Welcome to GATEWAY to an INCLUSIVE CULINARY CLASSROOM

For your convenience
This breakout presentation is

1 HOUR LONG
A STRUCTURED DISCUSSION with Q&A’s
POWERPOINT FACILITATED
Materials BOOKLET provided
Your Presenters...

Emile Johnson,
EmmausLink Program Director
SAINT LOUIS, MO

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Culinary Chef-Instructor
SAINT LOUIS, MO
SESSION DESCRIPTION...
"GATEWAY to the INCLUSIVE CULINARY CLASSROOM"

...Explores inclusion 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, and instructors, the passion for an inclusive world is being reignited;

...The successes participants experience in this hands-on “culinary lab” becomes the foundation to build their confidence in pursuing further ongoing educational opportunities.

LEARNING OBJECTIVES

- Learn about the core program model and the project management process design;

- Understand the *SAFE* classroom activities & experience;

- Learn to build SELF-ESTEEM and CONFIDENCE by building culinary competence skills;
LEARNING OBJECTIVES

- Understand *key culinary safety standards*
  
  Food Safety Window  
  Cross Contamination  
  Look See Touch Smell Taste (Cooking Carousel)  
  Hot is HOT / Cold is COLD

- **Cooking as a project management process**  
  to find success through unexpected flexibility;

- Increase the HANDS-ON experience;

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LEARNING OBJECTIVES

- Walk-Away with a *mobile classroom model*;

- Walk-Away with *sample curricula* with lesson plans, recipe templates, class worksheets;

- Samples of *hands-on class learning projects*;
  
  Rainbow wheel - change perceptions  
  Rolling Smokies - fine motor skills
WHAT IS EmmausLink

- Community-based ongoing continuing education
- An INCLUSIVE environment at a community college
- Class topics of interest to improve quality of life
- Mainstream activities into the community
- CORE PROGRAM (incubator) MODEL
- EmmausLink Classes

The Inclusive CULINARY Classroom
in a non-kitchen environment

MINI CULINARY CLASSROOM MODEL...
The Inclusive CULINARY Classroom
in a non-kitchen environment

The *SAFE* Culinary Classroom
Sensory-motor
Appropriate
Fun and
Easy

* Courtesy of Carol Stock Kranowitz
from The Out-of-Sync Child Has Fun [2003]
& The Out-of-Sync Child Grows Up [2016]

Exercise

*SAFE Class
“KNIFE SKILLS”

VIDEO
The Inclusive CULINARY Classroom  
in a non-kitchen environment

Build SELF-ESTEEM & CONFIDENCE by educating and building  
Culinary Competence Skills  
...in a project management process

RECIPE  - how to read & understand
The Inclusive CULINARY Classroom in a non-kitchen environment

Build SELF-ESTEEM & CONFIDENCE by educating and building Culinary Competence Skills ...in a project management process

PREP skills...

MISE EN PLACE - “things in place”
The Inclusive CULINARY Classroom
in a non-kitchen environment

Build SELF-ESTEEM & CONFIDENCE by educating and building
Culinary Competence Skills
...in a project management process

PREP skills...
MISE EN PLACE - “everything in place”
MEASUREMENTS - dry vs liquid
The Inclusive CULINARY Classroom
in a non-kitchen environment

Build SELF-ESTEEM & CONFIDENCE by educating and building
Culinary Competence Skills
...in a project management process

PREP skills...

MISE EN PLACE - “everything in place”
MEASURING - dry vs liquid
KNIFE CUTS - cut appropriate
The Inclusive CULINARY Classroom
in a non-kitchen environment

Build SELF-ESTEEM & CONFIDENCE by educating and building
Culinary Competence Skills

...in a project management process

MIX-n-MAKE... (MIXation technique)

toss  mix  stir  fold  knead
blend  whisk  whip  frappe
The Inclusive CULINARY Classroom
in a non-kitchen environment

Build SELF-ESTEEM & CONFIDENCE by educating and building Culinary Competence Skills...in a project management process

SHAKE-n-BAKE... (COOKING technique)

boil  simmer  steam  POACH
SAUTE  FRY  GRILL
BRAISE  ROAST  BAKE

The Inclusive CULINARY Classroom
in a non-kitchen environment

Key Culinary Safety Standards:

Food Safety Window 135°F

40°F
The Inclusive CULINARY Classroom
in a non-kitchen environment

Key Culinary Safety Standards:

Cross Contamination
Be Aware!

2
POULTRY
MEAT
SEAFOOD
PRODUCE

Hot is HOT / Cold is COLD

3
The Inclusive CULINARY Classroom
in a non-kitchen environment

Key Culinary Safety Standards:
The Cooking Carousel

TLA SMELL
LISTEN
TOUCH
TASTE
LOOK

...adjust

Adaptable project management processes

Find success in the realm of unexpected flexibility,

Cooking techniques and culinary skills are taught as
a project management process;
The Inclusive CULINARY Classroom
in a non-kitchen environment

BEST PRACTICES ...

FAIL FORWARD...
- I’m only a chef because... I’ve made a whole lot more mistakes

“There are NO MISTAKES in the Kitchen”
~ Julia Child “the turkey episode”

Increase the HANDS-ON experience;
- have a “sous chef” assist with prepping & knife skills

Setting Up the MOBILE CULINARY CLASSROOM

DESIGN...

Enhance LIFE-SKILLS
- “KISS”
- Build In Fun
- FOCUS on core culinary basics

CULINARY SKILLS DEVELOPMENT
Setting Up the MOBILE CULINARY CLASSROOM

Electrical Appliance STORAGE

Hardware/Equipment & NonPerishable TRANSPORT

Perishable TRANSPORT
Setting Up the MOBILE CULINARY CLASSROOM APPLIANCES

MOBILE Cooking Units
Setting Up the MOBILE CULINARY CLASSROOM APPLIANCES

Nuwave 2 Induction Cooktop

Crock-Pot x 2
Setting Up the MOBILE CULINARY CLASSROOM

APPLIANCE CABLES

CIRCUIT LOAD
*Verify circuit load from the circuit breaker

Setting Up the MOBILE CULINARY CLASSROOM

SMALL APPLIANCES
ONLY as needed
Setting Up the Mobile Culinary Classroom

**Equipment as needed**

- Cutting boards
- Santoku chef knife
- Whisk & spatula

**Class Supplies as needed**

- Clorox wipes
- Paper towels
- Sm plates/bowls
- Utensils
FUNDING
Equipment & Supplies

GRANTS

CLASS FEES

Sample CURRICULUM

COOKING that CROCKS!
COOKING THAT CROCKS

Name and description of course: 
COOKING THAT CROCKS offers everything you didn't know about slow cooking in these countertop crocks found in virtually every American kitchen. Chef Giudici brings the hands-on approach to this unique style of Crock pot cookery, including a touch of everything from breakfast, salad and soups, appetizers and side dishes, entrees, breads and sauces. You will learn the fine differences of slow cooking and understand the advantages.

Basic Preparation Skill Topics:
- Everything in Place (mix en place)
- Keep it Clean
- Fry your Work, Work your Fry
- Look, smell, touch, and taste
- HOT pot /COOL soil (paella)

Advanced Culinary Skills:
- Weights & Measurements
- Major Skills (5% of the MKR: leng, scale, type & time)
- Knife skills
- Art of Frying

Course Skill Topics: 
COOKING THAT CROCKS: Through the preparation and understanding of the different course using the slow cooker — you will experience and learn how smarts in the kitchen can be... from breakfast, lunch, dinner to desserts, breads and sauces,... soon you will be COOKING THAT CROCKS!

Week 1 Objective: 
PREP
ORDER OF THE "SLOW COOKER" AND WAY CROCKPOT COOKERY
BREAKFAST
- Make/Toast: Blueberry Breakfast Herb Bread Pudding
Week 2 Objective:
LUNCH
- Make/Toast: Chicken Noodle Soup
DINNER
- Make/Toast: Apple-Braised Beef-Wrapped Crepes
APPETITION
- Make/Toast: Apple-Whipped Dijon Butter-Wrapped Crepes
SIDE DISH
- Make/Toast: Apple Sauce
Week 4 Objective:
ENTREE
- Make/Toast: Chicken Fajitas (emite or wrap appetizer)
BREAD
- Make/Toast: Mexican Bread
Week 5 Objective:
ENTREE
- Make/Toast: Mexican Fajitas
BREAD
- Make/Toast: S'Mores Pudding Cake
POSTFIT
11:50 - 12:30 — Satisfaction Survey

How will this course encourage participation into other existing continuing educational programs?
This course builds on the skills, in particular learning some skills and good food choices as macroscopic and relating to crockpot cooking. The class is designed to be hands-on with the students creating final products as needed. For offering, the program should be an educational and a fun way, teaching that cooking fun, rather than a task. Students learn that life choices can become a tool that will improve their quality of life, building their self-esteem and belief in themselves and new ways of helping the vast world of food.
Glazed Bacon Smokies

INGREDIENTS
2 lb. 2 oz. bacon
1/2 cup maple syrup
1/2 cup granulated sugar

METHOD
1. Preheat oven to 375°F.
2. Cut the bacon into 1 1/2-inch pieces. Place them on a baking sheet lined with parchment paper.
3. Drizzle the maple syrup and sugar over the bacon pieces.
4. Bake for 15-20 minutes, or until crispy.

Homemade Apple Sauce

INGREDIENTS
6 large apples
1/2 cup sugar
1/4 cup water
1 cinnamon stick

METHOD
1. Core, peel, and dice the apples.
2. Place in a medium saucepan with the sugar, water, and cinnamon stick.
3. Cook over medium heat for about 20 minutes, or until the apples are tender and the mixture is thick.
4. Remove the cinnamon stick before serving.

CROCKPOT BLUEBERRY CHEESECAKE

INGREDIENTS
1 (8-ounce) package cream cheese
1/4 cup sugar
1/2 cup sour cream
1 (3-ounce) package instant vanilla pudding mix
1 (8-ounce) can blueberry pie filling

METHOD
1. In a large bowl, beat the cream cheese and sugar until smooth.
2. Add the sour cream and vanilla pudding mix; mix well.
3. Spread the blueberry pie filling over the bottom of the crock pot.
4. Pour the cream cheese mixture over the blueberry pie filling.
5. Cover and cook on low for 8 hours.

CROCKPOT APPLE SAUCE

INGREDIENTS
6 apples
1/2 cup brown sugar
1/4 cup water
1 cinnamon stick

METHOD
1. Core, peel, and dice the apples.
2. Place in a medium saucepan with the brown sugar, water, and cinnamon stick.
3. Cook over medium heat for about 20 minutes, or until the apples are tender and the mixture is thick.
4. Remove the cinnamon stick before serving.

CROCKPOT BACON-WRAPPED LIL' SMOKIES

INGREDIENTS
2 lbs. bacon
2 cups brown sugar
2 cups maple syrup

METHOD
1. Preheat oven to 375°F.
2. Cut the bacon into 1 1/2-inch pieces. Place them on a baking sheet lined with parchment paper.
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11/30/2016

TEACHING NOTES

1. What is the lesson? 
2. What is the objective? 
3. What materials are needed? 
4. What is the procedure? 
5. What is the assessment? 

KITCHEN SKILLS

1. What is the task? 
2. What is the goal? 
3. What is the method? 
4. What is the evaluation? 

QUANTITIES IN REME MEAL

Name: 

PREPARE CARRY-OUT DINNER: "COOKING UNDER PRESSURE"

1. What is the lesson? What is the objective?
   a. It was organized by a local church.
   b. It was organized by a local club.
   c. It was organized by a local theater.
   d. It was organized by a local library.
   e. It was organized by a local group.

2. When making Chicken Napoletta Soup, which of the following?
   a. The vegetables are $500 to purchase, but free to prepare.
   b. The vegetables are $500 at the beginning, but free to prepare.
   c. The vegetables are $500 at the beginning, but free to prepare.
   d. The vegetables are $500 at the beginning, but free to prepare.

3. Make sure the noodles are better than you expected.
   a. All the noodles are the same brand.
   b. You can use the noodles that are the same brand.
   c. You can use the noodles that are the same brand.
   d. You can use the noodles that are the same brand.

4. When making Apple Salad, it is a good idea to:
   a. Dice
   b. Dice
   c. Dice
   d. Dice

5. Which type of cooking is it one you are going to do?
   a. Basic cooking
   b. Professional cooking
   c. Home cooking
   d. Professional cooking

6. The percentage of using a recipe are:
   a. 90%
   b. 80%
   c. 70%
   d. 60%
Sample CURRICULUM

COOKING that CROCKS!

and a COMPANION WEBSITE/BLOG

featuring... more resources to support you

Coming Soon...

TOQUE Talk
An online Question & Answer Forum
with Chef DavidLee
and Periodic Podcasts
Coming Soon...

COMPLETE CLASS CURRICULA Guide
a set of all class curricula developed, tried and tested

Mother’s Day Feast
Fun SUMMER Treats
Winter WarmUps

Coming Soon...

COMPLETE CLASS CURRICULA Guide
a set of all class curricula developed, tried and tested

EAT A RAINBOW PROJECT
English Tea Time
COOKING IN CROCKS
Coming Soon...

COMPLETE CLASS CURRICULA Guide
a set of all class curricula developed, tried and tested

Coming Soon...

COMPLETE CLASS CURRICULA Guide
a set of all class curricula developed, tried and tested
Questions and DISCUSSION

A Message from Our Students
Student Prepared TASTING

Homemade APPLE SAUCE

Apple-Glazed Bacon SMOKIES

Pennsylvania Dutch CHICKEN BOT BOI

Thank You for joining us!

GATEWAY to an INCLUSIVE CULINARY CLASSROOM

Emmaus Link
Linking Life and Learning for All