

AVOCADO BROWNIES

Serving Size: 12 servings,

Ingredients:

- ¼ cup mashed avocado (1/2 avocado)
- ¼ cup olive oil
- 1 cup oat flour (about 1 1/4 cup of oats blended) (NUT & SESAME FREE)
- ½ cup cocoa powder (NUT & SESAME FREE)
- ½ cup honey
- 1 tsp baking soda
- ½ tsp salt
- ½ cup water
- 1/2 cup chocolate chips (NUT & SESAME FREE)
- 12 foil muffin tins for baking

PREP BEFORE CLASS:

Preheat oven to 375°F. Pass muffin tins to each student.

Directions:

1. Demonstrate how to pit the avocado and remove ½ from skin. Have a student volunteer mash.
2. Have student helper measure and whisk together avocado and oil until the mixture is creamy and smooth.
3. Blend oats in the blender until it turns into oat flour.
4. Have students measure and add oat flour, cocoa powder, honey, baking soda, salt and water to mixing bowl. Stir until well combined. Fold in chocolate chips.
5. Add ¼ cup of the batter to each student's muffin tin. Collect and bake for 15 minutes. Watch the oven as time may vary.
6. Remove and let cool for 2-3 minutes. Enjoy!



TOFU CHOCOLATE MOUSSE

Makes 12 servings

Ingredients:

- 1 package of silken (firm or extra firm) tofu (NUT & SESAME FREE)
- 1/4 cup cocoa powder (NUT & SESAME FREE)
- 1/4 cup honey
- 1 tsp vanilla extract
- 2 tbs sunbutter (NUT & SESAME FREE)
- 12 cups for serving
- Topping: Banana and chocolate chips (NUT & SESAME FREE)

PREP BEFORE CLASS:

Open tofu, drain excess water from the box, and place on a paper towel.

Directions:

1. Add the tofu to the blender
2. Have students measure the cocoa powder, honey, vanilla, and sun butter and add to the blender
3. Blend until completely smooth.
4. Distribute in cups
5. Top with banana slices and chocolate chips and enjoy!



DID YOU KNOW?

Tofu is a good source of iron and calcium! Both of these nutrients are important for growing big and strong!

LESSON 8:

ADVENTUROUS CHEFS: UNEXPECTED INGREDIENTS AND TEXTURES

SHOPPING LIST

Ingredients to buy:

- 1 avocado
- 1 banana
- 1 package of silken (firm or extra firm) tofu (NUT & SESAME FREE)
- 1 cup oat (NUT & SESAME FREE)
- 1 cup cocoa powder (NUT & SESAME FREE)

- 1 tsp baking soda
- 1 cup chocolate chips (NUT & SESAME FREE)
- 12 foil muffin tins (or in the bin)
- 2 tbs sunbutter (NUT & SESAME FREE)

Ingredients in the bin:


- olive oil
- honey
- salt
- water
- vanilla
- 12 foil muffin tins
- 12 cups

OBJECTIVES

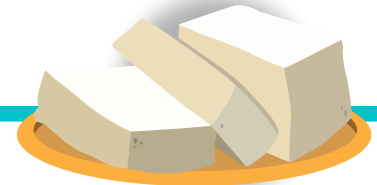
- Understand what it means to be an adventurous chef
- State the legume from which tofu is made
- Discover unconventional use of ingredients



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.
- Discuss what it means to be adventurous or to explore. Key Qs: What kind of adventures do you like to go on? What does it mean to be adventurous in the kitchen? Adventurous chefs take risks and try new foods and new cooking techniques.
- Have students think of a time they tried a new food or a new activity for the first time. Discuss thoughts in pairs. Allow 2-5 students share with the class.



STAR INGREDIENT: TOFU

- Tofu, also known as bean curd, is believed to have originated in China over 2,000 years ago.
- Tofu is made by coagulating soy milk, pressing it into blocks, and then allowing it to solidify.
- It is an excellent source of plant-based protein and is often used as a meat substitute in vegetarian and vegan diets. Tofu has a mild flavor and a versatile texture, which allows it to absorb the flavors of the ingredients it is cooked with.
- Tofu is a staple in many Asian cuisines, such as Chinese, Japanese, Korean, and Thai.
- It is a good source of essential nutrients like calcium, iron, and magnesium.
- Tofu is made from soybean. Soybeans are a type of legume and belong to the pea family.
- They have been cultivated for thousands of years and are one of the oldest domesticated crops.
- Soybeans are highly versatile and can be processed into various products, including tofu, soy milk, soy sauce, soybean oil, tempeh, and miso.

LESSON 8:

ADVENTUROUS CHEFS: UNEXPECTED INGREDIENTS AND TEXTURES

COOKING PRO

Aspiring adventurous chefs learn advanced techniques like molecular gastronomy, fusion cooking, and experimental plating, allowing you to create stunning dishes that push the limits of taste and presentation.



DEVELOPMENT

🕒 2-3 min

- What does it mean to be adventurous in cooking and eating?
 - Follow the flavors you like.
 - Travel through your taste buds and try dishes from other cultures.
 - Buy something new every time you shop.
 - Think of your kitchen as a lab and experiment! Start simple by swapping the herbs and spices in your favorite recipes, then graduate to using ingredients you've never tried.
 - Experiment every time with some ingredients and observe how dishes come out with those ingredients.
- Discuss today's recipe and how we use avocado as a fat in brownies and tofu in our mousse. Have kids come up with hypothesis of how they think the dish will taste different than a normal recipe for brownie or mousse. At the end of the class, you can discuss if their hypothesis was correct or if they were surprised by the taste of our dishes.
- As you complete the recipes continue the discussion on how creativity and a sense of adventure are some of the most important qualities a true chef can have.
- Being a chef is not only physically challenging, it requires the use of creative muscles on a constant basis. Head chefs are responsible for running their kitchens, but also for constantly thinking of new innovative dishes that will keep their guests engaged.
- That's why if you want to be a chef, you cannot be a picky eater.
- Make it your goal this week to try something new and report back to the class next week
- Here are some unexpected dishes people eat all over the world:
- Horse meat (Central Asia), Raw Horse Meat (Japan), Beef Tongue, Alpaca (Peru, Chile, Bolivia), Alligator (US), Ants Egg Soup (Laos, Thailand), Blood Sausage (UK), Camel (North Africa), Chicken Feet (Asia), Escargot or snails (France), and many more.

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