

# LESSON 9: RATATOUILLE & PARFAIT

## RATATOUILLE

Serving Size: 12 servings, 1 per student

### Ingredients:

- 1 medium eggplant
- 1-2 medium tomatoes
- 1 small zucchini or 1 summer squash
- 15 oz. can diced or crushed tomatoes
- ½ cup grated Parmesan cheese
- 2 tbsp olive oil
- Salt and pepper to taste

### PREP BEFORE CLASS:

Wash all veggies. Preheat the oven to 375°F. Line one sheet of foil and grease with olive oil. Divide all veggies into equal pieces based on the number of students.

### Directions:

1. Pass each student a piece of eggplant, zucchini, or squash. Instruct students to carefully cut into large equal-sized pieces. Pass tomato pieces to several students and instruct them to cube it.
2. Start coming around with a tray and have students arrange their veggies on the tray.
3. Add salt and pepper to taste.
4. Have student volunteers drizzle olive oil over the veggies, top with crushed tomatoes, and sprinkle parmesan all over the dish.
5. Bake for 20 minutes. Let cool for 2-3 minutes.
6. Bon Appétit!

### DID YOU KNOW?

Parfait means 'perfect' in French.



## STRAWBERRY PARFAIT

Serving Size: 12 servings

### Ingredients:

- 4 cups vanilla Greek yogurt
- 1 lb (standard container) fresh strawberries
- 2 tbsp honey
- 2 tbsp cinnamon
- 1/2 cup rolled oats (NUT & SESAME FREE)
- 12 cups for serving

### PREP BEFORE CLASS:

Wash strawberries.

### Directions:

1. Have students cut up strawberries into small pieces
2. Measure 2 tbsp. yogurt into each individual cup.
3. Add approx. 1/4 cup of cut strawberries
4. Students can then measure 1/2 tsp honey and a sprinkle of cinnamon on top
5. Have students sprinkle a thin layer of oats onto the parfait.
6. Add another 2 tbsp. yogurt to each cup, and then add more oats and strawberry pieces. Encourage students to leave the parfait in layers instead of mixing.
7. Bon Appétit!

### DID YOU KNOW?

Ratatouille is a summer vegetable stew that originated as a French Provençal dish from Nice.



# LESSON 9: FRENCH CUISINE

## Cheese Tasting Activity

Write down on the whiteboard or discuss students' answers  
Have students taste the cheeses individually then pair them with a Triscuit (NUT & SESAME FREE), honey, or strawberry.

- What does the cheese smell like? Funky? Stinky? Sweet? Anything in particular
- What color is the cheese? What color is the rind (outside part)? Inside?
- What texture is it? What does it feel like? Soft? Creamy? Gritty? Is the outside a different texture than the inside?
- What does it taste like? Salty? Sweet? Sour? Funky? Floral? Fruity?



**Chevre (goat)**



**Roquefort (bleu)**

	Smells	Texture/Feel	Color/Look	Tastes
Cheese #1				
Cheese #2				

**Now try with:**



Which cheese pairs better with Triscuits, honey or strawberries?



## CHEESE TASTING: CHEVRE

- Chevre is a type of cheese made from goat's milk. The word "chevre" means "goat" in French.
- Goat cheese has been made for thousands of years and is believed to have originated in the Mediterranean region.
- Goat cheese comes in various forms, such as creamy, crumbly, or aged. It can be shaped into logs, rounds, or even rolled in herbs or spices.
- Goat's milk has a unique flavor that is often described as tangy, slightly sweet, and earthy. This flavor gives Chevre its distinctive taste.
- Goat cheese is known for its creamy and smooth texture, which makes it a popular choice for spreading on crackers or bread.
- Goat cheese is a versatile ingredient and can be used in both savory and sweet dishes. It pairs well with fruits, nuts, honey, and herbs.
- Goat's milk is easier to digest compared to cow's milk, which makes goat cheese a good option for people who are lactose intolerant or have trouble digesting dairy products.
- Goat cheese is a good source of calcium, protein, and vitamins, including vitamin A and vitamin B.

Remember, when trying new foods like Chevre, it's always exciting to explore different flavors and textures. Enjoy the cheese tasting!



## CHEESE TASTING: ROQUEFORT

- Roquefort is a famous blue cheese that originated in France. It is named after the small village of Roquefort-sur-Soulzon, where it has been made for centuries.
- Roquefort is made from sheep's milk. The milk comes from a specific breed of sheep called "Lacaune," which are known for their rich and creamy milk.
- One of the unique characteristics of Roquefort is its blue veins. These veins are created by a type of mold called *Penicillium roqueforti*, which is added to the cheese during the aging process.
- The blue veins in Roquefort develop as the cheese ages. The mold helps to break down the cheese and gives it a distinct tangy and slightly salty flavor.
- Roquefort has a crumbly and creamy texture, which makes it easy to spread on crackers or bread.
- The flavor of Roquefort is robust and complex, with hints of sweetness and sharpness. It can be quite pungent, but the taste becomes milder as it ages.
- Roquefort is often referred to as the "King of Cheeses" because of its long history and unique production process.

Remember, trying Roquefort or any blue cheese can be an adventure for your taste buds. Embrace the unique flavors and enjoy the cheese-tasting experience

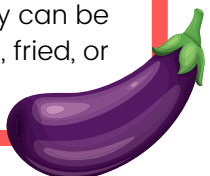
# LESSON 9: FRENCH CUISINE

## OBJECTIVES

- ✓ Demonstrate how layer ingredients
- ✓ Name one reason why eggplants are healthy
- ✓ Identify what tools are used to layer

## STAR INGREDIENT: EGGPLANT

- Are eggplants a vegetable or a fruit? Eggplants are a fruit! They're closely related to potatoes and tomatoes.
- Why are eggplants good for us?
  - Fiber - Helps us feeling fuller longer
  - Vitamin C - helps cuts and wounds heal faster
  - Vitamin K - helps stop bleeding
  - B vitamins - help make energy your body needs
- Why did people originally think eggplant was poisonous?
  - People probably thought eggplant was poisonous because it belongs to the deadly nightshade family, which does include some poisonous plants.
- The origin of eggplants can be traced back to India, where they were first cultivated more than 4,000 years ago
- Eggplants are a versatile vegetable that can be cooked in a variety of ways. They can be roasted, grilled, baked, fried, or sautéed.



## SHOPPING LIST

### Ingredients to buy:

- 1 medium eggplant
- 1-2 medium tomatoes
- 1 small zucchini or 1 summer squash
- 1 lb (container) fresh strawberries
- ½ cup grated Parmesan cheese
- 4 cups vanilla Greek yogurt
- 4-6 oz chevre (for cheese tasting)
- 4-6 oz blue cheese (for cheese tasting)
- 15 oz. can diced or crushed tomatoes
- 1/2 cup rolled oats (NUT & SESAME FREE)
- 1 box of Triscuits (NUT & SESAME FREE) (for cheese tasting)

### Ingredients in the bin:

- Olive oil
- Salt
- Pepper
- Honey
- Cinnamon
- 12 cups for serving



## INTRODUCTION

- 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. Ask students if they have tried any French dishes.
- Discuss French and traditional French cuisine. France is a country located in Europe, near Germany and Belgium. The capital of France is Paris, also known as the "City of Love."
- Explain that French cuisine is renowned for its rich flavors and elegant presentation. It has a long history and is influenced by regional ingredients and cooking techniques.
- Highlight some key features of French cuisine, such as the importance of sauces and seasonings, and the variety of cheeses, bread, and pastries.
- Discuss a few popular French dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
  - Crème brûlée - dessert consisting of a rich custard base topped with caramelized sugar
  - Ratatouille (Just like Disney!): thin slices of vegetables topped with tomato sauce
  - Baguette: French bread
  - Quiche: a savory pastry made with eggs, cream, bacon, cheese
  - Coq au Vin: Coq au Vin is a classic French dish that features chicken cooked in red wine.

🕒 2-3 min

# LESSON 9: FRENCH CUISINE

## STAR TECHNIQUE: LAYERING



- Layering means to place ingredients on top of each other, sometimes following a pattern (ex: layering a lasagna, noodle → cheese → sauce)
- Which tools do you use to layer? Hands, spoon, or spatula
- Why do we want to layer ingredients in a recipe? We layer ingredients to build flavors of the dish
- Layering can also refer to the visual presentation of a dish, where different colors, textures, and flavors are arranged in layers. This technique is often used in dishes such as salads, sandwiches, and desserts.
- What are we layering in today's recipe? We are layering ingredients in both our ratatouille and parfait recipes.

## COOKING PRO

Layering ingredients is a great way to incorporate all food groups. Think about topping your ratatouille with seeds for added boost of protein! Such as pumpkin seeds and sunflower seeds. Why? To help build and maintain muscles.



## DEVELOPMENT

🕒 5-7 min

- As you make the first recipe Ratatouille, discuss the health benefits of the Star Ingredient - Eggplant. Eggplants are a great source of fiber, vitamin C, K and B vitamins. Vitamin B6 in particular is important for your blood, brain and lots of tissues throughout the body. Ask students if they've tried eggplant before.
- Discuss the Star Technique and Cooking Pro-Layering.

## COMMON INGREDIENTS

Bienvenue! Welcome to the world of French cuisine, where food is an art and flavors are magnifique! Let's explore some common ingredients that make French food oh-so-delicious!

- Bread: Baguettes are long, crusty bread that you may have seen in movies or books. They are crunchy on the outside and soft on the inside. Children in France love eating bread with butter or making yummy sandwiches.
- Cheese: Did you know that France is famous for its cheese? There are so many different kinds of cheese, like Camembert, Brie, and Roquefort. Each cheese has a unique taste and texture. You can have cheese with bread, in sandwiches, or even melted on top of dishes.
- Croissants: Croissants are buttery and flaky pastries that are popular for breakfast in France. They are shaped like a crescent moon and taste delicious! You can enjoy them plain or filled with chocolate or jam
- Herbs: Herbs are like magic leaves that add flavor to French dishes. Some common herbs used in French cooking are parsley, thyme, and rosemary.
- Chocolate: Ah, chocolate! Children (and grown-ups!) all around the world love chocolate. In France, you can find rich and smooth chocolates in various forms, like chocolate bars, truffles, and hot chocolate. It's a treat that will make your taste buds jump with joy!

## 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