

# 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 asked to bring in is highlighted below. It's a great idea to 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>August 12th</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 (4-pound) bag of sugar 1 roll paper towels</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"><b>Kitchen One</b></div>
<p><i>Week of:</i> <b>August 19th</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 1 roll paper towels</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"><b>Kitchen Two</b></div>
<p><i>Week of:</i> <b>August 26th</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: BASIC VEGETABLE and CHICKEN STOCKS</b></p> <p><b>Materials Needed:</b> 1 bunch carrots, 1 bunch celery, 2 brown onions, 2 parsnips (next to carrots), one head garlic</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"><b>Kitchen Three</b></div>
<p><i>Week of:</i> <b>September 2nd</b> <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: ZUPPA TOSCANA (like Olive Garden)</b></p> <p><b>Materials Needed:</b> One large brown onion, 1 bunch kale, 3 Yukon gold potatoes, one quart heavy cream, one package bacon</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"><b>Kitchen Four</b></div>

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<p><i>Week of:</i> <i>September 9th</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: TWO POTATO GRATIN</b></p> <p><b>Materials Needed:</b> 3 Yukon gold potatoes, 2 large sweet potatoes, 1 pint heavy cream, one block cheddar cheese (not shredded), one bunch chives</p> <div style="border: 1px solid black; padding: 10px; text-align: center; font-size: 1.5em; font-weight: bold;">Kitchen Five</div>
<p><i>Week of:</i> <i>September 16th</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: THE BEST SCRAMBLED EGGS</b></p> <p><b>Materials Needed:</b> 1 bunch scallions, 1 pound UNSALTED butter, one bottle EXTRA virgin olive oil</p> <div style="border: 1px solid black; padding: 10px; text-align: center; font-size: 1.5em; font-weight: bold;">Kitchen Six</div>
<p><i>Week of:</i> <i>September 23th</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</b> paragraph</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: FRUIT SUSHI</b></p> <p><b>Materials Needed:</b> 1 can coconut milk, 1 package strawberries, 2 kiwi fruits, one pineapple</p> <div style="border: 1px solid black; padding: 10px; text-align: center; font-size: 1.5em; font-weight: bold;">Kitchen Seven</div>
<p><i>Week of:</i> <i>September 30th</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 Equivalentents</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: RICED CAULIFLOWER FRIED RICE</b></p> <p><b>Materials Needed:</b> 1 head cauliflower, 1 bag carrots, one bag frozen peas, 1 bunch scallions, one bottle LOW sodium soy sauce</p> <div style="border: 1px solid black; padding: 10px; text-align: center; font-size: 1.5em; font-weight: bold;">Kitchen One</div>
<p><i>Week of:</i> <i>October 7th</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!</p> <p><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></p> <p><b>Materials Needed Vary by Kitchen:</b> Each kitchen will have to figure out their food materials.</p> <div style="border: 1px solid black; padding: 10px; text-align: center; font-size: 1.2em; font-weight: bold;">Everyone contributes to the salad of their design</div>

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<p><i>Week of:</i> <i>October 14th</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: SPINACH RAVIOLI</b></p> <p><b>Materials Needed:</b> 1 bag baby spinach, 1 container ricotta cheese, 1 wedge parmesan cheese, 1 pint heavy cream</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Two</h2> </div>
<p><i>Week of:</i> <i>October 21st</i></p> <p><b>Topic:</b> <b>Hand Pies</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: GREEK HAND PIES</b></p> <p><b>Materials Needed:</b> 1 (5-pound) bag of flour, 1 bag baby spinach, 1 package feta cheese, one large brown onion</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Three</h2> </div>
<p><i>Week of:</i> <i>October 28th</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: PANNA COTTA</b></p> <p><b>Materials Needed:</b> 1 quart heavy cream, 1 (FOUR pound) bag of sugar, 1 bag frozen strawberries, 1 package FRESH raspberries</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Four</h2> </div>
<p><i>Week of:</i> <i>November 4th</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: HAWAIIAN ROLLS</b></p> <p><b>Materials Needed:</b> 1 (5-pound) bag all-purpose flour ; 1 jar/bag sesame seeds, one pound UNSalted butter, 1 quart milk</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>Kitchen Five</h2> </div>
<p><i>Week of:</i> <i>November 11th</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>Culinary Themes Worksheet - <i>Basics of Bread Quiz</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE MAKE: PUMPKIN CREPE CAKE</b></p> <p><b>Materials Needed:</b> 1 (15-ounce) can pumpkin puree; 1 package confectioners' (powdered) sugar, 1 package cream cheese, 1 bag/package pecans</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 18th</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:</b> WE MAKE: THE ULTIMATE CHARCUTERIE</p> <p><b>Everyone contributes to the charcuterie of their design</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>November 25th</i></p> <p><b>Topic:</b> <b>Thanksgiving</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>History of Thanksgiving Google slides</li> </ul>
<p><i>Week of:</i> <i>December 2nd</i></p> <p><b>Topic:</b> <b>Legumes</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>One Ingredient, Many Cultures</li> </ul> <p><b>In the Kitchen:</b> WE BAKE: AVOCADO AND BLACK BEAN TORTAS</p> <p><b>Materials Needed:</b> 1 package queso fresco, two avocados, 1 cans black beans, 2 Roma tomatoes, 1 head romaine lettuce</p> <div data-bbox="1026 1016 1446 1115" style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 10px auto;"> <p><b>Kitchen Seven</b></p> </div>
<p><i>Week of:</i> <i>December 9th</i></p> <p><b>Topic:</b> <b>18th Annual Cookie Contest</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> WE BAKE: COOKIES!! 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>

**Week of December 16th: Kitchen Clean-Out and Final Exam.**