

Objective: Students will learn the culinary concepts presented in this lesson which include food preparation, cooking and plating a dish.

Standards— Listening and Speaking 1.3: Interpret and evaluate the various ways in which events are presented and information is communicated by visual image makers.

Vocabulary words to introduce in this lesson:

-Whisk, Gauge, Combined

Materials: (Makes 4-6)

-Food processor
-Medium bowl or 4 cup measuring cup
- 12 inch nonstick skillet
- Ladle & Wide Spatula
- 2 cup measuring cup

Recipe:

-4 teaspoons lemon juice
-1 3/4 cups whole milk
-1 1/4 cups plus 3 tablespoons muesli (no sugar)
-3/4 cup unbleached all-purpose flour
- 1/2 cup whole wheat flour
-2 tablespoons light or dark brown sugar
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 large eggs
-3/4 teaspoon vanilla extract
- Sliced banana to top

Activity time:

40 –60 minutes

Lesson Plan:

THEME: CULINARY CONCEPTS FOR HIGH SCHOOL AFTERSCHOOL STUDENTS

Multi-grain Pancakes

Step by Step instructions:

Step 1. Review the vocabulary words with everyone and provide each student with a copy of those words or write on the board. Explain that you will be showing the students what these vocabulary words mean as you model how to make the multi-grain pancakes.

Model steps 2-5 first. Encourage students to continue taking notes in their student journals as you model the steps.

Step 2. Whisk lemon juice and milk together in medium bowl or 4 cup measuring cup; set aside to thicken while preparing other ingredients.

Step 3. Process 1 1/4 cups muesli in food processor until finely ground, 2 to 2 1/2 minutes; transfer to large bowl. Add remaining 3 tablespoons unground muesli, flours, brown sugar, baking powder, baking soda, and salt; whisk to combine.

Step 4. Whisk eggs and vanilla into milk until combined. Make well in center of dry ingredients in bowl; pour milk mixture and whisk very gently until combined (few streaks of flour and lumps should remain). Do not over-mix. Allow batter to sit while pan heats.

Step 5. Heat 12-inch nonstick skillet over medium-low heat for 5 minutes. Add 1 teaspoon oil

and brush to coat skillet bottom evenly. Following instructions below, add 1 tablespoon batter to gauge temperature of pan. Using 2 cup measuring cup, pour 1/4 cup batter into 3 spots in skillet, using bottom of ladle to spread batter smooth if necessary. Cook pancakes until small bubbles begin to appear evenly over surface, 2 to 3 minutes. Using thin, wide spatula, flip pancakes and

cook until golden brown on second side, 1 1/2 to 2 minutes longer. Serve immediately. Repeat with remaining batter, brushing surface of pan lightly with oil between batches and adjusting heat if necessary.

Step 6. If desired, slice banana and layer on top of pancakes. Serve with syrup!



Recommended book to read to supplement this lesson:

101 Things I learned in Culinary School
By Louis Eguares and Matthew Fredrick

Lesson Extension Options

Nutrition/Health Activity Extension

“Pancakes 101: Is the Pan Ready?”

The best way to determine when the skillet is ready is to make a test pancake the size of a half-dollar (use 1 tablespoon of batter). If after one minute the pancake is golden brown, the pan is ready. If the bottom of the pancake remains blond— or is close to burning— adjust the heat accordingly.

ELL Extension

“Pancake Lesson”

Ask the students to create a fun lesson about pancakes that they would like to present to a group of elementary school students. It can be an art lesson, a physical activity lesson, a math lesson or anything they like. Have the students present their lessons to a group of nearby elementary students in their afterschool programs if possible.

Multicultural Education/Cultural Awareness

Explore different foods that are made using grain as an ingredient in our country. What foods do you see using grains as an ingredient in other countries? Have students pick a few countries and research how grains are used in various meals, such as breakfast, lunch, and dinner, and compare the dishes between meals. If certain dishes seem interesting, invite students to present those dishes and instruct the class on how to make it.

English Language Arts Writing Extension

Ask students to reflect on the skills they have learned during today's cooking lab and how it adds to the skills they have learned in the class so far. In addition to kitchen and food preparation skills, ask them to think about the other academic connections they are making in this class such as with vocabulary words, counting measurements, vocabulary words, and more. Ask students to write and share how they will or have been using these skills to help them in the regular school day.

Math Extension

“Measuring fractions with ingredients”

What does it mean when you use 2 and 1/4 teaspoons of baking powder or 3/4 cup all-purpose flour? Where else in school have you seen numbers like these before? Ask the students if they were to make double the pancakes for this recipe, what would they have to do with each amount of ingredients needed?

Parent Connection Tip

Ask students to teach at least one family member how to make multi-grain pancakes. If family members already know, ask that they teach you their recipe and compare it to the recipe from this lesson.

STEM Tip

“Stove top safety”

Healthy cooking is always encouraged but if you choose to cook with the stove, make sure to follow these tips to avoid injuries. First, make sure you have a working smoke detector in your kitchen. Second, never leave food being cooked unattended and be sure to give your full attention when cooking oil at high temps. Third, avoid loose clothing and flowing hair over the stove to avoid catching on fire. Fourth, don't store food or tools where it is necessary to reach across the heated range to reach them and make sure the stove top is always clean and clear. Lastly, always use potholders and oven mitts. Getting burned is painful and can cause blisters, scarring, and infection.

References

Card, Matthew, *Cooks Illustrated: Multigrain Pancakes Worth Eating*, November and December 2006.

Multi-grain pancake picture taken from <http://www.kingarthurflour.com/shop/items/multi-grain-pancake-mix>

Demesne, *Kitchen Safety*, retrieved from <http://www.demesne.info/Family-Safety/Kitchen-Safety.htm>
(retrieved on February 4, 2012), (2005-2010)