

### APPLE SPICE CAKES

Serving Size: 12 servings

#### Ingredients:

- $\frac{3}{4}$  cup all-purpose flour (NUT FREE)
- 1 tsp. baking powder
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{4}$  cup applesauce
- $\frac{1}{2}$  cup sugar
- 4 tbsp or  $\frac{1}{2}$  stick butter, melted
- 1 tsp. cinnamon
- 12 muffin tins

#### PREP BEFORE CLASS:

Preheat oven to 350 degrees. 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,  $\frac{1}{3}$  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!



### BUTTERCREAM FROSTING

Makes 10-12 servings.

#### Ingredients:

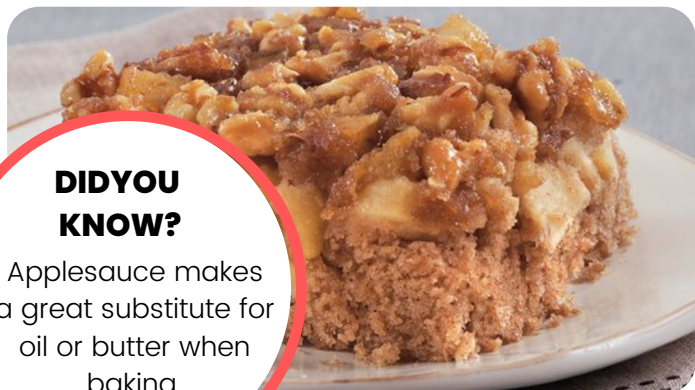
- 4 tbsp room temperature butter
- 1 cup powdered sugar
- $\frac{1}{8}$  tsp vanilla (optional)
- Plastic bag for piping

#### PREP BEFORE CLASS:

Allow butter reach room temperature.

#### Directions:

1. Blend butter in food processor until it is smooth.
2. SLOWLY add powdered sugar, about  $\frac{1}{8}$  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 pumpkin brownies and enjoy!



#### DID YOU KNOW?

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





### IMPORTANT

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

### BONUS

## BROWN SUGAR MILK TEA

Makes 12 servings

### Ingredients:

- 5 decaffeinated black teabags
- 2 cups milk
- ¼ 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 ¼ 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:

- 2 cups milk
- $\frac{3}{4}$  cup all-purpose flour (NUT FREE)
- 1 tsp. baking powder
- $\frac{1}{4}$  cup applesauce
- 8 tbsp or 1 stick butter, melted
- 5 decaffeinated black teabags
- 12 muffin tins (check if in the bin)
- $\frac{1}{2}$  cup brown sugar

#### Ingredients in the bin:

- powdered sugar (blend regular sugar in a food processor)
- cinnamon
- vanilla
- sugar
- water
- 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 kids 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 the Class Checklist
- As you prepare the recipes discuss with kids 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 an 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. The more exact truth is 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 flavor 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&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