

JERK SWEET POTATOES

Ingredient	Students Per Class		
	10	15	20
Medium sweet potatoes	2	3	4
Ground cinnamon	1/4 tsp	1/3 tsp	1/2 tsp
Brown sugar	1/4 cup	1/3 cup	1/2 cup
Ground cloves	1/4 tsp	1/3 tsp	1/2 tsp
Ground cumin	1/4 tsp	1/3 tsp	1/2 tsp
Salt	2 tsp	3 tsp	4 tsp
Black pepper	1 tsp	1 1/2 tsp	2 tsp
Unsalted butter, stick	1	1 1/2	2

 **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 375°F. Line baking tray with aluminum foil. Set butter on top of the oven in a bowl to soften. Cut sweet potatoes into ½ inch size discs.

Directions:

1. Measure the seasonings and add to a bowl with butter.
2. Instruct students to carefully take their sweet potato discs and cut them into small cubes. The smaller the cubes, the faster they will bake!
3. Add sweet potatoes to butter and seasoning mixture. Mix until everything is coated.
4. Once coated, add sweet potatoes to a lined tray and cook in the oven for 10 minutes. Flip and cook for an additional 8-10 minutes.
5. Allow sweet potatoes to cool before eating. Enjoy!



DID YOU KNOW?


Jerk seasoning refers to a combination of herbs and spices. Jerk seasoning can be a wet paste or a dry rub.



DID YOU KNOW?

Sofrito is often used as a cooking base for stews or other dishes. Today, we'll sample it with chips.

SOFRITO

Ingredient	Students Per Class		
	10	15	20
Green bell pepper	1	1 1/2	2
Red bell pepper	1	1 1/2	2
Olive oil	2 tsp	3 tsp	4 tsp
Green onions	5	7 1/2	10
Tomatoes	2	3	4
Garlic cloves	3	4	6
Cilantro, bunch	1	1 1/2	2
Bag of tortilla chips 	1/2	3/4	1

 **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

Wash produce. Cut peppers and tomatoes into individual strips and wedges. Prepare the blender.

Directions:

1. Have students dice tomatoes, peppers, and green onions and add the blender.
2. Have students measure and add all the other ingredients into the blender.
3. Pulse until the texture of salsa. Make sure there is some texture remaining!
4. Serve with tortilla chips.
5. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Green bell pepper
- Red bell pepper
- Green onions
- Tomatoes
- Sweet potatoes
- Garlic cloves
- Bunch cilantro

Pantry Staples:

- Brown sugar
- Tortilla chips (NUT & SESAME FREE)
- Ground cumin
- Ground cloves

Dairy:

- Unsalted butter

Ingredients in the Bin:

- Salt and pepper
- Ground cinnamon
- Olive oil

OBJECTIVES

- Teach and Discuss Caribbean cuisine
- Discuss common ingredients used in Caribbean cooking
- Discuss the star technique and star ingredient
- Talk about Caribbean fun facts


STAR TECHNIQUE: DICING

Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game. Which tools do you use to dice?

Knife, cutting board.

What types of food do you dice? Fruits, veggies, meats

DEVELOPMENT

 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Caribbean Cuisine
 - Do you have any favorite Caribbean dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Sweet potatoes, Ground cinnamon, Green and red bell peppers, Tomatoes, Tortilla chips
- Discuss a few popular Caribbean dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Rice and Peas: A flavorful dish made with rice cooked in coconut milk and mixed with kidney beans or pigeon peas, often served as a side.
 - Plantains: Sweet or savory bananas, often fried until golden and caramelized or baked as a snack or side dish.
 - Ackee and Saltfish: Jamaica's national dish, made with ackee fruit and salted cod, cooked with onions, peppers, and spices.
 - Curry Goat: Tender goat meat simmered in a rich, spicy curry sauce, served with rice or flatbread.

ENGAGEMENT TIPS



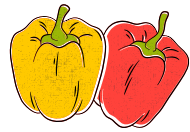
Have different students each measure some of the spices for the sweet potatoes or the lemon juice, oil, and vinegar for the salsa.



When adding cilantro, pass it around so students can smell it. Ask if they've used cilantro before.



When making the salsa, do the blender dance! While the blender runs, students can dance by their chairs. When it stops, they freeze. Start and stop a few times to keep it fun.



STAR INGREDIENT: RED PEPPER



- Peppers are native to Mexico, Central America, the Caribbean and northern South America. Pepper seeds were imported to Spain in 1493 and then spread through Europe and Asia.
- The most common colors of bell peppers are green, yellow, orange and red.
- A red bell pepper supplies twice the vitamin C, and eight times the vitamin A content of a green bell pepper.



CARRIBEAN FUN FACTS

- The Caribbean is made up of over 7,000 islands, with tropical beaches, rainforests, and mountains.
- The Caribbean has a population of about 43 million people, made up of many unique cultures and languages.
- Jamaica's Dunn's River Falls is a popular spot for climbing and swimming in beautiful waterfalls.
- The Caribbean is home to unique animals like the colorful Caribbean flamingo and the endangered Hawksbill sea turtle.
- The Caribbean gave the world the steel drum, a musical instrument made from oil drums that creates unique sounds.

EXPLORING COMMON CARIBBEAN INGREDIENTS



- Coconut: Coconuts are super useful! They can be used as coconut milk, coconut oil, or shredded coconut in meals like curries, soups, and desserts.



- Rice: Rice is an important food in the Caribbean. It's often served with beans or in tasty dishes like rice and peas.



- Beans: Beans, like kidney beans and black beans, are common in Caribbean meals. They make food rich and full of protein to help keep your body strong.
- Pineapple: Pineapples are juicy and sweet tropical fruits. They're used in both savory meals and desserts for extra flavor.



- Yams and Sweet Potatoes: These root veggies are delicious! They can be boiled, roasted, or mashed and are a big part of Caribbean cooking.



- Plantains: Plantains look like bananas but are used in lots of different ways. They can be fried, baked, or turned into chips for sweet or savory snacks.



- Allspice: This spice, called "pimento" in the Caribbean, adds warmth and flavor to dishes like jerk chicken.



- Citrus: Fruits like limes and oranges add a zesty, tangy flavor to marinades, salads, and drinks.



- Saltfish: Saltfish is dried and salted cod. It's a popular ingredient in Caribbean meals, like the dish ackee and saltfish.

END OF CLASS CHECKLIST

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal