

# Culinary Arts Course Layout and Cooking Schedule

In order to provide Luther learners with an AMAZING culinary experience, students are asked to bring in KEY ingredients we will be using weekly. This could be problematic if a student assigned ingredients doesn't bring them in as it may mean our class will not be able to fully participate in the cooking experience. Therefore, it is **super important** that kids are responsible to bring in their ingredient when due - TUESDAYS of the week list. Below is the list of items. What your child is responsible for bringing in is highlighted below. KEEP THIS POSTED ON YOUR REFRIGERATOR.

**It will also be available on my website: [www.myclasscancook.com](http://www.myclasscancook.com)**

\*Let me know if this is a problem ASAP. Thanks! [lisaraluy@burbankusd.org](mailto:lisaraluy@burbankusd.org)

<p><b>Week of:</b> <i>August 15th</i></p> <p><b>Topic:</b> <b>Proper Food Handling</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Proper hand washing practice in the kitchen; TED talk (handwashing); Food Handling Packet; Food Handling Videos; <b>Proper Food Handling Quiz</b>; Foodborne Illness Worksheet</li> </ul> <p><b>In the Kitchen:</b> Properly washing dishes and keeping the kitchen clean</p> <p><b>Materials Needed:</b> 1 (5-pound) bag of all purpose flour 1 bottle canola oil</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen One</b></p> </div>
<p><b>Week of:</b> <i>August 22nd</i></p> <p><b>Topic:</b> <b>Kitchen Safety</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Kitchen safety worksheet with Google slide presentation; <b>Kitchen Safety Quiz</b>; Kitchen safety videos; Kitchen Safety Partner (Kitchen) Poster</li> </ul> <p><b>In the Kitchen:</b> Tour of Kitchen; kitchen logistics, kitchen assignments</p> <p><b>Materials Needed:</b> 1 bottle EXTRA VIRGIN olive oil 1 pound UNSALTED BUTTER</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen Two</b></p> </div>
<p><b>Week of:</b> <i>August 29th</i></p> <p><b>Topic:</b> <b>Knife Skills</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Utensils; <b>Utensils Quiz</b></li> <li>Knife skills video; <i>Good Eats</i> cuts an onion; TED ED <i>History of the Potato</i></li> </ul> <p><b>In the Kitchen:</b> Practice Cuts (julienne, chop, dice, cube, slice) <b>WE COOK: BASIC STOCK</b></p> <p><b>Materials Needed:</b> 1 bunch carrots, 1 bunch celery, 2 brown onions, 1 bunch parsley</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen Three</b></p> </div>
<p><b>Week of:</b> <i>September 5th</i> <i>*Labor Day</i></p> <p><b>Topic:</b> <b>Soup</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes worksheet:</b> Food Allergies</li> </ul> <p><b>In the Kitchen:</b></p> <ul style="list-style-type: none"> <li>Vegetable prep for soup</li> </ul> <p><b>WE COOK: CHICKEN TORTILLA SOUP</b></p> <p><b>Materials Needed:</b> 1 BUNCH fresh cilantro, 1 small package STREET TACO SIZE corn tortillas; 4 Roma tomatoes, 1 pasilla chili, 1 red onion</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen Four</b></p> </div>

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<p><i>Week of:</i> <i>September 12th</i></p> <p><b>Topic:</b> <b>Plating and Garnishing</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Ingredients used in Cooking; TED ED video <i>Importance of Salt and Pepper</i></li> </ul> <p><b>In the Kitchen:</b> Each kitchen gets to create their own food masterpiece using a variety of ingredients to garnish.</p> <p><b>WE COOK: BABY POTATOES AND CHOCOLATE CAKE</b> <b>Materials Needed:</b> 1 bag baby red rose OR Yukon gold potatoes, 2 bags frozen raspberries, one bunch parsley, 1 container sour cream</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen Five</b></p> </div>
<p><i>Week of:</i> <i>September 19th</i></p> <p><b>Topic:</b> <b>Eggs</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>The many culinary uses for eggs.</li> </ul> <p><b>In the Kitchen:</b> How to make the perfect hard-boiled egg And a solid breakfast casserole</p> <p><b>WE COOK: ULTIMATE BREAKFAST CASSEROLE</b> <b>Materials Needed:</b> 3 large Yukon gold potatoes, one brown onion, 1 bag baby spinach, 1 block cheddar cheese</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen Six</b></p> </div>
<p><i>Week of:</i> <i>September 26th</i></p> <p><b>Topic:</b> <b>Fruits</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Personification of a Fruit paragraph</b></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: FRUIT CROSTATAS</b> <b>Materials Needed:</b> 1 pound Granny Smith apples, one pound plums, one pound peaches, one bag white sugar</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen Seven</b></p> </div>
<p><i>Week of:</i> <i>October 3rd</i></p> <p><b>Topic:</b> <b>Vegetables</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Measurement and Equivalents</li> <li>Newsela article - <i>A Short History of Farming and Agriculture</i>; TED ED video <i>A History of Corn</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: VEGGIE NOODLES WITH GARLIC CREAM</b> <b>Materials Needed:</b> 3 large zucchini, 1 butternut squash, 1 pint heavy cream, 1 wedge parmesan cheese</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Kitchen One</b></p> </div>
<p><i>Week of:</i> <i>October 10th</i></p> <p><b>Topic:</b> <b>Salad</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Food in History</li> </ul> <p><b>In the Kitchen:</b> Each kitchen gets to create their own salad with their choice of HOMEMADE dressing! <b>WE COOK: SALAD AND DRESSING</b> *this is your choice and each kitchen will need to supply their own vegetables, protein, grain and ingredients for their dressing.. <b>Each salad MUST HAVE 4 different vegetables, 1 protein and 1 grain. PLUS, a homemade dressing.</b> <b>Materials Needed Vary by Kitchen:</b> Each kitchen will have to figure out their food materials.</p>

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<p><i>Week of:</i> <i>October 17th</i></p> <p><b>Topic:</b> <b>Pasta</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Pasta Worksheet with Pasta Google Slides; <i>Pasta Quiz</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: FRESH NOODLES WITH BOLOGNESE SAUCE</b></p> <p><b>Materials Needed:</b> 1 bunch Italian flat leaf parsley, 2 large cans <i>crushed</i> tomatoes, 1 large brown onion, 1 five pound bag all purpose flour</p>	<p><b>Students Assigned:</b> <b>Kitchen Two</b></p>
<p><i>Week of:</i> <i>October 24th</i></p> <p><b>Topic:</b> <b>Dumplings</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Different countries, different dumplings</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: SAMOSAS</b></p> <p><b>Materials Needed:</b> 1 package plant protein (<i>Beyond</i> brand or other) 1 large brown onion, 1 bunch fresh cilantro, 1 bag frozen peas</p>	<p><b>Students Assigned:</b> <b>Kitchen Three</b></p>
<p><i>Week of:</i> <i>October 31st</i></p> <p><b>Topic:</b> <b>Dairy</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Dairy Google Slides and Worksheet; <i>Dairy Quiz</i>; Cheese Handout/ possible tasting</li> </ul> <p><b>In the Kitchen:</b> <b>WE MAKE: ICE CREAM</b></p> <p><b>Materials Needed:</b> 1 quart heavy cream, 1 FIVE pound bag of sugar, 1 package frozen strawberries, 1 half gallon milk</p>	<p><b>Students Assigned:</b> <b>Kitchen Four</b></p>
<p><i>Week of:</i> <i>November 7th</i></p> <p><b>Topic:</b> <b>Yeast-Based Breads</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet</b> - Ingredients used in Baking; Basics of Bread Google Slides and worksheet; <i>Basics of Bread Quiz</i>; TED ED video - <i>What is Gluten?</i>; <i>Math at Work</i> Video</li> </ul> <p><b>In the Kitchen:</b> <b>WE BAKE: BRIOCHE BREAD</b></p> <p><b>Materials Needed:</b> 1 (5-pound) bag bread flour ; 1 pound UNSALTED butter; 1 bottle honey</p>	<p><b>Students Assigned:</b> <b>Kitchen Five</b></p>
<p><i>Week of:</i> <i>November 14th</i></p> <p><b>Topic:</b> <b>Quick Breads</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet - Basics of Bread Quiz</b></li> </ul> <p><b>In the Kitchen:</b> <b>WE MAKE: PUMPKIN BREAD WITH CREAM CHEESE FROSTING</b></p> <p><b>Materials Needed:</b> 2 (15-ounce) cans pumpkin puree; 1 package cream cheese, 1 bag confectioners' sugar,</p>	<p><b>Students Assigned:</b> <b>Kitchen 6</b></p>

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<p><i>Week of:</i> <i>November 21st</i></p> <p><b>Topic:</b> <b>Thanksgiving</b></p>	<p><b>In the Classroom:</b> History of Thanksgiving Google Slides</p>
<p><i>Week of:</i> <i>November 28th</i></p> <p><b>Topic:</b> <b>Meat</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Understanding Meat; <i>Meat Quiz</i></li> </ul> <p><b>In the Kitchen: Students Assigned:</b> <b>Kitchen 6</b></p> <p><b>WE MAKE: THE ULTIMATE CHARCUTERIE</b></p> <p><b>Materials Needed:</b> Each kitchen gets to design their own charcuterie board which must have one kind of fruit (dried or fresh), one vegetable, one type of condiment (pickles, cornichon, olives, artichoke hearts) one type of cheese, two types of meat, one spread and one bread/cracker. EVERY student should participate (unless it's not possible in which Ms. Raluy should be notified)</p>
<p><i>Week of:</i> <i>December 5th</i></p> <p><b>Topic:</b> <b>Legumes</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>One Ingredient, Many Cultures</b></li> </ul> <p><b>In the Kitchen:</b> <b>WE BAKE: HUMMUS and PITA CRISPS</b> <b>Kitchen Five</b></p> <p><b>Materials Needed:</b> 1 package pita bread, two cans garbanzo (chickpeas), 3 lemons, 1 bottle olive oil</p> <p style="text-align: right;"><b>Students Assigned Kitchen Seven</b></p>
<p><i>Week of:</i> <i>December 12th</i></p> <p><b>Topic:</b> <b>17th Annual Cookie Contest</b></p> <p><b>Week of December 19th: Kitchen Clean-Out and Final Exam.</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>TED ED <i>Chemistry of a Cookie</i>; Newsela article <i>Eating Raw Cookie Dough</i></li> <li>Each kitchen must submit a recipe using the provided "recipe template" in Google classroom. Recipes must contain a picture of the cookies the kitchen created.</li> <li>Luther Staff judge cookies based on: <i>creativity, taste and presentation.</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE BAKE: COOKIES!!</b> Each kitchen prepares cookies for the contest.</p> <p><b>Materials Needed:</b> These will depend on cookie recipes chosen by each kitchen and each kitchen is responsible to bring in what they need except for: <b>flour, sugars, eggs, spices, unsalted butter, baking soda and baking powder.</b></p>