

LESSON 4:

CRUNCHY CABBAGE SLAW & ORANGE CHOCOLATE MOUSSE

CRUNCHY CABBAGE SLAW

Ingredient	Students Per Class		
	10	15	20
Red Cabbage	2 cups	3 cups	4 cups
Carrots	1 cups	1 1/2 cups	2 cups
Apple (any variety)	1/2 cup	3/4 cup	1 cup
Baby Spinach	1 cup	1 1/2 cups	2 cups
Lemon Juice	1 tbsp	1 1/2 tbsp	2 tbsp
Honey	1 tsp	1 1/2 tsp	2 tsp
Dijon mustard	1 tsp	1 1/2 tsp	2 tsp
Olive Oil	1.5 tbsp	2 tbsp	3 tbsp
Salt	1/4 tsp	1/3 tsp	1/2 tsp

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

PREP BEFORE CLASS:

Prepare food processor

Directions:

1. Pass out cutting boards and knives to students
2. Have students slice the cabbage, apple, and baby spinach into fine slices/ strips. Demonstrate as needed. Add the sliced vegetables to a large bowl.
3. Add peeled carrots to food processor and pulse for 15-25 seconds until shredded. Add carrots to the large bowl with the other vegetables.
4. Make the dressing: have students cut and squeeze lemons. Measure juice, honey, dijon mustard, and olive oil into a bowl and whisk.
5. Combine the salad and dressing, Mix well. Serve and enjoy!



DID YOU KNOW?

Tofu is a good source of iron and calcium! Both of these nutrients are important for growing big and strong!

ORANGE CHOCOLATE MOUSSE

Ingredient	Students Per Class		
	10	15	20
Silken tofu, (firm or extra firm) 	1 pound	1 1/2 pound	2 pounds
Cocoa powder 	3 tbsp	4 1/2 tbsp	6 tbsp
Orange	2	3	4
Orange zest	3 tbs	4 1/2 tbs	6 tbs
Honey	3 tbs	4 1/2 tbs	6 tbs
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Salt	1 1/2 tsp	2 tsp	3 tsp

Toppings: Chocolate chips

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

PREP BEFORE CLASS:

Open tofu, drain excess water from the box, and place on a paper towel.

Directions:

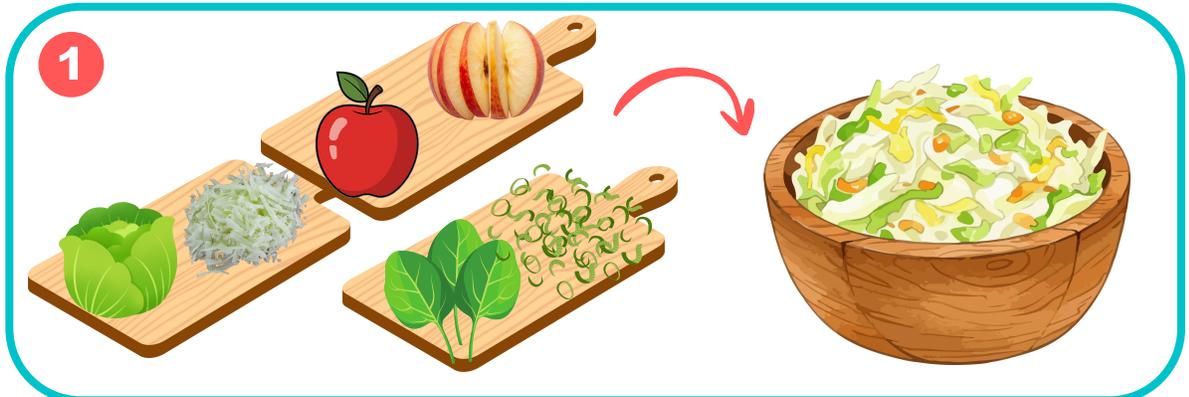
1. Demonstrate how to safely zest an orange. Add the zest of the orange into the blender.
2. Slice the zested orange into halves and have students help squeeze the juice into blender. Have students measure and add the tofu, cocoa powder, honey, salt and vanilla; add to blender
3. Blend until completely smooth.
4. Distribute the mousse into cups, top with chocolate chips and enjoy!

LESSON 4

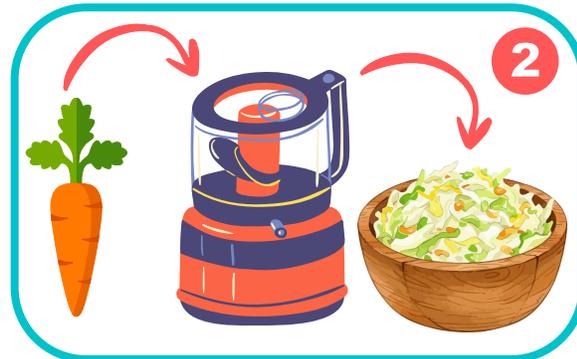
CRUNCHY CABBAGE SLAW

INGREDIENTS

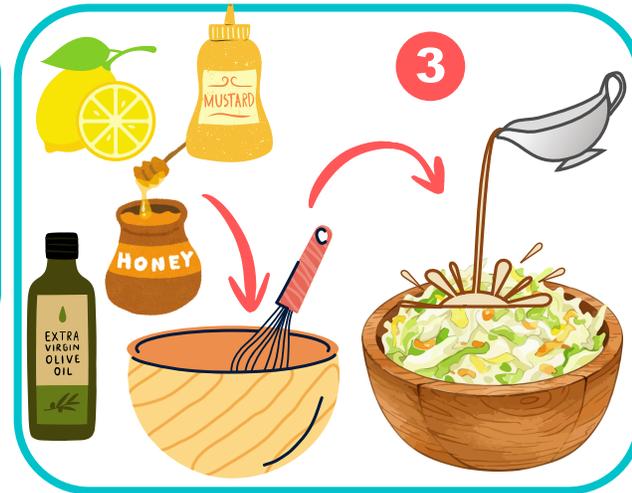
Red Cabbage
Carrots
Apple
Baby Spinach
Lemon Juice
Honey
Dijon Mustard
Olive Oil
Salt



1 Have students slice cabbage, apples, and spinach into fine slices/strip. Add to a large bowl



2 Add carrots to food processor and pulse until shredded. Add to bowl

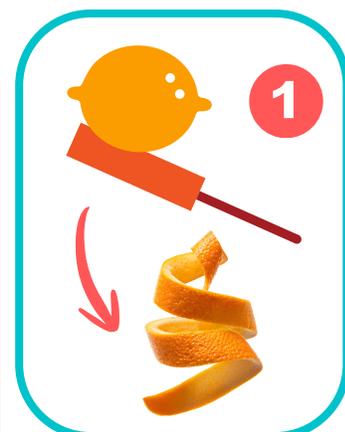


3 Make dressing by mixing lemon juice, honey, mustard, and oil in bowl. Mix in with slaw and enjoy!

ORANGE CHOCOLATE MOUSSE

INGREDIENTS

Silken Tofu
Cocoa Powder
Honey
Vanilla Extract
Oranges
Chocolate Chips



1 Demonstrate how to safely zest and orange



2 Have students help squeeze oranges to get the juice. Blend together the zest, orange juice, tofu, cocoa powder, honey, salt, and vanilla extract. Distribute into cups, top with chocolate chips, and enjoy!

SHOPPING LIST

Ingredients to buy:

Fresh produce:

- Silken (firm or extra firm) tofu (NUT & SESAME FREE)
- Red cabbage
- Carrots
- Apple
- Baby spinach
- Lemon
- Oranges

Please see recipe for amounts, varies by class size

Pantry Staples:

- Cocoa powder (NUT & SESAME FREE)
- Vanilla extract
- Chocolate chips (NUT & SESAME FREE)
- Dijon Mustard

Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Sugar
- Honey
- Salt & Pepper

OBJECTIVES

- Understand what it means to be an adventurous chef
- State the legume from which tofu is made
- Discover unconventional use of ingredients



STAR INGREDIENT: TOFU

- Tofu, or bean curd, originated in China over 2,000 years ago.
- It is made by coagulating soy milk, pressing it into blocks, and letting it solidify.
- Tofu has a mild flavor and absorbs other seasonings well.
- It's a staple in Asian cuisines like Chinese, Japanese, and Thai cooking.
- Tofu is an excellent source of plant-based protein, calcium, iron, and magnesium.
- It is made from soybeans, a legume that has been cultivated for thousands of years.
- Soybeans are processed into foods like soy milk, tempeh, miso, and tofu.

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss what it means to be adventurous or to explore. Key Qs: What kind of adventures do you like to go on? What does it mean to be adventurous in the kitchen? Adventurous chefs take risks and try new foods and new cooking techniques.
- Have students think of a time they tried a new food or a new activity for the first time. Discuss thoughts in pairs. Allow 2-5 students share with the class.



ENGAGEMENT TIPS



Review the bear claw technique for safe slicing. Check in often and encourage students to make even, thin slices. Challenge them to see who can slice the cabbage and apples the thinnest.



While making the dressing, have each student take a turn whisking. Count out loud "1-2-3-4-5 PASS!" to keep things moving and fun. Remind students to use their wrists to control the whisk and avoid spills.



Introduce the blender dance! When the blender is running to mix the mousse, let students dance by their chairs. When it stops, they freeze. Keep it fun by starting and stopping the blender a few times.

COOKING PRO

Aspiring adventurous chefs learn advanced techniques like molecular gastronomy, fusion cooking, and experimental plating, allowing you to create stunning dishes that push the limits of taste and presentation.



STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. You can turn a chickpea into hummus, or a fruit into a smoothie!
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees, frozen desserts and more.



DEVELOPMENT

⌚ 5-7 min

- What does it mean to be adventurous in cooking and eating?
 - Follow the flavors you like.
 - Travel through your taste buds and try dishes from other cultures.
 - Buy something new every time you shop.
 - Think of your kitchen as a lab and experiment! Start simple by swapping the herbs and spices in your favorite recipes, then graduate to using ingredients you've never tried.
 - Experiment every time with some ingredients and observe how dishes come out with those ingredients.
- Discuss today's recipe and how we use apple in our cole slaw and tofu in our mousse. Have kids come up with hypothesis of how they think the dish will taste different than a normal recipe for mousse. At the end of the class, you can discuss if their hypothesis was correct or if they were surprised by the taste of our dishes.
- As you complete the recipes, continue the discussion on how creativity and a sense of adventure are some of the most important qualities a true chef can have.
- Being a chef is not only physically challenging, it requires the use of creative muscles on a constant basis. Head chefs are responsible for running their kitchens, but also for constantly thinking of new innovative dishes that will keep their guests engaged.
- That's why if you want to be a chef, you cannot be a picky eater.
- Make it your goal this week to try something new and report back to the class next week
- Here are some unexpected dishes people eat all over the world:
 - Horse meat (Central Asia), Raw Horse Meat (Japan), Beef Tongue, Alpaca (Peru, Chile, Bolivia), Alligator (US), Ants Egg Soup (Laos, Thailand), Blood Sausage (UK), Camel (North Africa), Chicken Feet (Asia), Escargot or snails (France), and many more.

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