

LESSON 2:

APPLE CAKES WITH FROSTING & BROWN SUGAR MILK TEA

APPLE SPICE CAKES

Serving Size: 12 servings

Ingredients:

- 3/4 cup all-purpose flour (NUT & SESAME FREE)
- 1 tsp baking powder
- 1/8 tsp salt
- 1/4 cup applesauce
- 1/2 cup sugar
- 4 tbsp or 1/2 stick butter, melted
- 1 tsp cinnamon
- 12 foil muffin tins

PREP BEFORE CLASS:

Preheat oven to 350°F. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl).

Directions:

1. Have students measure the flour, baking powder, cinnamon, and salt into a bowl.
2. Have a student add applesauce and sugar into a separate bowl, whisk until well combined.
3. Have a student measure and add butter into the applesauce and sugar mixture.
4. Have a student combine the dry ingredients into the wet ingredients, 1/3 at a time, and then stir until *just* combined
5. Equally divide batter between muffin tins.
6. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes.
7. Enjoy!

DID YOU KNOW?

Applesauce makes a great substitute for oil or butter when baking.



BUTTERCREAM FROSTING

Serving Size: 10-12 servings

Ingredients:

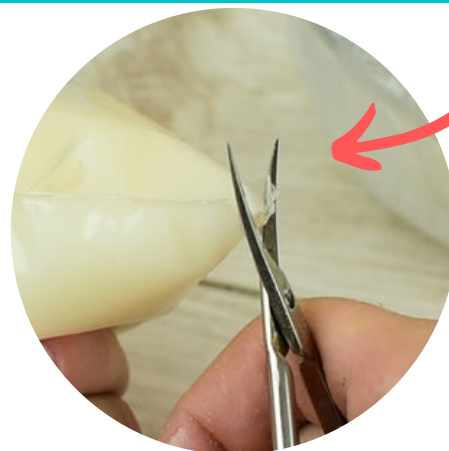
- 4 tbsp room temperature butter
- 1 cup powdered sugar
- 1/8 tsp vanilla extract (optional)
- Plastic bag for piping

PREP BEFORE CLASS:

Allow butter to reach room temperature. Prepare food processor. Blend regular sugar in a food processor.

Directions:

1. Blend butter in food processor until it is smooth.
2. SLOWLY add powdered sugar, about 1/8 cup at a time.
3. Once it is close to a frosting texture, add vanilla.
4. Cut SMALL hole in corner of plastic bag to pipe. Decorate your Apple Spice Cakes and enjoy!



SEE NEXT PAGE



LESSON 2:

APPLE CAKE WITH FROSTING & BROWN SUGAR MILK TEA



IMPORTANT

Note that this recipe requires time to prepare, so the first thing you should do at the beginning of the class is to put the teabags in the water.



BONUS

BROWN SUGAR MILK TEA

Serving Size: 12 servings

Ingredients:

- 5 decaffeinated black teabags
- 2 cups milk
- 1/4 cup brown sugar
- 4 cups water plus 3 tbsp

PREP BEFORE CLASS:

Remove blade from blender.

Directions:

1. At the beginning of class, add 5 tea bags to 4 cups of water in blender pitcher. Allow to steep for as long as possible, at least 15 minutes.
2. Have students measure and whisk 1/4 cup brown sugar with 3 tbsp water to make a syrup.
3. Remove teabags from pitcher. Add milk and brown sugar syrup. Stir until all ingredients are well mixed.
4. Pour into plastic cups and enjoy!



DID YOU KNOW?

Tea was originally only used only as a medicine. It took almost 3,000 years for it to become an everyday drink.

LESSON 2:

FLAVOR FUSION:

DISCOVERING COMPLEMENTARY FLAVORS

SHOPPING LIST

Ingredients to buy:

- 3/4 cup wheat bread or cinnamon raisin bread
- 1 tsp baking powder
- 1/4 cup applesauce
- 8 tbsp or 1 stick butter
- 5 decaffeinated black teabags
- 2 cups milk
- 1/4 cup brown sugar

Ingredients in the bin:

- Powdered sugar (blend regular sugar in a food processor)
- Salt
- Sugar
- Vanilla extract
- Cinnamon
- Plastic bag for piping
- 12 foil muffin tins

OBJECTIVES

- Understand the concept of flavor pairing and how it can be used to create complementary flavors
- Develop the ability to taste and analyze different flavor combinations, and experiment with creating new ones

ICONIC FLAVORS

Name the combo and ask students to describe the flavors of each item:

- BLT - Smoky/sweet/tangy
- macaroni and cheese - neutral bready/sharp
- peanut butter and jelly - salty, nutty/sweet
- pancakes and maple syrup - light/sweet
- peaches and cream - fruity/creamy

Ask students to think of their favorite flavor combinations.

INTRODUCTION

🕒 5-10 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- As you prepare the recipes discuss with students about complementary flavors.
- Ask:
 - How do you know what flavors will go together?
 - Or more broadly, why do some flavors go so well together while others don't?
- Here's what we'll be examining:
 - the relationship between taste and flavor
 - how to pair flavors
 - the science of flavor pairing

DIFFERENCE BETWEEN TASTE AND FLAVOR

- Let's start with the difference between taste and flavor.
 - Did your science teacher ever have you do the exercise where you hold your nose and bite into both an apple and a potato? The idea is that you're not supposed to be able to tell the difference between them when blindfolded and pinching your nose shut. You can still perceive a difference in taste, but you cannot experience the aroma of either food with your nose held shut, so you can't experience the full flavor of the food.
- Put simply: flavor = taste + aroma (plus how the brain processes these stimuli to come up with "how something tastes."

FLAVOR = TASTE + AROMA

LESSON 2:

FLAVOR FUSION: DISCOVERING COMPLEMENTARY FLAVORS

THE IMPORTANCE OF AROMA IN EXPERIENCING FLAVOR

- Our sense of smell, more so than any of our other senses, has the uncanny ability to transport us in time and place.
- In the simplest of terms, the brain processes smells in the olfactory bulb which is closely connected to the areas of the brain that process/store emotions (amygdala) and memories (hippocampus).
- Other factors that contribute to our experience of food: how the food looks, its mouthfeel, temperature, texture.

HOW TO FIND FLAVOR PARINGS THAT WORK

- Try new foods!
- Pay attention to flavors and how they are matched when eating.
- Pay attention to classic pairings in cultures other than your own.
 - Which cuisines have you tried? Can you think of classic flavor combinations in other cuisines? Examples: greek salad, pizza, Caprese salad, taco
- Pair by balancing tastes for example:
 - Sweet and bitter: Orange and chocolate, cinnamon and coffee, cream and coffee, cabbage and onion.
 - Sweet and sour: Honey and lemon, sweetened sour cream, sour cherries and cream, buttermilk pie.
 - Umami and sweet: Teriyaki beef jerky, barbecued ribs with St. Louis-style sauce, sweet and sour pork, etc.
 - Salty and sweet: Kettle corn, candied bacon (add umami to that one as well), ice cream with salted caramel sauce, milk chocolate covered pretzels or potato chips, bacon-wrapped dates (ditto, umami).



GET CREATIVE:

- Let's play a game: teacher can name a food and students can call a complementary flavor. Remember - there is no right or wrong answer, it is just a matter of preference:
 - Apples, peaches, chocolate, orange, bacon, tomatoes, strawberries, raspberries, etc.
- Here is a list of some top flavor combinations: apple & cinnamon, pumpkin/squash & spice/spicy, strawberry & banana, tomato & basil, chocolate & peanut butter, sour cream & onion, mint & chocolate, maple & pecan, peanut butter & chocolate, strawberry & cream, caramel & sea salt, raspberries & dark chocolate, pineapple & coconut, the list goes on
- What are some of the popular flavor combinations from across the world?

COOKING PRO

Chefs use different cooking techniques to create different flavors and textures. They might sauté, roast, grill, or bake foods depending on the recipe.

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