

BRUSCHETTA

Serving Size: 12 servings

Ingredients:

- 3 large tomatoes OR ~20 cherry tomatoes
- ¼ cup fresh basil
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 French-style baguette (NUT & SESAME FREE)
OR crostini-style crackers (NUT & SESAME FREE)-

PREP BEFORE CLASS:

Wash tomatoes. Rinse basil if necessary. Divide ingredients into equal parts for all students—they will each make their own bruschetta on their own plates.

Directions:

1. Slice baguette into small slices about 1/2 inch wide. Toast in oven for about 10 minutes.
2. Give each student a quarter of a large tomato OR about 2 cherry tomatoes each. Instruct students to dice tomato into small pieces.
3. Pass a basil leaf to each student. Demonstrate and instruct students to finely chop basil.
4. Have 2 students measure and add balsamic vinegar and olive oil to bowl.
5. Toss all ingredients well. Add salt and pepper.
6. Distribute 2–3 pieces of toasted bread
7. Have students add their chopped tomatoes and basil.
8. Spoon dressing onto each student's bruschetta. Allow students to top crackers with mixture on their own plates. Enjoy!

DID YOU KNOW?

Bruschetta is pronounced brew-SKET-tah.



DID YOU KNOW?

Lady fingers are dry, egg-based spongy biscuits.



TIRAMISU IN A CUP

Serving Size: 12 servings

Ingredients:

- 1 cup or 8 oz mascarpone cheese (or cream cheese)
- 1 cup or 8 oz heavy cream
- ¼ cup semi-sweet chocolate chips (NUT & SESAME FREE)
- ¼ cup cocoa powder (NUT & SESAME FREE)
- 12 ladyfingers (NUT & SESAME FREE)
- 1 tsp pure vanilla extract
- ½ cup granulated sugar

Directions:

1. In a bowl, measure and whisk mascarpone cheese and vanilla extract vigorously until creamy and smooth.
2. Blend heavy cream and sugar until stiff peaks form.
3. Fold whipped cream into mascarpone until mixture is smooth.
4. Have students break ladyfingers into smaller pieces and place on the bottom of the cup. Layer with mascarpone mixture and a thin layer of chocolate chips. Repeat.
5. Carefully top with thin layer of cocoa powder.
6. Enjoy!

ITALIAN SODA

Serving Size: 12 servings

Ingredients:

- 10 oz Torani strawberry syrup
- 40 oz or 1.2 L sparkling water
- 5 cups of crushed ice
- 12 cups for serving

Whipped Cream:

- 1 cup heavy whipping cream
- 1 tbsp honey
- 1/2 tsp vanilla extract

PREP BEFORE CLASS:

Prepare the blender.

Directions:

1. Add 4 pumps or 2 tbsp of syrup to the bottom of the cup and fill the cup halfway with ice.
2. Add sparkling water leaving 1 inch at the top for whipped topping. Stir to combine.
3. Add heavy whipping cream, honey, and vanilla to a blender and blend until thick and creamy (do not over blend or it turns into butter).
4. Top each drink with a dollop of whipped cream and stir.
5. Enjoy!



DID YOU KNOW?

Sparkling water comes from natural mineral springs with carbon dioxide or from adding carbon dioxide to purified water.

LESSON 7: ITALIAN CUISINE

OBJECTIVES

- Make one healthy Italian-inspired snack
- Learn about Italian cuisine and common ingredients
- Practice safe knife skills

STAR INGREDIENT: TOMATO

- Botanically a fruit: Despite being commonly considered a vegetable, tomatoes are actually a fruit from a botanical perspective. This is because they develop from the ovary of a flowering plant and contain seeds.
- Tomatoes are native to western South America, where they were first domesticated by ancient civilizations like the Aztecs and Incas. They were brought to Europe by Spanish explorers in the 16th century.
- While red is the most common color for tomatoes, they can come in a wide range of colors, including yellow, orange, green, pink, and even purple!
- Tomatoes are a good source of vitamins C, A, and K, as well as potassium and antioxidants like lycopene, which gives tomatoes their red color and has been associated with various health benefits.



SHOPPING LIST


Ingredients to buy:

- 3 tomatoes OR ~20 cherry tomatoes
- 1 bunch fresh basil
- 1 cup or 8 oz mascarpone or cream cheese
- 2 cup or 16 oz heavy cream
- ¼ cup semi-sweet chocolate chips (NUT & SESAME FREE)
- ¼ cup cocoa powder (NUT & SESAME FREE)
- 12 ladyfingers (NUT & SESAME FREE)
- 2 tbsp balsamic vinegar
- 1 French-style baguette (NUT & SESAME FREE) OR crostini-style crackers (NUT & SESAME FREE)
- 10 oz Torani strawberry syrup
- 40 oz or 1.2 L sparkling water

Ingredients in the bin:

- Salt
- Pepper
- Olive oil
- Vanilla extract
- Honey
- Granulated sugar (make by running regular sugar in food processor before the class)
- 12 cups for serving

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, guess what we are making, and which cuisine the recipes belong to.
- Discuss that today we are going to be making recipes from Italy. Ask students if they have ever tried any Italian dishes or heard about Italian cuisine. Discuss popular Italian dishes like pizza, pasta, bruschetta, and gelato.
- Key Qs: Has anyone been to Italy before? Italy is a country in the shape of a boot in Europe. What city is the capital of Italy? Rome is the capital city of Italy and is known as the "Eternal City" due to its rich history and ancient ruins.
- Explain that Italian cuisine is beloved worldwide for its delicious flavors and simple yet high-quality ingredients. It has a rich culinary heritage influenced by different regions.
- Highlight some key features of Italian cuisine, such as the use of fresh ingredients, emphasis on local and seasonal produce, and the importance of pasta, olive oil, tomatoes, and cheese.
- The Italian flag is represented in many Italian dishes, with red tomato sauce, white mozzarella cheese, and green basil representing the three colors of the flag.

COOKING PRO

To safely slice the tomato, hold the tomato firmly with one hand. Keep your fingers curled inward, away from the blade, to protect them. Then carefully slice off the stem end of the tomato. This will create a flat surface to stabilize the tomato for slicing.




STAR TECHNIQUE: MIXING



- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!



DEVELOPMENT


 5-7 min

Discuss a few popular Italian dishes in more detail, describing their ingredients and preparation methods.

- **Pizza:** Pizza is one of Italy's most famous contributions to world cuisine. It consists of a round, thin crust topped with tomato sauce, cheese, and various toppings like vegetables, meats, or seafood. It is traditionally baked in a wood-fired oven, resulting in a crispy crust and melty toppings.
- **Pasta:** Pasta is a staple in Italian cuisine and comes in various shapes and sizes. Common pasta dishes include spaghetti with tomato sauce, fettuccine alfredo, lasagna, and ravioli. Pasta is often served with a variety of sauces, such as marinara, Bolognese, pesto, or carbonara.
- **Bruschetta:** Bruschetta is a simple and flavorful Italian appetizer. It consists of toasted bread slices rubbed with garlic, drizzled with olive oil, and topped with fresh diced tomatoes, basil, and sometimes mozzarella or other ingredients. Bruschetta can be customized with different toppings, making it a versatile dish.
- **Gelato:** Gelato is the Italian version of ice cream. It is made with a higher proportion of milk than cream, resulting in a denser and smoother texture. Gelato comes in a wide range of flavors, including classics like chocolate and vanilla, as well as unique Italian flavors like pistachio, stracciatella, and tiramisu.
- **Risotto:** Risotto is a creamy rice dish cooked slowly in broth until it reaches a rich and velvety consistency. It is often flavored with ingredients such as mushrooms, seafood, or saffron. The constant stirring during cooking helps release the starch from the rice, creating its characteristic creaminess.
- **Tiramisu:** Tiramisu is a popular Italian dessert made with layers of coffee-soaked ladyfingers and a creamy mixture of mascarpone cheese, eggs, and sugar. It is dusted with cocoa powder. Tiramisu is known for its luscious and indulgent taste.

Encourage students to ask questions and share any experiences they may have had with Italian food.

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