

A white chef's hat with a gathered top and a flat brim. The word "Casserole" is written in bold black text across the center of the hat.

Casserole

A ***casserole*** is a tasty blend of cooked ingredients that are heated together to develop flavor.

There are three main parts to a casserole:

1. The **base** of a casserole provides its main texture and flavor.
 - Cubed, cooked meat, poultry, or fish; browned, drained ground beef or poultry; grated or cubed cheese.



There are three main parts to a casserole:

2. The ***extender***, a food ingredient that helps thicken a dish.
 - Dry bread crumbs; cooked, diced potatoes; pasta, rice, grits, or barley; cooked, mashed dry beans.



There are three main parts to a casserole:

3. The ***binder***, a liquid that holds the other ingredients together.
 - Fat-free milk, broth, fruit juice, soup, eggs, or a thickened sauce.



- Seasonings and aromatic vegetables give heightened flavor and added texture.



Identify the three parts to the following Casserole Recipes

Chicken and Broccoli Casserole

2 pkg. broccoli, cooked and laid in buttered dish.

Spread 4 cups cubed chicken on top.

Mix together: 2 cans cream of chicken soup

1 cup mayonnaise

1/2 tsp. curry powder

Spread over chicken.

Sprinkle 1/2 cup sharp shredded cheese. Top with paprika and almonds. Bake at 350° for 40 minutes.

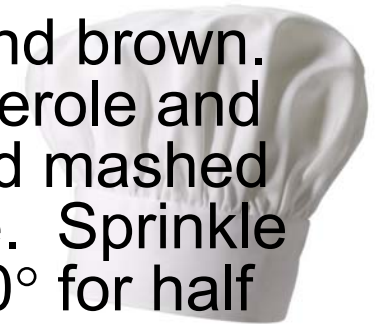


Identify the three parts to the following Casserole Recipes

Hamburger Casserole (Shepherd's Pie)

- 1 lb. ground beef, seasoned
- 1 large onion, chopped fine
- 1 can undiluted tomato soup
- 1 can string beans (drained)
- 2 cups potato flakes or mashed potatoes
- 1 cup grated cheese

Add onion and seasonings to ground beef and brown. Pour off grease. Put in bottom of large casserole and spread soup over meat. Then the beans and mashed potatoes. Cover completely with the cheese. Sprinkle with paprika and cover with foil. Bake at 350° for half hour, then remove foil and bake for 15 minutes more.



Identify the three parts to the following Casserole Recipes

Oh Boy Casserole

1 lb. ground beef, browned

Add: 1 small onion

1 can cream of mushroom soup

1 1/2 cups cooked rice

1 can cream of chicken soup

1 cup diced celery

1 tbs. soy sauce

Mix and simmer 10 to 15 minutes.

Serve over 1 can Chinese Noodles.



- Casseroles can save you time and energy when planning and preparing meals. Enjoy the variety of food choices used to make casseroles—and all other combination dishes.



Advantages to serving Casseroles:

- Easy
- Time saving
- A complete meal in a dish
- Economical
- Large variety can be made ahead and stored in refrigerator/freezer
- Require little supervision during baking served in same dish baked in
- Leftovers are easy to use



Disadvantages to serving Casseroles:



How foods nutritionally contribute to casseroles:

- **Protein** - main ingredient - meat, fish, egg, dried beans, cheese
- **Carbohydrates/starch** - add substance/body; used as an extender; add energy through carbohydrates
- Undercook rice and pastas so they can continue to cook during the baking process.
- **Vegetables** - add contrast in color, texture and adds nutrition
- The **binder** is the sauce, which holds ingredients together
- **Casserole toppings** are used for color, variety in texture; protects protein ingredients and identify common toppings



Summary:

