

CARIBBEAN SALAD

Makes 12 servings

Ingredients:

- 1 lb romaine lettuce
- 1 bunch of green onions
- 1/2 cup of cilantro
- 1 can of sliced pineapple
- 1 can of mandarins
- 1/2 cup of dried cranberries

Dressing:

- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 1 tbsp lime juice
- 1/4 cup olive oil or canola oil
- salt

PREP BEFORE CLASS:

Open and drain pineapple and mandarins. Rinse all fruits and vegetables.

Directions:

1. Demonstrate safe knife skills to students by chopping lettuce.
2. Pass out 1 lettuce leaf, green onion, mandarin, and pineapple to each student to chop into bite-size pieces.
3. Measure out dried cranberries and add into a large bowl.
4. Gather all the ingredients into large bowl with cranberries and mix.
5. In a separate bowl, have students measure out the ingredients for dressing. Mix.
6. Distribute salad in a plate and drizzle with dressing. Enjoy!

DID YOU KNOW?

The Caribbean region is made up of 700 islands, islets, reefs, and coves.

KEY LIME PARFAIT

Makes 12 servings

Ingredients:

- 2 sleeves of graham crackers
- 2 cups of heavy cream
- 24 ounces cream cheese
- 2 cups sweetened condensed milk
- 1 key lime juice (or use regular lime juice)

Toppings:

- 1 cup heavy cream
- 4 Tbsp confectioner's sugar
- lime zest

PREP BEFORE CLASS:

Rinse lime and zest.

DID YOU KNOW?

Lime trees can grow up to 16 feet tall!

Directions:

1. Demonstrate to students how to crush up graham crackers. Place graham crackers in zip lock bag and pass them to students to crush.
2. Have students measure out the heavy cream into the blender. Blend until just thick. Don't over- whip.
3. Allow the students to measure and add the cream cheese, condensed milk, and lime juice to blender. Blend until smooth and creamy.
4. Pass out cups to each student. Instruct students to add their graham cracker crumbs at the bottom of their cups leaving some to garnish at the top.
5. Top with key lime mixture. Instruct students to add more graham crackers on top, then add another bit of the key lime mixture.
6. Whip the cream with confectioner's sugar to top the parfaits before serving. Garnish with lime zest. Enjoy!



OBJECTIVES

- Identify two citrus fruits grown in the Caribbean.
- Demonstrate safe cutting techniques.
- Identify a health benefit of limes.

STAR INGREDIENT: LIME



- Limes are a type of citrus fruit and belong to the Rutaceae family. They are closely related to lemons, oranges, and grapefruits.
- Limes are believed to have originated in Southeast Asia, specifically in regions such as Indonesia and Malaysia. They have been cultivated for thousands of years and were introduced to Europe by the Arabs during the Crusades.
- Limes are a good source of vitamin C, providing about 32% of the daily recommended intake in a single lime. They also contain small amounts of vitamin A, vitamin E, potassium, and dietary fiber.
- Limes have been used in traditional medicine for various purposes. The high vitamin C content contributes to immune system support, and the juice is often consumed to alleviate symptoms of colds and flu

SHOPPING LIST


Ingredients to buy:

- 1 lb romaine lettuce
- 1 bunch of green onions
- 1/2 cup of cilantro
- 1 can of sliced pineapple
- 1 can of mandarins
- 1/2 cup of dried cranberries
- 2 tbsp apple cider vinegar
- 1 lime
- 2 sleeves of graham crackers (NUT FREE)
- 2 cup cold heavy cream
- 24 ounces cream cheese
- 2 cup sweetened condensed milk
- Confectioner sugar

Ingredients in the bin:

- Honey
- Olive oil or canola oil
- Salt

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 that today, we will be making recipes that uses fruits that is found in the Caribbeans.
- Caribbean cuisine is a vibrant and diverse culinary tradition that reflects the region's rich history, cultural influences, and tropical ingredients. Ask the students if they know any Caribbean cuisines, Here are some popular Caribbean foods: Roti, Jerk Chicken, Plantains, and Coco Breads
- Ask the Students what type of fruits can be found in the Caribbeans: Mango, Guava, Pineapple, Lime, Mandarin, Star Fruit, and Papaya

STAR TECHNIQUE: KNIFE SKILLS



- Make sure you are holding your knife correctly. Grabbing it by the handle.
- Make a claw with your other hand. Fingers should be curled up with your thumb in. This will protect your fingers in case the knife slips.
- Always keep your eyes on the knife while cutting.
- While cutting, the blade should move in a rocking motion to cut through the food.

COOKING PRO

- Using a food processor does all the work for making the no bake key lime parfait recipe, It is easy to use and it's mess-free!
- You can use regular limes instead of key limes, the only difference is that key limes are more acidic than regular limes, but they both will taste the same in the key lime recipe.

DEVELOPMENT

🕒 5-7 min

- As you are completing the first recipe, discuss the star technique- knife skills.
- Review safe knife skills. Go over the bear claw method- make a claw with your hand, tucking your fingers in while cutting.
- Let's use our senses! As the students cut the fruits and vegetables, have them describe how the ingredients feel (mushy, soft, rough, slimy, sticky). How do the green onions smell (earthy, floral, fresh)? Have the students taste a piece of each ingredient and describe the different tastes in each. Which ingredients have the strongest flavor?
- As the students eat their salad, ask what flavor stands out the most.
- Once you transition to the second recipe, discuss the star ingredient- lime. Ask the students how they would describe the taste of limes (bitter, tangy, sweet, sour). What are other ways we can use limes (smoothies, dressing, juices, perfumes, cleaning)?
- Have students identify the citrus fruits used in both recipes (lime, mandarins, pineapple).

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