

Name:

Date:

Winter Break Cooking Homework 2018-19

Due Monday, January 7, 2019

Your Task: Plan, Shop for, Cook, and Clean up an entire meal for your family, at some point during the break.

Specifics:

- May be done alone or with ONE middle school partner (not a team of 3 or 4)
 - ◆ one sibling is okay, if they're willing, instead of a MS partner
 - ◆ if you're working alone, the meal may be simpler; if you have a partner, you should try something more challenging
- It's fine to get advice from adults, but you should do the work yourself
- Consider—which items in the meal could be made ahead of time, and which need to be done just before dinner
 - ◆ you will be turning in a schedule of when you plan to make different items
 - ◆ some things may be done the night before
 - ◆ it's a good idea to only have one item that needs to be done at the last minute, unless you have 2 cooks
- Should include AT LEAST one item made “from scratch” with a recipe
 - ◆ example: you may use bottled salad dressing, but make spaghetti sauce from scratch, OR you may make salad dressing and cookies from scratch but use canned spaghetti sauce
- Be sure to include drinks and dessert
- Be sure the meal has a protein source and a vegetable
- You really do need to do cleanup—wash dishes and clean the tables and counters
 - ◆ people may offer to help, because you've been such a great host, but your job is to be gracious, tell them to go enjoy themselves, and take care of it yourself
 - ◆ cleanup may be a big job, so be prepared for that

What to turn in:

- Menu (original menu, with revisions)
- Copies of any recipes you used
- Shopping list
- Cooking schedule (hours you are planning to make each item)
- 2-4 photos
- A list of ingredients (and amounts) you would need if you were cooking this meal for 26 people (which is the size of our traveling group this year!)
- A reflection, described on the next page (unless you decide to cook an authentic Spanish recipe. Mexican or Latin American doesn't count for this year. If you do this, you can skip the reflection.)

Written Reflections: 250-500 words in all, using paragraph form, not bullet points

What worked well? (address all of these)

- ❖ planning
- ❖ shopping
- ❖ cooking
- ❖ cleanup

What didn't go as smoothly as you'd hoped? (address all of these)

- ❖ planning
- ❖ shopping
- ❖ cooking
- ❖ cleanup

What was your family's feedback? (ask them)

- ❖ how did they like the food?
- ❖ what did they think about the process?

Are there any items you would recommend for our trip?

- ❖ not too difficult to make
- ❖ ingredients are easily available
- ❖ not too expensive
- ❖ flexible for vegetarians/picky eaters
- ❖ yummy

Sample cooking schedule:

Meal: burritos with homemade salsa and avocado, oatmeal cookies

9 am soak beans, make cookies

10 am clean up and hide cookies

4 pm wash lettuce, make salsa, set table, start beans

5 pm put on rice, sauté onions/garlic for beans

5:20 pm cut up avocado, cilantro, shred cheese, put beans into onions and garlic

6:00 warm tortillas, pour drinks

6:10 dinnertime!

7:00 wash dishes