



# Casseroles

Casseroles and Mother Sauces

# Casserole Quiz

- a. What ingredient is used as an extender in a casserole ?
- b. What ingredients do casseroles usually contain?
- c. What is a binder in a casserole?
- d. Why are casseroles such a staple in our diets?
- e. What does the term “grate” mean?





# Casserole

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

# Casseroles are popular because:

3. 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.



# How are casseroles made, cooked, and cleaned up?

4. Casseroles are one dish meals – made and baked in the same dish.

Casseroles are usually baked in the oven, but can be heated in the microwave.

Clean up is simple – it's a one dish job!



# Parts of a casserole:

5. a. The ***base/protein*** 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.
  - (Grate means to break into small pieces using a box grater.)



# Parts of a casserole

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



# Parts of a cassrole:

## 5.c. Vegetables

Add fiber, vitamins and minerals to the casserole.





# Parts of a casserole:

5.d. The ***binder***, a liquid that holds the other ingredients together.

- Fat-free milk, broth, fruit juice, soup, eggs, or a thickened Béchamel/White sauce.



# Mother Sauces

Sauce	Liquid	Thickener	Color
Bechamel	Milk	White Roux	White
Espagnole	Brown Stock	Brown Roux	Brown
Tomato	Tomatoes	Tomato Paste	Red
Hollandaise	Clarified Butter	Egg Yolk	Yellow
Veloute	White stock	Blond Roux	Amber

# Parts of a Casserole:

## 5.e. Toppings:

– Used to cover the top of the casserole and hold in moisture. This also adds great flavor.

Some typical Toppers:

- Cheese
- Bread Crumbs
- Crushed Chips
- Tater Tots/ mashed potatoes
- French Fried Onions



# Identify the parts of 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 parts of 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 parts of 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.



# How can casseroles save you time?

6. 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.



If you didn't go to the store, how can a making a  
casserole be the answer to dinner?

7. Casseroles can be made from canned  
and dry goods – you need:

- a. Protein (tuna, chicken, beef, eggs, hot dogs)
- b. Extender (pasta, rice, potatoes)
- c. Veggie (any canned or frozen veggie)
- d. Binder ( a béchamel/white sauce or soup)
- e. Topping (chips, crackers, cheese)





## 8. 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



## 9. Disadvantages to serving Casseroles:

- Some combinations are better than others when making a casserole.
- Storage of leftovers use in a casserole are really important to avoid food borne illness.
- Left over casserole should only be kept 2-3 day in the refrigerator. After that time, it should be thrown out.



# 10. How to make a Roux:

What is a roux? It is a mixture that thickens liquids.

How do you make one?

- a. Melt the amount of margarine that is called for – over low heat.
- b. Add measured amount of flour to the melted margarine.
- c. Stir together until bubbly and all the flour is absorbed.
- d. Gently stir in the liquid that is to be thickened.



# Summary: Casseroles are -

- A great way to make a quick one dish meal and use up leftovers.
- A good way to stay on budget.
- A good way to have a ready to heat meal if you make 2 casseroles and freeze one.
- A time saver.

