

ROSEMARY OATMEAL CRACKERS

Makes 12 servings

Ingredients:

- 1 cup oats
- 3 tbsp all-purpose flour
- 1 tsp salt
- ½ tsp pepper
- 1 tsp rosemary leaves - can also use dried
- 3/8 tsp baking powder
- ¼ stick cold unsalted butter, cubed
- 4 tbsp milk

PREP BEFORE CLASS:

Preheat the oven to 375 degrees. Foil and grease baking pan.

Directions:

1. Make oat flour by placing oats in a food processor and pulse until finely chopped.
2. Measure and add, salt, pepper, rosemary, baking powder, and butter to the food processor. Pulse.
3. Add milk slowly. Pulse until a dough forms.
4. Divide dough between students. Have them roll into ½ inch balls and flatten between palms. The thinner the crackers are, the crispier they will be!
5. Arrange crackers on a baking sheet and bake for 15 minutes.
6. Allow crackers to cool before enjoying!

DID YOU KNOW?

Chickpeas are high in plant protein and can be used instead of meat in vegetarian and vegan dishes.



LEMON HUMMUS

Makes 12 student servings

Ingredients:

- 1 can chickpeas
- 1 large lemon
- 2 tbsp olive oil
- 1 garlic clove
- ½ tbsp salt
- 2 tbsp water

PREP BEFORE CLASS:

Open cans of chickpeas, drain.

Directions:

1. Have kids take turns measuring ingredients and adding them to the blender in this order: chickpeas, olive oil, lemon juice, water, and seasonings. Pulse, scraping sides down periodically, until chickpeas are pureed.
2. Scoop about ¼ cup of hummus on each student's plate.
3. Eat with rosemary oatmeal crackers.
4. Enjoy!

DID YOU KNOW?

Oats are a naturally gluten-free food!



LESSON 8: HERB INFUSIONS

SHOPPING LIST

Ingredients to buy:

- 1 large lemon
- 1 cup oats
- 3 tbsp all-purpose flour
- 1 tsp rosemary leaves (or dried)
- 3/8 tsp baking powder
- 1 can chickpeas
- 1 garlic cloves
- ¼ stick cold unsalted butter
- 4 tbsp milk

Ingredients in the bin:

- salt
- olive oil
- salt
- pepper

OBJECTIVES


- Learn what an infusion is
- Learn about where rosemary comes from
- Explain the purpose of setting in baking

STAR INGREDIENT : ROSEMARY

- Rosemary is an aromatic evergreen herb that belongs to the mint family.
- The name "rosemary" is derived from the Latin words "ros" meaning "dew" and "marinus" meaning "sea," due to its affinity for coastal areas.
- Rosemary has been traditionally associated with memory enhancement and mental clarity. Its aroma is believed to have cognitive benefits.
- Rosemary has a long history of use in traditional medicine for supporting respiratory health and soothing coughs.



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, guess what we are making and cuisine the recipes belong to.
- Today we are going to talk about using infusions to add flavor of different herbs and spices into food.
- What is an infusion? Infusion is the process of steeping (soaking) herbs in water until the water absorbs the oils and flavors, then drinking the liquid for the taste, medicinal use, or using in cooking.
- Sounds a bit complicated, but you've probably drank an infused drink and maybe didn't even know - tea! Tea is an infusion of leaves that steep in hot water until the water absorbs the flavor.
- Other types of infusions can use roots, shoots, leaves, and flowers of the plant.



ROSEMARY USES

- Culinary applications: Rosemary is a versatile herb used in a wide range of savory dishes. It pairs well with roasted meats, poultry, potatoes, vegetables, and even breads.
- Infused oils and vinegars: Rosemary can be used to infuse oils or vinegars, adding a distinctive flavor to dressings, marinades, and dips.
- Aromatic additions: Rosemary sprigs can be used as a fragrant addition to floral arrangements, potpourri, or homemade sachets.

LESSON 8: HERB INFUSIONS



DEVELOPMENT

🕒 5-7 min

- We use infusions all the time and may not even know.
- Infusions of herbs and spices can be a wonderful way to impart unique flavors and aromas to your cooking.
 - Oil Infusions: Infusing herbs and spices into oils can add a burst of flavor to dressings, marinades, and sautés.
 - Vinegar Infusions: Infusing herbs and spices into vinegars can create tangy, aromatic condiments that elevate salads, sauces, and marinades.
 - Broth Infusions: Adding herbs and spices to broths can enhance the flavors of soups, stews, and sauces.
 - Syrup Infusions: Infusing herbs and spices into syrups can create delightful additions for desserts, drinks, or drizzling over pancakes and waffles.
- Infusing herbs and spices in cooking allows you to experiment with different flavor combinations and customize your dishes to your liking. It's a creative and enjoyable way to elevate your culinary creations and impress your taste buds!

STAR TECHNIQUE: SETTING

"Setting" refers to the process of allowing baked goods, such as cookies, cakes, and bread, to cool and firm up after they are removed from the oven. It is an essential technique that helps ensure the desired texture, structure, and flavor of the final product. Here is why it is important:

- **Texture:** When baked goods are first taken out of the oven, they are often soft and fragile. Allowing them to cool and set helps them firm up and achieve the desired texture.
- **Structure:** During the baking process, heat causes proteins, starches, and fats to undergo various chemical reactions. Setting allows these reactions to complete and the baked goods to stabilize, resulting in a proper structure.
- **Moisture distribution:** Setting allows moisture within the baked goods to distribute evenly.
- **Flavor development:** Allowing baked goods to set also enhances flavor development. As they cool, the flavors have time to meld together, resulting in a more pronounced and balanced taste.

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