



Using Ingredients in a Variety of Ways

Overview: Youth will explore different ways to prepare fruits and vegetables and other common ingredients to change the texture and flavor for a variety of different dishes.

Subject area: Proper Culinary Preparation

Grade level: 6-8

Objectives:

- Participants will be able to identify familiar ingredients and describe how they can be used to create a multitude of different dishes.
- Participants will be able to demonstrate ingredient versatility in at least one recipe.

Prep time: 30 minutes

Lesson time: 20 minutes

Materials needed:

- White or chalk board
- Recipes that use different ingredients in versatile ways (see **Notes**)

Space needed: Functional kitchen space

Staff needed:

- 1 Instructor
- 1 Volunteer per group of 2-4 youth (optional)

Preparation steps: Print recipes

Presentation Steps:

1. As youth arrive, have them wash their hands, then demonstrate knife safety skills as a review from the first class. They will then wash their knives and prepare their cutting board with a wet washcloth
2. Explain how the same ingredients can be used to create a multitude of different dishes
 - a. Hand out your selected recipes for comparison. (Ex: A recipe for a Mexican rice, a recipe for a vegetable sushi roll, a recipe for rice pudding)
 - b. Have each group identify different ways that common ingredients are used in different ways to create a variety of dishes. For example, milk is used in sauces, in baking, and in sweet and savory foods. Rice is used in many different countries, such as Mexico, Japan, and the US. It is also used in sweet and savory recipes.
3. Versatility of today's Ingredients
 - a. Pass out today's recipes.
 - b. Ask youth if they see any familiar ingredients.

- c. Ask youth to identify one ingredient and name a very different way that this ingredient could be used.

Notes:

This lesson is more flexible and can be used to explore recipes from many different cultures. Rather than focusing on a particular country, you might focus on rice as an ingredient and encourage students to think about different ways they have seen or eaten rice (rice as a base for a meal, rice in soup, rice pudding for dessert, rice as a side dish). You can feature recipes that use the same ingredients raw and cooked or just prepared/cooked in different ways, or have students review past class recipes and name off some ingredients they have used over and over in different ways.

Recipe Ideas:

- Mexican Rice (healthy tip: use brown rice)
<http://www.lacocinadeleslie.com/2009/05/mexican-rice.html>
- Veggie Sushi Roll
<http://www.foodnetwork.com/recipes/food-network-kitchens/vegetable-sushi-rolls-for-all-ages-recipe.html>
- Rice Pudding
http://www.eatingwell.com/recipes/rice_pudding.html