

# LESSON 11:

## PEACH COBBLER AND BLUEBERRY PEACH SALSA

### PEACH COBBLER CRUMBLE

Serving Size: 12 servings, 1 muffin tin per student

#### Ingredients:

- 4 yellow peaches
- 2 tbsp. lemon juice
- 1 tsp. lemon zest
- 3 tbsp. flour (NUT FREE)
- ¼ cup sugar
- 1 tsp. ground cinnamon

For the crumble topping

- 1 cup flour (NUT FREE)
- 2/3 cup sugar (brown, preferred)
- Pinch of salt
- 8 tbsp butter, diced
- ½ cup oats (NUT FREE)
- muffin tins

Topping

- Whipped cream

#### PREP BEFORE CLASS:

Preheat oven to 400F, wash peaches and quarter, grease muffin tin.

#### Directions:

1. Have students dice peach quarters into small pieces.
2. Have students assist with tossing peaches with lemon juice and lemon zest.
3. In a small bowl, mix together 1/4 cup sugar, 3 tbsp. flour and 1 tsp ground cinnamon and toss with peaches until coated. Spoon into muffin tins.
4. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in food processor to combine.
5. Spoon topping over the fruit in each muffin tin evenly.
6. Bake for 20 minutes
7. Cool for a few minutes and serve topped with whipped cream.



### BLUEBERRY & PEACH SALSA

Serving Size: 1/3 cup per student

#### Ingredients:

- 1 6 oz. package blueberries
- 1 yellow peach
- 1 red pepper
- 1 green onions
- 1 lime
- 12 plastic cups
- Tortilla chips (NUT FREE)

#### DID YOU KNOW?

In Georgia, the world's largest peach cobbler measuring 11 ft by 5 ft is made every year

#### PREP BEFORE CLASS:

Wash blueberries, peaches, pepper, and onions. Cut into 12 equal pieces.

#### Directions:

1. Pass out 1 piece of peach, pepper, and green onion. Instruct the students to dice all three.
2. Divide and pass out blueberries, a small cup, and a spoon.
3. Instruct students to place blueberries, diced peaches, peppers, and green onions into the cup.
4. Cut the lime in half and juice into a bowl.
5. Bring the lime juice around to each chef station. Have students measure about ½ tsp. of lime juice to put over their salsa.
6. Instruct students to mix the salsa and enjoy with chips!



# LESSON 11: SPICES IN BAKING

## SHOPPING LIST

### Ingredients to buy:

- 5 yellow peaches
- 1 lemon
- 1 lime
- 1 red pepper
- 1 green onions
- 1 6 oz. package blueberries
- 1.5 tbsp. flour (NUT FREE)
- 1 stick butter
- ½ cup oats (NUT FREE)
- Whipped cream
- Tortilla chips (NUT FREE)

### Ingredients in the bin:

- sugar
- salt
- cinnamon
- plastic cups

## OBJECTIVES

- Demonstrate how to chop green onions
- Name two spices commonly used in baking
- Demonstrate the technique for measuring flour

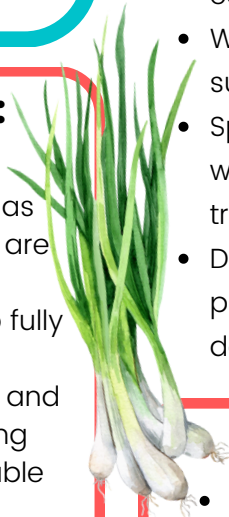
## INTRODUCTION

🕒 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 what cuisine the recipes belong to? Ask students if they have tried any French dishes
- We are going to bake something delicious today – peach cobbler! Have you ever had peach cobbler?
- What makes desserts taste so good? Lots of things! Butter, sugar, milk, fruit, and spices!
- Spices play a crucial role in the world of baking, bringing depth, warmth, and complexity to a wide range of sweet and savory treats.
- Do you know what spices are usually used in baking? You can probably guess based on the names of some common desserts like CINNMON rolls, or GINGERbread cookies.

## STAR INGREDIENT: GREEN ONION

- Green onions, also known as scallions or spring onions, are young onions that are harvested before the bulb fully develops.
- Green onions have a mild and slightly sweet flavor, making them versatile and enjoyable in various dishes.
- They are commonly used in Asian cuisine but are also popular in many other culinary traditions around the world.
- Green onions contain vitamins and minerals that support a healthy immune system.
- Green onions contain fiber, which aids in digestion and promotes a healthy gut.



## GREEN ONION USES

- Green onions can be used in a wide range of dishes. They can be used raw in salads, as a topping for soups and baked potatoes, or as a flavor enhancer in stir-fries, omelets, and rice dishes.
- Green onions are also known as scallions. They are found in cuisine from all over the world.
- A popular street food in Taiwan is Scallion Pancake!
- Chopped green onions can be used as a colorful and flavorful garnish for various dishes, adding a fresh and vibrant touch.

# LESSON 11: SPICES IN BAKING

## STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques

## DEVELOPMENT

🕒 5-7 min

- As you make the peach cobbler, discuss the use of spices in baking!
- Spices are essential for infusing baked goods with distinctive and enticing flavors.
- Cinnamon, nutmeg, and cloves are often associated with comforting autumn and winter treats like apple pie, pumpkin bread, or gingerbread cookies.
- Other spices, such as cardamom, ginger, and allspice, contribute their unique characteristics to desserts like chai-spiced cakes, ginger snaps, or spiced fruit tarts.
- Spices also help balance the sweetness in baked goods. Rich and sweet desserts can sometimes become overwhelming, but the addition of spices can provide a pleasant contrast and prevent them from becoming cloying.
  - For example, a pinch of salt combined with the warmth of spices like cinnamon or nutmeg can bring out the sweetness in a chocolate cake or a batch of cookies.
- Spices contribute to these yummy scents of baked goods!
- Spices hold cultural significance in baking, often reflecting regional traditions and culinary heritage. For instance, the use of spices like saffron, rosewater, or cardamom is prominent in Middle Eastern and Indian sweets, adding an exotic and vibrant touch. In Mexican baking, spices like cinnamon and cayenne pepper are key ingredients in treats like Mexican hot chocolate cookies or spiced Mexican wedding cookies. These spices not only bring unique flavors but also showcase the diversity and richness of culinary traditions around the world.

## 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