

## Culinary Skills – Mrs. Corapi

### Topics for food labs - Fall 2019

#### Boot Camp

- Safety/ Sanitation
- Cooking Terms
- Equipment
- Abbreviations/ Equivalentents
- Measuring Techniques

#### Quick Breads

- Pancakes (using leavening agents to rise)
- Scones (biscuit method)
- Muffins (muffin method)
- Dutch baby (using steam to rise)

#### Yeast Dough

- Pretzels
- Pizza lab (basic dough 4 applications)
- Sweet dough/Cinnamon buns

#### Knife Skills

- Knife construction, types of knives, and handling knives.
- Knife cuts
- Salad preparation
- Stir-fry

#### Sauces/Easy soups

- Potato leek soup
- Gazpacho
- Cheese sauce/Mac and cheese
- Pasta with pumpkin sage cream sauce
- Tomato sauce/Pasta dish (group choice)

#### Egg Cookery

- French omelet
- Frittata
- Quiche

#### Nutrition

- Carbohydrates
  - o Fruits
  - o Vegetables
  - o Breads, Grains, Rice
- Proteins
  - o Meats, poultry
  - o Alternative proteins
- Fats
- Vitamins and Minerals
- Calories

#### Meal-management

- Menu planning
- Recipe research
- Budgeting for meals
- Time-planning
- Table-setting
- Preparing a family meal

#### Desserts

- Cookie types and techniques
- Custard-type desserts (Flan)
- Pies/pie crust
- Cakes/cupcakes
- Holiday themed cookie swap