

Cooking Up Harvest of the Month Class (3 hour workshop) Outline

Description:

Join Montana Team Nutrition for a hands-on cooking class. Learn about and prepare delicious Montana Harvest of the Month recipes that can be served for school lunch, breakfast, or snacks. Participants will work on knife skills and food preparation techniques in this fun and tasty workshop! Bring your own chef's knife (8-inch) and apron, wear closed toed shoes, and wear a hat or hair covering. Lunch will be provided.

Objectives:

Participants will:

- 1) List 3 knife cuts and practice these knife cuts in class.
- 2) Taste 8 recipes that include one Montana Harvest of the Month item; and prepare one recipe in class.
- 3) Increase knowledge of use of lentils (preparation techniques and recipes) to use in school lunch or breakfast menus.

8:30am-11:30am lunch served 11:30am - 12:30pm

Maximum Participants: 20

Presenters:

Local Chef and a Food Service Director/Assistant Director/Production Manager
Montana Team Nutrition Staff

Location:

Community Kitchen and Training Room or Family and Consumer Science Classroom/School District

Outline: 8:30 to 11:30 am

8:30 Welcome - MTN Staff
Overview of HOM Program and objectives of the class
Introduction of Trainers
Attendees introduce themselves - Name, town, position and answer the question, "what HOM food would you like to learn more about?"

SFS Staff Member: Demonstration of How to Make Kale Chips - Prepare so ready for lunch.

Notes: Point out You Tube Video <https://www.youtube.com/watch?v=13ZmhyQJiU0> and Kale Chips Recipe Card



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If you have questions about this resource, please contact Montana Team Nutrition: <https://www.montana.edu/teamnutrition/>*

Chef: Review and Demo of Cooking Beans, Peas and Lentils (cook up lentils for soup and sloppy joe, discuss soaking and cooking of great northern beans (3 sisters soup).
Review the preparation of Dried Beans/Chickpeas/Split Peas
Review seasoning with herbs and spices. Spices [Video](#)
Make Beet/Apple Slaw Recipe dressing (for Station # 2) to use in cooking stations.
Discuss and demo how Roasting Vegetables enhance the flavor of them Demo how to Roast Vegetables
Snack: Have these diced ahead of time: (Beets and squash, carrots, potatoes onions). Put in the oven to roast for a snack for attendees before Lunch.

Notes: Point out the Culinary Techniques for Healthy School Meals Curriculum/Videos: [Curriculum: Videos](#) found on You Tube:
Roasting Vegetables [Video](#): 2:36 minutes

9:30 – The chef leads attendees on Knife Skills for Dicing/Julienne cut Vegetables for cut up onion, celery, red pepper for soup, dice apples, cut zucchini into julienne for fries, and dice onions, celery, red pepper, and apples for recipes.

10:05 - Assign attendees to Cooking Stations. (8 Stations, 1 recipe/station; yield: 6-10 servings)

Remind attendees to work together on reviewing the recipe before gathering ingredients and divide up tasks between themselves to prepare the recipe. Attractively display it for lunch service. Come up with a creative name and list on index card for each recipe.

11:15 - Discuss Recipes and enjoy the Harvest of the Month lunch and any modifications needed or menu suggestions to serve with the items.

11:30 - During lunch: Lead Attendees in discussion of the recipes and have them vote on each one of them using the Try It Like It Love It Method (using poster boards).

12:00 - Review Recipe Resources/Recipes Sources; and complete Evaluation Form and Dismiss.

12:30 - Dismiss

Station Recipes:

- #1 Stir Fry Fajita Chicken, Squash, Corn [Recipe](#) (ICN) (over brown rice) (USDA Parboiled B Rice)
- #2 Beet and Apple Slaw (Target Range recipe)
- #3 Spinach Strawberry Salad (Healthy Cuisine for Kids [cookbook](#))
- # 4 Crunchy Roasted Garbanzo Beans (Iowa TN [recipe](#))
- # 5 Zucchini Fries (MCPS recipe)
- # 6 Three Sisters Soup (Healthy Cuisine for Kids [cookbook](#))



7 Green Monster Smoothie (MT Team Nutrition)

8 Sloppy Joe with Lentils (MT Team Nutrition)

Resources:

Montana Harvest of the Month [website](#)

Student Taste Test [guide](#)

Evaluation Form



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