

READING AND WRITING A LOCAL FOODS RECIPE

Objective: Students will learn the basic components of a recipe and transcribe a full recipe onto a sheet of paper to take home. This activity engages students to think critically about the parts and steps of creating a meal and hones their writing, spelling, and organizational skills. After students write a full recipe, the class will make and sample the local foods meal together as a class.

Prep Time: 1 hour

Lesson Time: 45 minutes

1. Check for food allergies prior to using a recipe. If nut allergies are present in the classroom, omit them from this recipe or find another local foods recipe.
2. Select and purchase the ingredients for a local foods recipe. Adjust the recipe quantities based on the number of serving sizes and purchase the accurate number of ingredients. Ensure that most or all ingredients for the recipe were grown as locally as possible. For example, Kale and Pecans are easy to find locally; Olive Oil may have to be found in a domestic source rather than an international source. A kale recipe is provided below. Kale is usually available from local farmers year round in North Carolina. You may choose another seasonally available produce item.
3. Prepare all necessary ingredients and cooking utensils to bring to class. For the kale salad recipe, if you do not have access to an oven for this lesson, toast the pecans or local nuts prior to the lesson. You may also need to rinse the kale if a sink is not available.
4. Ensure that you have a method to display the recipe to students (projector and computer, chalkboard or whiteboard, or smart camera display system.)

Materials Needed:

- Plates, Napkins, and Eating Utensils for each student
- Measuring cups and spoons
- Knife
- Cutting Board
- Mixing spoon/ Spatula
- Large Bowl
- Roasting Pan for Pecans
- Cheese Shredder
- Mini food processor or small bowl and whisk
- Gloves for food prep
- Recipe Ingredients:
 - Bunches Kale
 - Garlic Cloves
 - Lemon Juice
 - Olive Oil
 - Block Parmesan Cheese
 - Salt and Black Pepper

Opening Interest Approach for the Activity:

1. Ask students for examples of meals or snacks they have created at home with a recipe.
2. Tell students it is important to be able to read and write recipes. Cooking at home is one of the best ways to consume local foods and the ability to follow a recipe is vital. Tell them that this activity is going to be a recipe creation and cooking demonstration with a focus on local foods.
3. Tell students the recipe name. Some students may be hesitant. Remind them vegetables contain valuable nutrients and sampling new foods is a way to fit healthy items into their diet.

Activity Outline:

1. Brainstorm aloud with students the key components of a recipe. Display the answers for students to see. Correct the discussion and show all of the components of a recipe. Instruct students to record the components of a recipe and the recipe used in class today. As you list each component of a recipe, explain the importance of each component. For example, explain your need to possibly double the amount of ingredients based on the serving size and the number of students in the class.

Key recipe components are:

- | | |
|---|--------------------------------------|
| a. Title | d. Time Needed to Prepare the Recipe |
| b. Ingredients and Amounts of Each Ingredient | e. Materials Needed |
| c. Number of Servings | f. Directions or Steps |
2. Display the kale recipe and allow students to record the recipe. Ensure that all cooking materials are ready for the demonstration while students record the recipe.
 3. Appoint several students to read components of the recipe out loud.
 4. Share with students where you found or purchased the ingredients for the recipe. Don't be afraid to share if there were a few ingredients that you could not source locally. If you could not find all ingredients from a local, state, or national source, then explain why.
 5. Demonstrate the measurement, chopping, and mixing of ingredients. Make sure to ask for questions about each process of the recipe.
 6. Ensure that all students wash and dry their hands thoroughly. Provide samples of the recipe to each student.
 7. Reflect on the taste of the recipe. Discuss with students the possibility of different ingredients. Ask for their suggestions. Encourage students to search for local recipes to make at home.

Kale Salad Recipe found on the next page...

Massaged Kale Salad Recipe

Yield: 8 small servings Prep Time: 30 minutes Cook Time: 10 minutes

FOR THE SALAD & DRESSING:

- 2 medium bunches destemmed kale, chopped (8 cups chopped)
- 2 large garlic cloves
- 1/4 cup lemon juice (from 1 lemon)
- 3-4 tablespoons extra-virgin olive oil
- 1/4 teaspoon fine grain sea salt
- 1/4 teaspoon freshly ground black pepper
- 1-2 handfuls dried cranberries (or other dried fruit)

FOR THE PECAN PARMESAN:

- 1 cup pecan halves (or other local nut), toasted
- 2 tablespoons shredded parmesan cheese
- 1 tablespoon extra-virgin olive oil
- 2 pinches fine grain sea salt

Directions:

1. Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden.
2. Remove the stems from the kale and discard. Finely chop the kale leaves.
3. Wash the kale and spin dry. Place dried kale into a large bowl.
4. For the dressing: In a mini food processor or bowl with whisk, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.
5. For the pecan parmesan: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Shred the parmesan cheese. Now add in the parmesan, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process - we still want a nice crunchy texture here, not powder.
6. Sprinkle the Pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries or other dried fruit. Wrap and refrigerate for 30-60 minutes or eat immediately.

*Note: 1) Instead of a mini processor, you can chop/whisk the dressing and pecan "parmesan" by hand. 2) For a nut-free version, try using breadcrumbs instead of pecans.

Recipe modified from www.ohsheglows.com

Read more: <http://ohsheglows.com/2013/11/25/the-best-shredded-kale-salad/#ixzz3SVinv01N>