

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 8th</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 style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 1</p> </div>
<p><i>Week of:</i> January 15th</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 *Please no margarine</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 2</p> </div>
<p><i>Week of:</i> January 22nd</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 bunch unpeeled large carrots; 1 bunch celery 2 brown onions; 2 pounds Roma tomatoes, 1 head garlic</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 3</p> </div>
<p><i>Week of:</i> January 29th</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: TACO SOUP</p> <p>Materials Needed: 2 pounds Roma tomatoes, 1 large brown onion, 2 ears fresh corn, 1 bag dried black beans, 1 bag tortilla chips, one small container sour cream</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 4</p> </div>

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<p><i>Week of:</i> <i>February 5th</i></p> <p>Topic: Eggs</p>	<p>In the Classroom: **POSSIBLE JURY DUTY</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</p> <p>WE COOK: SHAKSHUKA</p> <p>Materials Needed: 2 pounds Roma tomatoes, 1 large brown onion, 1 bunch fresh parsley, 1 package feta cheese, one “Take and Bake” baguette</p>	<p>Students Assigned: KITCHEN 5</p>
<p><i>Week of:</i> <i>February 12th</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: SPRING FRUIT ROLLS</p> <p>Materials Needed: 1 package strawberries, one can peaches -HALVED, 4 kiwi fruits, 1 mango, one can pineapple rings</p>	<p>Students Assigned: KITCHEN 6</p>
<p><i>Week of:</i> <i>February 19th</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 BROWNIES</p> <p>Materials Needed: 1 package dried black beans, 1 package semi-sweet chocolate chips, one bottle canola oil</p>	<p>Students Assigned: KITCHEN 7</p>
<p><i>Week of:</i> <i>February 26th</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: BLANCHED STRING BEANS with shallots and garlic</p> <p>Materials Needed: 2 pounds green beans 1 bottle extra virgin olive oil 5 shallots</p>	<p>Students Assigned KITCHEN 1</p>
<p><i>Week of:</i> <i>March 4th</i></p> <p>Topic: Cookies</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> TED ED <i>Chemistry of a Cookie</i> <p>In the Kitchen: WE BAKE: PECAN LINZER BARS</p> <p>Materials Needed: 1 jar raspberry or blackberry jam, 1 bag brown sugar; 1 pound UNSALTED BUTTER</p>	<p>Students Assigned KITCHEN 2</p>
<p><i>Week of:</i> <i>March 11th</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.</p> <p>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 25th</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 FETTUCCINE ALFREDO</p> <p>Materials Needed: 1 wedge parmesan cheese; 1 bunch parsley, 1 quart heavy cream,</p>	<p>Students Assigned KITCHEN 3</p>
<p><i>Week of:</i> <i>April 1st</i></p> <p>Topic: Empanadas</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Small Pies Around the World - one pager <p>In the Kitchen: WE COOK: ROASTED VEGETABLE AND CHEESE HAND PIES</p> <p>Materials Needed: 1 container sour cream;</p>	<p>Students Assigned: KITCHEN 4</p>
<p><i>Week of:</i> <i>April 8th</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: KITCHEN 5</p>
<p><i>Week of:</i> <i>April 15th</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: MONKEY BREAD</p> <p>Materials Needed: 1 (5-pound) bag all-purpose flour; 1 pound UNSALTED butter (no margarine please), one large bag confectioners' sugar</p>	<p>Students Assigned: KITCHEN 6</p>
<p><i>Week of:</i> <i>April 22nd</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: NUTELLA AND JAM STUFFED PANCAKES</p> <p>Materials Needed: 1 5-lb bag all-purpose flour; 1 jar of your favorite jam; 1 quart buttermilk</p>	<p>Students Assigned: KITCHEN 7</p>

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<p><i>Week of:</i> <i>April 29th</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:</p> <p>Each kitchen gets to create their own charcuterie platter (meat and cheese) with their choice of spread.</p> <p>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 or dip (homemade) and one accoutrement</p>
<p><i>Week of:</i> <i>May 6th</i></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:</p> <p>WE COOK: ARROZ CON POLLO</p> <p>Materials Needed: 2 quarts chicken stock, 3 pounds Roma tomatoes, 2 large brown onions, 1 red bell pepper, 1 bag basmati rice, 1 bunch cilantro</p> <div data-bbox="987 684 1523 863" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Students Assigned: Ms. Raluy</p> </div>
<p><i>Week of:</i> <i>May 13th</i></p> <p>Topic: 17th Annual Chili Contest</p>	<p>In the Classroom:</p> <ul style="list-style-type: none"> Understanding Meat Google slides and Quiz Each kitchen will create their own chili and Luther Staff judge chili based on: <i>creativity, taste and presentation.</i> <p>In the Kitchen:</p> <p>WE COOK: CHILI</p> <p>Contest is on Wednesday, May 15th!!</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 20th: Kitchen Clean-Out and Final Exam.