

# LESSON 5: SWEET POTATO BISCUITS & MINCEMEAT

## SWEET POTATO BISCUITS

Serving Size: 12 servings, 1 per student

### Ingredients:

- 2 cups flour (NUT & SESAME FREE)
- 1 tbsp baking powder
- 1 tsp salt
- 1/3 cup butter
- 1 cup canned sweet potatoes
- 1/2 cup water

### PREP BEFORE CLASS:

Preheat oven to 450°F. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl). Line baking tray with foil. Open can of sweet potatoes, drain and rinse. Prepare the food processor.

### Directions:

1. Ask students to measure the dry ingredients (flour, baking powder, and salt) into a medium bowl and mix.
2. Ask students to measure canned sweet potatoes and water into the food processor. Blend until smooth.
3. Have another student measure the butter into the bowl with the dry ingredients. Add the blended sweet potato to the bowl and stir all ingredients to combine and form a uniform dough.
4. Divide dough into equal portions and distribute to students to shape into biscuits. Instruct students to form balls, then press down to make flat disc shapes about 1/2 inch thick.
5. Place biscuits on lined baking tray and bake for 10-12 minutes or until golden brown.
6. Serve with mincemeat. Enjoy!



### DID YOU KNOW?

Mincemeat is a holiday tradition in England. It is a mixture of dry fruit typically baked in a pie.

## MINCEMEAT

Serving Size: 12 servings, 2 tbsp each

### Ingredients:

- ½ cup raisins
- ½ cup dates, pitted (NUT & SESAME FREE)\*
- 1 apple
- 1 orange
- ½ tsp cinnamon
- Pinch of salt

\*If you cannot find dates not processed in the same facilities as nuts, swap with dried apricots or use more raisins.

### PREP BEFORE CLASS:

Wash and dry fresh fruit. Core apple and cut into wedges for distribution. Prepare the food processor.

### Directions:

1. Pass out apple wedges and have student helpers chop apple into small pieces.
2. Give each student a turn zesting the orange into a small bowl. Once zest is removed, cut orange in half and have students squeeze out all the juice into another small bowl.
3. Measure all mincemeat ingredients including orange juice and zest into food processor. Blend until mixture is chopped and sticky. It should not be completely smooth.
4. Spoon 2 tbsp of mincemeat onto each student's plate. Have students spoon it onto biscuits. Enjoy!

# LESSON 5:

## MEASURING TECHNIQUES

### SHOPPING LIST

#### Ingredients to buy:

- 1 apple
- 1 orange
- 2 cups flour (NUT & SESAME FREE)
- 1 tbsp baking powder
- 1/3 cup butter, melted
- 1 cup canned sweet potatoes
- ½ cup raisins
- ½ cup dates, pitted (NUT & SESAME FREE)\*

\*If you cannot find dates not processed in the same facilities as nuts, swap with dried apricots or use more raisins

#### Ingredients in the bin:

- Salt
- Cinnamon

### OBJECTIVES

- Learn benefits of oranges
- Understand the process of measuring used in this recipe
- Measure various ingredients

### DID YOU KNOW?

Did you know that orange peels can be used in creative ways? You can use them to make natural air fresheners, repel house pests, make candied peels, make marmalade, add to tea, add flavor to recipes, or even create homemade crafts. Try out one of these resourceful ways to use an orange peel rather than throwing it out next time!



### 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?
- Discuss cultural and regional significance: all regions have different ways of consuming culturally significant dishes that include essential vitamins and minerals. These two recipes contain high amounts of vitamin C from the apples and oranges, as well as vitamin B6 and iron from the raisins.

### DEVELOPMENT

🕒 5-7 min

- Explain that today we will learn more about measuring in cooking and why it is important.
- Measuring is important in cooking for several reasons:
  - Consistency: When you measure ingredients accurately, you can achieve consistent results in your recipes. This is particularly important in baking, where precise measurements are crucial for the chemical reactions to occur correctly.
  - Balance of flavors: Proper measurement ensures that the ingredients are balanced and proportioned correctly, resulting in a harmonious blend of flavors in the final dish.

# LESSON 5:

## MEASURING TECHNIQUES

### STAR INGREDIENT: ORANGES

- Oranges are believed to have been cultivated for over 4,000 years, making them one of the oldest fruits known to humans.
- The orange is actually a hybrid fruit, a cross between a pomelo and a mandarin.
- Oranges are the most commonly grown fruit tree in the world.
- The color orange was named after the fruit, not the other way around.
- Oranges are an excellent source of vitamin C, which helps boost the immune system and protects against common illnesses like colds and flu.
- Oranges are rich in dietary fiber, which aids digestion and helps maintain a healthy digestive system.



### COOKING PRO

Before pouring liquids like oils or syrups into a measuring cup, give the container a gentle stir or shake. This ensures the liquid is evenly mixed, preventing inaccurate measurements due to settled particles or separated layers.




### DEVELOPMENT

- Recipe success: Following measurements ensures that you are using the right amounts of ingredients as intended by the recipe creator. This increases the likelihood of achieving the desired taste, texture, and overall outcome of the dish.
- Safety: Measuring ingredients accurately helps prevent accidents or mishaps caused by using too much or too little of certain ingredients, especially when working with potentially dangerous substances like spices, baking soda, or baking powder.
- Introduce basic measuring tools: Show them common measuring tools such as measuring cups, spoons. Explain their uses and demonstrate how to use them correctly.
- Practice measuring different ingredients. More information is provided in Star Technique section below and MEASURING TIPS page at the beginning of the curriculum.

### STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques.

### 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