

Sample 2wk Curriculum for High Noon Cooking for those at High Noon.

- Day 1: Hygiene guidelines for cooking: Clean cooks, clean hands, clean utensils, clean food, clean surfaces for preparation. Use of anti-bacterial agents versus hot water and soap. Safety rules: Let grown-ups turn on stoves, micro-waves safer. Keeping food safe. Discussion of food allergies. Practice peeling, cutting, chopping, grating, measuring, stirring, folding, melting shortening (micro-waved). All these will be practiced several times during the series of lessons. Final lesson: 1-2-3 cookies made with the substitution of marshmallow fluff instead of peanut butter until permission for eating peanut products is given in returned permission slips. Wrap-up, washing up and putting away ingredients. Begin cooking journals.
- Day 2: Bread basics: history of bread, grains, yeast, unleavened bread, types, ingredients. Making muffins, shortbread, scones, baking powder biscuits, pizza dough. Probable arrangement of lesson: demonstration of all types beginning with pre-made dough---possibly started at the end of day 1's lesson. Continue journal with a bread recipe. Groups of 3 students will prepare one type of bread product and students will share results.
- Day 3: The egg---as a main ingredient. Freshness will be discussed as well as how to test for freshness. New sterilized egg products will also be discussed as well as products such as egg-beaters and dried egg whites. Eggs will be boiled, poached, fried, scrambled made into omelets. Again, students will be in 5 groups of 2-3 students and concentrate on one type of cooking method at a time. There should be enough time to rotate through all 5 stations for practice. Hard boiled eggs may be made into egg-salad and students will be able to practice stirring, folding and chopping as well as being introduced to frying (using low-fat cooking sprays with again, safety reminders.)
- Day 4: Eggs and bread----combining the basics. Eggs in a blanket, braided Easter bread, French toast strips, a breakfast strata (baked dish with bread, milk, cheese and eggs) and chocolate chip and raisin bread pudding will be the five separate cooking stations. Journal and recipe time. And, as always, time to clean up and put away. Practice time for breaking eggs and separating them as well.
- Day 5: Toasted sandwiches and pizzelles. Toasted cheese, double toasted cheese, croque monseuir, and pizzas (home-made) will be the order of the day. Dough will be "worked" at the beginning of class and while rising the toasted sandwiches and pizzelles will be made in several stations, again, rotating up to 5 student groups through the procedures. Both pizza and pizzelle dough will be prepared at the beginning of class. Certificates will

be awarded to those who have spent a week at cooking camp.

Day 6-----Repeat of Day 1, Week 1. Vocabulary in notebooks and a review of previous Week as needed. Safety and hygiene will be repeatedly stressed. Notebooks given out. Pan frying and toasting at a stove with and without liquid will be demonstrated. The lesson will continue with a demonstration of pancakes, crepes and manacotti. There will be 3 stations instead of 5. Clean-up and Journaling will be included in the lesson and the students will also be able to use mixers, and whisks to fold and mix ingredients. Eggs will also be broken and separated.

Day 7----- Grains as a basic. Rice, cous-cous, and home-made pasta if time permits Vegetables will be cleaned, diced and added after either blanching or cooking as needed. Rice pudding will also be attempted.

Day 8-----Fruits & Vegetables. Fresh and cooked. Boiled, sauteed, baked. Corn, beans, peas will be prepared, cleaned hulled, shelled and eaten in fresh Salad. Potatoes will be mashed with spring onions after boiling to make Culcannon. Fruits will be peeled and cleaned and applesauce will be made. Journaling and clean up.

Day 9-----Cakes and Pies. Pie dough will be made. Refrigerated, rolled out, baked. Fillings of pumpkin, chocolate and apples. Cakes will be made from scratch and mixes to show the difference in time and simplicity. Flour, sugar, spices and other ingredients will be measured, Added and stirred together. Time line: 1-pie dough, 10 minutes to make,  
“ ” 15 minutes to refrigerate  
Pre-set oven for cakes.  
2. Begin cake ingredients mixture  
While refrigerating pie-dough.  
3. Put cakes in oven. Watch timer  
4. Roll out pie crusts. Shape into pans. Bake 1/3 of crusts  
5. Mix ingredients for pumpkin, Slice apples, add cinnamon, etc.  
6. Fill and bake unbaked pumpkin And apple.  
7. Take out cakes.  
8. Make pudding and fill baked crust.

Day 10-----Cookies, Brownies or: Class choice----possibility----picnic  
Lemonade, raw vegetables, dip, sandwiches in shapes (watercress, cucumber, Creamed cheese), brownies, strawberry shortcake and whipped cream)