

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

*Let me know if this is a problem ASAP. Thanks! lisaraluy@burbankusd.org

<p><i>Week of:</i> January 3rd</p> <p>Topic: Proper Food Handling</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Proper hand washing practice in the kitchen; TED talk (handwashing); Food Handling Packet; Food Handling Videos; <i>Proper Food Handling Quiz</i>; Foodborne Illness Worksheet <p>In the Kitchen: Properly washing dishes and keeping the kitchen clean</p> <p>Materials Needed: 1 (5-pound) bag of all purpose flour 1 bottle canola oil</p> <div data-bbox="992 604 1479 779" style="border: 1px solid black; padding: 5px;"> <p>Students Assigned: Jeffrey Erik Jotham</p> </div>
<p><i>Week of:</i> January 10th</p> <p>Topic: Kitchen Safety</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Kitchen safety worksheet with Google slide presentation; <i>Kitchen Safety Quiz</i>; Kitchen safety videos; Kitchen Safety Partner (Kitchen) Poster <p>In the Kitchen: Tour of Kitchen; kitchen logistics, kitchen assignments</p> <p>Materials Needed: 1 bottle EXTRA VIRGIN olive oil 1 pound UNSALTED BUTTER</p> <div data-bbox="992 1087 1479 1241" style="border: 1px solid black; padding: 5px;"> <p>Students Assigned: Andrew Destiny Emma Katherine</p> </div>
<p><i>Week of:</i> January 17th</p> <p>Topic: Knife Skills</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes Worksheet: Utensils; <i>Utensils Quiz</i> Knife skills video; <i>Good Eats</i> cuts an onion; TED ED <i>History of the Potato</i> <p>In the Kitchen: Practice Cuts (julienne, chop, dice, cube, slice) WE COOK: STOCK</p> <p>Materials Needed: 1 bag unpeeled large carrots; 1 bunch celery 2 brown onions; one bunch parsley</p> <div data-bbox="992 1514 1479 1682" style="border: 1px solid black; padding: 5px;"> <p>Students Assigned: Brianna Malaya Amberlyn</p> </div>
<p><i>Week of:</i> January 24th</p> <p>Topic: Soup</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes worksheet: Food Allergies <p>In the Kitchen:</p> <ul style="list-style-type: none"> Vegetable prep for soup <p>WE COOK: MATZO BALL SOUP</p> <p>Materials Needed: 1 BUNCH fresh carrots (not baby, please), 1 bunch celery, 3 lemons, one bunch fresh dill</p> <div data-bbox="992 1808 1479 1944" style="border: 1px solid black; padding: 5px;"> <p>Students Assigned: Jaden Tatev Gohar</p> </div>

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<p><i>Week of:</i> <i>January 31st</i></p> <p>Topic: Eggs</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> The many culinary uses for eggs. <p>In the Kitchen: How to make the perfect hard-boiled egg WE COOK: CREPE-LETTE</p> <p>Materials Needed: 5 Roma tomatoes; 1 bunch cilantro; one red onion; 2 cans black beans</p>	<p>Students Assigned: Giovanni Leah Kiley Sage</p>
<p><i>Week of:</i> <i>February 7th</i></p> <p>Topic: Fruits</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Personification of a Fruit paragraph <p>In the Kitchen: WE COOK: FRUIT SALSA WITH CINNAMON CRISPS</p> <p>Materials Needed: 2 packages strawberries; 2 apples; 1 can pineapple rings; 4 kiwi fruits</p>	<p>Students Assigned: Daniel Jacob Ruben</p>
<p><i>Week of:</i> <i>February 14th</i></p> <p>Topic: Legumes</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Beans Around the World One-Pager <p>In the Kitchen: WE COOK: BLACK BEAN BURGERS</p> <p>Materials Needed: 3 avocados; 3 cans black beans; 1 package hamburger buns</p>	<p>Students Assigned: Sara Jayden Oscar Korbin</p>
<p><i>Week of:</i> <i>February 21st</i></p> <p>Topic: Vegetables</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes Worksheet: Measurement and Equivalents Newsela article - <i>A Short History of Farming and Agriculture</i>; TED ED video <i>A History of Corn</i> <p>In the Kitchen: WE COOK: VEGGIE NOODLES</p> <p>Materials Needed: 1 large zucchini; 1 large sweet potato; 1 large butternut squash; 1 jar marinara sauce</p>	<p>Students Assigned: Elizabeth Andrew Jeffrey</p>
<p><i>Week of:</i> <i>February 28th</i></p> <p>Topic: Ultimate Charcuterie</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes Worksheet: Ingredients used in Cooking; TED ED video <i>Importance of Salt and Pepper</i> <p>In the Kitchen: Each kitchen gets to create their own charcuterie platter (meat and cheese) with their choice of spread. WE COOK: CHARCUTERIE *this is your choice and each kitchen will need to supply their own food materials for their board. Each charcuterie platter MUST HAVE 1 cheese; 1 meat; 1 fruit; 1 vegetable (can be olives); one bread choice/cracker, 1 spread</p>	
<p><i>Week of:</i> <i>March 7th</i></p> <p>Topic: Salad</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes Worksheet: Food in History <p>In the Kitchen: Each kitchen gets to create their own salad with their choice of HOMEMADE dressing! WE COOK: SALAD AND DRESSING *this is your choice and each kitchen will need to supply their own vegetables, protein, grain and ingredients for their dressing.. Each salad MUST HAVE 4 different vegetables, 1 protein (this can be canned beans, and 1 grain. PLUS, a homemade dressing. Materials Needed Vary by Kitchen: Each kitchen will have to figure out their food materials.</p>	

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<p><i>Week of:</i> <i>March 14th</i></p> <p>Topic: Pasta</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Pasta Worksheet with Pasta Google Slides; <i>Pasta Quiz</i> <p>In the Kitchen: WE COOK: HOMEMADE MANICOTTI</p> <p>Materials Needed: 1 bag frozen spinach; 1 wedge parmesan cheese; 1 container ricotta cheese; 1 bunch parsley</p>	<p>Students Assigned: Jotham Eric Destiny</p>
<p><i>Week of:</i> <i>March 28th</i></p> <p>Topic: Dumplings</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Dumplings Around the World - one pager <p>In the Kitchen: WE COOK: PIEROGIS</p> <p>Materials Needed: 1 container sour cream; 3 pounds YUKON GOLD potatoes; 1 brown onion, 1 bunch Italian flat-leaf parsley</p>	<p>Students Assigned: Katherine Emma Brianna</p>
<p><i>Week of:</i> <i>April 4th</i></p> <p>Topic: Dairy</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Dairy Google Slides and Worksheet; <i>Dairy Quiz</i>; Cheese Handout/ possible tasting <p>In the Kitchen: WE COOK: ICE CREAM</p> <p>Materials Needed: 1 5-lb bag of sugar; 1 quart heavy cream; 1 quart whole milk; 1 bag chocolate chips</p>	<p>Students Assigned: Malaya Amberlynn Jaden</p>
<p><i>Week of:</i> <i>April 11th</i></p> <p>Topic: Yeast-Based Breads</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes Worksheet - 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 <p>In the Kitchen: WE BAKE: PITA BREAD</p> <p>Materials Needed: 1 (5-pound) bag bread flour ; 1 bottle extra virgin olive oil</p>	<p>Students Assigned: Tatev Gohar Giovanni</p>
<p><i>Week of:</i> <i>April 18th</i></p> <p>Topic: Quick Breads</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Culinary Themes Worksheet - <i>Basics of Bread Quiz</i> <p>In the Kitchen: WE MAKE: DUTCH PANCAKES</p> <p>Materials Needed: 1 5-lb bag all-purpose flour; 1 pint heavy cream; 1 package berries; 1 quart buttermilk</p>	<p>Students Assigned: Leah Kiley Daniel</p>

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<p><i>Week of:</i> April 25th</p> <p>Topic: Cookies</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> TED ED <i>Chemistry of a Cookie</i>; Newsela article <i>Eating Raw Cookie Dough</i> <p>In the Kitchen: WE BAKE: CHOCOLATE CHIP COOKIES</p> <p>Materials Needed: 1 bag chocolate chips; 1 bag brown sugar; 1 pound UNSALTED BUTTER</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>Students Assigned: Sage Jacob Ruben</p> </div>
<p><i>Week of:</i> May 2nd</p> <p>Topic: Rice</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Rice Around the World - one pager <p>In the Kitchen: WE COOK: ARANCINI</p> <p>Materials Needed: 2 quarts chicken stock; 1 large brown onion; 1 wedge parmesan cheese; 2 lemons</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>Students Assigned: Sara Jayden Oscar</p> </div>
<p><i>Week of:</i> May 9th</p> <p>Topic: Meat</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Understanding Meat; <i>Meat Quiz</i> <p>In the Kitchen: WE COOK: MEATLOAF</p> <p>Materials Needed: 2 cans tomato paste; 3 large brown onions; 2 packages PANKO</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>Students Assigned: Elizabeth</p> </div>
<p><i>Week of:</i> May 16th</p> <p>Topic: 16th Annual Chili Contest</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> TED ED <i>Chemistry of a Cookie</i>; Newsela article <i>Eating Raw Cookie Dough</i> Each kitchen must submit a recipe using the provided “recipe template” in Google classroom. Recipes must contain a picture of the chili the kitchen created. Luther Staff judge chili based on: <i>creativity, taste and presentation.</i> <p>In the Kitchen: WE COOK: CHILI</p> <p>Materials Needed: These will depend on chili recipes chosen by each kitchen and each kitchen is responsible to bring in what they need except for: beef, turkey, spices, garlic, onions, salt.</p>

Week of May 23rd: Kitchen Clean-Out and Final Exam.