

# 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><i>Week of:</i> <b>January 9th</b></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; <i>Proper Food Handling Quiz</i>; 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; text-align: center;"> <p><b>Students Assigned:</b> <b>KITCHEN 1</b></p> </div>
<p><i>Week of:</i> <b>January 18th</b></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; <i>Kitchen Safety Quiz</i>; 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; text-align: center;"> <p><b>Students Assigned:</b> <b>KITCHEN 2</b></p> </div>
<p><i>Week of:</i> <b>January 23rd</b></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; <i>Utensils Quiz</i></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: STOCK</b></p> <p><b>Materials Needed:</b> 1 bag unpeeled large carrots; 1 bunch celery 2 brown onions; one bunch parsley</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Students Assigned:</b> <b>KITCHEN 3</b></p> </div>
<p><i>Week of:</i> <b>January 30th</b></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 RAMEN</b></p> <p><b>Materials Needed:</b> 1 package snow peas, 1 package bean sprouts, 1 bunch green onions, 1 bunch cilantro, 1 package nori (seaweed)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Students Assigned:</b> <b>KITCHEN 4</b></p> </div>

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<p><b>Week of:</b> <i>February 6th</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 <b>WE COOK: CREPE-LETTE</b></p> <p><b>Materials Needed:</b> 2 shallots, 1 small block cheddar cheese, 1 pound UNSALTED butter</p>	<p><b>Students Assigned:</b> <b>KITCHEN 5</b></p>
<p><b>Week of:</b> <i>February 13th</i></p> <p><b>Topic:</b> <b>Fruits</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Personification of a Fruit paragraph</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: FRUIT TERRINE (GEL-O)</b></p> <p><b>Materials Needed:</b> 1 package strawberries, one package blackberries, 3 kiwi fruits, 1 mango</p>	<p><b>Students Assigned:</b> <b>KITCHEN 6</b></p>
<p><b>Week of:</b> <i>February 20th</i></p> <p><b>Topic:</b> <b>Legumes</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Beans Around the World One-Pager</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: REFRIED BLACK BEAN DIP</b></p> <p><b>Materials Needed:</b> 2 avocados; 1 block Monterey Jack cheese, 4 Roma tomatoes, 1 brown onion, 1 bunch cilantro, 1 bag tortilla chips</p>	<p><b>Students Assigned:</b> <b>KITCHEN 7</b></p>
<p><b>Week of:</b> <i>February 27th</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 Equivalent</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: BLANCHED STRING BEANS and BROCCOLI</b></p> <p><b>Materials Needed:</b> 2 pounds green beans 2 HEADS broccoli 1 bottle extra virgin olive oil 4 shallots</p>	<p><b>Students Assigned</b> <b>KITCHEN 1</b></p>
<p><b>Week of:</b> <i>March 6th</i></p> <p><b>Topic:</b> <b>Cookies</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> </ul> <p><b>In the Kitchen:</b> <b>WE BAKE: CHOCOLATE CHIP COOKIES</b></p> <p><b>Materials Needed:</b> 1 bag chocolate chips; 1 bag brown sugar; 1 pound UNSALTED BUTTER</p>	<p><b>Students Assigned</b> <b>KITCHEN 2</b></p>
<p><b>Week of:</b> <i>March 13th</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 (this can be canned beans, and 1 grain. PLUS, a homemade dressing.</b></p> <p><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>March 27th</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: HOMEMADE BOWTIES</b></p> <p><b>Materials Needed:</b> 1 wedge parmesan cheese; 1 bunch parsley, 2 cans <i>PETITE</i> diced tomatoes</p>	<p><b>Students Assigned</b> <b>KITCHEN 3</b></p>
<p><i>Week of:</i> <i>April 3rd</i></p> <p><b>Topic:</b> <b>Empanadas</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Small Pies Around the World - one pager</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: EMPANADAS</b></p> <p><b>Materials Needed:</b> 1 container sour cream; 1 pound SWEET POTATOES, 1 pound YUKON GOLD potatoes; 1 brown onion, 1 bunch Italian flat-leaf parsley</p>	<p><b>Students Assigned:</b> <b>KITCHEN 4</b></p>
<p><i>Week of:</i> <i>April 10th</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 COOK: ICE CREAM</b></p> <p><b>Materials Needed:</b> 1 5-lb bag of sugar; 1 quart heavy cream; 1 quart whole milk; 1 bag chocolate chips</p>	<p><b>Students Assigned:</b> <b>KITCHEN 5</b></p>
<p><i>Week of:</i> <i>April 17th</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: NAAN</b></p> <p><b>Materials Needed:</b> 1 (5-pound) bag bread flour ; 1 bottle extra virgin olive oil, 1 (16 ounce) container PLAIN Greek yogurt</p>	<p><b>Students Assigned:</b> <b>KITCHEN 6</b></p>
<p><i>Week of:</i> <i>April 24th</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</b> - <i>Basics of Bread Quiz</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE MAKE: DUTCH PANCAKES</b></p> <p><b>Materials Needed:</b> 1 5-lb bag all-purpose flour; 1 pint heavy cream; 1 package berries; 1 quart buttermilk</p>	<p><b>Students Assigned:</b> <b>KITCHEN 7</b></p>

# Culinary Arts Course Layout and Cooking Schedule

<p><i>Week of:</i> <i>May 1st</i></p> <p><b>Topic:</b> <b>Ultimate Charcuterie</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 charcuterie platter (meat and cheese) with their choice of spread. <b>WE COOK: CHARCUTERIE</b> *this is your choice and each kitchen will need to supply their own food materials for their board. <b>Each charcuterie platter MUST HAVE 1 cheese; 1 meat; 1 fruit; 1 vegetable (can be olives); one bread choice/cracker, 1 spread</b></p>
<p><i>Week of:</i> <i>May 8th</i></p> <p><b>Topic:</b> <b>Rice</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Rice Around the World - one pager</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: FRIED RICE</b></p> <p><b>Materials Needed:</b> 2 quarts chicken stock, 2 bunches green onions, 1 bag frozen peas, 1 bunch cilantro</p> <div data-bbox="987 684 1523 863" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Ms. Raluy</b></p> </div>
<p><i>Week of:</i> <i>May 15th</i></p> <p><b>Topic:</b> <b>17th Annual Chili Contest</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Understanding Meat Google slides and Quiz</li> <li>Each kitchen will create their own chili and Luther Staff judge chili based on: <i>creativity, taste and presentation.</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: CHILI</b></p> <p><b>Materials Needed:</b> 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 22nd: Kitchen Clean-Out and Final Exam.**