Cooking Lessons

Lesson 9

**Purpose:** To teach students how to make nutritious snacks that can reduce their use of single use plastic.

These lessons take four 1 1/2-2hour sessions. We divided the students into groups (we mixed older and younger students). We created 8 groups with two groups at each station. They completed one cooking station each week.

We created bins for each station that included a material list, the equipment, the recipe and the food. Students were responsible for unpacking the bin, dividing up materials between the two groups, making that recipe and cleaning and putting items properly back into the bin.

We booked our multi-purpose room that had a small kitchen with two stoves, two sinks, and a dishwasher.

Large items like air fryers, dehydrators, mixers and all the utensils and food were purchased with money from our RDN grant. This equipment remains in our kitchen to be used by other teachers and this year’s cooking program.

If you are cooking with one class, you will only need one of each item in the equipment list. If you are working with two classes, you will need two of each item.

**Materials:**

**Granola Bars (You will need two of each equipment item for two classes):**

Equipment: Ingredients:

\*mixing bowl \*oats

\*measuring spoons \*seed or nut butter

\*measuring cup \*dried fruit

\*big mixing spoon \*chocolate chips

\*9 inch square pan \*chia, pumpkin, sunflower seeds

\*parchment paper \*shredded coconut

\*sharp knives \*honey, maple syrup, agave syrup, date syrup

\*chopping board \*vanilla

\*sea salt

\*cinnamon

Students were given the choice to include any of the ingredients from the above list to make the granola bars their own. You can add to this list. See recipe.

**Crackers (You will need two of each equipment item for two classes):**

Equipment: Ingredients:

\*mixing bowl \*flour

\*measuring spoons \*water

\*measuring cups \*oil

\*big mixing spoon \*powdered cheese (parmesan, kraft, etc.)

\*rolling pin \*herbs (rosemary, basil, oregano, pepper, sea salt)

\*pizza cutter

\*small oil brushes

\*cookie sheets

Students were given the choice of toppings for their crackers. Some students used the cheese and herbs as toppings and some mixed them right into the cracker dough. See recipe.

**Fruit Leather and Smoothie Stations (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Fruit Leather:

\*knives (4-5) \*bananas

\*chopping boards (4-5) \*blue berries, raspberries, strawberries

\*2 cup measuring cup \*peaches

\*food processor \*plums

\*blender \*apples

\*spatula \*pears

\*silicon sheet \*kiwi

\*dehydrator \*apricots

\*cups \*mango

\*rhubarb

Ingredients for Smoothie:

\*vanilla Greek yoghurt

\*fruit (see above)

\*honey

\*flax/chia seeds

Students can combine any of the fruits to make their leather. See recipe.

Note: Students need to make the fruit leather first, but as it takes 8-10 hours to dehydrate, we let the students make a smoothie when they are done so that they have something to eat. They can create their own recipe with the ingredients available.

**Apple Chips and Fried Potatoes (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Potatoes:

\*Air fryer \*potatoes

\*chopping boards (4-5) \*salt

\*knives (4-5) \*olive oil

\*mixing bowl \*herbs (rosemary, thyme, garlic, salt, pepper)

Ingredients For Apple Chips:

\*apples

\*cinnamon

\*small amount of brown sugar

\*oil

Note: Students need to make the potatoes first. When they are done, they can make the apple chips while waiting for the potatoes to cook and cool. See recipe.

**Extension:**

We set up a table that had chopping boards, knives and fruit (strawberries, mango, lemons, limes and oranges). When students had finished with their station, they could slice some of this fruit and put it in the dehydrator. We have a multi tray dehydrator so we could dehydrate the fruit leather and fruit slices at the same time.

We used this fruit later when we made our tea blends.

**Granola Bars**

**Ingredients**

1 ¾ cups old-fashioned oats

1 tsp ground cinnamon

½ tsp fine sea salt

2 cups mix-ins (nuts, seeds like chia, sunflower, pumpkin or flax, chocolate chips, shredded coconut, dried fruit)

1 cup creamy peanut butter or pumpkin seed butter for those with nut allergies

½ cup honey or maple syrup

1 tsp vanilla extract

**Instructions**

1. Line a 9-inch square pan with two strips of crisscrossed parchment paper cut to fit neatly against the bottom and up the sides.

2. Put the oats into a large mixing bowl. Add the cinnamon, salt and any nuts, seeds or fruit. Stir to combine. Set aside.

3. Measure out the peanut or pumpkin seed butter and honey or maple syrup. Place in a bowl and stir until completely combined.

4. Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. If the mixture was easy to mix together, that’s a sign that you need to add some more oats. Sprinkle in some more oats until there is no more liquid to soak up the oats.

5. Scoop the mixture into the prepared pan so that it is fairly even. Place another piece of parchment paper on top of the mixture and press down as firmly and evenly as possible so all the ingredients squash together.

6. Cover and refrigerate while you clean up. The longer you can wait the better as it takes the oats some time to soak up all the liquid. They will be stickier than if you leave them overnight.

7. Lift the bars out of the pan by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars into 4 even columns and 4 even rows.

8. Enjoy!

**Homemade Crackers**

**Ingredients**

1 ¼ cup flour plus extra for rolling

1 tsp flaxy sea salt

1/3 cup water

2 Tbsp olive oil

1 Tbsp of your seasoning of choice (rosemary, basil, garlic, cheese)

If using cracked pepper, or hot pepper you probably want to use less than a tablespoon.

**Instructions**

1. Set the oven to 220 degrees Celsius.

2. Put the flour, salt and herbs in a bowl and stir together. Make a well in the centre.

3. Stir the water and olive oil together and then pour it into the centre of the flour mixture.

4. Mix the mixture with your hands to combine until you have a rough dough. If it’s sticky, add a little more flour so it’s nice and smooth.

5. Take a sheet of parchment paper and sprinkle flour over it. Put the dough ball in the centre and roll the dough out until it is 1-2 mm thick.

6. Use a pizza cutter to cut the dough into squares.

7. Brush the squares with a little water and sprinkle with a little salt and about a tsp of the topping of your choice. Prick each square with a fork

8. Carefully slide the parchment paper with the crackers onto the baking sheet and put it in the preheated oven. Cook until crisp and golden (10-15 min).

9. Remove from oven and let cool. Enjoy!

**Fruit Leather**

**Ingredients**

2 cups of mixed fruit

Honey to taste (As a group, you will need to decide how sweet you want your fruit

leather)

**Instructions**

1. Wash, peel and remove any stems or pits, if needed. The skin of the fruit is very nutritious so use the peel where you can (not bananas, pineapple, oranges, etc.)

2. Put all the fruit into a blender and blend until smooth. At this point, you may want to take a quick taste to see if you need sweetener. Add in small amounts until you like the sweetness of your fruit mash.

3. Put the silicone “mold” onto one of the dehydrator trays and pour the fruit mixture into the mold. Spread the fruit mixture so that you have an even thickness.

4. Dry at 145 degrees F or 63 degrees C for 6-8 hours.

5. When done (it will be Friday), roll the leather into a tight roll and cut it with a sharp knife into enough pieces that everyone in the group can try.

**Some Ideas (Have fun with it, you can’t really go wrong!)**

**Raspberry Peach Blueberry Chia Banana**

1 cup raspberries 1 cup blueberries

1 cup peaches 1 cup ripe banana

Honey to taste ¼ cup chia seeds

5 dates, pitted

Using the recipes given as a guide, try these other flavours:

Apricot (apricots and sweetener)

Strawberry Lemonade (strawberries, lemon and honey)

Apple Cinnamon (apples, honey and cinnamon)

**French Fried Potatoes**

**Ingredients**

2-3 Potatoes

2 Tbsps olive oil

Your choice of Herbs (rosemary, salt, pepper, garlic, basil, oregano, hot pepper)

**Instructions**

1. Cut the potatoes into wedges and put in a bowl of water to soak for 3 min.

2. Drain and put the wedges back into the bowl. Add olive oil and your choice of herbs. Mix the potatoes well-it’s easiest to do this with your hands.

3. While the potatoes are soaking in the olive oil, get a cooking basket from the air fryer.

4. Place the potatoes in a single layer in the air fryer basket.

5. Cook at 375 for approximately 15 min.

6. While you are waiting for your potatoes to cook, you can clean up your area.

7. Toss after 8 min and continue to cook until a fork can easily pierce the potatoes.

8. If there is time, you can make a second batch!

9. Enjoy!

**Air Fryer Apple Chips**

**Ingredients**

2 apples

3 tsps cinnamon

**Instructions**

1. Wash and dry the apples.

2. Cut the apples into thin slices, about 1/8 inch thick.

3. Sprinkle the cinnamon evenly over all the slices.

4. Place the slices in the air fryer basket, in a single layer.

5. Once they are in the basket, set the temperature to 380 degrees F with a cook time of 8-10 minutes.

6. Turn the slices over at the 5 minute mark.

7. Let the slices sit for at least 5 minutes to crisp (15-30 min rest time is best-you could clean up first and then eat).

8. Enjoy!