

LESSON 10: NEW ZEALAND CUISINE

KUMARA SALAD

Serving Size: 12 servings

Ingredients:

- 1 kumara (sweet potato)
- 1 small head romaine lettuce leaves chopped
- 4 oz cherry tomatoes
- 4 radishes, sliced
- 4 oz crumbled goat cheese
- Olive oil
- Salt and pepper

PREP BEFORE CLASS:

Preheat oven to 375°F. Line baking tray with aluminum foil. Cut sweet potatoes into fourths.

Directions:

1. Instruct students to carefully take their kumara (sweet potato) chunks and cut them into small, even cubes. The smaller the cubes, the faster they will bake!
2. Place the diced kumara on a baking sheet and drizzle with some olive oil, sprinkle with salt.
3. Once coated, add potatoes to a lined tray and cook in the oven for 10 minutes. Flip and cook for an additional 10 minutes.
4. While kumara is baking, prepare the rest of the salad: chop romaine leaves, cut cherry tomatoes in half, and dice radishes.
5. Mix together approx 2 tbsp olive oil and add salt and pepper to taste for dressing.
6. Once kumara are out of the oven and cooled, add to salad.
7. Sprinkle salad with goat cheese and enjoy!



DID YOU KNOW?

"Kumara" means "sweet potato" in the Maori language.



DID YOU KNOW?

Trifle originated in England but is a family-favorite in New Zealand.

STRAWBERRY TRIFLE

Serving Size: 12 servings

Ingredients:

- 3 boxes of instant vanilla pudding mix (each box makes about 4 servings)
- 6 cups milk (1/2 gallon)
- 6 mini sponge cakes (NUT & SESAME FREE)
- 1/2 pound strawberries
- 12 cups for serving

PREP BEFORE CLASS:

Cut mini sponge cakes into halves (1 half per student).

Directions:

1. First, make the pudding. Follow directions on box: Whisk pudding mix and milk (2 cups milk per pudding mix packet).
2. Let set for 5 minutes.
3. While pudding is setting, distribute strawberries among students and instruct them to slice.
4. Give each student a plastic cup, half a sponge cake, and 1/2 cup of pudding.
5. Instruct students to cut sponge cakes in half.
6. In a cup, have students layer (1) cake, (2) pudding, (3) strawberries and REPEAT one more time.
7. Enjoy!

LESSON 10: NEW ZEALAND CUISINE

SHOPPING LIST

Ingredients to buy:

- 1 sweet potato
- 1/2 pound strawberries
- 1 small head romaine lettuce
- 4 oz cherry tomatoes
- 4 radishes
- 4 oz crumbled goat cheese
- 1/2 gallon milk
- 3 boxes instant vanilla pudding mix
- 6 mini sponge cakes (NUT & SESAME FREE)



Ingredients in the bin:

- Olive oil
- Salt
- Pepper
- 12 cups for serving

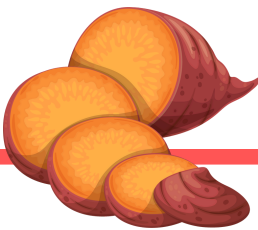
OBJECTIVES

- Describe the health benefits of sweet potatoes
- Explain what region of the world these recipes come from
- Summarize the process of roasting

INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- Today we will be making food from New Zealand! Has anyone heard of New Zealand? Do you know where it is?
- Similar to the cuisine of Australia, the cuisine of New Zealand is a diverse British-based cuisine but also influenced by native populations.
- A staple food item is Kumara which is the Maori word for Sweet Potato. Two dishes regarded as distinctively Maori are the boil up—made of pork, potatoes, kumara, and dumplings—and pork and puha (sow thistle).



STAR INGREDIENT: SWEET POTATO

- Sweet potatoes were first grown in Central and South America but are now cultivated all over the world. North Carolina is the largest producer of sweet potatoes.
- What part of the plant is a sweet potato? Root.
- What important nutrients are found in sweet potatoes? Vitamin A and Potassium.
- Vitamin A plays a big role in keeping your eyes and vision good and our skin healthy.
- Potassium is a mineral that helps to maintain the right fluid balance in our bodies, which is important for keeping our blood pressure normal and our heart healthy!
- Is it better for you to eat sweet potatoes with or without the skin? Eat the skin! The skin contains many nutrients, including fiber.
- Did you know? No potatoes, white or sweet, were at the first Thanksgiving dinner.

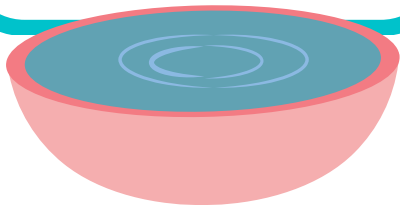
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STAR TECHNIQUE: ROASTING

- Baking is a method used to heat up ingredients that are combined into a batter, mainly used to make pastries and desserts! (e.g cookies, cupcakes, cakes, pie).
Roasting, on the other hand, is mainly used to cook foods like meat, potatoes, chicken, and vegetables.
- What tools are needed to roast? Oven, a timer, and a container to hold the food we want to roast!
- That said, you will additionally need tools such as mixing bowls, measuring cups/spoons, whisk, baking pan, spoons, and spatula.

COOKING PRO

Sweet potatoes are a starchy vegetable, but soaking them in water overnight can help remove some of the starch.



DEVELOPMENT

🕒 5-7 min

- Discuss the second recipe: trifle. Trifle is a layered dessert originally from England. The usual ingredients are a thin layer of sponge fingers or sponge cake soaked in a fruit element (fresh or jelly), custard, and whipped cream layered in that order in a glass dish. There are many options to customize the dessert and add ingredients of your choice. The assembled dessert can be topped with whipped cream. It is a popular dessert in New Zealand, especially around Christmastime.

NEW ZEALAND CUISINE

- Māori Kai: Māori people, the indigenous population of New Zealand, have traditional foods known as "kai." Hangi is a popular Māori cooking method where food is cooked in an earth oven. It involves using heated stones to cook meat, such as lamb, chicken, or pork, along with vegetables like kumara (sweet potato), potatoes, and pumpkin. Hangi-cooked meals are tender, smoky, and full of flavor.
- Seafood Delights: New Zealand is surrounded by oceans, making seafood a significant part of the cuisine. You can enjoy fresh fish like snapper, hoki, or tarakihi, either pan-fried, grilled, or in fish and chips.
- Kiwifruit: New Zealand is famous for its kiwifruit, which is a small, fuzzy fruit with vibrant green flesh. It has a tangy, sweet flavor and is rich in vitamin C.
- Lamb: New Zealand is known for its high-quality lamb meat.
- Manuka Honey: New Zealand is home to the native Manuka tree, which produces a unique type of honey known as Manuka honey. It is highly prized for its antibacterial properties and distinct flavor.
- Hokey Pokey Ice Cream: Hokey pokey is a New Zealand specialty when it comes to ice cream. It's a delicious combination of vanilla ice cream and small, crunchy toffee bits.
- Cheese: New Zealand produces a wide variety of excellent cheeses. From creamy brie and camembert to tasty cheddar and gouda, there's a cheese for every palate. Cheese boards are a common feature at gatherings and are enjoyed with crackers and fruit.

END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal