

# Prostart Best Practices – Year 1 Standard 9 – Fruits

This is a lesson dealing with the learning of fruits, but mostly making a fruit coulis and designing a dessert plate with the sauce.

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## STANDARD 9

Students will explore and utilize fruits and vegetables.

### OBJECTIVES - CHAPTER 9: Fruits and Vegetables

**Objective 1:** Identify and describe different types of fruit.

**Objective 2:** List and explain the USDA quality grades for produce.

**Objective 3:** List factors that affect produce purchasing decisions.

**Objective 4:** Identify procedures for storing fruit.

**Objective 5:** Explain how to prevent enzymatic browning of fruit.

**Objective 6:** Match and cook fruit to appropriate methods.



**This is a 1 – Day Lesson (60 min lesson)**

### Overview of lesson:

- Learn about fruits through a quick PowerPoint. Any PowerPoint works, email me if you want mine.
- Make a fruit coulis and learn how to use that to make creative plating designs. I had them do a creative plating design because I think it is important to present your food to guests in a unique/nice/clean/creative way. So I told them their plate should be clean of spills and be restaurant quality.
- First before making the coulis, I showed them a bunch of pictures I found on google of different plating designs so they could start brainstorming. I just put pics into a word document, again email if you want that. Or just google pics.
- Then I had them make a strawberry coulis, while I already had melted chocolate (in a double broiler), then they put all of that in piping bags and the coulis we put in ketchup bottles (you made need to cut the tips, depends on size), then I told them they had to practice at least three different shapes/designs on a pre-cut square of wax paper, then to show me, then they could make their official plate design based on what they had practiced. They could use cake, brownies, fresh strawberries, and melted chocolate, and their coulis to design their restaurant quality dessert.
- I took pictures of the final product, they absolutely loved this and all wanted me to take pictures of it. Some students took so much time practicing designs that they never made it to designing a plate with the cake on it, but they did a fantastic job on the wax paper that I counted it.

### Pre-Prep:

- I had a student take care of melting the chocolate (almond bark) over a double broiler while I went over the fruit PowerPoint.
- The day before I made 1 box of cake and 1 box of brownies per class.
- Pre- cut wax paper into decent sized squares for students to practice designs on.
- Foam plate per person to design plate
- Piping bags, ketchup bottles

### Lesson:

**10-15 minutes:** Go over fruit PowerPoint – no notes, you can do notes, but I just went through it quickly.

**5 mins:** Talked about the main assignment – they are going to make a strawberry fruit coulis, show the different pictures of plating designs that actually use a fruit coulis and melted chocolate, then tell them they are to create three different designs on wax paper first, pass off with teacher, then grab a foam plate, desired cake/brownie, and design it.

**40 mins:** Let them loose! Make fruit coulis – put in ketchup bottle. Put chocolate in piping bags. Get wax paper. Design three designs. Check off with teacher. Grab foam plate and brownie/cake. Design plate, garnish with strawberries (1-2 per person). Take pictures.

**Grading:** I gave full credit based on whether or not they did the three designs on wax paper and the final plating product. If you had students who refuse to participate then I would change it and doc points, then they usually will participate.

## Chicken and Dumplings – Prostart Year 1 Standard 11 Obj 9

### Ingredients:

1-2 Chicken Breasts, cooked and shredded  
4 cups water with 4 tsp chicken bouillon  
¼ cup flour and ¼ cup butter for the roux  
1 stalk celery, sliced  
1-2 carrots, chopped

Onion – desired amount  
Spices – to taste, ¼ tsp (basil, oregano, parsley, any other spices you want)  
Opt, potatoes – if you add potatoes, reduce the roux by half, and dice potatoes

### Dumpling Dough:

1 1/3 cups flour  
2 tsp baking powder  
1 tsp parsley

½ tsp salt  
2/3 cup milk  
2 tbsp. oil

### Directions:

1. Cook your chicken on medium heat. Shred.
2. In a medium saucepan, fill with 4 cups water with 4 tsp chicken bouillon, bring to boil and add celery and carrots, cook until tender. If you add potatoes, add just before you put in dumplings.
3. Meanwhile, make your dumpling dough.
  - a. In a large bowl, mix 1 1/3 cup flour, 2 tsp baking powder, 1 tsp parsley, ½ tsp salt. Then add 2/3 cup milk and 2 T. oil and mix until a soft dough forms.
4. Once the vegetables are cooked, make your **roux**. Use the small non-stick frying pan, melt the ¼ cup butter with ¼ cup flour to make a paste. Add enough chicken broth water to mix the roux in, then add back to your big saucepan of broth and veggies. Stir, add the chicken and let it boil for a little bit to thicken.
5. Once thickened, **reduce temperature to low/simmer**. Drop the dumpling dough in small spoonfuls into the broth, don't stir, just drop them to cover the top of the broth. They may sink but should rise as they cook.
6. Cook **uncovered** for 10 mins, then **cover** and cook an additional 10 minutes.
7. The only way to check if dumplings are done you have to cut it in half and see if it is no longer doughy.
8. Eat and enjoy.

## Cinnamon Carrot Cake Muffins – For your extra carrots after knife skills.

### Ingredients:

1 cup plus 2 Tbsp Flour  
1 ½ tsp baking powder  
1 tsp cinnamon  
1/8 tsp nutmeg  
1/8 tsp allspice  
1/8 tsp salt  
½ cup brown sugar

1/3 cup sugar  
½ cup coconut  
1 egg  
¼ cup vegetable oil  
¼ cup buttermilk  
3-4 carrots, grated  
1 ½ tbsp. vanilla

### Directions:

1. Preheat oven to 375° F. Lightly grease a muffin pan.
2. In a large bowl, mix together flour, baking powder, cinnamon, nutmeg, allspice, and salt. Mix in brown sugar, sugar, and coconut.
3. In a separate bowl, combine eggs, oil, buttermilk, grated carrots, and vanilla.
4. Make a well in the middle of the flour mixture and add the egg/buttermilk mixture. Mix until just moistened. Do not over-mix.
5. Fill muffin cups ¾ full.
6. Bake in preheated oven for 20-25 mins, or until the tops spring back when lightly tapped. Allow to cool.

## Brazilian Limeade - a fun recipe we used for catering

### Ingredients:

1 cup sugar  
6 cups cold water

4 limes, washed, cut ends off - it tastes best with fresh limes.  
6 Tablespoons sweetened condensed milk

### Directions:

My student who gave me this recipe usually cuts the limes in half (cut ends off), and blend in a blender the sugar, water, and limes. Then he uses a sieve (could use cheesecloth with sieve) to get out all the lime rinds. He uses the rinds because he says the taste is stronger and better. Then he puts into a pitcher and added the sweetened condensed milk and just stir with wooden spoon. Always re-stir if it sits, because the sweetened condensed milk settles to the bottom. This is so good, but if you use bottled lime juice, it is not as good.

1. Cut ends off limes and cut in half.
2. Mix sugar, water, limes in a blender.
3. In a sieve, strain the lime rinds out of the drink, put liquid in a pitcher.
4. Add sweetened condensed milk and stir with wooden spoon.
5. Chill!

