

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

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| <p><i>Week of:</i> January 6th</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 avocado oil, 2 sponges</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 13th</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 2 pounds 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 20th</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 27th</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: CHICKEN TORTILLA SOUP</p> <p>Materials Needed: 2 pounds Roma tomatoes, 1 large brown onion, 1 jalapeno pepper, 2 ears fresh corn, 1 small package corn tortillas, 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 3rd</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: CREPELETTES</p> <p>Materials Needed: 1 bunch scallions, one block cheddar cheese, 1 pound UNSalted butter</p> | <p>Students Assigned: KITCHEN 5</p> |
| <p><i>Week of:</i> <i>February 10th</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 PIE CRUST CRISPS</p> <p>Materials Needed: 1 package strawberries, one can peaches -HALVED, 2 kiwi fruits, one can pineapple rings, 1 pound UNSalted butter</p> | <p>Students Assigned: KITCHEN 6</p> |
| <p><i>Week of:</i> <i>February 17th</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: BEAN DIP</p> <p>Materials Needed: 1 package dried pinto beans, one package cherry tomatoes, one brown onion, one jalapeno, one bunch scallions, one bag tortilla chips</p> | <p>Students Assigned: KITCHEN 7</p> |
| <p><i>Week of:</i> <i>February 24th</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: CHIPOTLE ROASTED CAULIFLOWER TACOS</p> <p>Materials Needed: 1 head cauliflower, one pound Roma tomatoes, one red onion, one bunch cilantro, 3 limes, 1 package street style corn tortillas</p> | <p>Students Assigned: KITCHEN 1</p> |
| <p><i>Week of:</i> <i>March 3rd</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: MEXICAN WEDDING COOKIES and MINIATURE PB TREATS</p> <p>Materials Needed: one bag Reece's miniature peanut butter cups, one 4-pound bag of sugar, one pound UNSalted butter, one bag confectioners' sugar</p> | <p>Students Assigned: KITCHEN 2</p> |
| <p><i>Week of:</i> <i>March 10th</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> March 24th</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, 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> March 31st</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: BUFFALO CHICKEN EMPANADAS with RANCH DIPPING SAUCE</p> <p>Materials Needed: 1 container sour cream, 1 bunch fresh dill, one bunch fresh ITALIAN parsley, one bunch chives, one pound UNSalted butter</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 4</p> </div> |
| <p><i>Week of:</i> April 7th</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: RASPBERRY CHOCOLATE ICE CREAM</p> <p>Materials Needed: One 4-lb bag of sugar; 1 quart heavy cream; 1 quart whole milk; 1 bag chocolate chips, one bag frozen raspberries</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 5</p> </div> |
| <p><i>Week of:</i> April 14th</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: WHOLE WHEAT BREAD</p> <p>Materials Needed: 1 (5-pound) bag bread flour; 1 pound UNSALTED butter, one package peanuts</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 6</p> </div> |
| <p><i>Week of:</i> April 21st</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 ROLL BREAD</p> <p>Materials Needed: One 5-lb bag all-purpose flour; one pound UNSALTED butter, one package brown sugar, one quart milk</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: KITCHEN 7</p> </div> |

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| <p><i>Week of:</i> <i>April 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 or dip (homemade) and one accoutrement</p> |
| <p><i>Week of:</i> <i>May 5th</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: WE COOK: YELLOW RICE <u>Materials Needed:</u> I will cover it!</p> <div data-bbox="987 684 1523 863" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Students Assigned: Ms. Raluy</p> </div> |
| <p><i>Week of:</i> <i>May 12th</i></p> <p>Topic: 18th 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: WE COOK: CHILI Contest is on Wednesday, May 14th!!</p> <p><u>Materials Needed:</u> 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 19th: Kitchen Clean-Out and Final Exam.