

BAKED APPLES WITH WHIPPED CREAM

Serving Size: 12, 1/2 apple per student

Ingredients:

Apples:

- 6 medium apples
- ½ tsp cinnamon
- 1 tsp sugar
- 12 muffin tins

Whipped Cream:

- 1½ cup heavy whipping cream
- 1 tsp sugar
- ½ tsp vanilla (optional)

PREP BEFORE CLASS:

Preheat the oven to 350°F. Wash and core apples, cut into wedges. Distribute 1 muffin tin per student. Prepare food processor.

Directions:

Baked Apples:

1. Distribute apple wedges equally between students, have them dice apples using the bear claw technique. Have each student place their apples in their muffin tin.
2. Measure and mix together sugar and cinnamon in a small bowl.
3. Have students take a spoon and sprinkle cinnamon and sugar mix over diced apples. Stir in the muffin tin.
4. Bake for 12 minutes, until apple edges are starting to turn golden brown.

Whipped Cream:

1. Meanwhile, in food processor, measure and add heavy whipping cream. Blend until it has reached desired consistency (do not overwhip). Add sugar and vanilla when it is done, and blend for 5 more seconds.
2. Once apples have cooled, top with whipped cream and enjoy!



DID YOU KNOW?

Chickpeas were first cultivated in the Middle East 9000 years ago! Chickpeas are also called Garbanzo beans.

CHOCOLATE HUMMUS

Makes 12 servings, 1/3 cup per student

Ingredients:

- 1 16 oz can cooked chickpeas
- 1/4 cup cocoa powder (NUT & SESAME FREE)
- ½ cup semi-sweet chocolate chips (NUT & SESAME FREE)
- 1/3 cup honey
- ½ tsp salt
- 1 tbsp vanilla extract
- ¼ cup water
- 1/2 bag pretzels for serving (NUT & SESAME FREE)

PREP BEFORE CLASS:

Open the chickpeas, drain. Wash apples, cut into wedges. Prepare blender.

Directions:

1. Have students take turns measuring the ingredients.
2. Add ingredients except for the water and pretzels to the blender.
3. Process until completely smooth.
4. Add the water slowly and process until blended.
5. Scoop about 1/3 cup of hummus on each student's plate.
6. Pass around apple wedges to all students.
7. Instruct students to taste the hummus with apple and pretzels. Enjoy!

SHOPPING LIST

Ingredients to buy:

- 6 medium apples
- 1½ cup heavy whipping cream
- 1 16 oz can cooked chickpeas
- 1/4 cup cocoa powder (NUT & SESAME FREE)
- ½ cup semi-sweet chocolate chips (NUT & SESAME FREE)
- 1/2 bag pretzels (NUT & SESAME FREE)
- 12 muffin tins (or in the bin)

Ingredients in the bin:

- cinnamon
- vanilla
- sugar
- salt
- water
- honey
- 12 muffin tins

OBJECTIVES

- Practice basic knife skills
- Give examples of how different flavors complement each other

ICONIC FLAVORS

Name the combo and ask students to describe the flavors of each item:

- BLT - Smoky/sweet/tangy
- macaroni and cheese - neutral bready/sharp
- peanut butter and jelly - salty, nutty/sweet
- pancakes and maple syrup - light/sweet
- peaches and cream - fruity/creamy

Ask students to think of their favorite flavor combinations.

FLAVOR = TASTE + AROMA

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.
- Review the nine rules students learned in the first class that they need to follow during class time.

DEVELOPMENT

🕒 5-7 min

- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today.
- As you prepare the ingredients for class, discuss with students complementary flavors. Ask:
 - How do you know what flavors will go together?
 - Why do some flavors go so well together while others don't?
- Here's what we'll be examining:
 - the relationship between taste and flavor
 - how to pair flavors
 - the science of flavor pairing

DIFFERENCE BETWEEN TASTE AND FLAVOR

- There is a common exercise in many science classes where a teacher will direct the class to hold their noses and bite into both an apple and a potato. The idea is that you're not supposed to be able to tell the difference between the two when blindfolded and while pinching your nose shut. Now, you may be able to perceive a difference in taste, but you cannot experience the aroma of either food with your nose held shut, so you can't experience the full flavor of the food.
- Put simply: flavor = taste + aroma (plus how the brain processes these stimuli to come up with "how something tastes").

THE IMPORTANCE OF AROMA IN EXPERIENCING FLAVOR

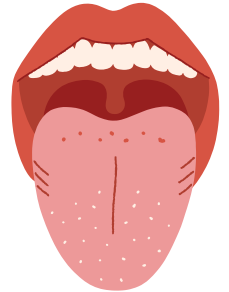
- Our sense of smell, more so than any of our other senses, has the uncanny ability to transport us in time and place.
- In the simplest of terms, the brain processes smells in the olfactory bulb which is closely connected to the areas of the brain that process/store emotions (amygdala) and memories (hippocampus).
- Other factors that contribute to our experience of food: how the food looks, its mouthfeel, temperature, texture.

HOW TO FIND FLAVOR PARINGS THAT WORK

- Try new foods! Make observations about what you like and don't like, and why.
- Pay attention to classic pairings in cultures different from your own.
 - Which cuisines have you tried? Can you think of classic flavor combinations in other cuisines?

Such as:

- Tomato & basil
- Apples & cinnamon
- Lamb & mint




HOW TO FIND FLAVOR PARINGS THAT WORK

- Pair by balancing tastes for example:
 - Sweet and bitter: Orange and chocolate, cinnamon and coffee, cream and coffee, cabbage and onion.
 - Sweet and sour: Honey and lemon, sweetened sour cream, sour cherries and cream, buttermilk pie.
 - Umami and sweet: Teriyaki beef jerky, barbecued ribs with St. Louis-style sauce, sweet&sour pork.
 - Salty and sweet: Kettle corn, candied bacon (add umami to that one as well), ice cream with salted caramel sauce, milk chocolate covered pretzels or potato chips, bacon-wrapped dates (umami).

GET CREATIVE:

- Let's play a game: teacher can name a food and students can call a complementary flavor. Remember – there is no right or wrong answer, it is just a matter of preference:
 - Apples, peaches, chocolate, oranges, bacon, tomatoes, strawberries, raspberries, etc.
- Here is a list of some top flavor combinations: apple & cinnamon, pumpkin/squash & spice/spicy, strawberry & banana, tomato & basil, chocolate & peanut butter, sour cream & onion, mint & chocolate, maple & pecan, peanut butter & chocolate, strawberry & cream, caramel & sea salt, raspberries & dark chocolate, pineapple and coconut, the list goes on.
- What are some of the flavors we combined today in our recipe? Peach and cream, blueberry, onion, and lime.

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