquid. As the eggs simmer, baste them with the liquid or cover the skillet with a lid. Eggs can also be poached in a special pan called an egg poacher. In an egg poacher, the egg is cooked over simmering water and the egg poacher is covered with a lid. During the cooking process, the egg proteins coagulate, or become firm. Time and temperature are critical to egg cookery (coagulation). Low to moderate temperatures are best. When temperatures are too high, egg proteins lose moisture and become tough. Likewise, when eggs are cooked too long, egg proteins can lose moisture and become tough and dry. Poaching, or cooking the eggs gently in simmering liquid, will help prevent this problem.
- Poached fruits are generally peeled and poached whole in an acidic liquid, such as spiced fruit juice. During the cooking process, the fruits are either submerged in the liquid or basted with the liquid periodically during cooking. The saucepan is generally covered during cooking. Low to moderate heat and a slow cooking time are important for poached fruits to retain their shape.

**Simmer means to cook a food in liquid at just below the boiling point.*

1. **Recipe choice** Choose a recipe or variation of the recipe from those that are part of this lesson. If necessary, write the recipe on a recipe card.
2. **Lab plan** Complete a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
3. **Performance test** In the foods lab, demonstrate for your teacher how to poach the eggs or the fruits in your recipe.
4. **Evaluation** Complete *Thinking About How to Poach* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Poached Eggs

Yield: 1 portion

Amounts	Ingredients
1 slice	Bread, whole-grain optional
1	Egg
	Water

Directions:

1. Fill a skillet half full of water. Bring water to a boil over high heat.
2. Break egg into saucer or small dish and carefully slide egg into the water, keeping the circular egg shape intact.
3. Reduce heat to low and *poach* (simmer) for 3½ to 5 minutes or until egg white is firm and yolk is thickened.
4. Remove egg from water with a slotted spoon. Drain.
5. Serve on toasted bread.

Variations:

1. Eggs can also be poached in tomato juice or chicken broth. The eggs will absorb these flavors for an appealing taste.
2. Poached eggs can be served on a split English muffin and sprinkled with a small amount of shredded cheese.

Nutrition Facts

Serving Size (69g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 230mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 7g	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 10%

Tips for Success

- A small amount of salt or vinegar added to the cooking liquid will help keep the egg whites from spreading.
- To help eggs hold their shape and to reduce splashing, hold the saucer or small dish with the egg close to the simmering liquid.

Poached Pears in Apple-Raspberry Sauce

Yield: 4 portions

Amounts	Ingredients
4	Large pears, peeled, with stems remaining
4 cups	Apple-raspberry juice
1	Cinnamon stick
¼ cup	Fresh raspberries, whole, optional
	Mint sprigs, optional

Directions:

- In a large saucepan, heat apple-raspberry juice and cinnamon stick to a *simmer* over medium heat to form a sauce.
- Carefully add the pears to the simmering liquid. Spoon the liquid over the pears to completely coat them.
- Cover the saucepan. *Poach* for about 30 minutes or until pears are tender. Baste pears occasionally with the liquid.
- Remove pears from liquid with a slotted spoon.
- Place pears on individual serving plates and spoon sauce over them to serve warm.
- To serve chilled pears, allow them to cool in the sauce until ready to serve.

Nutrition Facts

Serving Size (456g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 59g	20%
Dietary Fiber 7g	28%
Sugars 47g	
Protein 1g	
Vitamin A 2%	• Vitamin C 30%
Calcium 4%	• Iron 8%

Tips for Success

- Slice a piece off the bottom of each pear to ensure that pears stand upright on serving plates.
- After spooning sauce over pears, garnish with a few whole raspberries and a sprig of mint.

Thinking About How to Poach

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to poach eggs.

2. In your own words, explain how to poach fruit.

3. In your own words, explain what it means to cook in a simmering liquid. How is this similar to or different from poaching?

4. What utensil did you use to poach the eggs in your recipe?

5. Make a list of two guidelines to follow when poaching eggs.

6. List two guidelines to follow when poaching fruits.

7. Explain what happens when an egg coagulates. How does time and temperature affect the coagulation of egg proteins?

8. Use a cookbook to locate two or three recipes that require poaching ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

Lesson 10

Approximate Time: 50 minutes

How to Fry Eggs

Introduction: Frying eggs is a delectable, quick way to prepare eggs. Eggs that are fried are eaten more often than eggs prepared any other way. Properly cooked, fried eggs should be as tender and delicate as those that are poached, scrambled, or hard-cooked. Fried eggs can be served with rice, cheese, tomato sauce, and shrimp or with waffles or pancakes. Fried eggs can even be made into club sandwiches with turkey or ham.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to fry eggs.
- Demonstrate how to fry eggs.
- Discuss the rules to follow when frying eggs.

Learning Activities: Study the term fry and the procedure for frying eggs. Then follow steps 1 through 4 to complete this lesson.

- *Fry* means to cook in a small amount of moderately hot fat, such as vegetable oil, margarine, or butter. Frying eggs may prove challenging because eggs are sensitive to heat. If the temperature is too high, the fat becomes too hot, which will cause the egg proteins to toughen. High temperatures will quickly turn butter or margarine brown. This, in turn, negatively affects the appearance of fried eggs. Lower temperatures increase the cooking time, which can also cause egg proteins to toughen. Cook eggs at a low to moderate temperature until whites are completely set and yolks thicken.
1. **Recipe choice** Choose a recipe for frying eggs that is a part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to *fry* eggs. Which method of frying do you prefer: sunny-side up, butter-basted, or over-easy?
 4. **Evaluation** Complete *Thinking About How to Fry Eggs* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Fried Eggs

Yield: 1 egg

Amounts	Ingredients
1	Egg
1 Tbsp.	Butter, margarine, or vegetable oil

Directions:

Sunny-side Up Eggs

1. Heat butter, margarine, or vegetable oil in a skillet over low heat.
2. Break egg into small bowl or custard cup. Gently slip egg into heated skillet.
3. Cook egg slowly for 3 to 4 minutes or until the white is completely set and the yolk thickens. This egg preparation is called "sunny-side up."

Basted Eggs

1. Heat butter, margarine, or vegetable oil in a skillet over low heat.
2. Break egg into small bowl or custard cup. Gently slip egg into heated skillet.
3. Cook egg for 3 to 4 minutes. While cooking, carefully spoon some of the melted butter over the yolk several times until the white is completely set and the yolk is thickened. The yolks of basted eggs are covered with a thin layer of white.

Over-easy Eggs

1. Heat butter, margarine, or vegetable oil in a skillet over low heat.
2. Break egg into small bowl or custard cup. Gently slip egg into heated skillet.
3. Cook egg slowly for 3 to 4 minutes. When egg white becomes firm, use a turner to gently lift and turn the egg over to finish cooking. This egg preparation is called "over-easy."

Nutrition Facts

Serving Size (76g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 260mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 9g	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 10%

Tips for Success

- The egg white will cook faster than the egg yolk. Be sure to cook the eggs until the egg whites are firm and the yolks are thickened.
- To cook eggs over-hard, cook an additional minute or two until yolks are solid.

Eggs in a Whole-Grain Nest

Yield: 4 portions

Amounts	Ingredients
4	Eggs
4 Tbsp.	Butter, softened
4 slices	Bread, whole-grain
	Salt and pepper to taste

Equipment: Large, nonstick skillet or nonstick griddle

Directions:

1. Cut a small, circular hole in the middle of each slice of bread using the rim of a glass, a cookie cutter, or a biscuit cutter.
2. Butter both sides of each slice of bread.
3. Place bread in a nonstick skillet or griddle over medium-low heat.
4. Break eggs individually into a small bowl or custard cup. Slip each egg into the center hole of each slice of bread.
5. Fry 3 to 4 minutes on one side. Then use a turner to gently turn the "egg nests" over. Fry 1 or 2 minutes more to the desired doneness. The egg whites should be completely set and the yolks thickened.
6. Serve immediately.

Nutrition Facts

Serving Size (84g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 150
% Daily Value	
Total Fat 16g	25%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 270mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 10%	• Vitamin C 0%
Calcium 4%	• Iron 10%

Tips for Success

- For added flavor, sprinkle 1 Tbsp. of your favorite shredded cheese over the egg on the nest. Cover the skillet or griddle until the cheese melts.
- Toast and butter the bread cut-outs. Or, save and use two of them instead of a bun for another sandwich.

Thinking About How to Fry Eggs

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to fry eggs.

2. In your own words, explain three different ways to cook the egg (yolk) to the desired doneness.

3. What equipment did you use to fry the eggs in your recipe?

4. Explain why you should not use high temperatures to cook eggs.

5. Use cookbooks or magazines to locate two or three different menu plans that use fried eggs. Write the menu plans and the resources you used below.

6. Why are eggs an important part of menu planning?

7. What is the biggest challenge when frying the “perfect” egg?

Lesson 11

Approximate Time: 50 minutes

How to Scramble Eggs

Introduction: Scrambled eggs are delicious plain or when mixed with other ingredients. Properly scrambled eggs have a delicate flavor, which can be enhanced by combining them with vegetables, such as green or red peppers, onions, broccoli, tomatoes, and mushrooms; herbs, such as basil or chives; protein ingredients, such as cheese, bacon, or sausage pieces; or toppings, such as a zesty tomato salsa or guacamole.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to scramble eggs.
- Discuss the guidelines to follow for scrambling eggs.
- Identify ways to vary scrambled egg recipes.
- Demonstrate how to scramble eggs and serve them attractively.

Learning Activities: To scramble eggs successfully, study the following cooking process. Then follow steps 1 through 4 below to complete this lesson.

Use the following process for *scrambling* eggs:

- A. Beat eggs and milk or other liquid until well blended. Use 1 Tbsp. of liquid per egg. Note that too much liquid can cause the eggs to be watery.
- B. Heat a small amount of fat on low in a skillet. For a low-fat option, use a vegetable oil cooking spray to coat the skillet before you start to heat it.
- C. Pour the egg mixture into the skillet.
- D. As the mixture starts to thicken, draw an inverted turner gently through the eggs. This process forms large, fluffy curds of egg and allows uncooked egg to flow to the bottom of the skillet.
- E. Continue this process until the eggs are thickened and no visible liquid remains. Avoid stirring the eggs constantly—this can cause the curds to become tough. The finished eggs will be light and fluffy.

1. **Recipe choice** Choose a recipe for scrambled eggs from the recipe that is part of this lesson, or from another source approved by your teacher. If necessary, write the recipe on a recipe card.
2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
3. **Performance test** In the foods lab, demonstrate for your teacher how to scramble eggs.
4. **Evaluation** Complete *Thinking About How to Scramble Eggs* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Confetti Scramble in Toast Cups

Yield: 6

Amounts	Ingredients	Amounts	Ingredients
	Vegetable oil cooking spray	1	Carrot, peeled and finely grated
6 slices	Low-fat, whole-grain bread	6	Eggs
2	Green onions, finely chopped	2 Tbsp.	Skim milk
4 Tbsp.	Red bell pepper, finely grated	1 Tbsp.	Butter or margarine
		¼ tsp.	Salt
			Pepper to taste

Equipment: Standard size muffin tin with 6 muffin capacity, rolling pin, standard biscuit cutter, nonstick skillet

Directions: Toast cups

1. Place the oven rack in the middle position. Preheat the oven to 350°F.
2. Spray each cup of the muffin tin with the vegetable oil cooking spray.
3. Use a rolling pin to roll out 6 slices of bread, one at a time.
4. Place the biscuit cutter in the center of each slice of flattened bread and cut out a circle.
5. On a cutting board, cut one slit in the circle from the center down (6:30 position on a clock). Take the bread disk and fit into muffin cup. Overlap to fit perfectly.
6. Bake for 15 to 18 minutes until lightly brown and crisp. Remove from oven and set aside.

Directions: Scrambled eggs

7. In a large bowl, beat eggs and milk with a wire whisk until frothy, about 1 minute.
8. Melt butter or margarine in a nonstick skillet over medium heat.
9. Add all minced vegetables to egg mixture and mix thoroughly.
10. Add egg mixture to skillet and cook over medium-low heat for 10 minutes, using a turner to lift the mixture as it cooks.
 11. Remove eggs from heat when no moisture remains and eggs appear light and fluffy. Sprinkle with salt.
12. Fill each toast cup with 3 Tbsp. of egg mixture, mounding 1 Tbsp. at a time. Sprinkle with pepper if desired.
13. Serve immediately.

Lesson 11, continued

Nutrition Facts	
Serving Size (104g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value	
Total Fat 7g	11%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 190mg	63%
Sodium 310mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 9g	
Vitamin A 45%	• Vitamin C 20%
Calcium 6%	• Iron 10%

- ### *Tips for Success*
- Prepare the toast cups ahead of time and store in an air-tight container. Prepare eggs when ready to serve.
 - For a heartier option, line each toast cup with a slice of cooked Canadian bacon. Then top with egg mixture.
 - Add 3 Tbsp. Parmesan cheese to scrambled eggs for zesty flavor.
 - Spice up the eggs with a dash of hot sauce added to the egg mixture, or a sprinkle of cayenne pepper.

(Continued on next page)

Thinking About How to Scramble Eggs

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to scramble eggs in your recipe.

2. When, in the recipe, are the ingredients mixed or scrambled? Why?

3. What utensils and equipment did you use to complete this recipe?

4. List two guidelines to follow when cooking scrambled eggs.

5. What happens when an egg coagulates? What happens when scrambled eggs are cooked over high heat?

6. Use a cookbook to locate two or three recipes for scrambled eggs. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. Plan a brunch menu that includes scrambled eggs as the main dish.

Lesson 12

Approximate Time: 50 minutes

How to Broil

Introduction: Broiling is a popular way to cook steaks, pork chops, chicken, fish, shellfish, and vegetables. Appetizers, such as cheesy potato skins, stuffed mushrooms, or barbecued chicken wings, are also broiled. Broiling is done in the oven, in a separate compartment under the oven, or on a grill. A heating unit provides direct heat to cook the food. Pan-broiling is another method of cooking meat. This broiling method is suitable for cooking thin pieces of meat or tender meats, such as hamburger, bacon, cube steaks, or thin-cut pork chops.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to broil.
- Demonstrate how to broil the food in your recipe.
- Compare how to broil and pan-broil.

Learning Activities: Study the definitions of broil and pan-broil and the ways to prepare foods with these methods. Then follow steps 1 through 4 to complete this lesson.

- *Broil* means to cook by direct heat in a broiler or on an outdoor grill. The heat source is generally above the food when using an oven broiler. When using a grill, the heat source is under the food. When broiling, only one side of the food is exposed to heat that reaches 500°F to 550°F. The high heat causes the food to brown quickly. Temperature control is determined by the placement of the oven or grill rack. Usually, a 3-inch space is present between the heat source and the top of the food. Foods that are more sensitive to heat, such as cheese or thicker cuts of meat, should be cooked on the broiling rack with 4 to 6 inches between the food and the broiler unit.
 - *Pan-broil* means to broil meat on top of the range in a skillet or frying pan. To pan-broil, cook food uncovered in a hot, ungreased skillet. The fat from the meat melts as it cooks. When the meat is brown on one side, turn it over. Turn the meat occasionally until cooking is complete. Fat that accumulates during cooking should be disposed of in an empty can.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and a *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to broil or pan-broil the food in your recipe.
 4. **Evaluation** Complete *Thinking About How to Broil* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

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Lesson 12, continued

Italian Frittata

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
¼ lb.	Fresh mushrooms, thinly sliced	3 Tbsp.	Fresh parsley, chopped
2	Green onions, minced	½ tsp.	Dried basil, crumbled
½ Tbsp.	Butter or margarine	¼ cup	Grated Parmesan cheese
6	Eggs		

Equipment: Large nonstick skillet with oven-safe handle

Directions:

1. In skillet, sauté mushrooms and green onions in butter or margarine over medium heat until crisp-tender.
2. Preheat broiler.
3. Beat eggs in medium bowl.
4. Add parsley, basil, and 2 Tbsp. cheese to eggs. Mix well.
5. Pour egg mixture over vegetables in skillet. Cook over medium heat without stirring until edges are lightly browned.
6. Sprinkle with remaining cheese.
7. *Broil* until top is golden.
8. Cut into wedges and serve hot. If desired, season with salt and pepper.

Nutrition Facts

Serving Size (113g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 100
% Daily Value	
Total Fat 12g	18%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 295mg	98%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 10g	
Vitamin A 15%	• Vitamin C 8%
Calcium 8%	• Iron 10%

Tips for Success

- If using fresh basil, increase amount to 1 tsp.
- To increase color and nutritional value of frittata, add ½ cup of chopped red and orange bell pepper.

(Continued on next page)

Pizza Snacks

Yield: 4 small pizzas

Amounts	Ingredients	Amounts	Ingredients
2	English muffins, split into halves	1 Tbsp.	Sliced mushrooms
½ cup	Prepared pizza sauce	1 Tbsp.	Chopped onions
1 Tbsp.	Chopped green pepper	½ cup	Shredded low-fat mozzarella cheese

Equipment: Broiler pan

Directions:

1. Place English muffin halves, crust-side down, on broiler pan.
2. Spread each muffin half with 2 Tbsp. pizza sauce.
3. Top with green pepper, mushrooms, and onion.
4. Sprinkle each muffin half with 2 Tbsp. cheese.
5. Position broiler pan so the muffin tops are about 4 inches from the heat. Turn on broiler.
6. *Broil* 2 to 4 minutes until cheese is bubbly. Remove immediately and serve hot.

NOTE: Broiling time may vary.

Nutrition Facts

Serving Size (190g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 9g	
Vitamin A 6%	• Vitamin C 10%
Calcium 15%	• Iron 8%

Tips for Success

- When broiling in an electric range, keep the oven door slightly open. This ensures that the heating element will stay on for an even flow of heat.
- Broiling is a quick cooking method, and cheese is a delicate protein food. Watch carefully to be sure the pizza snacks do not overcook.
- For a variation in flavor, add several slices of pepperoni to each pizza snack.

Pork Kebabs

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
¼ cup	Reduced-sodium soy sauce	1 large	Onion, cut into large chunks
2 Tbsp.	Lemon juice	1 large	Green pepper, cut into 1-inch pieces
2 Tbsp.	Water	1 lb.	Lean pork, loin or leg cut, cut into ½-inch cubes
2 Tbsp.	Honey		
1 tsp.	Black pepper		
2 tsp.	Ground ginger		
1 clove	Garlic, minced		

Equipment: Broiling pan with rack, 4 skewers

Directions:

- Mix soy sauce, lemon juice, water, honey, black pepper, ginger, and garlic in a shallow baking dish. Stir with wire whisk to blend.
- Add onion, green pepper, and pork cubes. Stir to coat.
- Refrigerate 30 minutes to 2 hours. Turn ingredients in the marinade every 15 to 30 minutes.
- Preheat broiler.
- Thread pork cubes, chunks of onion, and pieces of green pepper onto each of four skewers. Alternate a pork cube with a piece of onion, then a piece of green pepper. Finish with a pork cube.
- Place skewers on broiler-pan rack. *Broil* about 1½ inches from the heat source for 7 to 8 minutes or until meat and vegetables are browned.
- Carefully turn skewers. *Broil* an additional 5 minutes. Serve immediately.

Nutrition Facts

Serving Size (197g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 65mg	22%
Sodium 440mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 25g	
Vitamin A 4%	• Vitamin C 70%
Calcium 4%	• Iron 8%

Tips for Success

- If using bamboo or wooden skewers, soak them in water for about 30 minutes so they will not catch fire.
- Discard any leftover marinade to avoid foodborne illness.

(Continued on next page)

BLT Sandwiches

Yield: 2 portions

Amounts	Ingredients	Amounts	Ingredients
6 slices	Bacon	2 slices	Tomato
4 slices	Bread, whole-grain optional	2 leaves	Romaine lettuce

Directions:

1. Lay bacon slices in cold skillet.
2. *Pan-broil* over moderately low heat, turning bacon as it cooks. Pour off fat as it accumulates. Cook 6 to 8 minutes or until the bacon is brown and crisp.
3. Remove bacon slices and drain on several paper towels.
4. Toast the bread.
5. Assemble the sandwiches. On each of two toast slices, place one romaine leaf and one tomato slice. Put three slices of bacon on top of each tomato. Top with second slice of toast on each sandwich.
6. Serve immediately.

NOTE: To oven *broil*, place separated slices of bacon on the broiler-pan rack. *Broil* with bacon about 3 inches from heat for 2 minutes or until brown and crisp. Turn and *broil* 1 minute longer.

Nutrition Facts

Serving Size (152g)	
Servings Per Container 2	
Amount Per Serving	
Calories 450	Calories from Fat 290
% Daily Value	
Total Fat 32g	49%
Saturated Fat 11g	55%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 910mg	38%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 12g	
Vitamin A 6%	• Vitamin C 10%
Calcium 8%	• Iron 15%

Tips for Success

- For a reduced-fat BLT, try using turkey bacon.
- For added flavor, place a thin coat of low-fat mayonnaise on toast before assembling the sandwiches.

Thinking About How to Broil

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to broil the food in your recipe.

2. List three guidelines to follow when broiling foods.

3. In your own words, explain how to pan-broil. Contrast broiling and pan-broiling.

4. List the equipment used to broil or pan-broil.

5. What temperature is needed to broil food? What temperature is used to pan-broil?

6. How is the temperature controlled for sensitive food or thicker cuts of meat?

7. Use a cookbook to locate three or four recipes that require you to broil food. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

8. List two or three foods you could serve with your recipe to make a complete meal plan.

Lesson 13

Approximate Time: 50 minutes

How to Pan-Fry

Introduction: Pan-frying is one method of cooking food. It is suitable for cooking many kinds of meat, fish, poultry, eggs, and vegetables. Pan-frying makes food brown, crisp on the outside, and flavorful.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to pan-fry.
- Demonstrate how to pan-fry using the recipe that you select.

Learning Activities: Study the definition and method of preparing food by pan-frying. Then follow steps 1 through 4 to complete this lesson.

- *Pan-fry* means to cook in a small amount of fat using a medium temperature, with or without a cover on the skillet. Pan-frying is used with tender or quick-cooking foods. The protein in meat is sensitive to heat. Therefore, temperature and/or the length of cooking time are important for flavorful, tender, tasty meat. Cook at a low to medium temperature to soften the meat's connective tissue. As the fat melts, the meat becomes juicy. When juice appears on the upper surface of the food, turn the food and brown it on the other side.
1. **Recipe choice** Choose a recipe for pan-frying from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to pan-fry the food in your recipe.
 4. **Evaluation** Complete *Thinking About How to Pan-Fry* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Lesson 13, continued

Stuffed Turkey Burgers

Yield: 6 sandwiches

Amounts	Ingredients	Amounts	Ingredients
1 lb.	Ground turkey breast	2 small	Onions, finely chopped
1 Tbsp.	Dijon mustard	2	Egg whites, slightly beaten
½ cup	Rolled oats (not instant)	¼ cup	Barbecue sauce
10-oz. package	Frozen, chopped spinach, thawed and drained	6	Crusty rolls, split

Equipment: Large nonstick skillet

Directions:

1. Place ground turkey, mustard, rolled oats, spinach, onion, egg whites, and barbecue sauce in large mixing bowl. Mix well.
2. Divide the mixture into six equal portions. With your hands, shape it into uniformly shaped patties, about ½ inch thick.
3. Place patties in nonstick skillet.
4. *Pan-fry* patties over medium heat for about 5 minutes on each side or until they are done.
5. Serve immediately on crusty rolls.

Nutrition Facts

Serving Size (208g)	
Servings Per Container 6	
Amount Per Serving	
Calories 280	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 490mg	20%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 27g	
Vitamin A 110%	• Vitamin C 4%
Calcium 15%	• Iron 20%

Tip for Success

- Be sure to check the internal temperature of each burger. The internal temperature should reach a minimum of 165°F. If not, continue to cook burgers until the proper minimum temperature is reached.

(Continued on next page)

Lesson 13, continued

Beef Patties with Herbs

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
1 lb.	Extra-lean ground beef	½ tsp.	Dried thyme
½ tsp.	Ground pepper	4	Tomato slices
½ tsp.	Dried rosemary	4	Thin slices onion (optional)
		4	Crusty rolls, split

Equipment: Nonstick skillet

Directions:

1. In a large bowl, combine ground beef, pepper, and herbs until well blended.
2. Shape the ground beef mixture into four patties about ½ inch thick.
3. Place beef patties into nonstick skillet.
4. *Pan-fry* patties over medium heat for 5 minutes on each side or until they are done.
5. Serve patties with tomato and onion slices on crusty rolls.

Nutrition Facts

Serving Size (186g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 70
<hr/>	
	% Daily Value
Total Fat 8g	12%
Saturated Fat 2.5g	13%
<i>Trans Fat 0g</i>	
Cholesterol 60mg	20%
Sodium 290mg	12%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 26g	
Vitamin A 2%	• Vitamin C 10%
Calcium 6%	• Iron 20%

Tips for Success

- Be sure to check the internal temperature of each burger. It should reach a minimum of 165°F. Continue to pan-fry until proper temperature is reached.
- For a flavor alternative, substitute a dash of salt and 1 Tbsp. of ketchup in the ground beef mixture. Then shape into patties and pan-fry.

(Continued on next page)

Thinking About How to Pan-Fry

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to pan-fry ingredients in a recipe.

2. Make a list of three guidelines to follow when pan-frying foods.

3. How do the tomato slices, onion slices, and crusty rolls make these recipes more appealing?

4. Why are the oats added to the *Stuffed Turkey Burgers* recipe? Why are the egg whites added?

5. Is the *Stuffed Turkey Burgers* recipe a healthful choice for someone with high cholesterol? Why or why not?

6. Use a cookbook to locate four or five recipes that require you to pan-fry ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. Name two foods you could serve with your recipe to make a complete meal plan.

Lesson 14

Approximate Time: 50 minutes

How to Stir-Fry

Introduction: Stir-frying is a widely used and popular method of preparing food. It is suitable for cooking many kinds of meat, fish, poultry, and vegetables. A variety of vegetables with a protein food such as shrimp, chicken, or sirloin served over rice creates a main dish that includes foods from three food groups. Main dish mixtures are excellent sources of vitamins A and C, minerals, proteins, and complex carbohydrates.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to stir-fry ingredients in a recipe.
- Demonstrate how to properly stir-fry the ingredients in your recipe.

Learning Activities: Define the term stir-fry and be familiar with the utensils needed to prepare food by stir-frying. Then follow steps 1 through 4 to complete this lesson.

- *Stir-fry* means to cook food quickly in a small amount of hot oil while stirring constantly. Stir-fried foods cook rapidly. Watch carefully to be certain the food does not burn. When the oil becomes hot, add the ingredients. Ingredients to be stir-fried are cut into uniform pieces for quick, even cooking. A large skillet, electric skillet, or wok can be used to stir-fry ingredients. Woks are ideal for stir-frying because they conduct heat evenly. First, add meat or vegetables that require a longer cooking time than other foods. Next, add vegetables and other foods that require less cooking time. Vegetables should be crisp-tender when the stir-fry is ready to serve.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Plan a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to stir-fry the ingredients in your recipe.
 4. **Evaluation** Complete *Thinking About How to Stir-Fry* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Fresh & Fast Fried Rice

Yield: 6 portions

Amounts

3
2 tsp.
4 cups
1 cup

Ingredients

Eggs
Vegetable oil
Cooked rice, chilled
Reduced-sodium
chicken broth

Amounts

1 cup
1/3 cup
1 cup
1/3 cup

Ingredients

Frozen peas
Diced red pepper
Canned bean
sprouts, drained
Chopped green
onions

Equipment: Wok or large, nonstick skillet

Directions:

1. In a small bowl, beat eggs until well combined.
2. In a wok or large, nonstick skillet, heat 2 tsp. vegetable oil over medium heat. Add eggs and cook, stirring occasionally, for 2 to 5 minutes or until eggs are set. Remove eggs to bowl and set aside.
3. Heat the remaining 2 tsp. of oil over medium-high heat. Add rice and *stir-fry* for 5 minutes.
4. Add peas, red pepper, bean sprouts, and cooked eggs. *Stir-fry* 2 minutes.
5. Add chicken broth. Cover and allow vegetables to steam until crisp-tender.
6. Season as desired or serve with soy sauce. Top with chopped green onions.

Nutrition Facts

Serving Size (269g)
Servings Per Container 6

Amount Per Serving

Calories 240 Calories from Fat 35

% Daily Value

Total Fat 4g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 180mg 8%

Total Carbohydrate 42g 14%

Dietary Fiber 3g 12%

Sugars 3g

Protein 8g

Vitamin A 10% • Vitamin C 50%

Calcium 4% • Iron 15%

Tips for Success

- This recipe will work only if the rice is cold. Hot, freshly cooked rice will clump together and become mushy. The best rice to use is leftover, day-old rice.
- If you are using a wok, remember to use the ring adapter provided with it to allow use over flat-top home ranges. Otherwise, the wok may wobble, leading to an accident.

Whitefish Stir-Fry

Yield: 4 portions, one cup each on

Amounts	Ingredients	Amounts	Ingredients
1 Tbsp.	Cornstarch	1 cup	Red or green pepper, chopped
1 Tbsp.	Reduced-sodium tamari or soy sauce	½ cup	Sliced water chestnuts
1 cup	Pineapple juice	1 cup	Pineapple chunks
1 Tbsp.	Vegetable oil	1 cup	Whitefish fillets, cooked and cubed
1 clove	Garlic, minced	2 cups	Hot-cooked rice (optional)
1 cup	Snow peas		

Equipment: Wok or large nonstick skillet

Directions:

1. In a small bowl, combine cornstarch with tamari or soy sauce. Add pineapple juice and mix well. Set aside.
2. Heat oil in wok or nonstick skillet. Add garlic, and sauté a few seconds to flavor the oil.
3. Add snow peas, pepper, water chestnuts, and pineapple chunks.
4. *Stir-fry*, stirring constantly, until snow peas and pepper are crisp-tender.
5. Add cooked whitefish to vegetables.
6. Mix sauce from step 1 and pour it over mixture.
7. *Stir-fry*, stirring constantly, until mixture is thickened and fish is thoroughly heated.
8. Serve over hot-cooked rice, if desired.

Nutrition Facts

Serving Size (301g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 17g	
Vitamin A 20%	• Vitamin C 140%
Calcium 6%	• Iron 10%

Tip for Success

- After adding the cooked fish to the vegetables, stir carefully to avoid breaking up the cubes of fish.

Thinking About How to Stir-Fry

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to stir-fry ingredients in your recipe.

2. When in the recipe are the ingredients stir-fried? Why?

3. List the equipment and utensil(s) you used to stir-fry the ingredients in your recipe.

4. What was the biggest challenge you encountered when stir-frying the ingredients?

5. Use a cookbook to locate four or five recipes that require stir-frying ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. Make a list of five to seven vegetables and protein foods that can be stir-fried.

7. In what ways does the rice complement the stir-fry?

Lesson 15

Approximate Time: 50 minutes

How to Brown

Introduction: It is often necessary to brown ingredients in your recipes. In many casseroles, some ingredients need to be browned before the other ingredients are added. Meat and vegetables often need to be browned.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to brown ingredients in your recipe.
- Demonstrate how to brown the ingredients in your recipe.

Learning Activities: Study the definition and guidelines for browning food ingredients. Then follow steps 1 through 4 to complete this lesson.

- *Brown* means to cook food over low to medium temperature until the surface turns brown. Food can be browned in a skillet, in the oven, or under the broiler. When first learning to brown meat, prevent it from burning by using a little more fat in the skillet. Pour off extra fat as the meat browns. When browning small pieces of meat, such as ground meat for chili, tacos, or shepherd's pie, turn or move the pieces frequently. Use a low to medium temperature to keep the meat tender and juicy and to soften the connective tissue.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to brown the ingredients in your recipe.
 4. **Evaluation** Complete *Thinking About How to Brown* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Tasty Turkey Tacos

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
½ lb.	Ground turkey breast	8 (8-inch)	Soft flour or corn tortillas
1 small	Onion, finely chopped	1 large	Tomato, chopped
½ tsp.	Ground cumin	1 cup	Shredded iceberg lettuce
2 Tbsp.	Tomato paste	½ cup	Shredded low-fat cheddar or Monterey jack cheese
½ cup	Water		
1 (8-oz. can)	Pinto or red beans, with liquid		
	Hot pepper sauce (optional)		

Equipment: Nonstick skillet with cover

Directions:

1. Heat skillet over medium heat for about 20 seconds. Add the turkey, breaking it into small pieces with a heat-resistant spoon suitable for a nonstick skillet.
2. Add chopped onion and stir occasionally for about 5 minutes until turkey is *brown*. Drain and return mixture to skillet.
3. Stir in cumin, tomato paste, water, and beans. Add a dash or two of hot pepper sauce to taste, if desired.
4. Cover skillet and reduce the heat to low. Simmer the mixture for 15 to 20 minutes. Check from time to time to make sure the sauce in the skillet is thick enough to coat the turkey mixture. If not, add a little more water.
5. Place each tortilla on a sheet of aluminum foil. Cradle the foil and tortilla in one hand so that the tortilla resembles a pocket (taco).
6. Spoon 3 or 4 Tbsp. of the turkey mixture into each taco shell. Top with tomato, lettuce, and cheese.
7. Wrap stuffed tortilla in foil and serve hot.

Nutrition Facts

Serving Size (327g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 410mg	17%
Total Carbohydrate 48g	16%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 32g	
Vitamin A 10%	• Vitamin C 20%
Calcium 10%	• Iron 10%

Tips for Success

- Warm tortillas one at a time in a skillet for about 15 seconds before filling.
- Use this recipe filling for burritos, quesadillas, or enchiladas, too.

(Continued on next page)

Shepherd's Pie

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
1 lb.	Lean ground beef	½ cup	Frozen corn kernels, thawed
1 medium	Onion, chopped	½ cup	Frozen green beans, thawed
1 clove	Garlic, minced	2 cups	Mashed potatoes
1 Tbsp.	Worcestershire sauce	⅛ tsp.	Paprika

Equipment: Nonstick skillet, ovenproof pie pan, baking sheet

Directions:

1. Preheat oven to 375°F.
2. Heat a nonstick skillet, lightly coated with vegetable oil cooking spray, over medium heat.
3. *Brown* the ground beef, breaking into small pieces with a heat-resistant spoon.
4. Add onion and garlic. Cook until onion is clear and beef is *browned*. Drain and return to skillet. Stir in Worcestershire sauce.
5. Transfer beef mixture to an ovenproof pie plate. Smooth the mixture down against the bottom and sides of the pie plate.
6. Spread corn kernels and green beans evenly over the surface of meat mixture. Press vegetables slightly into the meat.
7. Top with mashed potatoes. Using a rubber scraper, form a dome over the meat and vegetables. Make sure the potatoes seal the edges of the pie.
8. Sprinkle paprika over the top.
9. Place pie on a baking sheet and bake for 30 minutes or until potatoes are *browned* on top.

Nutrition Facts

Serving Size (317g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value	
Total Fat 6g	9%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 60mg	20%
Sodium 380mg	16%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 26g	
Vitamin A 4%	• Vitamin C 15%
Calcium 6%	• Iron 15%

Tips for Success

- Be careful when draining hot fat from a skillet. Fat can splatter, causing burns.
- Take care to dispose of fat properly. Do not pour it down the drain, since doing so can cause clogs. Instead, pour the fat into a large used can and discard with the trash.

(Continued on next page)

Thinking About How to Brown

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to brown ingredients in a recipe.

2. Why is it important to cook meat at a low temperature?

3. What utensils can be used to brown ingredients in a recipe?

4. List the ingredients that need to be browned in your recipe.

5. Use a cookbook to locate four or five recipes that require browning ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. If you substituted ground beef for the ground turkey in the taco recipe, how do you think the nutrition facts would change? Explain.

7. Would you need to serve other side dishes with the turkey taco or shepherd's pie recipes to make a complete meal? Explain.

Lesson 16

Approximate Time: 50 minutes

How to Flake

Introduction: It is good news when a food you like is good for you, easy to use, and ready at hand. Salmon and tuna are popular, very versatile, and fit well into a teen's diet. They make a quick salad or sandwich filler for lunch, and they are excellent in casseroles with macaroni, rice, or potatoes. Both can be canned and sold as a solid, chunk, or grated fish. *Solid* refers to large solid pieces of tuna or salmon that are attractive for salads and other dishes. *Chunk* style refers to bite-size pieces that are perfect for casseroles, skillet dishes, salads, and sandwiches. *Grated* style is an economy form. It is packaged and ready to be blended into smooth mixtures for fillings and dips. All types offer a very good source of protein. When preparing most types of dishes, you will need to flake the tuna or salmon. In this lesson, you will become familiar with how to flake tuna and salmon in a recipe.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to flake tuna or salmon in a recipe.
- Demonstrate how to flake tuna or salmon for the recipe that you select.

Learning Activities: To make successful tuna or salmon recipes, you will need to define the term flake and demonstrate the process used for flaking fish. Then follow steps 1 through 4 to complete this lesson.

- *Flake* means to use a fork to separate or break lightly into small pieces. To check for doneness, freshly cooked fish should also separate or flake easily. Canned fish, such as tuna or salmon, is flaked so that the fish is evenly distributed in the recipe.
1. **Recipe choice** Choose a tuna or salmon recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to flake the tuna or salmon in your recipe.
 4. **Evaluation** Complete *Thinking About How to Flake* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Lesson 16, continued

Tuna Salad Sandwiches

Yield: 2 portions

Amounts

2 Tbsp.
1 Tbsp.
1 (3½-oz. can)

½ cup

Ingredients

Mayonnaise
Dairy sour cream
Tuna, drained and flaked
Sliced celery

Amounts

½ tsp.
2 Tbsp.
⅛ tsp.
4 slices

Ingredients

Minced onion
Pickle relish
Salt
Bread

Directions:

1. Flake tuna.
2. Chop celery and onion.
3. Add mayonnaise, sour cream, celery, onion, pickle relish, and salt. Mix gently.
4. Spread tuna salad on bread or toast. Serve immediately.

Nutrition Facts

Serving Size (129g)	
Servings Per Container 2	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 590mg	25%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 13g	
Vitamin A 2%	• Vitamin C 2%
Calcium 10%	• Iron 15%

Tips for Success

- When preparing a salmon salad sandwich, substitute one can of salmon, drained and flaked, for tuna.
- To lower the fat in the tuna salad, substitute an equal portion of nonfat plain yogurt for the sour cream.

(Continued on next page)

Apple-Tuna Salad Sandwiches

Yield: 4 sandwiches

Amounts	Ingredients	Amounts	Ingredients
1 (7-oz. can)	Water-packed tuna, drained and flaked	4 slices	American cheese (optional)
½ cup	Chopped celery	1	Apple, cored and thinly sliced (about 12 slices)
2 Tbsp.	Chopped onion	4	Whole wheat buns, split
½ cup	Plain, nonfat yogurt		
4	Lettuce leaves		

Directions:

1. In a large bowl, *flake* tuna. Add celery, onion, and yogurt. Combine.
2. Cover the bottom of each bun with a lettuce leaf. Be sure leaves are dry.
3. Place a cheese slice (if desired) on top of the lettuce leaf.
4. Spread tuna mixture on top of lettuce or cheese on each bun.
5. Place 3 apple slices on top of tuna mixture.
6. Cover with top half of bun.

Nutrition Facts

Serving Size (229g)	
Servings Per Container 4	
Amount Per Serving	
Calories 290	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 730mg	30%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 13g	
Protein 22g	
Vitamin A 10%	• Vitamin C 8%
Calcium 20%	• Iron 10%

Tips for Success

- For apple-salmon salad sandwiches, substitute one can of salmon, drained and flaked, for tuna.
- For a decorative effect, try cutting each cheese slice in half diagonally to form two triangles.
- Coat apple slices with lemon juice to prevent browning.

Thinking About How to Flake

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to flake ingredients in a recipe.

2. When are the ingredients in a recipe flaked? Why?

3. What utensil can be used to flake ingredients in a recipe?

4. Why is it necessary to flake tuna or salmon in recipes?

5. Use cookbooks or other resources to locate four to five recipes that require you to flake the ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. List four ways in which the ingredients in the *Apple-Tuna Salad Sandwiches* recipe make the sandwiches a wise food choice. Explain.

7. List four foods you could serve with the tuna or salmon salad sandwich recipe to make a nutritious yet light lunch.

Lesson 17

Approximate Time: 90 minutes

How to Dissolve

Introduction: Gelatin salads can add color and variety to a simple meal. Gelatin is a powdered ingredient that has no color or taste. Flavored gelatin is premixed with sugar and other flavorings. Gelatin granules need to be dissolved in a hot liquid and then chilled until firm. The gelatin absorbs the liquid and thickens as it cools. To successfully prepare a gelatin salad, it is necessary to become familiar with several terms and processes. This lesson will help you learn to follow gelatin recipes correctly.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to dissolve gelatin granules.
- Demonstrate how to dissolve gelatin granules in a gelatin salad recipe.

Learning Activities: Study the definition of the word dissolve and the process for dissolving gelatin in liquid. Then follow steps 1 through 4 to complete this lesson.

- *Dissolve* means to stir a dry ingredient, such as gelatin granules, in very hot (boiling) water until the dry ingredient disappears. When a substance has dissolved, the mixture is clear and no evidence of the dry granules remains. When fruits or vegetables are added to gelatin, it is necessary to chill the gelatin mixture first until it has the consistency of raw egg whites. When using an unflavored gelatin, such as the gelatin used for the *Apricot-Pineapple Molded Salad*, the gelatin is sprinkled on a cold liquid and allowed to soften for one to two minutes. Next, hot liquid is added or heated over a low temperature until the gelatin is dissolved.
1. **Recipe choice** Choose a gelatin recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to dissolve the gelatin granules. Show your teacher when your gelatin is partially set and firm.
 4. **Evaluation** Complete *Thinking About How to Dissolve* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Spiced Fruit Cups

Yield: 4 portions

Amounts	Ingredients
1 pkg.	Any fruit-flavored gelatin
1/8 tsp.	Ground cinnamon
1 cup	Boiling water
1/2-3/4 cup	Fruit cocktail, canned in syrup

Directions:

1. Dissolve gelatin and cinnamon in the boiling water.
2. Drain fruit and measure the syrup. Add cold water to make 1 cup.
3. Stir syrup into gelatin.
4. Chill until partially set.
5. Fold in fruit.
6. Pour into individual serving dishes or molds.
7. Chill until firm. Serve.

Nutrition Facts

Serving Size (34g)	
Servings Per Container 4	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%

Tips for Success

- Drain foods well before adding them to partially set gelatin.
- Measure liquid ingredients exactly. Too much liquid will cause gelatin to be soft, while too little liquid will cause the gelatin to be rubbery.
- To unmold a gelatin salad, quickly dip mold in warm water up to the line of the gelatin. Loosen edge of salad with the tip of a knife. Place a plate, upside down, on top of the mold. Hold the plate tightly, invert and shake gently. Carefully remove the mold. Repeat if necessary.

Apricot-Pineapple Molded Salad

Yield: 4-6 portions

Amounts	Ingredients	Amounts	Ingredients
1 (8-oz. can)	Unsweetened crushed pineapple, with liquid	1 Tbsp.	Fat-free milk
1 (16-oz. can)	Apricot halves, with liquid		Vegetable oil cooking spray
1 (2-oz. can)	Apricot nectar		Lettuce leaves (optional)
2 envelopes	Unflavored gelatin	6 Tbsp.	Low-fat apricot yogurt
4 oz.	Low-fat cream cheese product		

Directions:

1. Drain crushed pineapple, reserving liquid. Refrigerate drained pineapple for use in step 7.
2. Drain apricot halves, reserving 2 Tbsp. liquid. Refrigerate apricots for use in step 10.
3. Combine apricot nectar and reserved pineapple and apricot liquids in a saucepan.
4. Sprinkle gelatin over mixture. Let stand 1 minute.
5. Cook over low heat, stirring until gelatin *dissolves*.
6. Pour mixture into bowl. Chill 1 hour or until partially set.
7. Fold pineapple into thickened gelatin.
8. Combine cream cheese and milk in a small bowl. Spread cream cheese mixture on top of gelatin mixture. Draw a table knife through both mixtures to create a marbled effect.
9. Coat six ½-cup molds with cooking spray.
10. Select 12 apricot halves. Cut each half into two slices. Refrigerate the remaining apricots for another use.
11. Place two apricot slices in each prepared mold. Top each mold with ⅓ cup gelatin mixture.
12. Cover and chill until firm.
13. Unmold the salads onto lettuce-lined salad plates. Top each salad with 1 Tbsp. yogurt, and garnish with two apricot slices.

Nutrition Facts

Serving Size (210g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 6g	
Vitamin A 45%	• Vitamin C 30%
Calcium 4%	• Iron 10%

(Continued on next page)

Thinking About How to Dissolve

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to dissolve ingredients in a gelatin recipe.

2. When are ingredients such as fruits, vegetables, or cream cheese added in the recipe? Why?

3. Explain the “speed-set” method of preparing gelatin. (See directions on a gelatin package.)

4. What steps would you follow to unmold a gelatin if you used gelatin molds for your recipe?

5. Gelatin may be served in many ways. Use cookbooks or other resources to locate a recipe for each of the following: (a) gelatin salad and (b) gelatin dessert. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. With what main dishes might you serve the *Apricot-Pineapple Molded Salad*?

Lesson 18

Approximate Time: 90 minutes

How to Knead

Introduction: Recipes for baked products use nearly the same ingredients. However, breads, cakes, and cookies vary in the amount and kind of the basic ingredients. The chemistry among each ingredient determines the final appearance, flavor, and texture of the baked product. This is the science behind baking. A creative baker understands how the basic ingredients work together and uses that knowledge to create a variety of recipes. This is known as the art of baking. Here is a quick summary of the purpose of each baking ingredient. You can use this knowledge about baking ingredients as you pursue baking breads and other baked products.

- *Eggs* add color, flavor, and structure to baked products.
- *Liquids* such as milk, water, and fruit juice dissolve, add moisture, and help bind ingredients together.
- *Fats*, such as vegetable oils and solid shortening, add tenderness, richness, and moisture.
- *Sugar* adds sweetness and helps tenderize baked products.
- *Flour*, which contains gluten, provides the structure, or foundation, for baked products.
- *Leavening agents* produce gases that add lightness and cause baked products to rise. Three common leavening agents include: *Carbon dioxide*, which results when baking powder, baking soda, or yeast are dissolved in liquid; *Air*, which is incorporated into baked products by sifting flour, beating egg whites, kneading dough, and creaming batters; *Steam*, which results when oven temperatures convert liquids to steam and cause baked products to rise.

Kneading Dough

Once you have a working knowledge about the ingredients used in baking, it is important to develop skills in combining ingredients in order to produce quality baked products. Kneading dough is one of the skills you will use when baking some dough products. For example, to produce tender, flaky biscuits and other soft-dough products, it is necessary to gently knead the dough with the palms of your hands.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to knead a soft-dough product.
- Demonstrate how to knead the soft-dough product.

Learning Activities: To make successful soft-dough products, you will need to study the definition and process for kneading soft dough. Then follow steps 1 through 4 to complete this lesson.

- *Knead* means to fold the dough over toward you. Next, press the dough with the heel of your hand, turn the dough a quarter turn, fold it, and press again. Repeat this process in a rhythmic style until the dough is smooth and elastic. The dough should not stick to the board or pastry cloth. Kneading the dough helps develop gluten, which provides structure to baked products.
1. **Recipe choice** Choose a recipe for kneading soft dough that is part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to knead a soft-dough product.
 4. **Evaluation** Complete *Thinking About How to Knead* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Whole-Grain Scones

Yield: 8 portions

Amounts	Ingredients	Amounts	Ingredients
1 cup	Regular or quick-cooking oats (not instant)	1½ tsp.	Baking powder
½ cup	Plain, nonfat yogurt	½ tsp.	Baking soda
½ cup	Whole-wheat pastry flour	Dash	Salt
½ cup	All-purpose flour	3 Tbsp.	Butter or margarine, chilled
2 Tbsp.	Brown sugar, firmly packed	¼ cup	Raisins
		1	Egg

Equipment: Baking sheet

Directions:

1. Combine oats and yogurt in a large bowl. Let stand for 15 minutes.
2. Preheat oven to 400°F. Lightly grease baking sheet.
3. Mix flours, sugar, baking powder, baking soda, and salt in another bowl until well blended.
4. Cut margarine into flour mixture using a pastry blender. Mixture should resemble coarse meal.
5. Add raisins to flour and margarine mixture. Set aside.
6. In a small bowl, beat egg until well blended.
7. Stir egg into oat mixture. Blend well.
8. Add flour mixture to oat mixture. Mix until just moistened.
9. Gather dough into a ball. (If it is too dry, add a little more yogurt.)
10. Turn the dough out onto a lightly floured board. *Knead* 5 or 6 times.
 11. Roll dough into a circle about ¾ inch thick.
 12. Dip a knife in flour and cut the circle into 8 wedges.
 13. Place wedges a few inches apart on baking sheet.
 14. Bake for 15 to 18 minutes or until golden brown. Serve warm.

Nutrition Facts

Serving Size (60g)		Servings Per Container 8	
Amount Per Serving			
Calories 170	Calories from Fat 50		
% Daily Value			
Total Fat 6g	9%		
Saturated Fat 3.5g	18%		
Trans Fat 0g			
Cholesterol 35mg	12%		
Sodium 200mg	8%		
Total Carbohydrate 27g	9%		
Dietary Fiber 2g	8%		
Sugars 8g			
Protein 5g			
Vitamin A 4%	• Vitamin C 2%		
Calcium 8%	• Iron 8%		

Tips for Success

- Whole-wheat pastry flour can be purchased at most health-food stores. If it is unavailable, omit whole-wheat pastry flour and increase all-purpose flour to 1 cup.
- Serve the scones with your favorite fruit preserves.

(Continued on next page)

Quick Cinnamon Rolls

Yield: About 8 portions

Amounts	Ingredients	Amounts	Ingredients
2 cups	Sifted all-purpose flour	3 tsp.	Baking powder
1 tsp.	Salt	¼ cup	Shortening
⅔–¾ cup	Milk	2 Tbsp.	Butter
½ cup	Brown sugar	½ tsp.	Cinnamon

Directions:

- I. Preheat oven to 350°F.
2. Stir together sifted flour, baking powder, and salt in a mixing bowl.
3. Cut-in shortening, with a pastry blender or two knives, until mixture resembles coarse meal.
4. Add ⅔ cup of milk, and stir together quickly to make soft dough. Dough should not be sticky. If dough is too stiff, stir in remainder of milk.
5. Turn dough onto a well-floured pastry cloth or board, and *knead* gently 8 to 10 times with floured hands.
6. Roll dough into a rectangle (11 × 14 inches) and about ¼ inch thick.
7. Spread rolled dough with softened butter.
8. Combine brown sugar and cinnamon in small bowl. Sprinkle mixture over buttered dough.
9. Using your hands, roll dough starting from long side. Fasten by pinching dough along edge and ends of roll.
10. Cut into 1-inch pieces and place cut side up in a greased 8-inch round or square cake pan.
- II. Bake for 18 to 20 minutes until cinnamon rolls are golden brown.

Nutrition Facts

Serving Size (80g)	
Servings Per Container 8	
Amount Per Serving	
Calories 260	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 480mg	20%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 15%	• Iron 10%

Tip for Success

- Using a long piece (about 18 to 20 inches) of unflavored dental floss, slide floss under rolled dough. Bring the ends together in a crisscross manner, and pull to slice through dough. Repeat until all rolls are cut.

(Continued on next page)

Thinking About How to Knead

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to knead soft dough.

2. Why is it necessary to knead soft-dough products?

3. Use cookbooks or other resources to locate four or five recipes that require kneading dough ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

4. How would you complement your soft-dough product? Explain how you would use it in a meal plan.

Lesson 19

Approximate Time: 50 minutes

How to Make Quick Breads—Pour Batters

Introduction: Quick breads can be prepared in a short amount of time and may be made from batter or dough. Pancakes, waffles, gingerbreads, and popovers are examples of quick breads that are made from pour batters. Making pour batters will help you to develop skills that are necessary in making many types of batters.

Learning Goals: After studying this lesson, you will be able to:

- Identify the characteristics of a quick bread made from a pour batter.
- Prepare an acceptable pancake/waffle from a pour batter.
- Explain the function of ingredients in baked products, such as pour batters. See Lesson 18 for ingredient functions.

Learning Activities: Study the definition of pour batters and the process for making them below. Then follow steps 1 through 4 to complete this lesson.

- *Pour batters* are thin flour and liquid mixtures. They have more liquid than flour and can be poured from a spoon, ladle, or mixing bowl. The muffin method is often used to combine ingredients for pour batters. The dry ingredients are combined first. Next, beat together the eggs, milk, and melted fat or vegetable oil in a separate bowl. Add the liquid ingredients to the dry ingredients and stir quickly until all ingredients are just combined. Baking powder and baking soda, either individually or in combination, are the leavening ingredients used in quick breads. They begin to produce carbon dioxide gas once they are combined with liquids. Once added to a heat source, pour batters continue to rise until the gluten sets.
1. **Recipe choice** Choose a pour batter recipe from those that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher the following:
 - a.) How to combine ingredients in a pour batter.
 - b.) How to test the griddle to be sure it is hot.
 - c.) When to turn pancakes over and how to identify when waffles are done.
 4. **Evaluation** Complete *Thinking About How to Make Quick Breads: Pour Batters*. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Lesson 19, continued

Favorite Pancakes

Yield: 7 portions

Amounts	Ingredients	Amounts	Ingredients
½ (or 2 Tbsp.)	Egg	½ tsp.	Sugar
½ cup	Buttermilk	½ tsp.	Baking powder
1 Tbsp.	Vegetable oil	¼ tsp.	Baking soda
½ cup	All-purpose flour	¼ tsp.	Salt

Directions:

1. Preheat griddle.
2. Beat egg, buttermilk, and vegetable oil together in a medium mixing bowl.
3. Combine flour, sugar, baking powder, baking soda, and salt in a second mixing bowl.
4. Add egg mixture to dry ingredients; mix until dry ingredients are just moistened. Batter will be lumpy.
5. Test griddle (sprinkle with a few drops of water, and it will sizzle).
6. Brush oil or shortening on heated griddle, or use a nonstick griddle.
7. Pour batter from liquid measuring cup onto heated griddle.
8. When bubbles appear on the surface, turn pancakes.
9. Turn pancakes only once. Continue cooking until the second side is golden brown.
10. Serve immediately or keep warm in oven on low heat.

Nutrition Facts

Serving Size (33g)	
Servings Per Container 7	
Amount Per Serving	
Calories 60	Calories from Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%

Tip for Success

- Pancakes can be stuffed with cooked sausage and rolled up, or served with applesauce or a rhubarb sauce.

(Continued on next page)

Lesson 19, continued

Waffles

Yield: 2 large portions

Amounts

2 Tbsp.
 ½ cup
 2 Tbsp.
 ½ cup + 2 Tbsp.

Ingredients

Beaten egg
 Milk
 Vegetable oil
 All-purpose flour

Amounts

1 tsp.
 ¼ tsp.
 1½ tsp.

Ingredients

Baking powder
 Salt
 Sugar

Equipment: Electric waffle iron

Directions:

1. Heat electric waffle iron until indicator shows it is ready to use.
2. Combine beaten egg with milk and oil until well-blended.
3. Add remaining ingredients and beat until smooth.
4. Brush heated waffle iron lightly with vegetable oil, or use cooking spray.
5. Pour half the batter from liquid measuring cup onto center of hot waffle iron.
6. Close lid and wait about 5 minutes or until steaming stops.
7. Remove waffle carefully.
8. Bake second waffle.
9. Serve hot.

Nutrition Facts

Serving Size (130g)	
Servings Per Container 2	
Amount Per Serving	
Calories 310	Calories from Fat 140
% Daily Value	
Total Fat 16g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 540mg	23%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 20%	• Iron 10%

Tips for Success

- Top waffles with slices of your favorite fresh fruit instead of syrup for a low-calorie option.
- For breakfast on the go: Slice waffle in half diagonally, add a smear of peanut butter to one half of the waffle, add banana slices, and top with the other waffle half to create a waffle sandwich.

(Continued on next page)

Thinking About How to Make Quick Breads: Pour Batters

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Pancakes and waffles are made from a pour batter. In your own words, define pour batter.

2. Leavening agents cause the batter to rise when it is cooked. What leavening agents are used with your pour batter recipe?

3. In your own words, explain the muffin method used to prepare quick bread recipes, such as pancakes or waffles.

4. How do you test a griddle or waffle iron to be sure it is hot and ready to use?

5. How do you know when to turn pancakes? How do you know when waffles are done?

6. Use cookbooks or other resources to locate two to three recipes that are examples of pour batters. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. Summarize the function of each of the ingredients used in the recipes in this lesson.

Lesson 20

Approximate Time: 70 minutes

How to Make Quick Breads—Muffins

Introduction: Muffins, coffeecakes, and nut breads are quick breads that are made from a drop batter and can be served with any meal. You can mix muffins from a recipe by following the muffin method for making muffins.

Learning Goals: After studying this lesson, you will be able to:

- Define drop batter.
- Explain the muffin method of mixing.
- Prepare acceptable muffins, following the muffin method.
- Explain the function of ingredients in baked products. See Lesson 18 for function descriptions.

Learning Activities: Study the definition of drop batter and the guidelines for the muffin method of mixing. Then follow steps 1 through 4 to complete this lesson.

- A *drop batter* has more flour in proportion to liquid. Drop batters are stiff enough to drop from a spoon into the baking pan. The *muffin method* is used to prepare many quick bread recipes. (See also Lesson 19.) The dry ingredients are combined first. (*Baking powder is most often used to leaven quick breads. However, baking soda or a combination of baking powder and baking soda can be used as leavening in quick bread products.*) Next, beat together the eggs, milk, and melted fat or vegetable oil. Add the liquid ingredients to the dry ingredients. Stir to just moisten the dry ingredients. Small lumps should remain in the batter because overmixing will cause tunnels in the finished product. A good muffin should have straight sides; a slightly rounded top; a moist, even crumb; and no tunnels.
 - The nutritional value of muffin recipes is enhanced when nuts, dried fruit (dates or apricots), bananas, apples, or zucchini are added to the batter.
1. **Recipe choice** Choose a muffin recipe from those that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to combine drop batter ingredients using the muffin method of mixing.
 4. **Evaluation** Complete *Thinking About How to Make Quick Breads: Muffins* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Lesson 20, continued

Muffins

Yield: 6 muffins

Amounts

2 Tbsp.
½ cup
2 Tbsp.
1 cup

Ingredients

Egg
Milk
Vegetable oil
All-purpose flour

Amounts

2 Tbsp.
½ tsp.
¼ tsp.

Ingredients

Sugar
Baking powder
Salt

Equipment: Half-size muffin pan for standard-size muffins

Directions:

1. Grease bottoms of muffin tins.
2. Preheat oven to 400°F.
3. Beat the egg in a small bowl and measure out 2 Tbsp.
4. Add egg to milk and oil and stir together.
5. Add liquid mixture to dry ingredients. Stir until flour is just moistened. Batter should be lumpy.
6. Fill muffin cups two-thirds full.
7. Bake for 20 to 25 minutes until golden brown, and when wooden pick inserted comes out clean.
8. Remove from oven and allow muffins to cool for a few minutes. Loosen the muffins and remove from muffin pan.
9. Cool on wire rack.

Optional: Crunch Topping

Amounts

1 Tbsp.
2 Tbsp.

Ingredients

Butter
All-purpose flour

Amounts

2 Tbsp. + 2 tsp.
¼ tsp.

Ingredients

Brown sugar
Cinnamon

Directions:

1. Mix in a bowl with a fork.
2. Sprinkle on top of batter before baking.

Nutrition Facts	
Serving Size (54g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• Iron 6%

Tip for Success

- To lower the fat, line the muffin pan with paper liners instead of greasing the pan.

(Continued on next page)

Low-Fat Cinnamon-Oatmeal Muffins

Yield: 12 muffins

Amounts	Ingredients	Amounts	Ingredients
¾ cup	Whole-wheat flour	½ tsp.	Ground cinnamon
¾ cup	All-purpose flour	¼ tsp.	Salt
1 cup	Uncooked rolled oats (not instant)	1	Egg
1 Tbsp.	Baking powder	1 cup	Fat-free milk
3 Tbsp.	Sugar	¼ cup	Applesauce

Equipment: Muffin pan for 12 standard-size muffins

Directions:

1. Preheat oven to 400°F.
2. Grease bottom of muffin pan.
3. In a large bowl, combine flours, oats, baking powder, sugar, cinnamon, and salt. Mix well.
4. In a separate bowl, beat egg.
5. Add milk and applesauce to egg. Stir well.
6. Add liquid mixture to flour mixture and stir until dry ingredients are just moistened. Do not overmix. (Batter should be lumpy.)
7. Fill muffin cups two-thirds full.
8. Bake 15 to 20 minutes, or until wooden pick inserted comes out clean.

Nutrition Facts

Serving Size (57g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• Iron 6%

Tips for Success

- Make a well in the center of the dry ingredients before adding the liquids to avoid overmixing the batter.
- Use a small ladle to fill the muffin cups.

Thinking About How to Make Quick Breads: Muffins

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Muffins are made from a drop batter. In your own words, define drop batter.

2. Leavening agents cause the batter to rise when it is baked. What leavening agent is used in your drop batter recipe?

3. In your own words, explain the muffin method used to prepare quick bread recipes.

4. Why should you avoid overmixing the muffin batter?

5. If the muffin pan is filled too full, what might occur?

6. Use cookbooks or other resources to locate four or five recipes that are examples of drop batters. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. Summarize the function of each of the ingredients used in the recipes in this lesson.

Lesson 21

Approximate Time: 120 minutes

How to Make Yeast Dough

Introduction: Yeast dough uses yeast as the leavening agent and requires at least an hour in a warm place for the yeast to raise the dough, and 30 to 45 minutes more after shaping the bread for the dough to (rise) double in size. Yeast dough can be made from batters that require no kneading. Kneaded breads require more time and energy to make because of the kneading process. You can make yeast dough from a recipe or use convenience products, such as refrigerated or frozen dough, or bread machine mixes. Electric mixers with dough hooks and the use of bread machines have made bread making easier. Preparing your own bread can be satisfying and rewarding.

Learning Goals: After studying this lesson, you will be able to:

- Explain the process used to combine ingredients in yeast dough recipes.
- Prepare acceptable yeast dough, following the basic bread-making steps.
- Explain the function of ingredients in yeast dough. See Lesson 18 for ingredient descriptions.

Learning Activities: Study the steps for making yeast bread and the function of ingredients in your recipe. Then follow steps 1 through 4 to complete this lesson.

- *Kneaded yeast dough* has about six to seven times as much flour in proportion to liquid in the recipe. The bread dough becomes so stiff that the kneading process is used to combine all the flour. *Batter yeast dough* uses less flour and is sticky. An electric mixer with a dough hook is used to combine most of the flour. As it becomes stiff, a sturdy mixing spoon can be used to combine the remaining flour. Yeast dough requires the development of gluten. During the mixing and kneading, the gluten develops. Gluten forms the framework, or structure, of the bread. Yeast is used to leaven the dough. When the yeast dough is at rest in a warm place, the yeast and sugar in the dough react to produce carbon dioxide. This is often called *fermentation*. The dough is able to rise. After the first rising, the center of the dough is *punched* with your fist to release large air bubbles (carbon dioxide). The dough is shaped and allowed to rest, or rise, again. After the second rise, the dough is baked.
1. **Recipe choice** Choose the recipe that is part of this lesson or a recipe provided by your teacher. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher the steps in the bread-making process for yeast breads.
 4. **Evaluation** Complete *Thinking About How to Make Yeast Dough* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Honey Whole-Wheat Bread

Yield: 2 loaves, 14 portions per loaf

Amounts	Ingredients	Amounts	Ingredients
2½-3 cups	All-purpose flour	1 cup	Fat-free milk
3 cups	Whole-wheat flour	1 cup	Water
2 tsp.	Salt	¼ cup	Honey
1 pkg.	Active dry yeast	3 Tbsp.	Shortening

Equipment: Small saucepan, two 9 × 5 × 3-inch loaf pans

Directions:

1. Mix 1 cup of each flour with salt and yeast in a large bowl. Set aside.
2. Combine milk, water, honey, and shortening in a small saucepan. Heat over low heat until warm, about 120°F. Shortening does not have to melt.
3. Add heated liquid to dry ingredients. Blend at low speed with a mixer about 2 minutes.
4. Add another ½ cup of each flour. Beat about 2 minutes at medium speed.
5. Stir in ¾ cup all-purpose flour and 1½ cups whole-wheat flour with a sturdy mixing spoon until the mixture forms a soft dough. If necessary, add more all-purpose flour.
6. Place dough on a lightly floured surface. Allow dough to rest 10 to 15 minutes.
7. Place dough in a large, well-oiled bowl. Turn dough to coat all sides. Cover dough with a piece of plastic wrap, and cover bowl with a clean dish towel. Refrigerate overnight.
8. The next day, remove dough from the refrigerator. Gently punch the dough down.
9. Turn dough onto a lightly floured surface. Allow dough to rest 10 to 15 minutes.
10. Divide the dough into two equal portions. Shape each portion into a loaf, and place each loaf in a well-greased loaf pan.
11. Cover loaves with a clean dish towel, and allow them to rise in a warm place until they double in size, about 1 hour, or until finger indentations remain when dough is touched.
12. Preheat oven to 400°F. Bake the loaves for 25 to 30 minutes or until done.
13. Remove loaves from pans, and cool on a wire rack away from drafts.

Nutrition Facts

Serving Size (31g)	
Servings Per Container 14	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%

Tip for Success

- Carefully follow the temperature for the liquid. Yeast is sensitive to heat—too much heat will kill the yeast and slow down the production of carbon dioxide.

(Continued on next page)

Thinking About How to Make Yeast Dough

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Batter dough and kneaded dough are two kinds of yeast dough products. In your own words, define batter dough.

2. Leavening agents cause the batter to rise when it is cooked. How does yeast work to leaven yeast dough?

3. Define gluten. Why is it important to develop gluten when making yeast dough products?

4. In your own words, explain the process used to combine ingredients when making yeast bread.

5. Why should yeast never be dissolved in a liquid that is above the temperature stated in the recipe?

6. Use cookbooks or other resources to locate two or three recipes that are examples of yeast dough products. Write the names of the recipes, the resources, and page numbers on which the recipes can be found in the resources.

7. Summarize the function of each of the ingredients used in the recipe in this lesson.

Lesson 22

Approximate Time: 120 minutes

How to Roll

Introduction: Rolled cookies and biscuits are two examples of dough products that are made by rolling the dough and cutting it into shapes. Yeast dough can also be rolled to shape bread products, such as braided coffee-cakes, Danish pastries, croissants, cinnamon rolls, or palm leaf rolls. Frozen dough products can be rolled out to make a pizza crust.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to roll dough.
- Demonstrate how to roll the dough in your recipe.

Learning Activities: Define the word roll and study the process used for rolling dough. Then follow steps 1 through 4 to complete this lesson.

- *Roll* means to use a rolling pin to flatten dough into a circle, square, or rectangle. Use quick, gentle strokes, rolling from the center of the dough out to the edges to form the shape required by the recipe. For example, to make rolled cookies, the dough is rolled in all directions to the thickness specified in the recipe. Cookie cutters are used to cut out shapes. However, for cinnamon rolls or Danish pastry, the dough is rolled out to form a rectangle; the filling is then spread on the dough. For pizza crust, the dough is rolled into a circle.
 - To prevent the dough from sticking, it is helpful to sprinkle the rolling pin, pastry cloth, or cutting board with flour. Use just enough flour to prevent sticking. Too much flour will result in dry dough that splits or cracks during the rolling process. Caution: Re-rolled dough will be tougher.
1. **Recipe choice** Choose the recipe that is part of this lesson or one supplied by your teacher. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to roll dough while preparing your recipe.
 4. **Evaluation** Complete *Thinking About How to Roll* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Lemony Sugar Cookies

Yield: Approximately 2 dozen

Amounts	Ingredients	Amounts	Ingredients
1 cup	All-purpose flour	1/3 cup	Sugar
3/4 cup	Whole-wheat flour	1	Egg
1 tsp.	Baking powder	1 tsp.	Vanilla
1/3 cup	Margarine	1 Tbsp.	Lemon juice
		1/2 tsp.	Lemon rind, grated

Equipment: Cookie sheet(s)

Directions:

1. Preheat oven to 375°F.
2. Lightly grease cookie sheet(s) using solid shortening.
3. Combine flours and baking powder in a bowl and set aside.
4. Cream margarine in a large bowl.
5. Add sugar gradually, creaming until light and fluffy.
6. Add egg, beating well.
7. Stir in vanilla, lemon juice, and lemon rind.
8. Add flour mixture, stirring until blended. Gather dough into a ball.
9. Cover and chill dough thoroughly.
10. Turn dough onto a lightly floured surface and roll to 1/4 inch thickness.
 11. Cut with cookie cutters into desired shapes.
 12. Place on a lightly greased cookie sheet.
 13. Bake for 8 minutes or until golden brown.
 14. Remove from cookie sheet and cool on a wire rack.

Nutrition Facts	
Serving Size (36g)	
Servings Per Container 24	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	
Vitamin A 4%	• Vitamin C 2%
Calcium 2%	• Iron 4%

Tips for Success

- Dip cookie cutters in a little flour to keep them from sticking to the dough.
- After cutting out as many cookies as you can, gather up the scraps of dough. Roll out the dough again and cut out more cookies.
- To eliminate the fat used to grease the baking sheet, use a commercial pan spray designed for baking pans.

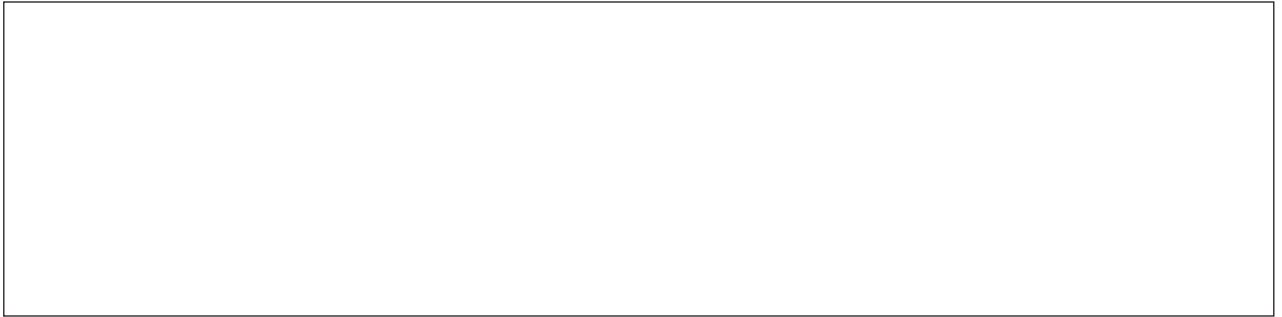
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Thinking About How to Roll

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to roll dough, such as a cookie dough or pizza crust.

2. Draw a picture showing how to roll dough.



3. List the utensils that can be used to roll dough in your recipe.

4. How can you prevent dough from sticking to a surface when it is being rolled?

5. Use cookbooks or other resources to locate four or five recipes that require rolling dough. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. Explain the biggest challenge you encountered when practicing how to roll dough.

Lesson 23

Approximate Time: 50 minutes

How to Cream

Introduction: To make cookies and cakes delicately light, ingredients such as butter and sugar are creamed together. The creamed ingredients should be soft and pliable before the other ingredients are added. Sugars and fats are usually mixed together first, either by electric mixer or by hand, until ingredients are well combined. Depending upon the recipe, the dry ingredients are then stirred in by hand until just moistened.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to cream ingredients in a recipe.
- Correctly demonstrate how to cream the ingredients in a cake or cookie recipe.

Learning Activities: Study the definition of the word cream and the process for creaming ingredients. Then follow steps 1 through 4 to complete this lesson.

- *Cream* means to combine shortening, butter, or margarine with sugar until the ingredients are soft, smooth, and creamy. This action involves pressing the ingredients against the sides of the bowl and using a zigzag motion with the back of a sturdy spoon until the mixture is well blended and smooth. The sugar mixture should be light in color and creamy in texture. Use an electric mixer only when a recipe indicates to do so. Cookies mixed by hand will be more compact because less air is beaten into the fat.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to cream the ingredients in your recipe.
 4. **Evaluation** Complete *Thinking About How to Cream* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Chocolate Drop Cookies

Yield: 2½ dozen cookies

Amounts	Ingredients	Amounts	Ingredients
¼ cup	Margarine, softened	½ cup	Unsweetened cocoa
½ cup	Sugar	1 tsp.	Baking soda
2 Tbsp.	Brown sugar	Dash	Salt
½ cup	Low-fat buttermilk	2 Tbsp.	Chopped walnuts
1 tsp.	Vanilla extract		Vegetable oil cooking spray
2	Egg whites		
1½ cups	All-purpose flour	1 Tbsp.	Powered sugar

Equipment: Cookie sheets

Directions:

1. Preheat oven to 350°F.
2. Cream margarine and sugars together until well blended.
3. Add buttermilk, vanilla, and egg whites. Mix well.
4. In a separate bowl, sift together flour, cocoa, baking soda, and salt.
5. Add dry ingredients to creamed mixture, mixing well. Stir in chopped walnuts.
6. Coat cookie sheets with cooking spray designed for baking sheets. Drop dough by tablespoonfuls 2 inches apart onto cookie sheets.
7. Bake for about 7 minutes.
8. Remove from pan and cool completely on wire racks.
9. Sift powdered sugar over cookies.

Nutrition Facts

Serving Size (42g)	
Servings Per Container 30	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%

Tips for Success

- Make cookies the same size and thickness to ensure uniform baking.
- For most even baking, bake one sheet of cookies at a time in the center of the oven. To bake two sheets at a time, evenly space oven racks from oven top and bottom. Switch the baking sheets halfway through the baking time.

Apple-Bran Bars

Yield: 16 bars

Amounts	Ingredients	Amounts	Ingredients
1 cup	100-percent bran cereal	¼ tsp.	Ground nutmeg
½ cup	Fat-free milk	½ cup	Margarine
1 cup	All-purpose flour	½ cup	Brown sugar, packed
1 tsp.	Baking powder	1	Egg
½ tsp.	Ground cinnamon	1 cup	Apple, pared and chopped

Equipment: 9 × 9-inch baking pan

Directions:

1. Preheat oven to 350°F.
2. Grease and flour baking pan.
3. In a large bowl, soak cereal in milk until milk is absorbed.
4. In a separate bowl, mix together flour, baking powder, cinnamon, and nutmeg.
5. In another bowl, *cream* margarine and sugar until creamy. Add egg and *cream* again until thoroughly combined.
6. Add the dry ingredients to the creamed mixture. Stir well.
7. Stir in apples and the cereal mixture. Stir well.
8. Pour mixture into greased baking pan.
9. Bake about 30 minutes or until a wooden pick inserted in the center comes out clean.
10. Cool. Cut into 16 bars and serve.

Nutrition Facts

Serving Size (41g)	
Servings Per Container 16	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 2g	
Vitamin A 4%	• Vitamin C 8%
Calcium 4%	• Iron 6%

Tips for Success

- To eliminate the added fat when greasing the baking pan, use a cooking spray designed for baking.
- To vary the flavor, substitute 1 cup of frozen blueberries for the chopped apple.

(Continued on next page)

Thinking About How to Cream

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to cream ingredients, such as butter and sugar in a recipe.

2. In the recipe, when are the ingredients creamed? Why?

3. List the equipment and utensils that can be used to cream ingredients in a recipe.

4. Which ingredients needed to be creamed in your recipe?

5. Use cookbooks or other resources to locate four or five recipes that require creaming ingredients, or blending the sugar and fat (butter or margarine) first. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. List the ingredient(s) that provide(s) the leavening in your recipe.

7. What purpose does the egg serve in your recipe? Suppose you substituted two egg whites for one whole egg. What impact would this have on the nutritional value of the recipe?

8. Name the ingredients that add flavor to your recipe.

Lesson 24

Approximate Time: 50 minutes

How to Beat

Introduction: The process used to beat ingredients is determined by whether the ingredients are beaten by hand or with an electric mixer. In most recipes whole eggs are beaten until uniform in color. In other recipes, ingredients are beaten after each addition until the mixture is well blended. Whipped cream, cheesecake, frosting, puffy omelet, and soufflé are examples of food products formed by beating the main ingredient(s).

Learning Goals: After studying this lesson, you will be able to:

- Explain how to beat ingredients in a recipe.
- Correctly demonstrate how to beat the ingredients in your recipe.

Learning Activities: Study the definition of the term beat. Identify the best equipment or utensil to use to beat recipe ingredients. In addition, for recipes that require beaten egg whites, you will also need to recognize when the egg whites form soft or stiff peaks. Then follow steps 1 through 4 to complete this lesson.

- *Beat* means to use a spoon or wire whisk to combine ingredients vigorously with an over and over motion. A rotary beater or electric mixer can also be used to beat a mixture until smooth and uniform. Beating ingredients is easier when using an electric mixer.
 - Beating egg whites causes them to become foamy; continually beating egg whites forms either *soft peaks* (lift the beaters; the egg whites will gently flop over) or *stiff peaks* (lift the beaters; the egg whites should stand up straight). Egg whites can increase in volume almost three times when they are beaten. Beaten egg whites are used to make meringues, frostings, puffy omelets, or soufflés. Beaten cream makes whipped cream.
 - Angel food cake (foam cake) is another example of a food made from beaten egg whites. The egg whites are beaten until they are stiff. The dry ingredients are carefully folded into the egg white mixture.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to beat the ingredients in your recipe.
 4. **Evaluation** Complete *Thinking About How to Beat* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

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Meringue-Swirled Fruit

Yield: 6 portions

Amounts	Ingredients
4 cups	Fresh or frozen fruit (any combination, such as blueberries, strawberries, orange sections, banana slices)
2 Tbsp.	Cherry or almond extract
5	Egg whites
$\frac{2}{3}$ cup	Sugar

Equipment: Six large custard cups, cookie sheet

Directions:

1. Preheat oven to 500°F.
2. Gently toss fruit and extract together. Chill.
3. *Beat* egg whites in large bowl until foamy.
4. Gradually add about 2 Tbsp. of sugar at a time, *beating* after each addition. Egg whites should form stiff peaks.
5. Divide fruit mixture evenly among custard cups.
6. Top and seal each dish of fruit with meringue. Use spoon to swirl meringue to a decorative peak.
7. Place custard cups on cookie sheet. Bake for 3 minutes or until meringue turns a golden color. Serve immediately.

Nutrition Facts

Serving Size (218g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 48g	16%
Dietary Fiber 1g	4%
Sugars 46g	
Protein 4g	
Vitamin A 8%	• Vitamin C 110%
Calcium 0%	• Iron 0%

Tips for Success

- Eggs separate more easily when cold.
- For fullest volume, allow egg whites to stand at room temperature for 30 minutes before beating.
- Remember, even a drop of fat in the egg whites will keep them from reaching full volume. Be sure no yolk mixes with the whites. Use a clean glass or metal bowl and clean beaters.

Sunny Carrot Cake

Yield: 9 portions

Amounts	Ingredients	Amounts	Ingredients
1¼ cups	All-purpose flour	1 tsp.	Vanilla
½ tsp.	Baking powder	1	Egg
½ tsp.	Baking soda	2	Egg whites
½ tsp.	Salt	½ cup	Plain, vanilla, or lemon low-fat yogurt
½ cup	Margarine or butter	½ cups	Shredded carrots
¾ cup	Sugar		
1 tsp.	Grated lemon peel		

Equipment: 9 □ 9-inch baking pan

Directions:

- I. Preheat oven to 350°F.
2. Grease and lightly flour baking pan.
3. Combine flour, baking powder, baking soda, and salt in a small bowl. Set aside.
4. *Beat* margarine with electric mixer for 30 seconds in large bowl.
5. Add sugar, lemon peel, and vanilla; *beat* well.
6. Add egg and egg whites, one at a time, *beating* after each addition.
7. Add flour mixture and yogurt alternately to margarine mixture, *beating* after each addition.
8. Stir in carrots.
9. Pour batter into prepared pan. Spread evenly.
10. Bake 30 minutes or until wooden pick inserted in center comes out clean.
- II. Cool in pan on wire rack.

Nutrition Facts

Serving Size (87g)	
Servings Per Container 9	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value	
Total Fat 7g	11%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 310mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 4g	
Vitamin A 50%	• Vitamin C 2%
Calcium 4%	• Iron 4%

Tips for Success

- Top with your favorite cream-cheese frosting or a scoop of lemon sherbet.
- When a wooden pick is not available to test for doneness, lightly touch the center of the cake—it should spring back if the cake is done.

Thinking About How to Beat

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to beat the ingredients in your recipe.

2. When are the ingredients beaten in the recipe? Why?

3. What utensil did you use to beat the ingredients in your recipe?

4. Which ingredients did you beat in your recipe?

5. Use cookbooks or other resources to locate four or five recipes that require you to beat ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. List the ingredients that are beaten in the recipes that you selected for item 5.

7. Do you think the recipe for *Meringue-Swirled Fruit* is a healthful dessert? Why or why not?

Lesson 25

Approximate Time: 50 minutes

How to Fold

Introduction: From a puffy omelet or chocolate soufflé to an angel food cake, it is often necessary to fold ingredients in your recipe. Folding is used when working with stiffly beaten egg whites or other whipped foods so that the bubbles in the beaten mixture do not break. Stirring, for example, would cause the mixture to fall or lose its volume.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to fold ingredients in a recipe.
- Demonstrate how to fold ingredients in a recipe.

Learning Activities: Study the definition of the term fold and the process for folding in ingredients. Then follow steps 1 through 4 to complete this lesson.

- *Fold* means to gently blend ingredients using a sturdy spoon or rubber scraper. To fold ingredients, cut down through the mixture, across the bottom of the mixture, and up the side of the bowl. Turn the bowl slightly, and repeat until the mixture is blended. Folding is a gentle way to combine foods without losing air that has been previously beaten into the mixture. Folding is always done by hand.
 - Eggs, egg whites, and cream are beaten in many of the recipes in which ingredients are folded. Beat means to stir quickly with a wire whisk, rotary beater, or electric mixer until the mixture is smooth. Beat egg whites until a soft peak or stiff peak forms.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to fold the ingredients in your recipe.
 4. **Evaluation** Complete *Thinking About How to Fold* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Easy English Trifle

Yield: 8 to 10 portions

Amounts

1
1 (20-oz. can)

1 (3-oz.pkg.)

Ingredients

Angel food cake*
Fruit cocktail,
packed in juice
Instant vanilla
pudding and pie
filling mix

Amounts

2 cups
1 (4-oz. carton)

Ingredients

Fat-free milk
Light, nondairy
whipped topping,
thawed

*May be either made from a packaged mix or bought already baked.

Directions:

1. Cut the cake into slices about 1 inch thick. Use the slices to line the inside of a large punchbowl or serving bowl.
2. Spoon half the fruit cocktail and all the juice over the cake.
3. Use the milk to prepare the pudding mix according to package directions.
4. *Fold* half the whipped topping into the pudding.
5. Gently spoon the pudding mixture over the cake and fruit and add the remaining fruit.
6. Spread the remaining whipped topping over all the ingredients.
7. Refrigerate for at least 2 hours before serving.

Nutrition Facts

Serving Size (160g)

Servings Per Container 10

Amount Per Serving

Calories 200 Calories from Fat 20

% Daily Value

Total Fat 2g **3%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 410mg **17%**

Total Carbohydrate 39g **13%**

Dietary Fiber 1g **4%**

Sugars 18g

Protein 4g

Vitamin A 6% • Vitamin C 2%

Calcium 10% • Iron 2%

Tips for Success

- Remember that folding should be done with a gentle motion. Avoid lifting the utensil out of the mixture as you fold.
- For a variation in flavor and texture, try substituting ladyfingers or pound cake for the angel food cake.

Orange Cream Sherbet

Yield: 3 portions

Amounts	Ingredients	Amounts	Ingredients
¼ cup	Milk	1 tsp.	Grated orange rind
¼ cup	Sugar	1	Egg white
½ cup	Strained orange juice	2 Tbsp.	Sugar
1 Tbsp.	Lemon juice	¼ cup	Whipped topping

Directions:

1. Combine milk and sugar in mixing bowl and mix.
2. Add orange juice, lemon juice, and grated orange rind. Stir until sugar is dissolved.
3. Place in the freezer. Chill about 10 minutes until slightly frozen.
4. Beat the egg white with a rotary beater or electric mixer at high speed until foam is fine. Next, beat in the 2 Tbsp. of sugar.
5. *Fold* the beaten egg whites and whipped topping into the slightly frozen fruit mixture.
6. Return to freezer. Freeze until mixture is completely frozen.

Nutrition Facts

Serving Size (108g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 2g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 0%

Tip for Success

- If the milk curdles when the fruit juices are added, continue following the steps of the recipe. The curdling will not cause problems once the mixture is frozen.

Thinking About How to Fold

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to fold ingredients in a recipe.

2. When are the ingredients folded in the recipe?

3. What utensils can be used to fold ingredients in a recipe?

4. In your own words, explain how to beat ingredients in a recipe. (See Lesson 24.)

5. What utensils can be used to beat ingredients in a recipe?

6. Use cookbooks or other resources to locate four or five recipes that require you to fold ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. List the ingredients that were folded in the recipes you selected.

8. Based on a recipe's instruction to fold whipped topping and egg whites, rather than blend or stir them, the finished product should have what quality?

Lesson 26

Approximate Time: 120 minutes

How to Cut-In

Introduction: Pie is a favorite American dessert that can be served with many fillings—fruit, berries, or custard. Pie crust is also called a pastry. A perfect pastry has a pleasant flavor, a delicate brown color, and is tender and flaky. A flaky pie crust is layered and has tiny blisters on the surface.

Learning Goals: After studying this lesson, you should be able to:

- Explain how to cut-in recipe ingredients.
- Demonstrate how to cut-in recipe ingredients when making a basic pie crust.

Learning Activities: Study the definition of the term cut-in and the process for cutting-in recipe ingredients. Then follow steps 1 through 4 to complete this lesson.

- *Cut-in* means to cut solid fat and flour into small pieces using an up and down motion with a pastry blender or a cross-cutting motion with two knives. The fat is cut evenly into the flour until the pieces are the size of coarse crumbs. A pie crust is made with flour, salt, fat, and cold water. Too much flour, too much water, or too little fat can make the pastry crust tough, as will too much handling. Accurate measuring and gentle handling at all times will result in a tender, flaky pie crust.
 - *Roll* means to use a rolling pin to flatten dough into a circle using quick, short, gentle strokes. Roll the dough from the center out. (Note: Be careful not to use extra flour while rolling out the crust because the extra flour can make the crust tough. Likewise, over-rolling the dough can toughen the pastry. Work quickly. See Lesson 22.)
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to cut-in recipe ingredients and how to roll the pastry crust.
 4. **Evaluation** Complete *Thinking About How to Cut-In* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Apple Pie

Yield: 8 portions

Crust

Amounts	Ingredients	Amounts	Ingredients
2 cups	Sifted all-purpose flour	$\frac{2}{3}$ cup	Vegetable shortening
2 tsp.	Salt	5 Tbsp.	Cold water

Directions:

1. Measure flour and salt into mixing bowl.
2. *Cut-in* shortening with flour mixture using a pastry blender until mixture resembles coarse crumbs.
3. Sprinkle in water 1 Tbsp. at a time. Toss with a fork until all flour is moistened.
4. Gather dough into a ball and cut in half.
5. Shape each half into a flattened circle on a lightly floured pastry cloth.
6. With a floured rolling pin, roll dough 2 inches larger than an inverted pie pan.
7. Wind dough loosely around rolling pin; lift gently. Hold the rolling pin over the far edge of the pie pan. Unwind dough and let it settle into the pan. Gently push the dough onto the bottom and sides of pan. Avoid stretching the dough.
8. Roll out the other half for top of pie. Set aside.

Filling

Amounts	Ingredients	Amounts	Ingredients
$\frac{3}{4}$ cup	Sugar	$\frac{1}{2}$ tsp.	Ground cinnamon
1 Tbsp.	All-purpose flour	6 medium	Apples
$\frac{1}{2}$ tsp.	Salt	2 Tbsp.	Butter

Directions:

1. Preheat oven to 425°F.
2. Place sugar, flour, salt, and cinnamon in a small mixing bowl and mix thoroughly.
3. Wash, peel, and core apples. Cut into slices.
4. Add sugar mixture to apple slices and mix carefully.
5. Put apples into pastry-lined pie pan and dot apples with butter.
6. Slightly moisten the edge of the bottom crust with warm water. Place the top dough over the filled pie.
7. Trim the overhanging dough to about $\frac{1}{2}$ inch larger than the pie pan. Tuck the top dough under the edge of the bottom dough. Press both together to seal. Flute the edge.
8. Cut several slits in top dough near the center to allow steam to escape during baking.
9. Bake for 45 to 50 minutes or until crust is golden brown.

Nutrition Facts

Serving Size (158g)
Servings Per Container 8

Amount Per Serving	
Calories 440	Calories from Fat 185
% Daily Value	
Total Fat 21g	33%
Saturated Fat 5.5g	28%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 460mg	19%
Total Carbohydrate 61g	23%
Dietary Fiber 5g	20%
Sugars 33g	
Protein 3g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 10%

Chocolate Pie

Yield: 8 portions

Crust

Amounts	Ingredients	Amounts	Ingredients
1 cup	All-purpose flour	4 Tbsp.	Vegetable shortening
¼ tsp.	Baking powder	3 Tbsp. 1 tsp.	Ice water
⅛ tsp.	Salt	1 tsp.	Lemon juice

Directions:

1. Preheat oven to 425°F.
2. Coat 9-inch pie pan with cooking spray.
3. Combine flour, baking powder, and salt in medium bowl.
4. *Cut-in* shortening using a pastry blender until mixture resembles coarse meal.
5. Combine ice water and lemon juice in small bowl.
6. Sprinkle ice water mixture, 1 Tbsp. at a time, over surface of flour mixture. Toss with fork until dry ingredients are moistened.
7. Roll dough into an 11-inch circle.
8. Fit dough in prepared pie plate. Trim to ½-inch overhang.
9. Fold edges under and flute.
10. Pierce bottom and sides of dough with fork to allow steam to escape.
 11. Bake for 14 minutes or until lightly browned.
 12. Cool pie shell on wire rack. Set aside until ready to add filling.

Filling

Amounts	Ingredients	Amounts	Ingredients
½ cup	Sugar	1	Egg, slightly beaten
5 Tbsp.	Unsweetened cocoa	1 tsp.	Vanilla extract
¼ cup	Cornstarch		Nondairy whipped topping
2 cups	Fat-free milk		

Directions:

1. Combine sugar, cocoa, and cornstarch in medium saucepan.
2. Add milk gradually, stirring with a wire whisk until well blended.
3. Bring to a boil over medium heat. Cook 1 minute, stirring constantly.
4. Stir about one fourth of hot cocoa mixture into beaten egg. Add egg mixture to remaining hot cocoa mixture, stirring constantly.
5. Stir in vanilla.
6. Pour mixture into prepared crust. Let cool 1 hour on wire rack.
7. Chill 3 hours in refrigerator or until set.
8. Serve with nondairy whipped topping.

Nutrition Facts

Serving Size (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 340	Calories from Fat 140
% Daily Value	
Total Fat 15g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 210mg	9%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 8%	Iron 10%

Thinking About How to Cut-In

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to cut-in ingredients in a recipe.

2. List the utensils that can be used to cut-in ingredients in a recipe.

3. Which ingredients need to be cut-in when making a pie crust recipe?

4. What are the basic ingredients in a pastry? Which ingredient makes the pie crust flaky?

5. Use cookbooks or other resources to locate four or five recipes that require you to cut-in ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

6. In your own words, explain how to roll pie dough.

7. What happens if you handle the pie dough too much?

8. List and explain two types of decorative edges that can be used to seal the edges of the pie dough.

Lesson 27

Approximate Time: 120–180 minutes

A Taste of the World

Introduction: Have you ever attended a cultural event or food fair? If so, you are familiar with a variety of cultural foods and food customs. There is an immense array of food and food customs that were brought to the United States by immigrants from around the world. When you travel throughout the United States, you will discover food and food customs that represent each region of the country. It is interesting to eat a burrito in Albuquerque, New Mexico, or El Paso, Texas, and compare it to a burrito made in the Midwest. There is a distinct difference in flavor. How often have you thought about the origin of lasagna, chicken corn soup, sauerkraut, potato pancakes, Hoppin’ John, sweet potato pie, jambalaya, spätzle, or sopapillas? The American diet is a rich blend of foods from many cultures.

Learning Goals: After studying this lesson you will be able to:

- Expand personal awareness and experiences related to cultural foods and/or food customs.
- Reinforce, through practice, process skills used in food preparation to successfully complete a cultural food recipe.
- Appreciate the cultural food experience as a means to adding these traditional favorites to everyday meal plans.

Learning Activities: This lesson is an example of how to explore the variety of food customs and traditions that are available to us. It requires planning, research, and food preparation skills to understand and appreciate cultural food experiences. You will learn about ingredients and processes in the Taste of the World recipes.

- The recipes of Southern and Eastern Asia use many spices. *Curry powder* is a blend of 20 spices. It has a pungent, mild (Indonesia) to spicy-hot taste and is used with meat, fish, chicken, or vegetables. *Cumin seeds* are the main ingredient in curry powder. Cumin has a pungent, slightly bitter taste and is used with baked beans, rice, tomato sauce, and chili. *Coriander seeds* are another ingredient in curry powder. They have a taste similar to lemon peel and sage and therefore can be used in gingerbread, apple pie, sausage, and marinades. They may also be used to flavor soups, stew, roasts, or pickle mixes. *Turmeric* is a bitter Indian rhizome (root). It gives the deep-yellow color to curry powder and to certain pickle mixes. *Tamarind leaves* are used in curry sauces. The pulp of the pod has a date-like flavor. *Cilantro* is the fresh leaves of the coriander plant. Cilantro is sometimes referred to as Chinese parsley. It is used with Chinese, Italian, and Mexican dishes.
- *Black-eyed peas*, also called cow peas, are cream colored with a small, black spot on one side. They are used with the Hoppin’ John recipe in this lesson.
- *Cayenne pepper* is a very hot red pepper. It is used to flavor chili, corn bread, meats, and vegetables. Chiles, whether red, green, or yellow, are also very hot.
- *Gazpacho* is a cold, tomato-based vegetable soup. However, in Spain it can be made with or without tomatoes and served cold or at room temperature.
- *Smorgasbord* refers to a buffet arrangement of food. The smorgasbord originated in Sweden. Traditionally, cold fish such as herring, hot and cold meats, salads, breads, and a variety of cheeses and desserts are part of the smorgasbord spread. It is usually a service for large gatherings or special occasions.

(Continued on next page)

Lesson 27, continued

- *Marinate* means to soak food in a seasoned liquid. Food, such as fish or meat, is marinated to enhance flavor or to tenderize the food. Glass or plastic containers are best for marinating food. Marinate food in the refrigerator and turn occasionally.
1. **Recipe choice** Choose a recipe from the recipes that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Complementary recipes** Use a cookbook or Internet resource to find a cheese, fruit, or bread recipe to complement your chosen recipe. Write your recipes on recipe cards and note the resources and page numbers on which the recipes can be found in the resources.
 3. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe(s). Obtain these forms from your teacher. Plan a smorgasbord for the recipes prepared. Serve each recipe with an individual, international flare.
 - Day 1—Complete all pre-preparation of recipe foods and plans for serving.
 - Day 2—Complete the food preparation, serve the food, complete the taste-test, and clean up.
 4. **Performance test** In the foods lab, demonstrate for your teacher the food process skills needed to complete the recipe(s).
 5. **Evaluation** Sample the variety of the cultural foods that have been prepared in class. Use the *Taste-Test Evaluation* to score and to record comments on the appearance, taste, color, and texture of each recipe. As you sample the foods, demonstrate taste-testing etiquette. Complete *Thinking About a Taste of the World* at the end of this lesson. In addition, complete the *A Taste of the World Evaluation Rubric* supplied by your teacher.

Taste-Test Evaluation

Directions: Taste and compare each of the cultural food recipes prepared in class. Comment on the appearance, taste, color, and texture of each. Then score each recipe using the following rating scale: 5 = Excellent; 4 = Very Good; 3 = Good; 2 = Fair; 1 = Poor. A taste-test results in a personal preference for a particular food item(s). There is no right or wrong answer.

Recipe/Country	Appearance	Taste	Color	Texture	Score
Injera—Southwest Asia/Africa					
Baba Ganoush—Southwest Asia/Africa					
Scandinavian Marinated Cod—Europe					
Thai Chicken Satays—Southeastern Asia					

(Continued on next page)

Taste-Test Evaluation, continued

Recipe/Country	Appearance	Taste	Color	Texture	Score
Aloo Chat— Southeastern Asia					
Hoppin’ John— Southern U.S.					
Plantanas Tumulto— Latin America					
Gazpacho— Southern Europe/ Mediterranean					
Sticky Date Pudding— Australia/Oceania					
Caponata—Southern Europe/Italy					

1. Which food(s) scored the highest?

2. Which food(s) scored the lowest?

3. What conclusion can you draw about your food preferences?

4. How did you feel about the taste-test experience? Were the food products different from what you expected?

(Continued on next page)

A Taste of the World Evaluation Rubric

Written Assignment—Did you...					
	1	2	3	4	5
1. Complete all parts of the <i>Work Schedule</i> ?					
2. Delegate jobs to all group members?					
3. Create adequate time blocks for food preparation?					
4. Order all supplies on the <i>Market Order</i> properly?					
Preparation, Process, and Management—Did you...					
	1	2	3	4	5
1. Display knowledge of the processes needed to prepare the recipe(s)?					
2. Display knowledge of the equipment and utensils needed to measure ingredients and to prepare food(s) in the recipe(s)?					
3. Follow safety and sanitation rules?					
4. Work quietly and efficiently while preparing the recipe(s)?					
5. Work cooperatively as a team to complete the recipe(s)?					
6. Finish your work on time?					
Service—Did you...					
	1	2	3	4	5
1. Arrange and serve food items attractively?					
2. Demonstrate appropriate taste-testing etiquette?					
Clean Up—Did you...					
	1	2	3	4	5
1. Organize and clean work areas during food preparation?					
2. Wash, dry, and put away all dishes, utensils, and equipment?					
3. Leave the lab clean and orderly?					

Lesson 27, continued

Injera

Yield: 12-15 single-portion loaves (approximate)

Amounts	Ingredients	Amounts	Ingredients
1½ cups	Whole-wheat flour	3 cups	Warm water
1 cup	All-purpose flour	1 Tbsp.	Vegetable oil
½ tsp.	Baking powder	3 Tbsp.	Club soda or seltzer

Equipment: Blender, nonstick skillet

Directions:

1. Sift together whole-wheat flour, all-purpose flour, and baking powder. Set aside.
2. Place warm water into a blender. Add the flour mixture, cover, and blend slowly, gradually increasing to high speed.
3. With a rubber scraper, pour and scrape batter into a large mixing bowl. Add oil and stir. Add club soda or seltzer. Wait 10 minutes. Stir again.
4. Heat skillet over medium heat. With a ladle, spoon about ¼ cup of batter into skillet. Immediately turn skillet in a circular motion so that batter forms a thin film along the bottom.
5. Cook uncovered, until the top appears dry and holes appear in the surface. The edges of the “pancake” should begin to curl slightly.
6. With a pair of tongs or a turner, carefully transfer bread to paper towel to cool. Repeat to finish cooking all the batter.

Nutrition Facts

Serving Size (25g)	
Servings Per Container 15	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%

(Continued on next page)

Lesson 27, continued

Baba Ganoush

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
1 large	Eggplant	¼ cup	Parsley, chopped (as garnish)
2 Tbsp.	Lemon juice		Olive oil (optional)
1 clove	Garlic, minced	1 Tbsp.	
	Salt		

Equipment: Baking sheet or roasting pan

Directions:

1. Preheat oven to 400°F.
2. Cut eggplant in half. Place halves on baking sheet, cut side up.
3. Bake 45 to 60 minutes or until eggplant is soft and skin is shiny. Set eggplant aside until cool enough to handle.
4. Peel eggplant and discard skin.
5. Place pulp in a mixing bowl. Add lemon juice and mash well.
6. Add garlic and salt (to taste) and mix well.
7. Transfer mixture to a shallow serving dish and garnish with parsley. If desired, drizzle a tablespoon of olive oil over surface just before serving.
8. Serve as a side dish to grilled chicken or fish or as a dip with pita triangles.

Nutrition Facts

Serving Size (267g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 8%	• Vitamin C 110%
Calcium 2%	• Iron 4%

Tips for Success

- Garlic can be minced by using a special tool called a garlic press. If you do not have a garlic press, you can mince it with a knife.
- If fresh lemons are available, use the juice of one lemon instead of bottled lemon juice.
- Taste the dish before adding salt. Add a small amount, tasting after each addition.

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Lesson 27, continued

Scandinavian Marinated Cod

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
1 lb.	Cod fillets	1 tsp.	Salt
¼ cup	Olive oil	½ tsp.	Pepper
2 Tbsp.	Lemon juice	2 Tbsp.	Butter or margarine, melted
¼ cup	Finely chopped onion	2 Tbsp.	Vegetable oil

Equipment: Shallow baking dish, broiler pan

Directions:

1. Wash cod fillets in cold water and pat dry. Place in shallow baking dish.
2. In a small bowl, whisk together olive oil, lemon juice, onion, salt, and pepper.
3. Pour mixture over cod fillets. Let marinate 30 minutes (15 minutes on each side). Drain marinade from fillets and discard.
4. In another small bowl, blend melted butter or margarine with vegetable oil.
5. Preheat broiler.
6. Brush cold broiler grid with 1 Tbsp. butter and oil mixture.
7. Place cod fillets on broiler pan.
8. Broil fillets 10 minutes per inch of thickness, turning halfway through cooking time.
9. Brush fillets with remaining butter and oil mixture after turning.
10. When done, fish should flake easily with a fork.
11. Serve immediately.

Nutrition Facts

Serving Size (160g)	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 240
% Daily Value	
Total Fat 27g	42%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 65mg	22%
Sodium 690mg	29%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 20g	
Vitamin A 4%	• Vitamin C 8%
Calcium 2%	• Iron 4%

(Continued on next page)

Thai Chicken Satays

Yield: About 4 portions (20 satays, about 5 satays per portion)

Amounts	Ingredients	Amounts	Ingredients
1 lb.	Boneless, skinless chicken breasts	½ Tbsp.	Curry powder
1 Tbsp.	Lemon juice	1 Tbsp.	Sugar
1 Tbsp.	Lime juice	½ cup	Coconut milk or plain, nonfat yogurt
2 Tbsp.	Finely chopped onion		Vegetable cooking spray
1 Tbsp.	Garlic powder		

Equipment: Bamboo or wood skewers, broiler pan

Directions:

1. Place about 20 bamboo or wooden skewers in water to soak. Set aside.
2. Slice chicken breast into 1 × 4-inch strips. Place in medium bowl.
3. In a blender or food processor, blend remaining ingredients until smooth.
4. Reserve ¼ cup mixture and set aside.
5. Pour remaining mixture over chicken strips and marinate 15 minutes.
6. Preheat broiler.
7. Spray the broiler pan with vegetable cooking spray.
8. Thread each chicken strip onto a skewer and place on cold broiler pan.
9. Broil for about 5 minutes on each side until chicken is golden brown. Brush with reserved marinade while cooking to preserve moistness.
10. Serve hot.

Nutrition Facts

Serving Size (121g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 75mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 25g	
Vitamin A 2%	• Vitamin C 8%
Calcium 6%	• Iron 6%

Tip for Success

- Before slicing chicken, put it in the freezer for about 5 to 10 minutes to chill it. The chicken will be easier to slice.

Lesson 27, continued

Aloo Chat

Yield: About 6 portions

Amounts

½ lb.

3 cups
1 medium
3 cloves
1 Tbsp.

Ingredients

Potatoes, peeled and chopped
Water
Onion, minced
Garlic, minced
Ground cumin seeds

Amounts

2 tsp.

½ tsp.
2 oz.

Ingredients

Ground coriander seeds
Turmeric
Tamarind or apple juice
Fresh cilantro leaves, chopped

Equipment: Saucepan

Directions:

1. Place potatoes and water in saucepan. Bring to boil. Lower heat and simmer for 20 minutes or until potatoes are tender.
2. Place minced onion and garlic in a mixing bowl. Add cumin seeds, coriander seeds, turmeric, and tamarind or apple juice. Mix to combine.
3. Drain cooked potatoes. Transfer them, still hot, to the marinade. Stir to coat potato pieces with spice mixture.
4. Chill for at least 2 hours. Serve at room temperature, garnished with fresh cilantro leaves.

Nutrition Facts

Serving Size (73g)	
Servings Per Container 6	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 0%	• Vitamin C 8%
Calcium 2%	• Iron 4%

Tips for Success

- Tamarind juice can be obtained in ethnic and specialty food stores.
- Aloo Chat will keep 10 days in a closely covered container in the refrigerator.

(Continued on next page)

Lesson 27, continued

Hoppin' John

Yield: About 4 portions

Amounts	Ingredients	Amounts	Ingredients
1 cup	Chopped onion	2½ cups	Water
6 oz.	Ham, cut into 1-inch pieces	4 cups	Canned black-eyed peas, drained and rinsed
2 Tbsp.	Vegetable oil		Salt
Dash	Ground allspice		Pepper
Dash	Cayenne		Chopped green onion (optional)
1 cup	Instant rice		

Equipment: 2-quart saucepan

Directions:

1. Sauté onion and ham in vegetable oil until onion is golden and ham is lightly browned.
2. Stir in allspice and cayenne.
3. Add rice and toss until coated with oil.
4. Add water and bring to a boil. Reduce heat and simmer for 15 minutes.
5. Add black-eyed peas and simmer for another 5 minutes.
6. Remove pan from heat and cover. Let pan stand, covered, for 5 minutes.
7. Season to taste with salt and pepper.
8. Serve hot, garnished with chopped green onion, if desired.

Nutrition Facts

Serving Size (356g)	
Servings Per Container 4	
Amount Per Serving	
Calories 370	Calories from Fat 70
% Daily Value	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 6670mg	278%
Total Carbohydrate 59g	20%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 21g	
Vitamin A 0%	• Vitamin C 8%
Calcium 8%	• Iron 25%

Tip for Success

- Taste the dish before seasoning it with salt and pepper. It may already be seasoned to your taste because of the salt from the ham and other spices.

(Continued on next page)

Lesson 27, continued

Plantanas Tumulto (*Broiled Bananas*)

Yield: About 4 portions

Amounts	Ingredients	Amounts	Ingredients
4	Firm bananas, peeled	¼ cup	Brown sugar
2 Tbsp.	Lemon or lime juice	½ cup	Shredded coconut
2 Tbsp.	Butter or margarine		Light cream

Equipment: 10 × 6 × 2-inch baking pan

Directions:

1. Preheat broiler.
2. Slice bananas in half, lengthwise.
3. Place bananas cut side up in baking pan.
4. Sprinkle with lemon or lime juice.
5. Combine brown sugar and coconut. Cut in butter or margarine until mixture resembles coarse crumbs.
6. Sprinkle over bananas.
7. Place bananas 2 inches from heat and broil until sugar melts (watch carefully).
8. Serve warm with cream.

Nutrition Facts

Serving Size (161g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 9g	45%
<i>Trans Fat 0g</i>	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	16%
Sugars 33g	
Protein 2g	
Vitamin A 6%	• Vitamin C 25%
Calcium 2%	• Iron 4%

(Continued on next page)

Gazpacho (Cold Vegetable Soup)

Yield: About 4 portions

Amounts

1 (16-oz.) can

½ cup

½ cup

¼ cup

Ingredients

Whole tomatoes,
with liquid

Finely chopped
green peppers,
divided

Finely chopped
cucumber, divided

Chopped onion,
divided

Amounts

1 Tbsp.

1½ tsp.

1½ tsp.

¼ tsp.

¼ tsp.

½ cup

Ingredients

Vegetable oil

Ground cumin

Cider vinegar

Salt

Pepper

Croutons,
unseasoned

Equipment: Blender

Directions:

1. Put tomatoes in a blender (with liquid). Add ¼ cup green pepper, ¼ cup cucumber, ¼ cup onion, vegetable oil, cumin, cider vinegar, salt, and pepper. (Save remaining ingredients to serve as accompaniments to soup.)
2. Cover and blend ingredients on medium speed until smooth.
3. Place blended mixture in covered container. Refrigerate for 1 hour or longer.
4. Serve soup cold with croutons and remaining chopped ingredients as accompaniments.

Nutrition Facts

Serving Size (165g)
Servings Per Container 4

Amount Per Serving

Calories 80 Calories from Fat 35

% Daily Value

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 2g

Vitamin A 4% • Vitamin C 50%

Calcium 4% • Iron 6%

Tip for Success

- If you are preparing the gazpacho more than an hour ahead of time, chop only half the green peppers, cucumber, and onion. Wait until just before serving to chop the extra vegetables to use as accompaniments.

Sticky Date Pudding

Yield: About 8 portions

Amounts	Ingredients	Amounts	Ingredients
½ cup	Butter or margarine	½ tsp.	Vanilla
1¼ cups	Chopped pitted dates	1¾ tsp.	Baking powder
1½ cups	Water	Caramel Sauce	
1 tsp.	Baking soda	½ cup	Butter or margarine
¼ cup	Granulated sugar	¼ cup	Whipping cream
½ tsp.	Eggs	½ cup + 1 Tbsp.	Firmly packed brown sugar
1¼ cups	All-purpose flour	½ tsp.	Vanilla
½ tsp.	Salt		

Equipment: 9-inch round springform pan

Directions:

1. Preheat oven to 350°F. Grease a 9-inch round springform pan.
2. Place dates in a saucepan and cover with water.
3. Bring to a boil, reduce heat, and simmer 3 minutes. Add baking soda. Mixture will foam. Set aside.
4. In a mixing bowl, cream the butter or margarine, sugar, and eggs, adding the eggs one at a time.
5. Gently mix in flour, salt, and vanilla.
6. Slowly stir in the baking powder and ¼ cup of cooking liquid from dates. Stir until cake mixture resembles a thick pancake batter.
7. Drain dates. Stir into batter.
8. Pour batter into pan.
9. Bake for 30 to 40 minutes or until center springs back when touched.

Caramel Sauce:

- I. Combine butter or margarine, whipping cream, brown sugar, and vanilla. Bring to a boil. Reduce heat and simmer for 3 minutes.
- II. Drizzle some of the sauce over cake as it cools. Serve remaining sauce separately.

Nutrition Facts

Serving Size (121g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 4600mg	192%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 4g	
Vitamin A 10%	• Vitamin C 0%
Calcium 250%	• Iron 8%

(Continued on next page)

Caponata

Yield: About 6 portions

Amounts

1 large
2
1 large
2 Tbsp.
4 cloves
½ tsp.

Ingredients

Eggplant
Celery stalks, diced
Onion, diced
Olive oil
Garlic, minced
Dried oregano

Amounts

1 cup
2 Tbsp.
½ cup

Ingredients

Canned tomatoes, crushed
Tomato paste
Black olives, pitted and chopped

Equipment: Dutch oven with cover

Directions:

1. Slice eggplant crosswise into ½-inch thick pieces. Cut each slice into ½-inch thick strips, and cut strips into ½ inch cubes.
2. Sauté celery, onion, and garlic in oil about 5 minutes until soft.
3. Add eggplant, garlic, oregano, tomatoes, tomato paste, and olives.
4. Cover and cook over low heat for 15 to 20 minutes or until vegetables are soft and mixture has thickened slightly. Stir occasionally.
5. Allow to cool to room temperature.
6. Serve with savory crackers for dipping or on top of toasted slices of Italian bread.

Nutrition Facts

Serving Size (206g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0mg	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 6%	• Vitamin C 20%
Calcium 4%	• Iron 4%

Tip for Success

- Eggplant sometimes has a bitter taste. To remove the bitterness, salt the slices and place them on a baking sheet lined with paper towels, with a second baking sheet on top of them weighted down with several heavy pots. After an hour, pour off the accumulated juices. Gently rub the slices between clean paper towels to remove the salt and pat dry. Proceed with the recipe.

Thinking About a Taste of the World

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Identify and list five food processes used to prepare your cultural food recipe.

2. In your own words, explain how to complete two of the food processes that you identified in item 1.

3. List the utensils you used to complete the food processes you identified in item 1.

4. Research the country or culture that matches the recipe you prepared for this lesson. Describe the most popular food in each category. Write your findings on a separate sheet of paper and attach it to this lesson.

- Meat/fish/poultry
- Vegetable/fruit
- Source of carbohydrate
- Beverage
- Dessert

5. Describe a typical day's diet and compare it with foods that are served on special holidays or feasts.

6. How can cultural foods impact your meal plans?

Lesson 28

Approximate Time: 180 minutes

New & Improved: You Be the Judge

Introduction: Food and food products have changed over the last 50 years. What will food look like or taste like in the future? Will fresh fruits and vegetables be genetically engineered to produce larger, disease-resistant varieties? Will food analogs replace pizza, hamburgers, eggs, or bacon? Will your computer plan meals, monitor your food inventory, and program your appliances to cook your food? Technology continues to develop new food products, appliances, and utensils that minimize meal preparation time. Due to people's fast-paced lives, speed-scratch cooking and meals that take 30 minutes or fewer to prepare have become very popular. Does anyone prepare a home-cooked meal from scratch anymore? In this lesson, you will compare the benefits of home-cooked food with convenience food products. You can be the judge as to whether the benefits of home-cooked food outweigh the benefits of convenience food products.

Learning Goals: After completion of the comparison labs, you will be able to:

- Compare similar foods for cost, convenience, and taste.
- Analyze factors affecting food choices and defend when each factor might take precedence.
- Describe skills learned from preparing recipes that are part of the comparison lab.

Learning Activities: Consider what technology is possible in the realm of food preparation. Study the information below. Then follow steps 1 through 5 on this page and page 150 to complete this lesson. You will use new food products, appliances, utensils, or other equipment to complete this comparison lab.

- **Pudding Comparison** When completing the pudding comparison lab, you will learn how packaging technologies allow food products to be stored at room temperature without the growth of microorganisms. You will compare scratch pudding to a cooked pudding mix, an instant pudding mix, and a ready-made snack pudding.
- **Bread-Making Comparison** When completing the bread-making comparison lab, you will use a bread machine. A bread machine makes it easier to enjoy fresh-baked bread. It saves time by kneading the dough and regulating the time and temperature of the bread-making process. The bread machine offers the aroma of fresh-baked bread and the satisfaction of producing a home-prepared loaf of bread. You will be comparing bread made by machine to frozen bread dough and ready-made or bakery bread. Frozen bread dough just has to be thawed, allowed to rise, and baked.
- **Chicken Noodle Soup Comparison** When completing the chicken noodle soup comparison lab, you will compare a scratch recipe with a dehydrated soup product and a canned, condensed chicken noodle soup. Remember, dehydration is a process of removing moisture from food so microorganisms are not able to grow.

1. **Lab choice** Choose one of the comparison labs that are part of this lesson.
2. **Recipe choice** Select a recipe from those that accompany this lesson. If necessary, write the recipe on a recipe card.

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3. **Lab plan, part 1** Create a *Market Order* for the recipe and food products that are part of your chosen lesson. Be sure to keep track of the cost per serving of each item.

Pudding Comparison Lab

- A. Order all recipe ingredients for the chocolate pudding.
- B. Order one package (4-portion size) cooked, chocolate pudding mix and 2 cups of low-fat milk.
- C. Order one package (4-portion size) instant, chocolate pudding mix and 2 cups of low-fat milk.
- D. Order one package ready-made chocolate snack pudding.

Bread-Making Comparison Lab

- A. Order all recipe ingredients for the bread recipe.
- B. Order one package bread mix for use with bread machine.
- C. Order one loaf frozen bread dough.
- D. Order a half-loaf of ready-made or bakery bread.

Chicken Noodle Soup Comparison Lab

- A. Order all recipe ingredients for the chicken noodle soup recipe.
- B. Order one can condensed chicken noodle soup.
- C. Order one package dehydrated chicken noodle soup mix.
- D. Order one ready-made chicken noodle soup bowl.

4. **Lab plan, part 2** Create a *Work Schedule* for your comparison lab that allows time to prepare all food products.

- Keep track of preparation time.
- Decide on a buffet-type arrangement for your food products.
- Place a card (table tent) in front of each food product, indicating A, B, C, and D.
- Provide spoons, napkins, and paper plates divided into sections labeled A, B, C, and D.
- Provide an evaluation sheet at the end of the buffet.

5. **Evaluation** Complete the *Taste-Test Evaluation* and *Thinking About New & Improved: You Be the Judge* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

Chocolate Pudding

Yield: 4 portions

Amounts	Ingredients	Amounts	Ingredients
2/3 cup	Sugar	2 squares	Unsweetened chocolate, broken in pieces
2 Tbsp.	Cornstarch	1	Egg
1/4 tsp.	Salt	2 Tbsp.	Butter or margarine
2 cups	Low-fat milk	1 tsp.	Vanilla extract

Directions:

1. In a heavy saucepan or top of a double boiler, thoroughly mix the sugar, cornstarch, and salt.
2. Gradually stir in milk and unsweetened chocolate.
3. Cook over medium heat, stirring constantly, until thick and bubbly. Cook for 2 minutes more. Remove from heat.
4. Beat egg in a small bowl.
5. Add a small amount of the chocolate mixture to the egg and stir. Keep adding chocolate mixture until egg is warm to the touch.
6. Add egg mixture to saucepan and stir continuously. Cook over medium heat for 2 minutes.
7. Remove from heat. Stir in butter or margarine and vanilla until thoroughly mixed.
8. Serve warm or chilled.

Nutrition Facts

Serving Size (195g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 140
% Daily Value	
Total Fat 15g	23%
Saturated Fat 10g	50%
<i>Trans Fat</i> 0g	
Cholesterol 70mg	23%
Sodium 270mg	11%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	8%
Sugars 40g	
Protein 8g	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 15%

Tips for Success

- Gradually stirring a small amount of the cooked mixture into the beaten egg will help keep the egg from curdling.
- Stirring continuously while cooking the milk mixture helps keep a milk film or skin from forming on the surface of the mixture.

Bread Machine Recipe

Traditional White Bread

Yield: 1 lb. loaf (8 to 10 portions) or ½ lb. loaf (12 to 14 portions)

1 lb. Loaf

Amounts	Ingredients	Amounts	Ingredients
⅔ cup	Water, warmed to about 85°F	¾ tsp.	Salt
1½ Tbsp.	Butter or margarine	2 cups	Bread flour
1 Tbsp.	Sugar	2½ Tbsp.	Dry, powdered milk
		1½ tsp.	Active dry yeast

½ lb. Loaf

Amounts	Ingredients	Amounts	Ingredients
1 cup	Water, warmed to about 85°F	1 tsp.	Salt
2 Tbsp.	Butter or margarine	3 cups	Bread flour
½ Tbsp.	Sugar	¼ cup	Dry, powdered milk
		2 tsp.	Active dry yeast

Directions:

- Place ingredients in bread pan in the order listed. Reverse order only if the manual for your bread machine calls for dry ingredients first. (NOTE: Use an instant-read thermometer to check the water temperature. Water that is too hot will kill the yeast; water that is too cool will cause the yeast to grow too slowly.)
- Select Basic White Cycle.
- Press the start button.
- Remove bread from pan when bread is done baking. Follow manufacturer's directions.

1 lb. Loaf

Nutrition Facts	
Serving Size (36g)	
Servings Per Container 10	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 8%

½ lb. Loaf

Nutrition Facts	
Serving Size (38g)	
Servings Per Container 14	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 8%

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Bread Machine Recipe

Basic Whole-Wheat Bread

Yield: 1 lb. loaf (8 to 10 portions) or 1½ lb. loaf (12 to 14 portions)

1 lb. Loaf

Amounts	Ingredients	Amounts	Ingredients
¾ cup	Water, warmed to about 85°F	1 cup	Whole-wheat flour
1 Tbsp.	Butter or margarine	1 cup	All-purpose flour
2 tsp.	Sugar	3 Tbsp.	Dry, powdered milk
¾ tsp.	Salt	½ tsp.	Active dry yeast

1½ lb. Loaf

Amounts	Ingredients	Amounts	Ingredients
1 cup	Water, warmed to about 85°F	1½ cups	Whole-wheat flour
2 Tbsp.	Butter or margarine	1½ cups	All-purpose flour
1½ Tbsp.	Sugar	3 cups	Dry, powdered milk
1 tsp.	Salt	2 tsp.	Active dry yeast

Directions:

- Place ingredients in bread pan in the order listed. Reverse order only if the manual for your bread machine calls for dry ingredients first. (NOTE: Use an instant-read thermometer to check the water temperature. Water that is too hot will kill the yeast; water that is too cool will cause the yeast to grow too slowly.)
- Select the Basic Wheat Cycle; Light Setting.
- Press the start button.
- Remove bread from pan when bread is done baking. Follow manufacturer's directions.

1 lb. Loaf

Nutrition Facts	
Serving Size (33g)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%

1½ lb. Loaf

Nutrition Facts	
Serving Size (33g)	
Servings Per Container 14	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%

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Homemade Chicken Noodle Soup

Yield: 8 portions

Amounts	Ingredients
2½ lbs.	Broiler/fryer chicken, cut up
8 cups	Water
3 stalks	Celery with leaves, washed and sliced
1	Onion, peeled and chopped
2 Tbsp.	Fresh parsley, chopped
1 tsp.	Salt
½ tsp.	Pepper
1	Bay leaf
1 Tbsp.	Chicken bouillon granules

Amounts	Ingredients
4 medium	Carrots, washed, pared, and sliced
2 stalks	Celery, washed and sliced
1 small	Onion, peeled and chopped
1 cup	Medium egg noodles, uncooked
	Chopped fresh parsley, if desired for garnish

Directions: Part I: To make the chicken broth:

1. Place cleaned chicken (with excess fat and skin removed) in cold water in Dutch oven or stock pot.
2. Add celery, onion, parsley, salt, pepper, and bay leaf.
3. Bring mixture to a boil.
4. Reduce heat to low. Cover and simmer for 45 minutes or until chicken juice is no longer pink.
5. Remove chicken from broth. Cool chicken for 10 minutes or until cool enough to handle.
6. Debone chicken (remove skin and bones from chicken) and cut into small pieces.
7. Strain broth through strainer or cheese-cloth. Discard the cooked vegetables.

Directions: Part II: To make the chicken noodle soup:

8. Skim fat from surface of broth.
9. Add enough water to broth to measure 6 cups.
10. Add bouillon granules, carrots, celery, and onion.
11. Heat to boiling. Reduce heat to low. Cover and simmer about 20 minutes or until carrots are tender.
12. Stir in noodles and cut up chicken.
13. Heat to boiling. Reduce heat and simmer uncovered 7 to 10 minutes or until noodles are tender.
14. Serve hot. Top with chopped fresh parsley if desired.

Nutrition Facts

Serving Size (236g)	
Servings Per Container 8	
Amount Per Serving	
Calories 500	Calories from Fat 370
% Daily Value	
Total Fat 41g	63%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 620mg	26%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 22g	
Vitamin A 80%	• Vitamin C 15%
Calcium 6%	• Iron 10%

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Taste-Test Evaluation

Directions: Taste and compare the various food products that have been made for your comparison lab. On a scale of 1 to 5 (with 5 being the best), rate each food item in the categories listed in the chart below.

Type of comparison lab (check one): Pudding Bread Chicken Noodle Soup

	Food Items			
	Product A Scratch Recipe	Product B Convenience Mix	Product C Frozen, Dried, or Canned Item	Product D Ready-Made Item
Time Identify preparation time and rate.				
Cost Identify cost per serving of each product and rate.				
Appearance Evaluate the color of each item and rate.				
Taste Evaluate the flavor of each item and rate.				
Texture Evaluate the texture of each item and rate.				
Sense of Accomplishment Identify sense of accomplishment and rate.				

Additional Comments: _____

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Thinking About New and Improved: You Be the Judge

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Which food product did you rank the highest on the *Taste-Test Evaluation*? Why?

Which food product did you rank the lowest on the *Taste-Test Evaluation*? Why?

2. Think of a situation in which you would serve a food product made from:

- Recipe: _____
- Canned (condensed, ready-to-open, heat, serve): _____
- Pre-prepared (convenience mix or frozen): _____
- Off the shelf (open, heat if needed, serve): _____

3. Considering how long it takes to prepare a food product from a recipe, when or how often will you choose this option?

4. Considering the cost per serving of each food product, when or how often will you choose a convenience item?

5. Which option(s) gave you a sense of accomplishment? Explain.

6. Summarize the skills you acquired after using the recipe that was part of the comparison lab.

Standards Scorecard: Muffins

Directions: Rate the finished product in each of the following areas by circling the appropriate number on the scorecard.

	Excellent	Good	Fair	Poor
Exterior:				
• Uniform shape. Well-rounded top free of peaks and cracks.	4	3	2	1
• Uniform size. Lightweight compared to size.	4	3	2	1
• Uniform golden color.	4	3	2	1
• Tender crust, slightly rough and shiny.	4	3	2	1
Interior:				
• Color characteristic of muffin type, free from streaks.	4	3	2	1
• Rounded, even grain, free from tunnels.	4	3	2	1
• Tender texture, moist and light.	4	3	2	1
• Pleasing, well-blended flavor.	4	3	2	1
Total Score (32 Possible): _____				

Comments:

Standards Scorecard: Shortened Cakes

Directions: Rate the finished product in each of the following areas by circling the appropriate number on the scorecard.

	Excellent	Good	Fair	Poor
Exterior:				
• Uniform shape with slightly rounded top. No peaks or cracks.	4	3	2	1
• Uniform size. Light weight in proportion to size.	4	3	2	1
• Uniform golden brown color. (Color, however, may be affected by flavoring such as spices or chocolate.)	4	3	2	1
• Tender, smooth crust.	4	3	2	1
Interior:				
• Uniform color, characteristic of type of cake.	4	3	2	1
• Fine, even grain, free of tunnels.	4	3	2	1
• Velvety, moist, and tender texture.	4	3	2	1
• Not soggy or too dry.	4	3	2	1
• Pleasing flavor, well blended, and characteristic of type of cake.	4	3	2	1
Total Score (36 Possible): _____				

Comments:

Standards Scorecard: Unshortened Cakes

Directions: Rate the finished product in each of the following areas by circling the appropriate number on the scorecard.

	Excellent	Good	Fair	Poor
Exterior:				
• Uniform shape, free of cracks.	4	3	2	1
• Large volume. Very light weight in proportion to size.	4	3	2	1
• Uniform light brown color.	4	3	2	1
• Tender crust, free of moist, shiny spots.	4	3	2	1
Interior:				
• Uniform color, characteristic of type of cake.	4	3	2	1
• Small, uniform grain. No large air spaces or compact layer.	4	3	2	1
• Tender, feathery texture. Moist and light, not compact or soggy.	4	3	2	1
• Pleasing, delicate flavor, characteristic of type of cake.	4	3	2	1
Total Score (32 Possible): _____				

Comments:

Recipe Prepared: _____

Standards Scorecard: Cookies

Directions: Rate the finished product in each of the following areas by circling the appropriate number on the scorecard.

Cookie Type	Excellent	Good	Fair	Poor
Drop Cookies:				
• Fairly uniform mound shape.	4	3	2	1
• Delicately browned exterior.	4	3	2	1
• Slightly moist, tender texture.	4	3	2	1
• Flavor characteristic of ingredients.	4	3	2	1
Total Score (16 Possible): _____				
Bar Cookies:				
• Uniform, well-cut shape.	4	3	2	1
• Thin, delicate, tender crust.	4	3	2	1
• Rich, moist texture.	4	3	2	1
• Flavor characteristic of ingredients.	4	3	2	1
Total Score (16 Possible): _____				
Sliced (Refrigerator) Cookies:				
• Uniform, thin slices.	4	3	2	1
• Lightly browned exterior.	4	3	2	1
• Crisp and crunchy texture.	4	3	2	1
• Flavor characteristic of ingredients.	4	3	2	1
Total Score (16 Possible): _____				

Comments:

Standards Scorecard: Cookies (continued)

Cut-Out (Rolled) Cookies:	Excellent	Good	Fair	Poor
• Retain shape of cutter.	4	3	2	1
• Lightly browned surface.	4	3	2	1
• Texture crisp and thin or soft and thick, depending on variety.	4	3	2	1
• Rich flavor, depending on ingredients.	4	3	2	1
Total Score (16 Possible): _____				
Molded Cookies:				
• Uniform, well shaped.	4	3	2	1
• Delicately browned.	4	3	2	1
• Crisp and tender texture.	4	3	2	1
• Pleasing flavor characteristic of ingredients.	4	3	2	1
Total Score (16 Possible): _____				
Pressed Cookies:				
• Well-shaped and well-defined pattern of cookie press.	4	3	2	1
• Delicately browned edges.	4	3	2	1
• Very tender and crisp texture.	4	3	2	1
• Rich and buttery flavor.	4	3	2	1
Total Score (16 Possible): _____				

Comments:
