



Make it Fresh with Cooking Counts Lesson Plans for: *Gourmet Crispito*

Course Description:

This hands-on training will introduce you to the *Gourmet Crispito* recipe and help you better understand the process of making the two parts of this recipe by following the standardized recipe. Estimated class time: 3 hours

Local Ingredients:

This recipe features the following local ingredient(s): pork, cilantro, sweet corn, swiss chard, romaine and tomatoes.

Choose Iowa Food of the month resources may be found [here](#).

Preparation:

Equipment Needed:

Cutting board
Knives
Mixing bowls
Scoops
Sheet pan

Grocery List:

Pork butt
Chili powder
Garlic powder
Ground cumin
Cheddar cheese
Corn tortillas, 6 inch
Cilantro
Sweet corn
Limes
Poblano peppers
Tomatoes
Swiss chard or romaine

Opening Remarks:

Today's lesson is Gourmet Crispitos with pork. This will be a student favorite, made by hand-rolling corn tortillas stuffed with pork and cheese and topped with a fresh cilantro salad.

Understand the Ingredients and Methods:

This recipe features a cilantro salad that compliments the flavors of the crispito.

Salad dressings are liquids or semi-liquids used to flavor salads. They are sometimes considered to be cold sauces.

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Most of the basic salad dressings used today can be divided into three categories:

1. Oil and vinegar
2. Mayonnaise-based dressings
3. Cooked dressings

A number of dressings, like the one we will make today, use their main ingredients such as herbs and fresh citrus juice to add flavor and forgoing traditional dressings. This type of preparation introduces fewer calories, less fat and less sodium to the menu item.

Nearly any herb or spice can be used in salad dressings. Fresh herbs are preferable to dried herbs as flavorings, especially when the dressings are used for simple, light mixed green salads. Remember that dried herbs and spices need extra time to release their flavors if they are not heated in the product.

Show video:

[Gourmet Crispito](#)

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 on 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?

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