GATEWAY to the Inclusive CULINARY CLASSROOM
Emile Johnson, EmmausLink Community Coordinator
I have been a Suzuki Music educator for 30+ years. This has strongly influenced my outlook towards education. Suzuki music education contends that Every Child Can. What happens when these children grow up? They grow into adults that can as well. The same educational model that works for music education works just as well for adults. I completed my education at the University of Missouri in Columbia Missouri. My social services background includes working with foster and adoptive children and their families. I was a career foster parent and STARS trainer for inquiring adoptive and foster parents. I gained experience as a program coordinator for a program called Vacation Station in the Francis Howell School District. This was a nationally accredited before and after school program that was inclusive in design, and provided structured educational and social opportunities for all children. The opportunity to design a community based program for Emmaus Homes (EmmausLink) was an easy career decision and has allowed me to grow. Developing the EmmausLink program model with Amy Meyers has been an amazing journey and I am delighted to be able to share this as a breakout session. Chef DavidLee Szalanski and I have been collaborating over the years to build an inclusive, skills based culinary education in our community.
I am a parent to three children who each have very different and compelling stories of life with a developmental disability. I enjoy spending time with my family, my mastiff and boxer puppies, practicing my violin, and performing jazz and blues violin with the group ‘Peaches’.

Chef DavidLee Szalanski, EmmausLink Chef-Instructor
Prior to becoming a chef and chef-instructor, DavidLee’s career spanned 20 years in health and human services across the US, with notable organizations including Big Brothers Big Sisters, the American Lung Association, United Way, School Readiness, Hope In Diversity, and now Emmaus Homes. His experience includes social work, program creation, fund-raising, volunteer management, and leadership including serving as the Chief Professional Officer for many agencies.
Since starting his culinary training at Le Cordon Bleu College of Culinary Arts, DavidLee has studied in the French culinary arts, interned in Brazilian cuisine at Brazikat, specialized in Caribbean cuisine at South Seas Island Resort, and mentored in East European cuisine. He has become an international culinary professional, a culinary writer, dining reviewer, and a popular and entertaining cooking class Chef-Instructor, offering unique hands-on cooking classes throughout St Louis.
His ability to connect and engage participants is contagious. In the past several years he has developed an innovative culinary class curricula for EmmausLink: A Mother’s Day Feast; Fun Summer Treats; Winter WarmUps…in a JAR; SALADS-The RAINBOW Project; English TEA TIME; COOKING that CROCKS; FUN-to-do FONDUES; Pow-Wow CHOW; The Incredible Edible EGG; and PASTA Galore. In addition, he has served as the Executive Chef for EmmausLink events including the Summer Dinner Theater (Summer 2015), the Valentine’s Day Dinner Dance (February 2016), and the Summer Theater and English Tea (July 2016).
Gateway to the Inclusive CULINARY CLASSROOM

This breakout session explores inclusion in a community-based adult continuing education program, through a STRUCTURED DISCUSSION based on real-world experiences in the development of an inclusive culinary classroom and curriculum. This unique curriculum is strengthening the disabilities field by the interactivity of program participants to unique perspectives on the life skill of food preparation - as a science and art form to be enjoyed; By facilitating connections between stakeholders (participants, guardians/parents, case managers and delivery personnel/instructors), the passion for an inclusive world is being reignited. The successes participants experience in this hands-on “culinary lab” becomes the foundation to building their confidence in pursuing other ongoing educational opportunities. Come prepared to challenge preexisting ideas of an "INCLUSIVE" CULINARY CLASSROOM.

LEARNING OBJECTIVES:

♦ Learn the core program model, incubator model;
♦ Setting up an INCLUSIVE CULINARY CLASSROOM in a non-kitchen environment - why and how... “the MINI classroom model;
♦ “SAFE”, a strict criterion-based safety practice ... ‘Sensory-motor, Appropriate, Fun, Easy’
   Keeping our program-participants safe is critical. The brain needs safety (at the place where they are), and involvement for positive learning experiences;
♦ Build SELF-ESTEEM & CONFIDENCE by educating and building culinary competence skills;
♦ Understand ground-level key safety standards in a culinary environment;
♦ Adapt project management processes of finding success in the realm of unexpected flexibility, with cooking and culinary skills taught as a project management process;
   - FAIL FORWARD, I’m a chef, only because I’ve made many more mistakes...
   - NO MISTAKES in the Kitchen, Julia Child “turkey”
   - Increase the HANDS-ON experience base;

WALK-AWAY WITH...
Course information coversheet ... Sample curriculum ... Weekly lesson plan ... Visual recipes ... Class worksheets - shopping list & cost analyses ... Ideas for fun hands-on learning projects

To learn more about this best practice topic, see:
The Out-of-Sync Child Has Fun, Carol S Kranowitz; © 2003, The Penguin Group; New York

In this breakout session for the inclusive culinary classroom, we are providing our most recent class curriculum in its entirety to provide a solid base to stimulate our discussions on all the aspects of setting up a cooking class.

A List of our popular CULINARY CLASS CURRICULA

01 Mother’s Day Feast
02 Fun Summer Treats
03 Winter Warmup’s ... In A JAR
04 Salads: The Rainbow Project
05 English TEA TIME
06 Cooking that CROCKS
07 FUN-to-do FONDUES
08 POW-WOW CHOW

* The Culinary Curricula Packet includes the eight (8) class curricula listed above.

Coming for 2017...
The Incredible Edible EGG PASTA Galore
Week 1 | Sat Oct 1
Breakfast: Blueberry Bread Pudding

Week 2 | Sat Oct 8
Lunchtime: CHICKEN NOODLE SOUP

Week 3 | Sat Oct 15
Full Fall Flavors - Appetizer & Harvest Basic

Week 4 | Sat Oct 22
Mexican Fall Fiesta - Dinner & Dessert/Snack

Week 5 | Sat Oct 29
Cool Night Weekend Favorites - Finger Food & Ice Cream Topper
COOKING that CROCKS (October 2016)

COOKING THAT CROCKS offers everything you didn’t know about slow cookery in those countertop crocks found in virtually every American kitchen. Chef David Lee brings his hand-on approach to this unique style of CrockPot cookery... including a touch of everything from breakfast, lunch and soups, appetizers and side dishes, entrees, breads and cakes. You will learn the fine differences of slow cookery and understand the advantages of COOKING THAT CROCKS!

5 BASIC Food Preparation Skill Topics:
- Everything In Place (mis en place)
- Keep it Clean
- Plan your Work, Work your Plan
- Look, Smell, Touch, and Taste
- HOT hot / COLD cold (plating)

ADVANCED Culinary Skills:
- Weights & Measurements
- Mixation Skills (4 T’s of the MIX: temp, tools, type & time)
- Knife Skills
- Art of Plating

Course Skill Topic - COOKING THAT CROCKS: Through the preparation and understanding of the different courses using the slow cooker – you will experience and learn how simple and fun making meals can be... from breakfast, lunch, dinner; to desserts, breads and cakes... soon you too will be COOKING THAT CROCKS!

Week 1 Objective: PreTEST
ORIGIN OF THE “SLOW COOKER” and WHY CROCKPOT COOKERY?
BREAKFAST - Make/Taste: Blueberry Breakfast Bread Pudding

Week 2 Objective: LUNCH
- Make/Taste: Chicken Noodle Soup

Week 3 Objective: APPETIZER
- Make/Taste: Apple-Glazed Bacon-Wrapped Smokies
SIDE DISH - Make/Taste: Apple Sauce

Week 4 Objective: ENTREE
- Make/Taste: Chicken Fajitas (entrée or wings appetizer)
BREAD - Make/Taste: Monkey Bread

Week 5 Objective: ENTREE
- Make/Taste: Mexican Fajitas
BREAD - Make/Taste: S’Mores Pudding Cake

PostTEST
11:50a - 12n – Satisfaction Survey

How will this course encourage participation into other existing continuing educational programs?
This course builds on life skills, in particular learning culinary skills and good food choices as appropriate and relating to crockpot cooking. The class is designed to be hands-on with the students creating final products each week. By offering an interactive class in an environment where every question has value, makes cooking fun, rather than a task. Students learn that life chores can become interests that will improve their quality of life, building their self-esteem and belief in themselves and new ways of enjoying the vast world of food.
CROCK-POT

A slow cooker, also known as a Crock-Pot, a trademark that is used generically in Australia, Canada, New Zealand, the United Kingdom and the United States of America, is a countertop cooking appliance used for simmering, which maintains a low temperature compared to other cooking methods such as baking, boiling, and frying, allowing unattended cooking for many hours for dinners, pot roast, soups, stews, and other suitable dishes, including beverages, desserts, and dips.

HISTORY

Irving Naxon, developed the “Naxon Beanery All-Purpose Cooker”, inspired by a story his Jewish grandmother told about how back in her native Lithuanian, her mother made a stew called cholent, which took several hours to cook in an oven. In the April 1950 issue of The Rotarian magazine, a version of the Crock-Pot, called the "Simmer Crock", was made by the Industrial Radiant Heat Corp. of Gladstone, NJ. The Rival Company bought Naxon in 1970 and reintroduced it under the Crock-Pot name in 1971. Slow cookers achieved popularity in the US during the 1970s, when many women began to work outside the home. They could start dinner cooking in the morning before going to work and finish preparing the meal in the evening when they came home. In 1974, Rival introduced removable stoneware inserts making the appliance easier to clean. The brand now belongs to Sunbeam Products.

DESIGN

A basic slow cooker consists of a lidded round or oval cooking pot made of glazed ceramic or porcelain, surrounded by a housing, usually metal, containing an electric heating element. The lid is often of glass seated in a groove in the pot edge; condensed vapor collects in the groove and provides a low-pressure seal to the atmosphere. The contents of a crock pot are effectively at atmospheric pressure, despite the water vapor generated inside the pot. A crock pot is quite different from a pressure cooker and presents no danger of an abrupt pressure release. The ceramic pot, or “crock”, acts as a cooking container and a heat reservoir.

COOKING

Recipes intended for other cooking methods must be modified for slow cookers. Quantities of liquids may have to be adjusted as there is a little evaporation, but there should be enough liquid to cover the food. The long, moist cooking is particularly suitable for tough and cheap cuts of meat including pork shoulder, beef chuck and brisket; for many slow-cooked dishes these cuts give better results than more expensive ones. They are also often used to cook while no one is there to care for it, meaning the cook can fill the pot with its ingredients and come back several hours later to a ready meal.

FOOD HAZARD

Raw kidney beans, and to a lesser extent some other beans (such as broad/fava beans), contain the toxin phytohaemagglutinin, which is destroyed by boiling, but not by the lower temperatures of a slow cooker, so dry beans must be boiled at 100 °C (212 °F) for 30 minutes prior to slow cooking, or alternatively soaked in water overnight, discarding the water and then boiled for at least 10 minutes.

References

Week 1   |   Sat Oct 1  Breakfast Basic...
CROCKPOT BLUEBERRY FRENCH TOAST or BREAD PUDDING

Blueberry French Toast

**INGREDIENTS**

1 cup brown sugar, packed  
1¼ teaspoon cinnamon  
¼ cup butter, melted  
12 slices of BREAD:  
   ~ white bread slices (French-toast style)  
   ~ French bread, cubed (bread-pudding style)  
1½ cups fresh or frozen blueberries  
5 eggs  
1½ cups whole milk  
1 tablespoon vanilla extract  
½ teaspoon salt  

**Garnish**
whipped cream, additional blueberries, powdered sugar

**METHOD**

- Mix together your brown sugar, butter and cinnamon;  
- Spray your crock pot with cooking spray;  
- Sprinkle ⅓ brown sugar mix evenly in bottom of crock pot;  
- Place 6 bread slices on top  
- Sprinkle another ⅓ of your brown sugar mix;  
- Put your blueberries evenly across the top;  
- Place your remaining bread on top;  
- Sprinkle the rest of your brown sugar mixture on top;  
- In a bowl, whisk eggs, milk, vanilla and salt;  
- Pour evenly over bread layers;  
- Use a spoon to gently press your bread down.  
- Put your cover on your crock pot, **refrigerate overnight.**  
- In the morning, put crock in slow cooker, cover, cook on low for 3-4 hours—it is done when it is set and golden.

**GARNISH & SERVE**

Serve sprinkled with powdered sugar, a dollop of whipped cream and some blueberries.

**CHEF’s NOTES:**

All cooking times are merely estimates and vary. You should always pay close attention the first time you make a crock pot recipe to note how long your unit takes.

**Cooker Recommendation**

Use a 9x13 casserole crock for this recipe, however it should work fine in a regular 5-6qt crock pot, as long as you watch your cooking times closely the first time you try it.
Blueberry Syrup

**CAUTION**
Make ONLY with adult supervision!
Boiling sugar is VERY HOT… splashing can scald and severely burn skin. BE CAREFUL.

**INGREDIENTS**
2 1/2 cups Blueberries (fresh or frozen)
3/4 cup Sugar
1/4 cup Corn Syrup
2 T Maple Syrup (optional)
1 tsp lemon juice

**METHOD**
- In a sauce pan, place blueberries, sugar, and syrups.
- Simmer for 15 minutes, stirring constantly.
- Simmer 5-10 minutes more, gently mashing berries.
- Add lemon juice to activate natural pectin thickening, stir, set aside, cool to room temperature.
- When cool, run the syrup through a mesh strainer; with a wooden spoon mash to force pulp and remaining juices through the sieve into a bowl, removing skins.
- If you want a thicker syrup, bring back to a simmer in the sauce pan, or in a pyrex bowl bring to a simmer in the microwave for 5 minutes, cautiously stirring a few times. Set aside to cool.
- Pour into an appropriate syrup container, LABEL, and store in the refrigerator.
WEEK 1 | Sat Oct 1  
Breakfast Basic...
CROCKPOT BLUEBERRY FRENCH TOAST/BREAD PUDDING

SHOPPING NOTES

SHOPPING CATEGORIES (functional cost centers)...
* FOOD - these are the INGREDIENTS, 2 types:
  - PERISHABLES - single use, will spoil, like produce
  - REUSABLES - jars herbs, spices, dry pasta
* SERVEWARES - eating wares: utensils, plates, napkins, MEP (mis en place) cups, bowls, and disposables
* HARDWARE - pots, pans, utensils, storage, equipment
  - APPLIANCES - electrical equipment, notated as (A)

♦ Shop Walmart, except for specialized items per the curriculum’s needs. It is cost effective from a grant perspective. Remember it is tax-exempt.
  - one stop shopping;
  - usually the lowest prices without driving around;
♦ All pricing (est) estimates are based on prices we paid at Walmart, at the time we stocked the original class, based on our receipts.
♦ I usually look for the GV brand (Great Value), except on items where a better quality will make a significant difference in the end product.
♦ Build a pantry stock slowly, in a locker (sealed bin) with reusable items on hand - jars spices like thyme and cinnamon, pasta are good examples. You will be surprised how quickly the volume of reusable items builds as we progress through the curriculum.
♦ You will find many time the most cost effective item is a bag of items over single item. This can be good over a class period of 5 weeks on perishables. Onions, milk, butter, fruit like blueberries are good examples. Be prepared to keep perishables in a separate (possibly refrigerated or frozen) location for use as needed.

There are some items on the shopping list, for the sake of completeness, that are one-time buys or are in inventory.

* QUANTITIES based on total class attendance of 36.
* FOOD COST is the FOOD (Ingredients) only
* SERVE COST is the cost to make food & serve it in class, SERVE COST = FOOD + SERVEWARES

SHOPPING LIST

<table>
<thead>
<tr>
<th>FOOD (Ingredients)</th>
<th>Cost (est)</th>
<th>SubT</th>
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</thead>
<tbody>
<tr>
<td>1 GV Oil Spray</td>
<td>$ 1.94</td>
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<tr>
<td>1 bag Dark Brown Sugar</td>
<td>$ 1.74</td>
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<tr>
<td>1 jar Cinnamon</td>
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<tr>
<td>1 lbs Butter</td>
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</tr>
<tr>
<td>1 loaf sandwich Bread</td>
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</tr>
<tr>
<td>1 bag frozen Blueberries</td>
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<tr>
<td>2 dozen Eggs</td>
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<tr>
<td>1 qt whole milk</td>
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<td>1 bottle vanilla imitation</td>
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</tr>
<tr>
<td>1 box kosher salt</td>
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<td>27.46</td>
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<td>- OPTIONAL -</td>
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<td>for whipping cream...</td>
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<tr>
<td>1 pint Heavy Cream</td>
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<tr>
<td>1 lbs Sugar</td>
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<tr>
<td>alternative toppings...</td>
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<tr>
<td>1 bag 10X Powdered Sugar</td>
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</tr>
<tr>
<td>1 small tub frozen “Topping”</td>
<td>$ 0.86</td>
<td>36.12</td>
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SERVEWARES

| Tasting Cups (2) | $ 5.95 |
| Spoons          | $ 1.48 |
| Napkins         | $ 0.97 |
| CLOROX WIPES (x3) | $ 8.98 |
| 1 box LG VINYL GLOVES | NA 17.38 |

HARDWARES

| 9x13 Casserole CrockPot (A) | $ 39.92 |
| HandMixer (A)              | $ 14.96 | 54.88 |
| Spatulas/4                 | $ 3.88  |
| Measuring Spoons (2)       | $ 3.34  |
| Measuring Cups (2)         | $ 3.76  |
| Mixing Bowl set            | $ 5.00  |
| MEP 16oz Cup pack (2)      | $ 5.96  |
| Demo: ServeTubs 8cup/2     | $ 2.94  |
| Heavy Tablecloth           | $ 5.00  |
| Cutting Board non-slip     | $ 8.47  |
| Knives/Guards (paring/util) | $ 10.00 | 48.35 |
| FIRST AID KIT (Walgreens)  | NA      |

Estimated CLASS TOTAL COST $ 156.73

FOOD COST/person = $ 1.01
SERVE COST/person = $ 1.49
TEACHING NOTES

QUANTITIES based on total class attendance of 36-40.

♦ For the CROCK COOKING class, since most cooking times are beyond the class time, prepare 1 full crock in advance (the night before) for a final product and tasting.

♦ DEMO the prep and assembly in class in clear sealable tubs (Rubbermaid) in 1/3 increments of the whole recipe. The tubs can be sent home with a responsible DSP to complete cooking (in a crockpot, or oven) within 3 hours.

♦ Start the class with a quick lesson on the parts and usage of a SLOW COOKER. The Slow Cooker is RED... why?

♦ Review the recipe, followed by the visual MEP lineup.

♦ Work through the ingredient prep, having a student assist, walking through the full sensory skill carousel system of awareness using Look Smell Feel & Taste.

♦ Work through the prep of the ingredients, having a student assist, pointing out measurement basics (dry weight vs. liquid volume).

♦ SAFE PREP of EGGS - use of raw eggs and isolation from other items and surfaces. Explain why...

♦ Work through the ingredient prep, having a student assist, walking through the respect & control knife skill system.

♦ Assemble in DEMO bowl. Offer Q&A.

♦ The Chef’s MAGIC KITCHEN Tasting.

CHANTILLY CREAM DEMO (Whipped Cream)

EXERCISE...

COMPARE the real Whipped Cream ingredients with the contents listed on the label of a tub of whipped “Topping”. Discuss...

ASK: WHAT IS THE DIFFERENCE?
ASK: DO YOU KNOW WHAT YOU ARE EATING?
ASK: WHICH IS BETTER FOOD?
ASK: WHY MIGHT YOU CHOOSE TO USE THE “TOPPING”?

Kitchen SKILLS

MIS EN PLACE (MEP) - “Everything In Place”
This skill teaches a system that reinforces how to read a recipe, proper measuring of ingredients, visually organizing ALL ingredients in order, minimizing errors.

MEASUREMENTS - DRY vs LIQUID
This skill is the basis of good successful cooking; particularly when baking, which is science-in-action. Knowing the important differences of measuring dry ingredients by weight, and liquid ingredients by volume, is essential in cooking success.

KNIFE SKILLS - Respect and Control
This is an ongoing “learning opportunity” life-skill imperative to teaching that ‘we are in control of our domain’. Our techniques meet each willing student exactly where they are, shows them and moves them, step by step through a defined system to build this skill. It teaches respect and an attitude of control over their domain. This fine-motor skill requires control, focus and supervised rehearsal.

PRODUCE PREP - the Sensory Experience
Preparing fresh produce requires us to cognitively utilizes our senses. Looking, smelling, feeling and tasting. Training students to hone these sensory skills in a sensory carousel system of learned behaviors, teaches awareness, cleanliness, safety in food handling and increases the perception of what we consume. In addition it subconsciously develops an appreciation for freshness. Using select frozen produce helps with ease and minimal prep time.

LABEL READING - Know What You Eat
In the Exercise, look at whipped cream and frozen topping for a discussion.
Week 2 | Sat Oct 8    Lunchtime Super Soup
CROCKPOT CHICKEN NOODLE SOUP

Chicken Noodle Soup

INGREDIENTS
1-1/2 lbs boneless skinless chicken breasts
2 cups carrots, peeled and chopped
1 medium yellow onion, diced
3 stalks celery, chopped
3-4 cloves garlic, minced
3 Tablespoons extra virgin olive oil
1/2 teaspoon dried thyme
1 bay leaf
6 cups chicken broth
1 cup water
Salt and freshly ground black pepper, to taste
2 cups uncooked NoYoke wide egg noodles
3 Tablespoons fresh parsley, chopped

METHOD
• In a 6 quart crockpot place whole chicken breasts on the bottom and top with carrots, onion, celery, garlic, olive oil, thyme and bay leaf;
• Next add in chicken broth, water, and season with salt and pepper to taste.
• Cover and cook on low heat 6–7 hours.
• Remove cooked chicken breasts and cut into bite sized pieces. Place chicken back in the crockpot.
• Add in egg noodles and parsley.
• Cover and cook just until noodles are tender, 5-10 minutes.
SHOPPING NOTES

SHOPPING CATEGORIES (functional cost centers)...

* FOOD - these are the INGREDIENTS, 2 types:
  - PERISHABLES - single use, will spoil, like produce
  - REUSABLES - jars herbs, spices, dry pasta, oils

* SERVEWARES - eating wares: utensils, plates, napkins, MEP (mis en place) cups, bowls, and disposables

* HARDWARE - pots, pans, utensils, storage, equipment
  - APPLIANCES - electrical equipment, noted as (A).

♦ CHICKEN - for our class we **DO NOT USE RAW** or frozen raw chicken. Raw poultry has too high of a probability to harbor dangerous bacteria. Therefore, use only grilled (or cooked) chicken. In this culinary classroom environment we must maintain the highest level of cleanliness and eliminate any and all possibility of contamination, and cross contamination via cutting boards, knives, hands etc.; Look for **frozen grilled boneless skinless chicken breasts and thighs** (mesquite is available at Aldi’s). Another option is to use raw chicken, **prepping it prior to the class by**:
  1) Grill (grill mark) and then oven roast, or
  2) Season lightly then oven roast it.
* Oven roast chicken at 350 degrees for 30 minutes on a sheet pan lined with parchment.
* Chicken is safely done when a meat fork to the thickest part of the meat gives clear juice - **if the juice is pink, it is NOT DONE**.

♦ HARD ROOT VEGETABLES (Carrots) - careful attention must be made when teaching cutting these round hard vegetables. Remove tops, bottoms, then peel skin. Rather than having attendees slice whole carrot rounds, which can roll. Remove this risk simply by slicing the root in half lengthwise, lay root with the flat side down for students to slice for knife skills practice.

SHOPPING LIST

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<td>4 lbs frozen chicken/grilled</td>
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<tr>
<td>1 bag (5 lbs) carrots</td>
<td>$ 3.22</td>
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</tr>
<tr>
<td>1 bag (3 lbs) yellow onions</td>
<td>$ 2.94</td>
<td></td>
</tr>
<tr>
<td>1 lbs Butter</td>
<td>$ 2.97</td>
<td></td>
</tr>
<tr>
<td>1 stalk celery</td>
<td>$ 1.68</td>
<td></td>
</tr>
<tr>
<td>1 head garlic</td>
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</tr>
<tr>
<td>1 sm jar EV Olive Oil</td>
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</tr>
<tr>
<td>1 packet FRESH THYME</td>
<td>$ 1.98</td>
<td></td>
</tr>
<tr>
<td>1 jar dried bay leaves</td>
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</tr>
<tr>
<td>3 qts GV chicken broth</td>
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<tr>
<td>1 jar chicken bouillon</td>
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<tr>
<td>1 bag NO YOLK Egg Noodles</td>
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<tr>
<td>1 bunch FRESH PARSLEY</td>
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| SERVEWARES |
| GV Insulated Tasting Cups (2) | $ 7.94 |
| Spoons | $ 2.48 |
| Napkins | NA |
| CLOROX WIPES (x3) | NA |
| 1 box LG VINYL GLOVES | NA 10.42 |

| HARDWARES |
| 5 qt HB Slow Cooker (A) | $ 17.88 17.88 |
| Peellers standard (2) | $ 3.94 |
| Peellers Y-style (2) | $ 7.94 |
| Demo: TakeAlong Storage - 8cup/2 (2) | $ 7.94 37.70 |

Estimated CLASS TOTAL COST = $ 88.71

FOOD COST/person = $ 1.13
SERVE COST/person = $ 1.42

* QUANTITIES based on class attendance of 36.
* FOOD COST is FOOD (Ingredients) only
* SERVE COST - cost to make food and serve it to provide a tasting in class

SERVE COST = FOOD + SERVEWARES
Week 3   |   Sat Oct 15
Full Fall Flavors - Harvest Basics...
CROCKPOT APPLE-GLAZED BACON-WRAPPED SMOKIES
CROCKPOT APPLESAUCE

Glazed Bacon Smokies

INGREDIENTS
1 pkg. (13 oz.) Lil Smokies
1 lbs. Applewood Smoked Bacon
1¾ cup Brown Sugar
1/2 cup Apple Sauce

METHOD
• Pour 1 cup of Brown Sugar on the bottom of the Crockpot.
• Cut strips of Bacon into thirds.
• Wrap each strip of Bacon around 1 Lil Smokie, then use a toothpick to secure in place.
• Place bacon wrapped Smokies into Crockpot.
• Mix applesauce and remaining brown sugar together. Set aside.
• Cook on HIGH for approximately 2.5-3 hours, until the bacon is completely cooked and crispy. Move smokies around in Crockpot occasionally to ensure they cook evenly.
• Cover Smokies in Crockpot with the applesauce & brown sugar sauce, cook for 30 minutes or so until Smokies are “glazed”.

Homemade Apple Sauce

Use transparent types of apples. They break down nicely and have amazing apple flavor. Delicious (red and yellow) apples or a Gala apples are the best. If your apples are big enough to run through a peeler/corer/slicer, there’s almost no work involved at all. If using a baking apple (Macintosh or Granny Smith), increase the cooking time (sometimes as much as 4-5 more hours). Baking apples tend to leave a chunkier sauce, but you can also purée it for a more traditional applesauce.

INGREDIENTS
Delicious or Gala Apples
Cinnamon stick, or 1/2 a split vanilla bean

METHOD
• Peel them and slice into 1/4 – 1/2 inch slices.
• Try half of a vanilla bean, or a instead of the cinnamon stick
• Cook your apples on high for 4-5 hours throughout the evening, or cook on low heat for 8-10 hours overnight.
SHOPPING NOTES

SHOPPING CATEGORIES (functional cost centers)...
* FOOD - these are the INGREDIENTS, 2 types:
  - PERISHABLES - single use, will spoil, like produce
  - REUSABLES - jars herbs, spices, dry pasta, oils
* SERVEWARES - eating wares: utensils, plates, napkins, MEP (mise en place) cups, bowls, and disposables
* HARDWARE - pots, pans, utensils, storage, equipment
* APPLIANCES - electrical equipment, noted as (A).

APPLESAUCE
This is one of the most basic and simple dishes to make, and it is a great vehicle to have clients practice their basic knife skills, supervised of course. Use Delicious or Gala apples, as they will “sauce” readily at the end of the cooking period.

BACON WRAPPED SMOKIES
This dish is a favorite of all our clients, and their families. It also is remarkably simple. This recipe builds on the making of the applesauce, then using it as a base for the sauce the smokies are braised in. Assembling the smokies is a great group activity that focuses on finer motor skills. You can assemble the smokies with the bacon and toothpicks, then freeze them for use in this recipe at a later time.

SHOPPING LIST

<table>
<thead>
<tr>
<th>FOOD (Ingredients)</th>
<th>Cost (est)</th>
<th>SubT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pkg (13 oz.) Lil Smokies</td>
<td>$ 9.96</td>
<td></td>
</tr>
<tr>
<td>2# Applewood Bacon</td>
<td>$ 11.96</td>
<td></td>
</tr>
<tr>
<td>1 bag brown Sugar</td>
<td>$ 1.98</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Apple Sauce - make</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 3# bags Gala Apples</td>
<td>$ 7.88 31.78</td>
<td></td>
</tr>
</tbody>
</table>

SERVEWARES

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost (est)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toothpicks</td>
<td>$ 1.48</td>
</tr>
<tr>
<td>Spoons</td>
<td>$ 1.48</td>
</tr>
<tr>
<td>2 pkgs Bowls</td>
<td>$ 5.68</td>
</tr>
<tr>
<td>6 cup storage bowl/lid</td>
<td>$ 5.88</td>
</tr>
<tr>
<td>GV lg entrée storage</td>
<td>$ 2.17</td>
</tr>
<tr>
<td>EZ Foil</td>
<td>$ 2.98</td>
</tr>
<tr>
<td>Napkins</td>
<td>NA</td>
</tr>
<tr>
<td>CLOROX WIPES (x3)</td>
<td>NA</td>
</tr>
<tr>
<td>1 box LG VINYL GLOVES</td>
<td>19.67</td>
</tr>
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</table>

HARDWARES

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost (est)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand Mashers (2)</td>
<td>$ 1.76</td>
</tr>
<tr>
<td>Misc items</td>
<td>$ 1.96 3.72</td>
</tr>
</tbody>
</table>

Estimated CLASS TOTAL COST $ 55.17

FOOD COST/person = $ 0.88
SERVE COST/person = $ 1.53

* QUANTITIES based on class attendance of 36.
* FOOD COST is FOOD (Ingredients) only
* SERVE COST - cost to make food and serve it to provide a tasting in class

SERVE COST = FOOD + SERVEWARES
**Mexican Fajitas**

**INGREDIENTS**
- 1 large onion, sliced
- 3 bell peppers, in variety of colors, sliced
- 1½ - 2 lbs. thin sliced beef/chicken, cut in strips
- 1 packet fajita seasoning
- 1 can Refried beans
- Mexican blend Cheese
- Flour Tortillas
- Sour Cream, Guacamole

**METHOD**
- Place onions and peppers in crockpot.  
- Place sliced beef on top of peppers and onions.  
- Sprinkle fajita seasoning over beef.  
- Cook on high for 5-6 hours or low for 7-8 hours.  
- Refried Bean/Mexican-blend Cheese, *(in crock pot)*

**Churro Bites**

**INGREDIENTS**
- cooking spray
- 3/4 cup sugar + 3/4 cup brown sugar
- 1 Tbsp cinnamon
- 4 ea 7.5 oz cans refrigerated biscuits
- 1/2 cup butter melted
- 1/3 cup apple juice
- 1 tsp vanilla

**METHOD**
- Spray crockpot with cooking spray. Mix white & brown sugar, cinnamon & nuts. Sprinkle 2 Tbsp on the bottom pot.  
- Cut biscuits into quarters, coat with cinnamon sugar mix.  
- Add biscuits to crockpot, pour extra sugar on top.  
- Mix together butter, vanilla and apple juice, and pour over biscuits in slow cooker. Cook on low 2 to 2 1/2 hours.  
- Let cool for fifteen minutes. Turn over onto platter.  
- Cool for a few more minutes, then serve.
Week 4 | Sat Oct 22

Mexican Fall Fiesta - Dinner & Dessert/Snack
CROCKPOT MEXICAN FAJITAS & CHURRO BITES

SHOPPING NOTES

SHOPPING CATEGORIES (functional cost centers)...
* FOOD - these are the INGREDIENTS, 2 types:
  - PERISHABLES - single use, will spoil, like produce
  - REUSABLES - jars herbs, spices, dry pasta, oils
* SERVEWARES - eating wares: utensils, plates, napkins,
  MEP (mis en place) cups, bowls, and disposables
* HARDWARE - pots, pans, utensils, storage, equipment
* APPLIANCES - electrical equipment, noted as (A).

FAJITAS & REFRIED BEANS
The Fajitas are a fun and great meal. Use the 9x13 casserole slow cooker. Then assemble all the Fajita ingredients in the cooker, leaving room at one end for a small pyrex casserole that will fit in the cooker. Use this to slow cook the refried beans with the shredded Mexican Cheese Mix topping the beans. When cooking is done... everyone can assemble their fajitas with all the toppings of their choice.

CHURRO BITES
This recipe is basically “monkey bread” with a heavier dose of cinnamon. The pull-apart appeal of the churros makes it a great dessert to nibble on, or have with a side of ice cream.

SHOPPING LIST

<table>
<thead>
<tr>
<th>FOOD (Ingredients)</th>
<th>Cost (est)</th>
<th>SubT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3# onion</td>
<td>$ 1.94</td>
<td></td>
</tr>
<tr>
<td>4 green bell peppers</td>
<td>$ 3.52</td>
<td></td>
</tr>
<tr>
<td>2 packs mix bell peppers</td>
<td>$ 7.76</td>
<td></td>
</tr>
<tr>
<td>3 lbs chicken tenders</td>
<td>$ 8.46</td>
<td></td>
</tr>
<tr>
<td>1 fajita seasoning</td>
<td>$ 3.74</td>
<td></td>
</tr>
<tr>
<td>3 can Refried beans</td>
<td>$ 3.00</td>
<td></td>
</tr>
<tr>
<td>Mexican blend Cheese 8oz</td>
<td>$ 2.22</td>
<td></td>
</tr>
<tr>
<td>Flour Tortillas, small</td>
<td>$ 5.96</td>
<td></td>
</tr>
<tr>
<td>Sour Cream</td>
<td>$ 1.58</td>
<td></td>
</tr>
<tr>
<td>cooking spray</td>
<td>$ 4.96</td>
<td></td>
</tr>
<tr>
<td>sugar + brown sugar</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>3 refrig biscuits</td>
<td>$ 4.33</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>apple juice</td>
<td>$ 2.48</td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td>NA 49.95</td>
<td></td>
</tr>
</tbody>
</table>

SERVEWARES

| GV plates          | $ 2.78    |
| Storage Bowls      | $ 2.68    |
| Forks              | NA        |
| Napkins            | NA        |
| CLOROX WIPES (x3)  | NA        |
| 1 box LG VINYL GLOVES | 5.46   |

Estimated CLASS TOTAL COST = $ 55.41

FOOD COST/person = $ 1.39
SERVE COST/person = $ 1.54

* QUANTITIES based on class attendance of 36.
* FOOD COST is FOOD (Ingredients) only
* SERVE COST - cost to make food and serve it to provide a tasting in class
SERVE COST = FOOD + SERVEWARES
**Pull-Apart Pizza**

**INGREDIENTS**
- 1 can (16 oz) refrigerated biscuits ~ *Pillsbury™ Grands!*™
  - Each biscuit cut into 6 pieces
- 3 oz sliced pepperoni, diced
- 1 tsp minced garlic
- 1 cup Pizza Sauce (from 15-oz can) + 2 tsp Italian seasoning
- 2 small bell peppers, (green & yellow) chopped
- 2 cups shredded mozzarella cheese

**METHOD**
- Prep crockpot with 4 foil “handles”.
- Spray with nonstick cooking spray.
- Mix half of pepperoni, garlic, Italian seasoning in bowl.
- Roll each biscuit piece in pizza season mix, layer crockpot.
- Cover with 1/2 of pizza sauce over dough.
- Top with bell peppers, pepperoni & mozzarella cheese.
- Cover, and cook on LOW for 3 hours. Turn off, and let stand for 10-15 minutes. Remove from crockpot using the “handles”. Serve with remaining pizza sauce for dipping.

**S’mores Pudding Cake**

**INGREDIENTS**
- 1 box chocolate cake
  - with mix ingredients on the box (eggs, oil and water)
- 2 cups mini marshmallows
- 2 cups milk chocolate chips
- 1 sleeve graham crackers, about 9 whole crackers

**METHOD**
- Mix cake mix according to directions.
- Spray the bottom of a crock pot; Add 1/2 of the cake mix.
- Sprinkle with 1/2 of the marshmallows and chocolate chips.
  - Layer the graham crackers over the top.
- Pour the remaining cake batter over the top.
- Cook on low for approximately 1-1/2 to 2 hours.
- Add remaining chocolate chips and marshmallows and crumble the graham cracker over the top.
- Cook for 30 minutes more.

**NOTE**: If the cake appears to be burning along the edges, you can push graham crackers along the sides.

**SERVE** warm with vanilla ice cream.
COOKING that CROCKS!

WEEK 2 | Sat Oct 29
Cool Night Favorites - Finger Food & Ice Cream Topper
CROCKPOT PULL-APART PIZZA
S’MORES PUDDING CAKE

SHOPPING NOTES

SHOPPING CATEGORIES (functional cost centers)...  
* FOOD - these are the INGREDIENTS, 2 types:
  - PERISHABLES - single use, will spoil, like produce
  - REUSABLES - jars herbs, spices, dry pasta, oils
* SERVEWARES - eating wares: utensils, plates, napkins, MEP (mis en place) cups, bowls, and disposables
* HARDWARE - pots, pans, utensils, storage, equipment
  - APPLIANCES - electrical equipment, noted as (A).

What more is there to say - PIZZA and S’MORES.

This Pull-apart Pizza recipe gives the students a chance to work with biscuit dough... it is a fun vehicle to practice easy knife skills, with an interesting sticky consistency... it is always an equation for a fun activity.

S’Mores have become an iconic inclusion in many of our curricula. They continually make appearances in many different class formats - and are always the most popular recipe. In this class format with the slow cooker, the popular S’Mores flavor combination lends its trademark to a remarkably magical “pudding cake”. In addition, they are a great exercise to learn and practice mixing and measuring skills... and to experiment with.

SHOPPING LIST

<table>
<thead>
<tr>
<th>FOOD (Ingredients)</th>
<th>Cost (est)</th>
<th>SubT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 can Pillsbury™ Grands!™</td>
<td>4.58</td>
<td></td>
</tr>
<tr>
<td>3 oz sliced pepperoni (8oz)</td>
<td>4.29</td>
<td></td>
</tr>
<tr>
<td>1 tsp minced garlic</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>2 15oz jar Pizza Sauce</td>
<td>3.18</td>
<td></td>
</tr>
<tr>
<td>2 tsp Italian seasoning</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>7 bell peppers (mixed)</td>
<td>7.35</td>
<td></td>
</tr>
<tr>
<td>4 cups shredded mozzarella</td>
<td>4.00</td>
<td>23.40</td>
</tr>
<tr>
<td>2 box chocolate cake</td>
<td>4.34</td>
<td></td>
</tr>
<tr>
<td>1 dozen eggs</td>
<td>1.25</td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>4 cups mini marshmallows</td>
<td>1.39</td>
<td></td>
</tr>
<tr>
<td>4 cups milk chocolate chips</td>
<td>5.58</td>
<td></td>
</tr>
<tr>
<td>1 sleeve graham crackers</td>
<td>2.00</td>
<td></td>
</tr>
<tr>
<td>Ice cream cups (24)</td>
<td>13.16</td>
<td>27.72</td>
</tr>
</tbody>
</table>

SERVEWARES

| GV Insulated Plates (2) | $ 7.94 |
| Spoons/Forks | $ 2.48 |
| Napkins | NA |
| CLOROX WIPES (x3) | NA |
| 1 box LG VINYL GLOVES | NA |

HARDWARES

Demo: TakeAlong Storage - 8cup/2 (2) | $ 7.94 | 7.94 |

Estimated CLASS TOTAL COST | $ 69.48 |

FOOD COST/person = $ 1.42
SERVE COST/person = $ 1.71

* QUANTITIES based on class attendance of 36.
* FOOD COST is FOOD (Ingredients) only
* SERVE COST - cost to make food and serve it to provide a tasting in class
SERVE COST = FOOD + SERVEWARES
1. Which of the following is NOT TRUE about the first “slow cooker”:
   A. It was originally designed as a Bean Cooker;
   B. It was inspired by a grandmother’s stew that cooked all day;
   C. Inspired by loaves of bread baked in flower crocks;
   D. Became the “Crock-Pot” in 1970;

2. When making Chicken Noodle Soup in a crockpot:
   A. Dried Noodles are added 30 minutes before serving;
   B. Noodles are added at the beginning so they get mushy;

3. “Slow cooker” food is better for you because:
   A. All the nutrients stay in the closed pot while cooking;
   B. Tastes better because all the flavors stay in the food;
   C. It is better for you than fried food;
   D. All of the above

4. When making Apple Sauce in a crockpot, Gala or Delicious Apples that cook down are the best types to use.
   A. True
   B. False

5. The advantages of using a crockpot are:
   A. You never have to wash the crock;
   B. You can put everything in to cook at one time;
   C. You can let is slow cook on low all day while you are gone;
   D. B & C