

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 listed below. 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>Week of: <i>August 14th</i></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 (4-pound) bag of sugar</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">Kitchen One</div>
<p>Week of: <i>August 21nd</i></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 style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">Kitchen Two</div>
<p>Week of: <i>August 28th</i></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: BASIC STOCK</p> <p>Materials Needed: 1 bunch carrots, 1 bunch celery, 2 brown onions, 1 bunch Italian flat-leaf parsley</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">Kitchen Three</div>
<p>Week of: <i>September 4th</i> <i>*Labor Day</i></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: LENTIL SOUP</p> <p>Materials Needed: 1 bag dried BROWN lentils, one large brown onion, 1 bag baby spinach, 2 Yukon gold potatoes, one bunch Italian flat-leaf parsley</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">Kitchen Four</div>

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<p><i>Week of:</i> <i>September 11th</i></p> <p>Topic: Plating and Garnishing</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 food masterpiece using a variety of ingredients to garnish.</p> <p>WE COOK: MASHED POTATOES AND CHOCOLATE CAKE</p> <p>Materials Needed: 1 bag Yukon gold potatoes, 1 bag frozen raspberries, one bunch Italian flat-leaf parsley, one bunch scallions, 1 pint heavy cream</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">Kitchen Five</h2> </div>
<p><i>Week of:</i> <i>September 18th</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 And a solid breakfast casserole</p> <p>WE COOK: THE BEST SCRAMBLED EGGS</p> <p>Materials Needed: 1 bunch Italian flat-leaf parsley, 1 pound UNSALTED butter, 1 block cheddar cheese (NOT shredded)</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">Kitchen Six</h2> </div>
<p><i>Week of:</i> <i>September 25th</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: Peach Cobbler</p> <p>Materials Needed: 1 quart buttermilk, 1 - 5 pound bag of all-purpose flour, 2 pounds fresh peaches</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">Kitchen Seven</h2> </div>
<p><i>Week of:</i> <i>October 2nd</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: CAULIFLOWER STEAKS WITH HERBED SALSA VERDE and/or TOMATO BUTTER</p> <p>Materials Needed: 1 head cauliflower, one pound UNSALTED butter, 1 bunch Italian flat-leaf parsley, 1 bunch cilantro, 2 lemons</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">Kitchen One</h2> </div>
<p><i>Week of:</i> <i>October 9th</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!</p> <p>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 and 1 grain. PLUS, a homemade dressing.</p> <p>Materials Needed Vary by Kitchen: Each kitchen will have to figure out their food materials.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p style="margin: 0;">Everyone contributes to the salad of their design</p> </div>

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<p><i>Week of:</i> <i>October 16th</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: OVERNIGHT MAC AND CHEESE</p> <p>Materials Needed: 1 bunch Italian flat leaf parsley, one block cheddar cheese, 1 quart half and half, 2 pounds small elbow macaroni</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Two</h2> </div>
<p><i>Week of:</i> <i>October 23th</i></p> <p>Topic: Dumplings</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Different countries, different dumplings <p>In the Kitchen: WE COOK: GYOZA</p> <p>Materials Needed: 1 package round won-ton (gyoza) wrappers, 1 small head GREEN cabbage, 1 bunch scallions, 1 bunch cilantro, 1 bottle canola oil</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Three</h2> </div>
<p><i>Week of:</i> <i>October 30th</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 MAKE: HORCHATA MILKSHAKE</p> <p>Materials Needed: 1 quart heavy cream, 1 FIVE pound bag of sugar, 2 cans sweetened condensed milk</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Four</h2> </div>
<p><i>Week of:</i> <i>November 6th</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: BAGELS</p> <p>Materials Needed: 1 (5-pound) bag all-purpose flour ; 1 container whipped cream cheese, 1 bunch chives</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Five</h2> </div>
<p><i>Week of:</i> <i>November 13th</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: CINNAMON SWIRL PUMPKIN BREAD</p> <p>Materials Needed: 2 (15-ounce) cans pumpkin puree; 1 (4-pound) bag of sugar,</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Six</h2> </div>

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<p><i>Week of:</i> <i>November 20th</i></p> <p>Topic: Thanksgiving</p>	<p>In the Classroom: History of Thanksgiving Google Slides</p>
<p><i>Week of:</i> <i>November 27th</i></p> <p>Topic: Meat</p>	<p>In the Classroom: <ul style="list-style-type: none"> Understanding Meat; <i>Meat Quiz</i> <p>In the Kitchen: WE MAKE: THE ULTIMATE CHARCUTERIE</p> <p>Everyone contributes to the charcuterie of their design</p> <p>Materials Needed: 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>
<p><i>Week of:</i> <i>December 4th</i></p> <p>Topic: Legumes</p>	<p>In the Classroom: <ul style="list-style-type: none"> One Ingredient, Many Cultures <p>In the Kitchen: WE BAKE: MEDITERRANEAN BEAN SALAD AND BLACK BEAN BROWNIES</p> <p>Materials Needed: 1 package feta cheese, one large English cucumber, 2 Roma tomatoes, one bunch Italian flat-leaf parsley, one bunch scallions</p> </p>
<p><i>Week of:</i> <i>December 11th</i></p> <p>Topic: 17th Annual Cookie Contest</p>	<p>In the Classroom: <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 cookies the kitchen created. Luther Staff judge cookies based on: <i>creativity, taste and presentation.</i> <p>In the Kitchen: WE BAKE: COOKIES!! Each kitchen prepares cookies for the contest.</p> <p>Materials Needed: These will depend on cookie recipes chosen by each kitchen and each kitchen is responsible to bring in what they need except for: flour, sugars, eggs, spices, unsalted butter, baking soda and baking powder.</p> </p>

Week of December 18th: Kitchen Clean-Out and Final Exam.