



LESSON 3: PIKELETS AND MINCEMEAT

APPLE PIKELETS

Ingredient	Students Per Class		
	10	15	20
Flour 	3/4 cup	1 cup	1 1/2 cup
Sugar	1/2 tsp	3/4 tsp	1 tsp
Milk	3/4 cup	1 cup	1 1/2 cup
Baking soda	1/4 cup	1/4 cup	1/3 cup
Applesauce	1/4 cup	1/3 cup	1/2 cup
Other: Foil muffin tins.			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat oven to 350°F.

Directions:



1. Have students take turns measuring flour, baking soda, and sugar. Add to a mixing bowl and stir with a whisk.
2. In another bowl blend milk and applesauce. Slowly add wet ingredients to flour mixture. Stir until wet and dry ingredients are just combined. Do not overmix!
3. Add mixture to muffin tins (fill only 1/4 of the way).
4. Bake for 17 minutes.
5. Remove from oven and cool.
6. Serve and enjoy!



DID YOU KNOW?

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

MINCEMEAT

Ingredient	Students Per Class		
	10	15	20
Raisins 	1/2 cup	3/4 cup	1 cup
Dates* 	1/2 cup	3/4 cup	1 cup
Apple	1	1 1/2	2
Orange	1	1 1/2	2
Cinnamon	1/2 tsp	3/4 tsp	1 tsp
Pinches of salt	1	1 1/2	2

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

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

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

Directions:

1. Pass out apple wedges and have student helpers chop apples 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 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 pikelets. Enjoy!



DID YOU KNOW?

Pikelets are smaller, thicker pancakes popular in Australia, New Zealand, and the UK.

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Flour (NUT & SESAME FREE)
- Milk
- Baking soda
- Applesauce
- Raisins (NUT & SESAME FREE)
- Dates* (NUT & SESAME FREE)
- Apple
- Orange

*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:

- Sugar
- Cinnamon
- Salt
- Foil muffin tins

OBJECTIVES

- Learn benefits of apples
- 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. Both of today's recipes are from the United Kingdom. Ask students if anyone knows any fun facts about UK they are willing to share?

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 3: MEASURING

STAR INGREDIENT: APPLES



- How many apples can a tree produce? Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- Have any of you been apple picking? Discuss about how many trees they saw, how tall were they? Some apple trees will grow over 40 feet high and live over 100 years!
- China, United States, Turkey, Poland, and Italy grow the most apples
- Apples are full of Fiber (good for digestive system, it helps you feel fuller for longer) and Vitamin C (Helps you feel healthy and fight off illness)
- What are some ways to eat apples? What color apples have you eaten?

COOKING PRO

Apples come in a variety of types, each suited to different baking needs. Opt for firm varieties like Granny Smith or Honeycrisp when making pies and tarts, as they hold their shape well during baking. For recipes like applesauce or cakes that require a smoother texture, choose softer types like McIntosh or Fuji.



DEVELOPMENT

🕒 5-7 min

- 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 students 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