**LAB RECIPES AND ACTIVITIES**

You will be evaluated visually on the labs by your instructor.  After you complete the labs, you have a self-reflection to complete where you or a friend/family member can also give feedback on the taste and texture.  There are rubrics provided on your lab assignment page so you can understand the goals and objectives of the lab. Please follow the provided guidelines with turning in your lab submissions (example submissions are provided for you to see).

|  |  |  |  |
| --- | --- | --- | --- |
| **Week #** | **Topic** | **Recipes/ Lab Activities**  | **Choose from these:**  |
| **1** | Safety and Sanitation, Measurement Conversions  | No kitchen labs this weekMeasurement Conversion Cheat Sheet(s) | - |
| **2** | Kitchen Equipment  | No kitchen labs this weekEquipment Pictures Study Guide | - |
| **3** | Knives and Knife Skills | Choose two classic knife cuts to showcase. You can choose from a variety of vegetables or fruit. | * **Julienne cut**
* One other CLASSICAL cut of your choice
 |
| **4** | Stocks | Choose one of the listed stocks. You will need to make about 1 quart of stock  | * Fish stock or Fish Fumet (1/4x)
* Vegetable stock (1/8x)
* Rich brown vegetable stock (1/4x)
* White stock (chicken, beef, or veal) (1/8x)
* Brown stock (beef or veal) (1/8x)
 |
| **5** | Sauces | Choose**two** of the listed Mother Sauces. You will need to make about 2 cups of each one You may also choose to take one of these sauces and do a "small sauce" from them. Continue reading in your text from the main recipe and it will show you the additional recipes for the small sauces you make from the mother sauces.Try to show how you would serve it: what protein, starch or veg would you eat with it. | * Béchamel Sauce (1/8x)
* Veloute Sauce (1/8x)
* Espagnole Sauce (1/8x)
* Tomato Sauce (1/8x)
* Hollandaise Sauce (no adjustment)

*Show with what you would serve it with* |
| **6** | Soups | Choose one of the listed soups and present two portions of it. They can be presented differently if you want to try different presentations/ plates etc.Along with the soup, you must present the dish with one side accompaniment. Some examples include a side salad, a sandwich, gourmet garlic bread, toasty croutons, or whatever else you think would go good with your soup. | * Cream of Broccoli Soup (1/4x)
* Puree of Split Pea Soup (1/4x)
* French Onion Soup (1/8x)
* Minestrone (1/4x)
* Roasted Corn Chowder (1/4x)

*Serve two portions with an accompaniment* |
| **7** | Salads and Sandwiches | Make:* an emulsified vinaigrette
* homemade mayonnaise
* a salad of your choice
* a sandwich of your choice
 | * emulsified vinaigrette (1/4x)
* homemade mayonnaise (1/4x)
* a salad of your choice
* a sandwich of your choice
 |
| **8** | Starches | Choose **two** of the listed starches to make. The two that you choose must be from different categories: * grains
* potatoes
* pasta
 | **Potatoes*** Potatoes Gratin (1/3x)
* Lyonnaise Potatoes (1/4x)
* Mashed Potatoes (1/4x)
* Potato Pancakes (1/3x)

**Grains*** Risotto Parmesan (omit the saffron threads and hot water) (1/8 x)
* Rice Pilaf (1/8x)
* Polenta (1/3x)

**Pasta*** Fresh Pasta dough(1/8x)- please cut into noodles and serve with a sauce, or tossed in butter or olive oil
 |
| **9** | Veg Cookery | Make a minimum of twovegetable side dishes listed. | * Vegetable Skewers (modify for 3-4 skewers)
* Beer Battered Onion Rings (1/4x)
* Broccoli Almandine (1/2x)
* Maple Glazed Carrots (1/8x
* Ratatouille(1/4x)
* Pan-Fried Eggplant with Tomato Sauce (no adjustment)
* Collard Greens (no adjustment)
* Braised Red Cabbage  (1/3x)
 |
| **10** | Breakfast | Create a breakfast. You must make one plate or either choice. Your meal must include:* eggs (cooked anyway)
* a starch (i.e. pancakes, waffles, French toast, toast, oatmeal, grits, hash browns, etc.)
* meat (any kind, or a meat alternative)
* garnishes or sauces

**or*** make a quiche (that has meat/cheese/ veggie, etc.), including the crust from scratch, and serve one portion of it with a fruit salad
 | Recipe amounts vary with choices * Quiche recipe needs no adjustment
 |
| **11** | Les Cuissions | Create two plates of a full meal. Use the ingredients you have, and make the foods that you like.These are the requirements:* A starch
* two veg **or** a veg and a salad with homemade dressing
* a protein or meat alternative
* a sauce, or a flavored butter
* garnished appropriately

You must show 3 different cooking methods:I.E.* boiling
* steaming
* broiling
* sautéing
* pan-frying
* deep-frying
* grilling
* braising
* roasting
* baking

If you must start with a box mix, or something packaged, please add something to it to make it yours- this is called "semi-homemade" | Recipe amounts vary with choices  |
| **12** | Quickbreads | Choose two of the listed quickbreads to make: | * Streusel Muffins (makes approx. 1 ½ dozen)
* Buttermilk Biscuits (makes approx. 1 dozen)
* Cranberry Orange Scones(makes approx. 1 dozen)

(recipes are provided for you) |
| **13** | Cookies | Make a batch of your favorite cookies or brownies. You must include the recipe (or a picture of the recipe. If you are using the recipe on the bag or family recipe- take a picture and submit it as well) There are a few included in the[file section](https://online.valenciacollege.edu/courses/118509/files) of the course content.You must make these from scratch, not from a mix, or frozen, or refrigerated dough, etc. *Please present them nicely, as you would like to see them at a restaurant.* | Please turn in a minimum of 1 dozen cookies or cut browniesRecipe amounts vary with choices  |
| **14** | - | Thanksgiving Holiday | - |
| **15** | Taste | This week’s lesson is on taste. Try something new and post about it. This can be: * something you’ve made
* eaten out at a restaurant
* a purchased or prepared item
* a new fruit or vegetable, etc.

Portfolio Project is due | Recipe amounts vary with choice  |
| **16** | Exam Week | Your Final Practical is Eggs Benedict with all classical components. Furthermore, you are required to demonstrate proper food handling, cooking skills, and display professional work ethics as well. You need to use the lab session criteria before planning and conducting your final exam.  | Your dish must include the following:1. Two poached eggs
2. Hollandaise Sauce
3. Buttered and toasted English Muffin (one set)
4. two ounces of sliced ham or Canadian bacon or meat alternative
5. Scallions for garnish cut in diagonals or minced chives

(recipes are provided for you) |