

Lab 2 – Knife Skills Lab

Each student will demonstrate the following knife cuts. Each group will prepare roasted vegetables, stir-fry, and salsa.

Knife Cuts – Each group member will practice the following cuts.

Potatoes (2 per person):	Large dice, medium dice, small dice, and brunoise cuts
Onion (1/2 per person):	Chopped (save for salsa and stir-fry if desired)
Carrot (1 per person):	Small dice (save for roasted vegetables and stir-fry)
Tomatoes (1/2 per person):	Small dice (save for salsa)
Root vegetables (1 per grp):	Medium dice (save for roasted vegetables)
Zucchini (1/2 - 1 per grp):	Julienne cut (save for stir-fry)
Yellow squash (1/2 - 1 per grp):	Batonnet cut (save for stir-fry)
Bell peppers (1/2 per grp):	Julienne cut (save for stir-fry)

Notes

- Remind students that the onion and tomatoes will be used for salsa; the medium dice potatoes, some carrot, and root vegetables will be used for the roasted vegetables; and some carrot, zucchini, yellow squash, and bell peppers will be used for the stir-fry.

Timeline:

- 0:00 – Knife demo—knife handling, basic cuts.
- 0:15 – Break into groups to practice cuts.
- 0:40 – Pan vegetables to be roasted, season, drizzle with oil, and bake.
- 0:45 – Cut tomatoes and prepare salsa – let sit at room temp until needed.
- 0:55 – Begin stir-fry.
- 1:10 – Finish up roasted vegetables and stir-fry and plate. Display for instructor, and then eat.
- 1:25 – Set out salsa for judging. Try all salsas & vote for your favorite.
- 1:45 – Clean units.

Roasted Vegetables (Recipe by Tamara Steinitz)

Choose a combination of any of the following vegetables:

Parsnips	Green beans	Bell peppers	Beets
Carrots	Turnips	Whole garlic cloves	Sweet potatoes
Potatoes	Rutabagas	Eggplant	
Onions	Winter squash	Asparagus	

- Cut vegetables of your choice into large chunks (large $\frac{3}{4}$ " or medium $\frac{1}{2}$ " dice).
- Oil a large roasting pan, add all vegetables. Drizzle with a small amount of olive oil and salt/pepper to taste. Add herbs or spices such as thyme and rosemary or cinnamon and nutmeg, if desired. Toss.
- Roast in 400°F oven for 30 to 50 minutes (or until tender and golden brown), turning vegetables with spatula every 10 to 15 minutes.
- Adjust seasonings and serve immediately.

*We will be using potatoes, sweet potatoes, parsnips, turnips, carrots, and onions (optional).

Stir-Fried Vegetables (Recipe adapted from *How to Cook Everything*, by Mark Bittman)

Yield: 4 servings

1-2 Tbsp sesame oil
1 Tbsp minced garlic
¼ cup chopped scallions
1 large carrot, julienned or cut into pieces
¼ - ½ zucchini, julienned
¼ - ½ yellow squash, julienned
¼ - ½ bell pepper, julienned
1 mushroom, sliced
½ - 1 celery stalk, julienned
¼ cup water or stock
2 Tbsp soy sauce

1. Heat a large, deep skillet over medium-high heat for 3-4 minutes. Add the oil and, almost immediately, the garlic and scallion. Cook, stirring, for about 15 seconds, then add the carrot, zucchini, yellow squash, bell pepper, mushroom, and celery, and water or stock. Make sure to not overcrowd the pan. Turn heat to high.
2. Cook, stirring frequently, until the vegetables are tender, about 7 minutes. If the mixture is completely dry, add a couple tablespoons more water or stock, and then the soy sauce.
3. Stir and turn off the heat. Serve or store, covered, in the refrigerator for up to a day.

Salsa

Yield: 2 – 3 cups

2 tomatoes, small dice (about 2 cups)
2 Tbsp to ½ cup onion, small dice
as needed, salt
as needed, pepper
as needed, sugar

Optional ingredients:

½ to 2 tsp garlic, minced (1 to 4 cloves)
1 – 2 tsp fresh or bottled lime juice
1 tsp – 1 Tbsp fresh cilantro, minced
cumin, cayenne pepper/flakes, oregano

1. Mix all ingredients together. Add cold water if needed to adjust consistency. Adjust seasoning.
2. Let sit at room temperature for up to 1 hour. Can be refrigerated for 1-2 days, but is best if used fresh.

Group Members

How much of each seasoning did you use?

Salt _____

Pepper _____

Sugar _____

Which optional ingredients did you use?

Garlic _____

Lime Juice _____

Cilantro _____

What other spices or herbs did you use? _____

Fill out this form and put it face down under your bowl of salsa

Salsa Ballot

Which salsa did you like the most? _____

What did you like about it? _____

Which salsa did you like the least? _____

What didn't you like about it? _____

Lab 2 – Knife Skills Lab

Each student will demonstrate the following knife cuts. Each group will prepare roasted vegetables.

Knife Cuts – Each group member will practice the following cuts.

Potatoes (2 per person):	Large dice, medium dice, small dice, and brunoise cuts
Onion (1/2 per person):	Chopped
Carrot (1 per person):	Small dice (save for roasted vegetables)
Root vegetables (1 per grp):	Medium dice (save for roasted vegetables)

Notes

- Remind students that the onion, the medium dice potatoes, some carrot, and root vegetables will be used for the roasted vegetables.

Timeline: 0:00 – Knife demo—knife handling, basic cuts.
 0:10 – Break into groups to practice cuts.
 0:20 – Pan vegetables to be roasted, season, drizzle with oil, and bake.
 0:50 – Finish up roasted vegetables and plate. Display for instructor, and then eat.
 0:55 – Clean units.

Roasted Vegetables (Recipe by Tamara Steinitz)

Choose a combination of any of the following vegetables:

Parsnips	Green beans	Bell peppers	Beets
Carrots	Turnips	Whole garlic cloves	Sweet potatoes
Potatoes	Rutabagas	Eggplant	
Onions	Winter squash	Asparagus	

5. Cut vegetables of your choice into large chunks (large $\frac{3}{4}$ " or medium $\frac{1}{2}$ " dice).
6. Oil a large roasting pan, add all vegetables. Drizzle with a small amount of olive oil and salt/pepper to taste. Add herbs or spices such as thyme and rosemary or cinnamon and nutmeg, if desired. Toss.
7. Roast in 400°F oven for 30 to 50 minutes (or until tender and golden brown), turning vegetables with spatula every 10 to 15 minutes.
8. Adjust seasonings and serve immediately.

*We will be using potatoes, sweet potatoes, parsnips, turnips, carrots, and onions (optional).

Lab 2 – Knife Skills Lab

Each student will demonstrate the following knife cuts. Each group will prepare stir-fry.

Knife Cuts – Each group member will practice the following cuts.

Potatoes (2 per person):	Large dice, medium dice, small dice, and brunoise
Onion (1/2 per person):	Chopped (save stir-fry if desired)
Carrot (1 per person):	Small dice (save stir-fry)
Zucchini (1/2 - 1 per grp):	Julienne cut (save for stir-fry)
Yellow squash (1/2 - 1 per grp):	Batonnet cut (save for stir-fry)
Bell peppers (1/2 per grp):	Julienne cut (save for stir-fry)

Notes

- Remind students that the onion, carrot, zucchini, yellow squash, and bell peppers will be used for the stir-fry.

Timeline: 0:00 – Knife demo—knife handling, basic cuts.
 0:15 – Break into groups to practice cuts.
 0:30 – Begin stir-fry.
 0:45 – Finish stir-fry and plate. Display for instructor, and then eat.
 0:50 – Clean units.

Stir-Fried Vegetables (Recipe adapted from *How to Cook Everything*, by Mark Bittman)

Yield: 4 servings

1-2 Tbsp sesame oil
1 Tbsp minced garlic
¼ cup chopped scallions
1 large carrot, julienned or cut into pieces
¼ - ½ zucchini, julienned
¼ - ½ yellow squash, julienned
¼ - ½ bell pepper, julienned
1 mushroom, sliced
½ - 1 celery stalk, julienned
¼ cup water or stock
2 Tbsp soy sauce

4. Heat a large, deep skillet over medium-high heat for 3-4 minutes. Add the oil and, almost immediately, the garlic and scallion. Cook, stirring, for about 15 seconds, then add the carrot, zucchini, yellow squash, bell pepper, mushroom, and celery, and water or stock. Make sure to not overcrowd the pan. Turn heat to high.
5. Cook, stirring frequently, until the vegetables are tender, about 7 minutes. If the mixture is completely dry, add a couple tablespoons more water or stock, and then the soy sauce.
6. Stir and turn off the heat. Serve or store, covered, in the refrigerator for up to a day.

Lab 2 – Knife Skills Lab

Each student will demonstrate the following knife cuts. Each group will prepare salsa.

Knife Cuts – Each group member will practice the following cuts.

Potatoes (2 per person):	Large dice, medium dice, small dice, and brunoise
Onion (1/2 per person):	Chopped (save for salsa)
Tomatoes (1/2 per person):	Small dice (save for salsa)

Notes

- Remind students that the onion and tomatoes will be used for salsa.

Timeline:	0:00 – Knife demo—knife handling, basic cuts.
	0:10 – Break into groups. Cut tomatoes and prepare salsa – let sit at room temp for judging.
	0:25 – Practice remaining knife cuts on potatoes
	0:40 – Clean units.
	0:50 – Try all salsas & vote for your favorite.

Salsa

Yield: 2 – 3 cups

2 tomatoes, small dice (about 2 cups)
2 Tbsp to ½ cup onion, small dice
as needed, salt
as needed, pepper
as needed, sugar

Optional ingredients:
½ to 2 tsp garlic, minced (1 to 4 cloves)
1 – 2 tsp fresh or bottled lime juice
1 tsp – 1 Tbsp fresh cilantro, minced
cumin, cayenne pepper/flakes, oregano

3. Mix all ingredients together. Add cold water if needed to adjust consistency. Adjust seasoning.
4. Let sit at room temperature for up to 1 hour. Can be refrigerated for 1-2 days, but is best if used fresh.

Group Members

_____	_____
_____	_____
_____	_____

How much of each seasoning did you use?

Salt _____
Pepper _____
Sugar _____

Which optional ingredients did you use?

Garlic _____
Lime Juice _____
Cilantro _____

What other spices or herbs did you use? _____

Fill out this form and put it face down under your bowl of salsa

Salsa Ballot

Which salsa did you like the most? _____

What did you like about it? _____

Which salsa did you like the least? _____

What didn't you like about it? _____

Knife Skills Prep List (per 30 students)*(Long version - Roasted vegetables, stir-fry, & salsa)*

Total Needed

Comments / Prep

16 ea	Onion	1/2 per student, 1 for demo
32 ea	Carrot	1 per student, 2 for demo
64 ea	Small potatoes	2 per student, 4 for demo
6 ea	Sweet potatoes	1 per group
6 ea	Parsnips (if small buy 2/group)	1 per group
6 ea	Turnips	1 per group
3-6 ea	Zucchini	1/2 - 1 per group
3-6 ea	Yellow squash	1/2 - 1 per group
1 stalk	celery	1/2 stick per group
3 ea	Bell peppers (red, green, or yellow)	1/2 per group
6-10 ea	Button mushrooms, medium	1 per group
1 bunch	Scallions (green onions)	1 scallion per group
16 ea	Large roma or plum tomatoes	2 per group, 1 for demo
1/2 - 3/4 cup	Olive oil	For roasted vegetables
1/2 cup	Sesame oil	For stir-fry
5 cups	Rice, dry	1/2 cup cooked per student
2 bags	Tortilla chips	for salsa judging
<u>Optional</u>		
1 head	Garlic	for salsa and stir-fry
1 bunch	Cilantro	for salsa
1/2 cup	Peanuts/cashews	for stir-fry
	Stir-fry sauce	for stir-fry
	Soy sauce	for stir-fry
	Lime or lemon juice	for salsa
	Thyme- dried or fresh	for roasted vegetables
	oregano- dried or fresh	for roasted vegetables and/or salsa
	sage - dried or fresh	for roasted vegetables
	rosemary- dried or fresh	for roasted vegetables
	cinnamon	for roasted vegetables
	nutmeg	for roasted vegetables
	cumin	for roasted vegetables
	red pepper flakes	for salsa
	cayenne pepper	for salsa
	Salt	
	Pepper	
	<u>Non-food items</u>	
	Plastic spoons/forks to sample recipes	1 per student
	Paper plates to sample recipes	1 per student, divided into sections

Knife Skills Prep List (per 30 students)

(Shortened version - Roasted vegetables only)

Total Needed

Comments / Prep

16 ea

Onion

1/2 per student, 1 for demo

32 ea

Carrot

1 per student, 2 for demo

64 ea

Small potatoes

2 per student, 4 for demo

6 ea

Sweet potatoes

1 per group

6 ea

Parsnips (if small buy 2/group)

1 per group

6 ea

Turnips

1 per group

1/2 - 3/4 cup

Olive oil

For roasted vegetables

Optional

Thyme- dried or fresh

for roasted vegetables

oregano- dried or fresh

for roasted vegetables and/or salsa

sage - dried or fresh

for roasted vegetables

rosemary- dried or fresh

for roasted vegetables

cinnamon

for roasted vegetables

nutmeg

for roasted vegetables

cumin

for roasted vegetables

Salt

Pepper

Non-food items

Plastic forks to sample recipe

1 per student

Paper plates to sample recipe

1 per student

Knife Skills Prep List (per 30 students)

(Shortened version - Stir-fry only)

Total Needed

- 16 ea Onion
- 32 ea Carrot
- 64 ea Small potatoes
- 3-6 ea Zucchini
- 3-6 ea Yellow squash
- 1 stalk celery
- 3 ea Bell peppers (red, green, or yellow)
- 6-10 ea Button mushrooms, medium
- 1 bunch Scallions (green onions)
- 1/2 cup Sesame oil
- 5 cups Rice, dry

Optional

- 1 head Garlic
- 1/2 cup Peanuts/cashews
- Stir-fry sauce
- Soy sauce
- Salt
- Pepper

- Non-food items
- Plastic forks to sample recipe
- Paper plates to sample recipe

Comments / Prep

- 1/2 per student, 1 for demo
- 1 per student, 2 for demo
- 2 per student, 4 for demo
- 1/2 - 1 per group
- 1/2 - 1 per group
- 1/2 stick per group
- 1/2 per group
- 1 per group
- 1 scallion per group
- For stir-fry
- 1/2 cup cooked per student

-
- for stir-fry
- for stir-fry
- for stir-fry
- for stir-fry

-
-
- 1 per student
- 1 per student

Simple Sautéed Peppers and Onions*

Once you start adding peppers— cooked or raw to your meals, you'll be hooked!



Ingredients

- 1-2 Tbsp extra-virgin olive oil
- 3-4 large red and green bell peppers, stemmed, seeded, and cut into julienne strips
- 1-2 large onions, cut into julienne strips
- Salt and pepper to taste



Directions

1. Place oil in large, deep skillet and turn heat to medium-high. After 1 minute, add peppers and onions.
2. Cook, stirring occasionally, until peppers and onions are lightly browned and very tender.
3. Season with salt and pepper.

*Try adding cooked chicken and this fajita mix to your sautéed peppers and onions:

Fajita Seasoning Mix:

Mix the following ingredients together and sprinkle on chicken and sautéed pepper mix.

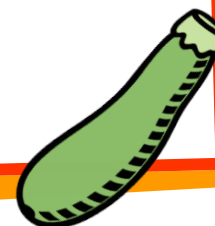
- 2 Tbsp chili powder
- 1 Tbsp salt
- 1/2 tsp cayenne pepper
- 1/4 tsp crushed red pepper flakes
- 1/2 tsp cumin

Try Using Sautéed Peppers and Onions in the Following:

- Chicken Fajitas
- On top of pasta
- Mixed with scrambled eggs
- In a breakfast burrito
- On top of steaks, burgers, sandwiches, and hot dogs

Quick Sauté of Zucchini with Toasted Almonds

Recipe by: SmittenKitchen.com, inspired by the Red Cat, NYC



Ingredients

- 2 tablespoons olive oil
- 2 tablespoons thinly sliced almonds
- 1 to 2 small zucchini, cut into 1/8 x 1/8 x 2-inch julienne sticks
- Salt and freshly ground pepper
- Few ounces pecorino Romano or parmesan, in thin slices — a peeler works great for this (optional)

Yield: ~ 4 servings

Directions

1. Heat the oil on high in a large skillet. When it is hot but not smoking, add the almonds to the pan.
2. Cook them, while stirring, until the almonds are golden-brown, approximately a minute or two.
3. Add the zucchini to the pan, tossing it with the oil and almonds until it just begins to glisten, about 1- 5 minutes. The idea is not to cook the zucchini, so much as warm it.
4. Season with salt and pepper and serve immediately, with or without cheese on top.

Butternut Squash Fries

Recipe from Viva Vegetable Cookbook



Ingredients

- 1 butternut squash (sweet potatoes work too)
- Olive oil
- Salt
- Cooking spray
- Ketchup or syrup, to serve

Directions

1. Pre-heat oven to 425°F.
2. Peel the butternut squash with a vegetable peeler or sharp knife. Slice squash in half and scoop seeds out.
3. Cut into batonnet cuts (French fry shapes). Toss with a little bit of olive oil.
4. Place on a cookie sheet sprayed with non-stick spray. Cover lightly with salt.
5. Place tray in your pre-heated oven and bake for 40 minutes or so, flipping with spatula halfway through baking.
6. Fries are done when they are starting to brown on the edges about 30-40 minutes.
7. Serve with ketchup or syrup if desired.

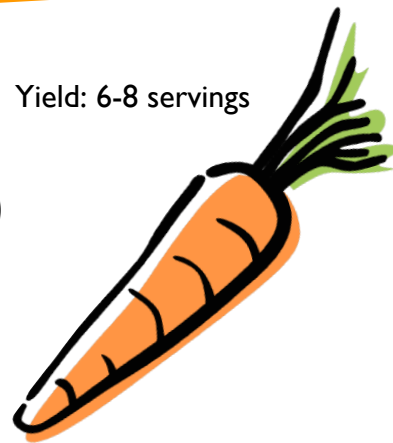
Carrot Raisin Salad

Recipe adapted from Joy of Cooking

Ingredients

- 4 large carrots, fine julienne cuts (~3 cups)
- 1/2 cup raisins
- 1/2 cup coarsely chopped pecans (or any nut or seed of your choice)
- 1 Tbsp fresh lemon juice
- 2 apples, small diced
- 3/4 tsp salt
- Black pepper to taste
- 3/4 cup reduced fat sour cream or light mayonnaise

Yield: 6-8 servings



Directions

1. In a medium bowl, combine shredded carrots, raisins, pecans, apples, lemon juice, salt and pepper.
2. Cover carrot mixture and toss with sour cream or mayonnaise. Chill a few hours before serving.