



Make it Fresh with Cooking Counts

Lesson Plans for: *Cheesy Bacon Grits*

Course Description:

This hands-on training will introduce you to the Cheesy Bacon Grits recipe and help you better understand the process of making them while following the standardized recipe.

Estimated class time: 2 hours

Local Ingredients:

This recipe features the following local ingredient(s): turkey, yogurt, milk, grits and scallions.

[Choose Iowa Food of the Month Resources](#)

Preparation:

Equipment Needed	Grocery List
Sheet pan	Turkey bacon, low sodium
Saucepan	Nonfat milk
Whisk	Chicken broth, low sodium
Cutting board	Grits
Knife	Greek yogurt
	Cheddar cheese
	Scallions

Opening Remarks:

Today's lesson is Cheesy Bacon Grits. This warm and savory comfort food is packed with flavor and is hardy enough to sustain you through the day.

Understand the Ingredients and Methods:

Grits are a porridge made from boiled cornmeal. You will want to use a low heat so the grits simmer and slowly release their starches, which creates a decadent, silky texture. Whisking constantly during the first couple of minutes and frequently throughout the rest of the cooking process will prevent lumps from forming.



Show video:

[Cheesy Bacon Grits](#)

Lab:

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

Discussion and Evaluation:

1. Did you achieve the yield identified in the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?