

LESSON 6:

LASAGNA CUPS AND CAPRESE

ZUCCHINI LASAGNA CUP

Serving Size: 12 servings, 1 per student

Ingredients:

- 12 wonton wrappers (NUT & SESAME FREE)
- 1 cup part skim ricotta
- 1 zucchini
- 1 cup pasta sauce
- 1 cups shredded mozzarella cheese
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 12 muffin tins
- olive oil

PREP BEFORE CLASS:

Preheat oven to 375°F. Wash zucchini. Grease muffin tins with olive oil.

Directions:

1. Mix ricotta, salt, and pepper. Stir until well combined.
2. Slice the zucchini into thin slices, about 1/8 inch thick or as thin as possible.
3. Put a wonton wrapper in the muffin tin. Push the center of the wrapper down into the tin, forming a cup. Spoon the ricotta mixture into the wonton cups. Place a zucchini slice on the ricotta and press down slightly. Top with the pasta sauce and mozzarella. You can do another layer of cheese and pasta sauce if your cup has extra room.
4. Bake for 12 minutes. The edges of the exposed wonton wrappers should be golden brown and crisp. To ensure the zucchini softens, cook for as long as possible without burning the wontons.
5. Let the cups cool for 5 minutes before removing from the muffin tin and serving.



CAPRESE SKEWERS WITH BALSAMIC VINAIGRETTE

Makes 12 servings, 1 per student

Ingredients:

- 12-24 container of cherry tomatoes
- 12-24 small mozzarella balls
- 12-24 basil leaves
- Cocktail skewers or toothpicks

Dressing: Balsamic Vinaigrette

- 1/4 cup balsamic vinegar
- 1 teaspoon honey or maple syrup
- 1 garlic clove, grated
- 1/2 teaspoon sea salt
- freshly ground black pepper
- 1/4 cup olive oil

PREP BEFORE CLASS:

Wash tomatoes and basil.

Directions:

1. Assemble tomatoes, basil, and mozzarella balls on medium-sized cocktail skewer or toothpick.
2. To make balsamic vinaigrette, whisk together the vinegar, honey, garlic, salt, and several grinds of pepper in a small bowl.
3. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified.
4. Drizzle over the caprese skewers. Enjoy!



LESSON 6:

CHEESE? NO WHEY!: ENZYMES AND CHEESEMAKING

SHOPPING LIST

Ingredients to buy:

- 12-24 basil leaves
- 12-24 container of cherry tomatoes
- 1 zucchini
- 12 wonton wrappers (NUT & SESAME FREE)
- 1 cup part skim ricotta

- 1 cups shredded mozzarella cheese
- 12-24 small mozzarella balls
- 1 cup pasta sauce
- Cocktail skewers
- 12 muffin tins (or in the bin)

Ingredients in the bin:

- salt
- pepper
- olive oil

Bonus ingredients for experiment:

- saltine crackers (NUT & SESAME FREE)
- mozzarella sticks

OBJECTIVES

- Explain what enzymes are
- Explain how cheese is made
- Name 5 ingredients common in Italian cuisine

ITALIAN DISHES

PIZZA

Naples is home to pizza!



PASTA

Italy has so many pasta options: spaghetti, fettuccine, lasagna, and ravioli. Pasta is typically served with different sauces like marinara, Bolognese, Alfredo, or pesto.



RISOTTO

A creamy rice dish cooked with broth and often flavored with ingredients like saffron, mushrooms, or seafood. Risotto has a rich and velvety texture.



INTRODUCTION

🕒 3-5 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.
- Explain to the class that we are traveling to Europe today, specifically to a country that is shaped like a boot. Have Students guess where. Italy!
- Key Qs: Does anyone know how to say hello in Italian? Ciao! Ciao also means bye! What is Italy well-known for? Italy is famous for its great food, art, and architecture. Has anyone eaten Italian food?
- Have students think of some Italian dishes. Discuss thoughts in pairs. Allow 2-5 students share with the class. Pizza, pasta (ravioli, lasagna, spaghetti), bruschetta, risotto, tiramisu.
- What are some of the ingredients commonly used in Italian cuisine? Olive oil, pasta, tomatoes, basil, olives, oregano, capers, cheese and more. It is similar to Mediterranean diet

DEVELOPMENT

🕒 5-7 min

- Our recipes today involve an ingredient that is enjoyed by many people and is used a lot in Italian cooking – cheese! The Midwest of America is known for the largest production of cheese in the country. In fact, even though Wisconsin's official nickname is the "Badger State" it is often called the "Cheese State." Why? Because they have a lot of cows! And cow milk is what most cheese is made from – although goat and sheep milk can be used in cheesemaking also.

LESSON 6:

CHEESE? NO WHEY!: ENZYMES AND CHEESEMAKING

EXPERIMENT

SUPPLIES

- Saltine cracker (NUT & SESAME FREE)
- Mozzarella cheese

DIRECTIONS

At the end of the class, if time allows a very quick visualization of how enzymes work:


- Our saliva contains an enzyme called amylase. The amylase's job is to break down starches. Let's watch amylase do its job with a food that contains a lot of starch.
- Give each student a saltine cracker. Have them place half of it on their tongue and feel as the cracker starts to dissolve – the amylase is breaking it down.
- Now give students a piece of mozzarella from today's recipe. Have them keep it on their tongue for about 30 seconds. How does this feel in your mouth? The cheese should still keep its shape with no changes – there is no starch in cheese so the amylase had nothing to break down.

DEVELOPMENT

- Our salad and lasagna cups will involve a special ingredient that many will believe is the main ingredient making it taste delicious – mozzarella cheese! But how is cheese made?
- Does anyone know what the word enzyme means? Or have you ever just heard the word before?
- Enzymes are important substances made by the cells of plants and animals. They help control how quickly chemical reactions occur. Enzymes help the body perform tasks like digesting food and growing new cells. Humans have enzymes, for instance, to break down sugars for energy. The enzymes in charge of this job make sure to do this in a slow process so that too much energy is not created too quickly.
- Cheesemakers use enzymes to create the cheese. In order for cow's milk to become, for example mozzarella cheese, the milk needs to become somewhat solid. Harder cheeses like Swiss requires the milk to really harden. The enzyme that makes this happen is called Rennet.
- Rennet includes the enzymes that cause the protein in milk to clump together, and that creates the solid milk curd. The rennet enzymes in cheese also trap fats and minerals in the curd, which is what makes the cheese so darn yummy!
- **One additional fact about rennet which is up to the discretion of the instructor to share, some children may not want to taste the cheese after learning this fact!
- Rennet that is traditionally used in cheesemaking is made from animal rennet – these enzymes come from the lining of the fourth stomach of a young animal – generally a calf. Rennet can also come from plants, or can be chemically created.
- Now complete the experiment/visualization on how enzymes work – see side bar on the prior page.



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