

### VEGGIE TOSTADA

Serving Size: 12 servings

#### Ingredients:

- 12 corn tostadas or tortillas (NUT & SESAME FREE)
- 15 oz can refried beans
- 15 oz can corn
- 1/2 cup shredded cheese
- 1 bell pepper
- 1 medium tomato
- Salt to taste

#### PREP BEFORE CLASS:

Open canned ingredients and drain. Preheat oven to 350°F.

#### Directions:

1. If using tortillas, place tortillas in the oven to toast for about 5-8 minutes or until slightly crisp. Keep an eye on them to make sure they don't burn.
2. Have students chop tomato and bell pepper.
3. Once tortillas are toasted, spread 1-2 tbsps of refried beans on top.
4. Have students top tostadas with chopped bell pepper, tomatoes, corn, and cheese as they like.
5. Once made, add fresh guacamole on top!
6. Enjoy!



#### DID YOU KNOW?

"Tostada" means "toasted."

#### DID YOU KNOW?

The term Guacamole comes from the Aztec word "ahuacamolli", which means "avocado soup".



### GUACAMOLE

Serving Size: 12 servings, 1/4 cup per student

#### Ingredients:

- 2-3 ripe avocados
- 1 tomato
- 1 lime
- 1 bunch cilantro
- 3/4 tsp ground cumin
- Salt to taste
- 1/2 bag tortilla chips (NUT & SESAME FREE)

#### PREP BEFORE CLASS:

Wash fresh ingredients and cut tomato into wedges.

#### Directions:

1. Demonstrate how to cut avocado in half. Remove the pit and scoop out avocado into mixing bowl. Have students assist with remaining avocados.
2. Have students mash avocado with fork.
3. Have some students dice tomato and mince cilantro. Add to the avocado bowl.
4. Have students mix guacamole together.
5. Explain/demonstrate that rolling the lime loosens juice. Cut in half. Have students squeeze juice into small bowl then add to guacamole.
6. Add salt and cumin. Mix. Serve with chips or on tostada.





### FRESH PICO DE GALLO

Serving Size: 12 servings

#### Ingredients:

- 2 garlic cloves
- 1/2 bunch cilantro
- 4 large tomatoes
- 1 bunch green onions
- 1 tbsp salt
- 1 tbsp sugar
- 1/2 bag tortilla chips (NUT & SESAME FREE)

#### PREP BEFORE CLASS:

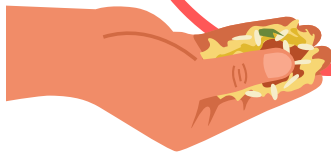
Wash and divide produce equally for distribution.

#### Directions:

1. Pass out onions, tomato, garlic, and cilantro, and have students dice into small pieces. Remind students that nothing will be blended, so if a piece will fall off a chip, it is too big!
2. Each student will make their pico de gallo on individual plates. Have students sprinkle 1/4 teaspoon sugar over their ingredients and mix together.
3. Serve pico de gallo with tortilla chips and enjoy!

#### DID YOU KNOW?

Pico de gallo means "beak of a rooster." The name comes from the way it was originally eaten with the hands, by pinching the thumb and forefinger.



# FIRST CLASS: MEXICAN CUISINE

## Ingredients to buy:

- 1 bunch green onions
- 12 corn tostadas or tortillas (NUT & SESAME FREE)
- 1 bag tortilla chips (NUT & SESAME FREE)
- 1/2 cup shredded cheese
- 15 oz can refried beans
- 15 oz can corn

## SHOPPING LIST

- 2-3 ripe avocados
- 2 medium tomatoes + 4 large tomatoes
- 1 lime
- 1 1/2 bunch cilantro
- 1 bell pepper
- 2 garlic cloves
- 3/4 tsp ground cumin

## Ingredients in the bin:

- Salt
- Sugar

## OBJECTIVE

- Students will be able to name at least 4 of 9 iCook rules that promote kitchen safety
- Students will demonstrate the ability to prepare a simple recipe

## iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adult can use these)
4. Keep your station clean (clean as you go)
5. Do not play with knives
6. "One bite rule": Taste at least one bite of every dish we make
7. Raise a hand if you want to speak up/ask question
8. Ask teacher if you can go to the restroom
9. Have fun!

## INTRODUCTION

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Introduce yourself. Share three of your favorite foods. Have students go around and share their name and their favorite food.
- Have students raise their hands to answer the following questions:
  - Do you like cooking or baking?
  - Do you help your parents cook at home?
  - What's your favorite thing to make at home?
  - What do you do at home to be safe in the kitchen?
  - Why is kitchen safety important?
- In today's cooking class, we're going to talk about kitchen safety. Kitchen safety is important because it helps prevent accidents and injuries. The kitchen can be a dangerous place if proper precautions are not taken. This includes handling sharp knives and hot surfaces, using electrical appliances, and dealing with potential foodborne illnesses.
- To ensure everyone's safety in the kitchen, we need to follow safety rules. Come up together with rules for the class, by guiding students to suggest rules below. You can help them come up with rules by asking leading questions like:
  - "What was the first thing we did when we came to the class?"  
Washed hands. Let's have it as our number one rule. Invite students to act/demonstrate how they would wash their hands. Etc.
- Establish the nine rules to follow in the class - see sidebar for iCook rules. Make sure students understand not only the rule but why it is important.

## DEVELOPMENT

Discuss the cultural significance of Mexican Cuisine. Mexican cuisine holds deep cultural significance and is an integral part of Mexican identity. It is a reflection of the country's rich history, diverse ethnic backgrounds, and vibrant traditions.

- **Historical Influences:** Mexican cuisine has been shaped by centuries of history, blending indigenous, Spanish, and other global culinary influences. Indigenous ingredients like corn, beans, and chili peppers form the foundation of many Mexican dishes, reflecting the agricultural traditions of ancient civilizations such as the Aztecs and Mayans. The arrival of the Spanish introduced new ingredients like tomatoes, onions, garlic, and various herbs, which were incorporated into traditional recipes.
- **Culinary Traditions and Techniques:** Mexican cuisine is known for its diverse range of culinary traditions and cooking techniques. Some of the traditional tools are the molcajete (mortar and pestle) and comal (griddle) and techniques like nixtamalization (processing corn with an alkaline solution) to make masa, the dough used for tortillas and tamales.
- **Community and Sharing:** Mexican cuisine emphasizes communal dining and the importance of sharing meals with family and friends. Traditional Mexican meals often involve multiple courses and are enjoyed together, fostering a sense of togetherness and strengthening social bonds.

### STAR TECHNIQUE: DICING

- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game.
- Which tools do you use to dice? Knife, cutting board
- What types of food do you dice? Fruits, veggies, meats
- Why do we dice ingredients? Dicing ingredients makes it easier to mix them into recipes, allows them to cook more quickly, and gives you several flavors in one bite.

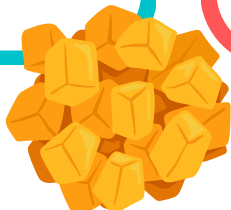
### COOKING PRO

Chefs always read a recipe all the way through before they start cooking. This helps them understand the steps involved and make sure they have all the necessary ingredients and equipment.



### COOKING PRO: CHOPPING HERBS

To slice herbs like cilantro, place them in a uniform pile before rolling them into a cylinder shape. Secure the roll with one finger, slice crosswise resulting in thin, and ribbon-like pieces. This technique is called chiffonade.



# LESSON 1: MEXICAN CUISINE

## EXPLORING COMMON MEXICAN INGREDIENTS

Mexican cuisine is renowned for its vibrant flavors, aromatic spices, and diverse array of ingredients.


- **Corn (Maize):** Corn, or maize, holds immense cultural significance in Mexican cuisine. It is a staple ingredient and forms the basis of many traditional dishes. Corn was first domesticated in Mexico around 9,000 years ago and became a staple crop in many Mesoamerican civilizations.
- **Beans:** Beans, particularly black beans and pinto beans, are a vital protein source in Mexican cuisine.
- **Tomatoes:** Tomatoes are an essential ingredient in many Mexican salsas, sauces, and stews.
- **Peppers:** Mexican cuisine features a wide variety of peppers, each with its distinct flavor profile and level of spiciness.
- **Avocados:** See star ingredient.
- **Cilantro:** Cilantro, also known as coriander leaves, is a popular herb used in Mexican cuisine to add freshness and aroma to dishes.
- **Onions and garlic** are fundamental aromatic ingredients in Mexican cooking.
- **Lime:** Limes are a common ingredient in Mexican cuisine, used for their tangy, citrusy flavor. Did you know that Mexico is one of the largest producers of limes in the world.
- **Tortillas** are a cornerstone of Mexican cuisine, serving as the foundation for many dishes.
- **Cheese (Queso Fresco)** is a crumbly and mild white cheese, is commonly used in Mexican cuisine as a topping, filling, or ingredient in dishes like enchiladas, tacos, and salads. The traditional method of making tortillas involves pressing masa, a dough made from corn, into thin, round shapes, which are then cooked on a griddle called a comal.
- **Chocolate:** Chocolate has its origins in Mexico, where ancient civilizations like the Mayan and Aztec cultivated cacao beans and made a bitter beverage called "xocoatl." The word "chocolate" comes from the Nahuatl word "xocoatl," which means "bitter water."

## STAR INGREDIENT: AVOCADO



- **What are avocados?** Avocados are fruits that grow on avocado trees, prized for their high nutrient value, good flavor and rich texture. The avocado is often referred to as a superfood because of its many health benefits.
- **Where do avocados grow?** Nearly 95% of the avocados in the U.S. are grown in Southern California. In fact, the avocado is the state fruit of California!
- **Why are avocados good for us?** Avocados contain monounsaturated fatty acids, which are a type of healthy fat that can help lower cholesterol. They also contain high amounts of fiber, vitamins and minerals, including more potassium than a banana.

## 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