

In-Class Activity

Kitchen Setup



Kitchen Location Numbers

- | | |
|--|-----------------------------------|
| 1 Dishwasher | 7 Drawer (represents all drawers) |
| 2 Counter space to the left of sink | 8 Microwave |
| 3 Sink – left side | 9 Stove |
| 4 Sink – right side | 10 Oven |
| 5 Kitchen cabinets (represents all cabinets) | 11 Freezer |
| 6 Counter space to the right of sink | 12 Refrigerator |

Brownies

Ingredients:

- 1 cup melted butter
- 2 cups white sugar
- ½ cup cocoa powder
- 1 teaspoon vanilla extract
- 4 eggs
- 1 ½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup walnut halves



Directions:

1. Preheat the oven to 350°F (175° C) and grease a 9 x 13-inch pan.
2. Combine the melted butter, sugar, cocoa powder, vanilla, eggs, flour, baking powder, and salt.
3. Spread the batter into the pan.
4. Bake in preheated oven for 20 to 30 minutes or until a toothpick inserted in the center comes out with crumbs, not wet.
5. Cool on wire rack.
6. Cut the brownies into squares and take them out of the pan.

(2019. Image Brownie recipe. Cooking Classy. Retrieved from: <https://www.cookingclassy.com/brownie-recipe/>)

(Nelson C. Quick and Easy Brownies. Allrecipes. Retrieved from: <https://www.allrecipes.com/recipe/9599/quick-and-easy-brownies/>)

Chicken Mexican Tacos

Ingredients:

For the Marinade

- 4 tablespoons olive oil
- 2 teaspoons white wine vinegar
- 2 teaspoons chili powder
- 1 1/2 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon coarse ground black pepper
- 2 limes, juiced (about 4 tablespoons)

For the tacos

- 2 pounds boneless skinless chicken thighs
- 24 corn tortillas
- pico de gallo or your favorite salsa (optional)
- queso fresco or your favorite cheese (optional)



Directions:

1. In a large bowl, baking dish or freezer bag, add all the ingredients for the marinade. Mix together to fully combine.
2. Add chicken thighs to marinade and toss together to coat. Cover chicken and refrigerate for 30 minutes.
3. Heat a large non-stick skillet over medium-high heat. Add the marinated chicken to the skillet with tongs and cook 5-7 minutes per side, until fully cooked through. Discard the used marinade.
4. Transfer chicken to cutting board and let rest for 5 minutes. While chicken is resting, warm up the corn tortillas on a hot griddle or in the microwave.
5. Cut the chicken into bite-sized chunks and serve in warm tortillas with salsa and cheese.

Meatloaf

Ingredients:

- 1 1/2 pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup of milk
- 1 cup dried bread crumbs
- salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 1/3 cup ketchup



Directions:

1. Preheat oven to 350 °F (175°C).
2. In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
3. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
4. Bake at 350 degrees F (175 degrees C) for 1 hour.

Tres Leches Cake

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup unsalted butter
- 1 cup white sugar
- 5 eggs
- 1/2 teaspoon vanilla extract
- 2 cups whole milk
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 1/2 cups heavy whipping cream
- 1 cup white sugar
- 1 teaspoon vanilla extract



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
2. Sift flour and baking powder together and set aside.
3. Cream butter or margarine and the 1-cup sugar together until fluffy. Add eggs and the 1/2 teaspoon vanilla extract; beat well.
4. Add the flour mixture to the butter mixture 2 tablespoons at a time; mix until well blended. Pour batter into prepared pan.
5. Bake at 350 degrees F (175 degrees C) for 30 minutes. Pierce cake several times with a fork.
6. Combine the whole milk, condensed milk, and evaporated milk together. Pour over the top of the cooled cake.
7. Whip whipping cream, the remaining 1 cup of the sugar, and the remaining 1-teaspoon vanilla together until thick. Spread over the top of cake. Be sure and keep cake refrigerated

(Darlene W. Image: Tres Leches Cake. Allrecipe. Retrieved from: <https://www.allrecipes.com/recipe/7399/tres-leches-milk-cake/>)

(Watts S. Tres Leches (Milk Cake). Allrecipe. Retrieved from: <https://www.allrecipes.com/recipe/7399/tres-leches-milk-cake/>)

Day 1: How would you prepare your dish?

Today you will be sharing with us how you would prepare the dish you have chosen as class.

Materials

1. Recipe
2. Kitchen Setup handout

Activity

Today, we will not be cooking the dish, we will just be preparing the food for cooking. Use the kitchen picture in the Kitchen Setup handout. Each location in the kitchen is marked with a number and is described under “Kitchen Location Numbers” on the Kitchen Setup handout.

1. In the table below, list out the steps you would perform to prepare your dish under the “Step” heading. Include cleaning or sanitizing steps along with the food preparation.
2. For each step, enter the kitchen location number where you would preform that activity under the “Kitchen Location” heading in the table. (Use the “Kitchen Location Numbers” list on the Kitchen Setup handout.)
3. The locations of the kitchen tools and ingredients you will need are included in each recipe under supplies.

Directions in recipes are instructions to help the food preparation. The following steps should be more than just the recipe directions. An example of a step is given below.

Kitchen Location	Step
3	Wash my hands with warm water and soap

Day 2: How would you cook/bake the dish?

Today you will be sharing with us how you would cook/bake the dish you have chosen as a class.

Materials

1. Recipe
2. Kitchen Setup handout

Activity

Today, we will be cooking/baking the dish we prepped last week and discussing how to store leftovers. You will be using the kitchen picture in the Kitchen Setup handout for cooking your dish and storing leftovers. Each location in the kitchen is marked with a number and is described under "Kitchen Location Numbers" on the Kitchen Setup handout.

1. In the below table, list out the steps you would perform to cook/bake your dish and store leftovers under the "Step" heading. **Make sure to include how to tell when your dish is ready to eat.**
2. For each step, enter the number of the kitchen location where you would perform that activity under the "Kitchen Location" heading in the table.
3. The locations of the kitchen tools and ingredients you will need are included in each recipe under supplies.

Kitchen Location	Step

Name: _____

Date: _____

Take-home Task #1

Cleaning, Sanitizing and Cross Contamination Self Audit Activity

Directions: This is a self-audit activity of your home kitchen. Please read each question carefully and put a mark “X” in the column that best applies. If your answer is **N/A** (not applicable), please specify the reason in the box.

“Y” (yes) indicates you are doing well.

“N” (no) indicates a need for improvement or lack of compliance.

“N/A” (not applicable)

QUESTIONS	Y	N	N/A
Is either a one-use paper towel or hand towel available near the kitchen’s sink?			
Is Soap available at the kitchen’s sink?			
Are all ready-to-eat foods packaged to avoid cross contamination?			
Do the food contact surfaces of the refrigerator appear clean (no crumbs, spills, or dried-on food, pests, etc.)?			
Are all raw meat/fish/poultry/eggs packaged to avoid cross contamination?			
Are all raw meat/fish/poultry stored in leak-proof containers?			
Are all raw meat/fish/poultry in the refrigerator within the use-by dates?			
Are all raw meat/fish/poultry in the refrigerator are stored below prepared and ready-to-eat foods in the refrigerator?			
Do the food contact surfaces of the counter tops appear clean (no crumbs, spills, or dried-on food, pests, etc.)?			
Do the food contact surfaces of the kitchen sink appear clean (no rust, standing water, foul odors, etc.)?			
Do all the cutting boards appear clean (no crumbs, spills, or dried-on food, pests, etc.) and undamaged (no cut marks that could hold bacteria)?			
Are there any cleaning materials/tools available?			
Is there any perishable food stored outside of the refrigerator?			
Are, both, hot and cold water available? If no, please specify which is not available: _____			

Name: _____

Date: _____

Take-home Task #2

Temperature Recording Chart		
Directions: Please, take the temperature of your refrigerator and freezer for each section listed. Draw a circle around the degree in which you will prefer to record the temperatures in the "Temperature" column below.		
Refrigerator Thermometer	Section	Temperature °C/°F
	Door	
	Top Shelf	
	Bottom Shelf	
	Freezer	
Food Thermometer		
Directions: Please, take the temperature of at least three items. Record the temperature at the time when you think your item is ready to eat. Draw a circle around the degree in which you will prefer to record the temperatures in the "Temperature" column below.		
Item name and description	Temperature °C/°F	